From the Director’s Desk

Happy new year from your Head Start school family. We wish all of our families health and happiness in the new year. I would like to take this opportunity to stress the importance of volunteering in your child’s classroom at Head Start. We are required by the federal government to match 20% of our annual funding with volunteer hours and donations, which is called in-kind. I would like to continue our pattern of success in meeting this match, and we can’t do this without our parents.

You can contribute by volunteering in the classrooms or centers in some way and also by diligently completing the yellow homework sheets and sending this back with your child. Completing the homework also helps prepare your child for kindergarten, so its benefit is great! It also helps reinforce school activities at home.

I want to thank all of the parents so far this year who have put in hours in the classrooms and at Policy Council meetings to help us meet our goal. Together we will meet the 20% by the end of the school year! — Dr. Lea Maue

Get to Know. . . Ms. Chrisden Marshall

Chrisden began working for SIU Carbondale Head Start as a Substitute Teacher at the Carbondale center in 2011. During that year, she become a full time teacher then, she was promoted in 2014 to Lead Teacher. Chrisden really enjoys working with the children in her classroom. Receiving hugs everyday during the Conscious Discipline greeting is one of her favorite ways to connect with the children. A fun activity that she and the children enjoy is conducting science experiments during center time. She appreciates it when families and volunteers visit her classroom to help. Seeing the children in her classroom as they grow and learn is one of the best experiences. She loves seeing them improve in their learning and gaining new skills. Working with children and families has been very rewarding. In her free time, she loves spending time with her children, family and friends, watching movies, reading, soccer, and traveling. One day, she would like to continue to advance in the program. Thank you Chrisden for your years of service to families and children.

From your Policy Council

Hola, my name is Julissa Kuberski. I have a son named Jordan and this is his first year at Head Start. I am a new member to this year’s Policy Council. There is no better way to start his journey of education than right along side him. We both get to experience the opportunities Head Start has to offer. As we begin the second half of the year, I realized how important it is to be involved.

Their education starts with us as parents. Parents know what’s best for our children, so I encourage parents to attend the monthly parent meetings. These meetings will give you an opportunity to express your opinions, concerns, and the ability to make changes to Head Start for upcoming years.

Another great way to support our school is to share your experience with other families. Spread the word about Head Start! If you have any questions or concerns, please contact me through the Carbondale Center Director.
Promoting Language at Home

Head Start is a program that serves diverse families and children. Currently, the program provides services to families and children that speak six different languages. 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.

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**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-fjprw@illinois.edu Hours: Monday - Friday 8 am to 4:30 pm (Closed 12 - 1pm)

**Williamson County,** 101-B East DeYoung, Marion, IL 62959 Phone: 618-993-3304; FAX: 618-997-1542 Hours: Mon - Fri, 8:00 am-4:30 pm (closed 12:00 - 1pm)
Conscious Discipline in the Home: Assertiveness

Each month, we will feature the Seven Skills of Conscious Discipline and the Seven Powers of Conscious Adults. The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent and Consequences. This month's skill of focus is Assertiveness.

Assertiveness is clear communication that focuses children's attention on what we want them to do. Using clear communication is essential for children to meet our expectations as parents and for setting limits respectfully. Whatever we focus on, we will see more of.

Power of Attention

BIG IDEA: Whatever we focus on, we get more of.
GOAL: To create images of expected behavior in a child’s brain.

Assertiveness requires the following:
1. Focusing on the behavior you want to see.
2. The intention of helping children be successful.
3. A tone of voice that has no doubt and is not aggressive or harsh.
4. Descriptive language and motions that clearly communicate the desired goal.

Assertiveness requires you to Name, Verb, and Paint:
Here are some tips you can use to help children understand and meet your expectations by providing assertive commands. It is easier for children to comply when the expected behaviors are crystal clear.

Here is an example of an assertive command to try at home:
1. Name the behavior you want to see. Make eye contact and say the child’s name.
2. Use the Verb as the action word and state the action you want to see.
Example: “Hold my hand and stand right beside me.”
3. Paint a picture of what you want the child to do (stand beside you) using words and gestures.
Example: Hold out your hand and use the words as you gesture what you want the child to do, and point right beside you where you want the child to stand.

Try these skills at home to see the behaviors that you want to see. We must be assertive with our children in order for them to be assertive to each other.

From “Conscious Discipline: Building Resilient Classrooms” by Dr. Becky Bailey

“Educating Children, Empowering Families, Strengthening Communities”
Recipe: Nutrition Activity

INGREDIENTS FOR ROLL-UPS:

- 1 packages of flour tortillas
- Cream cheese, mayonnaise or ranch dressing
- Vegetables (cucumbers, carrots, lettuce, celery, etc.)
- Lunch meat
- Shredded cheese
- Salsa

DIRECTIONS

Begin by cutting the vegetables into smaller pieces. Let the children help with cutting the easier vegetables. Combine the ingredients onto the tortilla and roll it all up to make a wrap.

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 them 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, exploration, and use of simple tools and technology.