From the Director’s Desk — Dr. Lea Maue

Happy new year from your Head Start school family! We wish all of our families health and happiness in the new year. Who knows what 2022 has in store for us, but whatever it is, we are in this together. We will start our new program schedule this month, with all children attending Monday through Thursday. Fee-based child care is available on Fridays at each center for those working or attending school full-time. If you need assistance applying for the child care subsidy, please contact your center.

Effective January 31, 2022 all staff and volunteers are required to be fully immunized or qualify for a medical or religious exemption. We welcome fully-immunized parents to volunteer in their child’s classroom to be a part of the educational process. Your presence in the classroom is special for your child and allows each parent to understand child development their child’s unique needs for entering kindergarten. Please consider volunteering!

Get to Know. . .Julissa Kuberski

Hello families! This is my second year at the Carbondale Center as a Family Community Worker. I enjoy getting to know each and every student enrolled in our program. My first experience with the Carbondale Center was as a parent in the program. The program empowered me to continue my education; as I am currently working towards a degree in Liberal Arts. You too can do it!

My son attended the Carbondale center and is in first grade, and my daughter is in her second year with the program. Head start was an important part of their education. They have gained a lot of social skills that they both need to be successful in their learning and development. I spend my free time with my husband, three children, and our dog. We are always on the go whether it be at a sporting events, outdoors, or exploring new places. I have enjoyed working at SIU Carbondale Head Start learning the unique traits and talents of each family.

We want to take this time to thank Julissa Kuberski for her hard work with the families and children at the Carbondale center.
Getting Your Child Ready For School

It’s great to see and hear the children back at the centers again. This place is pretty boring over the summer without our children families around! I enjoyed meeting some of the new parents at Parent Orientation. For those of you who have not visited your child’s center yet this year, please take some time to visit soon and meet your child’s teachers, your Community Worker, and the Center Director. We encourage all of our parents to take an active role in their child’s education, and the first step is being present at school. Also, September is when we hold our first parent meetings at each center. You can find the dates for your center in the blue box to the right. Please come out to your center and participate in this meeting. Your voice is important in the decisions made at Head Start!

—Dr. Lea Maue

Promoting Language at Home

Head Start is a program that serves diverse families and children. The program strives to assist in the development of English acquisition, while also promoting the development of the home language. Below is a list of strategies that all families can use to develop language with their child.

**Use your language at home:** The easiest, most important step is to use your home language every day. Many families worry that using their home language will confuse their children. Actually, children can easily learn several languages at the same time. They have an easier time learning English when they have a strong foundation in their first language.

**Talk about your traditions and culture:** Visit your child’s classroom and share your language, culture and traditions. Share family stories and songs and encourage your child to retell family stories and share your family’s heritage with others. Share songs and games from your culture with your child’s classmates and teachers.

**Continue using your language as your children grow older:** Sometimes children start to prefer English as they get older. Talk with your children about the benefits of speaking two languages. Continue using your language, even if your children respond in English so you keep your lines of communication open.

**Don’t forget that YOU are key to maintaining your home language:** Parents and other family members are the most important people in your children’s lives. What you value, your children will learn to value. Help them learn that your family’s language and culture are something to be proud of and treasure. Remember the benefits of your home language and remain committed to continuing to use it.

If you have any questions about how to promote language development at home, please feel free to talk to your child’s teacher. They can provide you with specific activities to support language development.

Community Resource of the Month

**University of Illinois Extension**

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois’ 102 counties – and far beyond. U of I Extension's programs are aimed at making life better, healthier, safer and more prosperous for individuals and their communities. While most Extension programs are offered on an informal, non-credit basis, U of I Extension does offer continuing education credits in some fields of study. Extension programs may be offered as hands-on workshops, field days, self-paced tutorials via online, or in other formats that are suitable for the audience and subject-matter. To find out more about Extension programs in the Franklin-Jackson-Perry-Randolph-Williamson Unit, just call, email or stop by any of our offices.

