Greetings to all of our Head Start families. I hope your families are well and that you are able to navigate everything that 2020 has brought us so far! SIU Carbondale Head Start was able to open on September 8th for both center-based and remote learning, and for the most part things have gone well. We’ve had a few confirmed cases of COVID and immediate action was taken to close a center for a two week period. Our staff continue to monitor the health of all children and staff members. Be sure to notify your Center Director or Community Worker if your child or anyone in your family has been exposed to or is experiencing symptoms of COVID-19. I also encourage families to get flu shots—it’s more important this year than ever. We have reviewed the Fall Learning Plan and believe that the protective measures in place are effective, so the program intends to continue it’s current in-person and remote options in the same way we have since September. There are some very minor additions to the plan, which you can find at headstart.siu.edu/covid_19_information. If emergency closures are ordered by the governor, Head Start, or the University, you will be contacted via telephone or through ClassTag, so make sure that your emergency contact information is up-to-date.

Get to Know. . . Cally Rakos

Hello Everyone! I have been working with Head Start for about 5 years now. I began in 2015 as an Assistant Teacher and transitioned into the Lead Teacher position at the end of 2017. In January 2020, I accepted the position of Professional Development Specialist. I support all staff in developing and completing their professional development goals. I achieve this by coaching and mentoring our staff in gaining the skills and knowledge needed to be the best they can be not only in the classrooms, but for all roles within Head Start. I hold a B.S in Elementary Education from SIU-Edwardsville and graduated in May with my M.S. Ed with a focus on Reading & Language Studies. In my free time, I love to be outdoors, read, eat, and spend time with my family and friends. While we do not have children of our own, my fiancé and I have a handsome Siberian Husky named Felix that we adore. Every staff member, family, and child in our program make working at Head Start a fun, rewarding, and positive experience. Thank you Cally for your years of service with the families and children in our program!
Simple Self-Care Tools for Parents

Many parents are overworked and exhausted. In fact, a recent study showed that single parents work an average of 98 hours per week! Parents also survive with minimal free time. The average single parent only gets 17 minutes of free time each day. It is essential that parents care for themselves for their own well-being and also because any effort put into self-care also has huge payoffs for the child. When parents “fill their own cups,” they have more patience, energy and passion to spread to their families. Here are a few self-care strategies to help parents strengthen relationships, be compassionate toward themselves, and renew their energy:

- Listen to uplifting music
- Schedule an uninterrupted hour with a close friend- go for coffee, dinner, or a walk
- Color a picture from a coloring book by yourself or with your child
- On a piece of paper, write down 3 things that are weighing on you. Then write down ideas of how to relieve your stress.
- Each day, write down one thing you are thankful for
- Make a list of three things you are looking forward to in the near future
- Write down a goal for the week and break it into small steps in order to achieve it
- Look at your schedule for each day and see if there is an activity that can be put off to a later date or someone can help you complete

If you are in need of more mental health resources or would like to talk to our mental health consultant, please contact your community worker.


Community Resource of the Month

Centerstone of Illinois

Centerstone is one of the largest behavioral health care providers in Illinois, with more than 50 years of experience serving children, youth, adults, and families. They offer skilled counseling, psychiatric and medical services, substance abuse treatment, and services for adults with developmental disabilities.

Services Include: Crisis Services for Adults and Children, Community Support Services for Children and Adults, Counseling Services for Children, Adults, Couples, and Families, Early Head Start; Integrated Primary and Behavioral Health Services, Life Skills Enrichment, Psychiatric and Medical Services, Residential and Housing Services for Adults, and Senior and Caregiver Services.

Locations where Open Access assessments are available:

Carbondale: 2311 S. Illinois Ave. Carbondale, IL 62901, Phone: 618-457-7814
Marion: 1307 West Main St. Marion, IL 62959, Phone:618-993-8629
Illinois Center Healthcare: 3111 Williamson County Pkwy Marion, IL 62959, Phone:618-997-3647
West Frankfort, 902 W Main St. West Frankfort, IL 62896, Phone: 618-937-6483 ext. 7825

https://centerstone.org
Your Journey Together: Building the Resilience of Children and Families (Building Your Bounce)

A FOCUS ON RESILIENCE

Resilience is not a rare occurrence that results from extraordinary talents, but is instead common and results from factors such as having a close relationship with a caring competent and trusting adult, safe and effective schools and communities, and belief in yourself and motivation to succeed.

What are the Protective Factors?

Individuals who demonstrate resilience tend to have something in their lives that helps them overcome challenges and move on in positive ways. The strengths and resources that help children and adults overcome the risk factors in their lives are protective factors. Research has found that protective factors can be found in three areas (Goldstein & Brooks, 2005):

♦ Your environment — the world around you (like a caring community, access to health care, high quality schools, and other needed resources)

♦ Your family — those who matter the most to you (like a loving, considerate caregiver, or extended family)

♦ Yourself — your abilities, health, and inner strength (like being a good problem-solver or a creative person).

All of the above types of protective factors are important. Yet, the ones that are found within you are the ones you can work to strengthen, despite risk in the environment or family.

Having a basic understanding of risk and how it affects the protective factors are important not only for your children, but for you, as the adult caring for your child.

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!

“Educating Children, Empowering Families, Strengthening Communities”

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

Hello Parents! Please enjoy trying this recipe with your family. Nutrition Activity of the Month. The children and teachers will be sampling Fruit Yogurt Ice Pops. Here is the recipe below:

**INGREDIENTS FOR FRUIT YOGURT ICE POPS**

- 2 1/4 cups low-fat or fat-free plain yogurt
- 1/2 cup fruit cut into chunks (such as strawberries, blueberries, or raspberries)
- 2 medium ripe bananas, peeled and cut into chunks
- 2 tablespoons lemon juice
- 12 3-ounce paper cups and 12 pop sticks or 12 ice pop molds with holders

**DIRECTIONS:**

1. In a blender, combine the yogurt, fruit, lemon juice, and bananas; cover and process for 45 seconds or until smooth. Stir if necessary.
2. Fill the molds or cups with 1/4 cup yogurt mixture; top with the holders, or insert the sticks into the cups.
3. Freeze.
4. Safety Tips—Adults should slice the ingredients.

**Book of the Month: Hands Are Not For Hitting**

Activity: Read the book aloud or watch the book being read on youtube: [https://youtu.be/kU6l_IgW2e8](https://youtu.be/kU6l_IgW2e8)

Next, take a piece of paper and writing tool and trace your hand on the paper. After tracing your hand, make a list of activities that you can do with your hands (from the book or your own ideas) and write those activities on the outside of the handprint. On the inside of the handprint, draw a picture of your favorite activity from the list.

**School Readiness Goals Connected 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 persistence and engagement in a variety of creative experiences.