From the Director’s Desk

Happy November to all of our Head Start Families! Thanks to the countless moms, dads, grandparents and other family members who visited children at the centers during family involvement month in October. The children really enjoy having their loved ones in their classrooms with them. Our centers have an open door policy for parent involvement, so please continue to help in your child’s classroom or make arrangements to visit if you haven’t already. Our monthly parent meetings are another great opportunity for parents to make their voices heard about what goes on in this program. Check out the back page for dates.

As reminder... It looks like the colder weather has finally made its appearance here in Southern Illinois, so please make sure your child has warm clothes for playing outside. Head Start children will play outside when temperatures are above 25 degrees (with wind chill). Thanks for your continued dedication to your child’s success, and I wish everyone a happy holiday with their families.

— Dr. Lea Maue

Get to Know... Mr. Edward Rankins

Mr. Edward Rankins is a past parent and a bus driver for the Marion Head Start Center. He has been a bus driver for over seventeen years. He really enjoys working with the children as their bus driver.

Mr. Rankins says the children keep a smile on his face and keep him young at heart. “The children on my route keep me laughing everyday. Each day is a different day and you don’t know what to expect.” Mr. Rankins hobbies includes playing pool, taking his 15 foot boat out on the lake fishing during the season, and motorcycling. We thank you and appreciate you, Mr. Rankins, and value your commitment to providing dedicated service to the program.

From your Policy Council

As the returning Policy Council chair, I would like to let you know what the Policy Council does. Parents are a big part of Head Start, from volunteering in the classroom to helping govern the program.

This is my son’s second year at the Marion Head Start site, but I was very involved with his Early Head Start program at Centerstone and can see the great benefit he has received from attending both programs.

I invite all parents to become involved at the center level by attending parent meetings, volunteering in the classroom, and contacting their Policy Council Rep when concerns arise. The Policy Council meets the third Monday of the month.

Brian Collins
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. First, for their own well-being, but also because any effort they put into self-care also has huge payoffs for their 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
Conscious Discipline in the Home: Composure

Each month, 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.

Composure is self-regulation in action. It is the prerequisite skill adults need before disciplining children. Composure is being the person you want others to become and knowing that no one can make you angry without your permission. The Key Phrase for Composure is the acronym S.T.A.R. representing the following: **Smile, Take A Deep Breath, and Relax.**

**Power of Perception**

**BIG IDEA:** No one can make you angry without your permission.

**GOAL:** To teach adults and children to take responsibility for our own upset.

The Seven Skills of Conscious Discipline are the foundation of problem-solving. They are the only skills we need to transform these everyday discipline issues into teaching moments. These moments are our opportunity to teach children the social-emotional and communication skills necessary to manage themselves, resolve conflict, prevent bullying and develop pro-social behaviors.

The seven skills emerge from the foundation of the Seven Powers for Conscious Adults. As we become more conscious of our reactions to conflict, we can choose a different response. The seven skills teach you to respond to conflict in a way that helps children move from the resistant, lower centers of their brain to the more cooperative, higher centers.

By implementing the powers and skills together, we learn to stay in control of ourselves and in charge of children in a manner that models the same skills we seek to teach. This, combined with the willingness generated by the School Family, empowers children to successfully learn and internalize lifelong skills.  —By Dr. Becky A. Baily

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

Hello Parents! Please join us in the classroom on November 15th for our Nutrition Activity of the Month. We will be sampling Black Bean Corn Salad. Here is the recipe for you to try at home.

INGREDIENTS FOR BLACK BEAN CORN SALAD

- 1/4 cup lime juice
- 1 tablespoon olive oil
- 2 tablespoons vinegar
- 3/4 teaspoon cumin
- 2 1/2 cups canned or frozen corn (drained or thawed)
- 1 cup halved grape tomatoes
- 1 cup chopped red bell pepper
- 1/2 teaspoon oregano
- 1 (19 ounce) can black beans, rinsed and drained

DIRECTIONS

- Thaw frozen corn or open and drain the canned corn in a colander
- Add to large mixing bowl
- Open, drain, and rinse the canned black beans, and add to bowl.
- Chop vegetables and add.
- Combine lime juice, olive oil, and vinegar. Drizzle juice mixture over vegetables, toss gently to coat, serve and enjoy.

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_IgWze8

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.