**Jackson County** 402 Ava Rd., Murphysboro, IL 62966 Phone: 618-687-1727 ; FAX: 618-687-1612
   Email: uie-fjrprw@illinois.edu
   Hours: Monday - Friday 8 am to 4:30 pm (Closed 12 - 1pm)

**Williamson County**, 101-B East DeYoung, Marion, IL 62959Phone: 618-993-3304; FAX: 618-997-1542
   Hours: Mon - Fri, 8:00 am-4:30 pm (closed 12:00 - 1pm)
Your Journey Together: Building the Resilience of Children and Families (Building Your Bounce)

Resilience for Parents, Children, and Families

Resilience and Family Connections are Related

Resilience is Family. Family connections and strong family relationships create strong children. The best way to help children to become more resilient is to be there for them and to provide support. The bottom-line is that children need adults who care about them, and who will show up for them. “Showing up” may look a little different during this pandemic, but it’s more valuable than ever. When children have your support, they can count on you and rely on your being there consistently.

What are family traditions and why are family traditions so important?

Traditions are behaviors and actions that you engage in again and again—regular rituals that you perform at the same time and/or in the same way. Traditions can be big or small, but they differ from routines and habits in that they are done with a specific purpose in mind and require thought and intentionality. Meg Cox, the author of The Book of New Family Traditions, defines family ritual as “any activity you purposefully repeat together as a family that includes heightened attentiveness and something extra that lifts it above the ordinary ruts.” Traditions, when done right, lend a certain magic, spirit, and texture to our everyday lives.

Ways to Have and Make New Traditions for More Family Resilience

Family transitions hold values and beliefs that are passed down from one generation to the next. Traditions help children feel a sense of belonging and consistency in their family. Family rituals are powerful organizers of family life that offer stability during times of stress and transition. During uncertain times, the traditions you share will bring your family closer together, and be a source of hope and reassurance for you and your child. (More information will be posted on ClassTag).

Each month in this section of the newsletter we will feature tips, strategies, activities, and information from Your Journey Together and Building Your Bounce. Stay tuned as we dive deeper into Your Journey Together and Building Your Bounce!

From “The Devereux Center for Resilient Children (DCRC).”

“Educating Children, Empowering Families, Strengthening Communities”

618-453-6448
headstart.siu.edu
SIU Carbondale Head Start
Recipe: Nutrition Activity

INGREDIENTS FOR WALKING TACO: (FIVE SERVINGS)
(Lessen/double or triple the recipe ingredients based on desired amount)
- 1 Pound Ground Beef
- 1 Envelope Reduced-Sodium Chili Seasoning
- 5 Bags of Corn Chips
Toppings: Shredded cheddar cheese, sour cream, and salsa

DIRECTIONS
In a large skillet, cook ground beef over medium heat until no longer pink, breaking into crumbles for 6-8 minutes (or longer). Drain the ground beef. Stir in chili seasoning according to instructions on the package. Let the ground beef cool (to avoid burns). Add the ground beef to the open bag of corn chips. Just before serving, add toppings (Shredded cheese, sour cream and salsa) according to your taste, eat and enjoy.

Book of the Month: “The Snowy Day” by Ezra Jack Keats

Activity:
Read the book aloud or watch the story being read aloud on Youtube https://www.youtube.com/watch?v=8NsAlTr4uho
Make snow dough with your child.
You’ll need:
- 3 cups of baking soda
- ½ cup hair conditioner

Put both ingredients in a large bowl and encourage child to mix the two ingredients together until they make a snow like texture. One fully mixed, place snow dough in shallow container and encourage child to explore the dough. Activities you and your child can do with the snow dough include:
- Mold dough into various shapes
- Use your fingers to practice writing letters or numbers in the snow
- Make snowballs or snowmen
- When you are finished playing, store your snow dough in a Ziploc bag and seal closed until next time! If snow dough dries up, just add a little bit of conditioner.

School Readiness Goals Aligned To This Activity:
- Children will use small muscles to manipulate materials with strength and coordination, including using art and writing tools to convey meaning through written symbols and letters.
- Children will demonstrate scientific inquiry skills through observation,