Our first full month of school has certainly had its ups and downs. We were able to begin our program year as scheduled and the children are off to a great start! Unfortunately, some classrooms have temporarily transitioned to remote learning due to COVID exposure and positive cases, but the program was prepared to deliver remote instruction on ClassTag. We continue to monitor all suspected and confirmed cases closely. Remember to keep your child at home when they are sick or if exposed to someone with a confirmed case of or who is testing for COVID. Please be patient with the program as we work through this very stressful time. On a different note, October is National Head Start Awareness Month. Please share the benefits that your child and family with your community members and local representatives. It’s important as important as ever that we are vocal in the sharing how Head Start benefits our community.

— Dr. Lea Maue

Get to Know. . . Mrs. Laura Duckworth

I am the Health and Nutrition Coordinator for the SIU Carbondale Head Start and have been with the program for three years. I am a proud graduate of SIU-C with my B.S. in Food and Nutrition with a specialization in Dietetics. Previously, I worked at Southern Seven Head Start as their Health and Nutrition Coordinator for seven years and at Carbondale District 95 as their Food Service Director for five years. All my professional career has been working with children and families in health and nutrition. I really enjoy working with all of the Head Start staff. Fostering a sense of good health and nutrition for our children, families, and staff is the best part of my work.

When I’m not at work, I love spending time with my family. I have a nine-year-old son, Cooper, and a seven-year-old daughter, Callie. My son is very involved in soccer, baseball, and basketball. My family and I get a kick out of watching him play. My daughter has recently become very involved in participating in pageants and it is a joy watching her compete. Our family also likes to travel, hike with our dog, Grizzly, and watching NBA basketball together.

Thank you Laura for providing health and nutrition services for the children, families, and staff in our program!
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

Developmental Screenings: What To Expect

Screenings are the program’s first step in getting to know your child at the beginning of each school year. These screenings are completed within 45 days of your child’s first day of attendance at Head Start. Our program uses the Brigance Head Start III Screener, DASE & DECA to assess children's development. Each child will have three separate screenings completed, each focused on different parts of development:

**On Site:**
- Brigance Core - language, fine and gross motor, cognitive skills
- DECA (completed separately by teacher and parent)- adaptive and social skills, behavior
- DASE—Articulation and language

The information gathered from these screenings will help you and your child’s teacher plan for the school year and how best to prepare your child for kindergarten. During parent-teacher conferences, your child's teacher will review the results of all screenings completed with you and develop goals based on those results. For example, if your child struggled to identify colors on the Brigance Core, you might choose to develop a goal of classifying to build color identification skills.

If your child scores below the average benchmark, your child's teacher will implement activities specifically designed to build skills. For the child struggling with color identification, the teacher will work with the child to sort objects by color or implement a color search in the room. After six weeks of these activities, the child will be re-evaluated. These scores will be shared with you at the next Parent Teacher Conferences. If you have any questions about developmental screenings or what you can do at home to build kindergarten readiness skills, please feel free to ask your teacher.

Community Resource of the Month

**SI Families Connect**

SI Families is a joint initiative of the Southern Illinois Coalition for Children and Families, Child Care Resource and Referral (CCRR), and John A Logan College. SI Families Connect is the Coalition’s outreach and education campaign. The purpose of the campaign is to connect families with information and resources that help make families stronger and their lives better.

Their goal is to inform families in southern Illinois and share information and resources that will help make the day-to-day business of raising a families a little easier! Please take the time to visit the SI Families Connect website for more information. The website includes an events calendar, parenting articles, resources, and family yellow pages. Parents can sign up for specialized text messages or emails as well as special giveaways.

More information can be found on their website at sifamilies.org
Your Journey Together: Building the Resilience of Children and Families (Building Your Bounce)

Life is a Journey...Early Experiences Matter. Pack Carefully!

Children are shaped based on their early life experiences. Sometimes these experiences influence children positively and sometimes, negatively. Throughout their lives, children carry experiences “in their suitcases.” Parents and caregivers of young children can pack children’s suitcases with positive experiences that help children overcome the negative experiences they may have encountered. Helping balance out some of the risks with the positive will help children’s resilience. All children experience some risk and adversity. Risk factors that are more common for children include: divorce, a move, illness, death of a grandparent or family member, friend, or a loss of a pet. However, vulnerable children face more adversity and risk than others. Behaviors may be exhibited by children that are affected by traumatic experiences like excessive crying, tantrums, bed-wetting, night terrors, or other behaviors. Regardless of life situation, all children have some positive experiences.

As we journey together, let’s begin to think about what kind of experiences our children are carrying “in their suitcases” and how they are impacted throughout life by these early experiences. Understanding these experiences will set the stage for discussion about the meaning of resilience, protective factors, and risk factors in young children.

During our monthly Parent Committee meetings, we will dive deeper into the YJT Parent Curriculum. The parent meeting dates and times are on the back page of this newsletter in the “Important Dates” section. Please RSVP to your Family Advocate or your Center Director for parent meetings so that you can receive the YJT Parent Curriculum materials. When you attend your first parent meeting, you will receive a tote of parent curriculum materials that will be sent home with your child. Then each month, YJT materials will be sent home in an envelope for the next month’s meetings. (Please: One tote per household. Parents/Caregivers that live in different households, will receive a tote bag and YJT materials).

Stay tuned each month in this section of the newsletter where we will feature tips, strategies, activities, and information from Your Journey Together and Building Your Bounce.

“Educating Children, Empowering Families, Strengthening Communities”

Contact us:

618-453-6448

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SIU Carbondale Head Start
Recipe of the Month: Cheesy Quesadilla

INGREDIENTS

- 1 cup low-fat shredded cheese
- 1/2 cup fat-free refried beans (optional)
- 2 tortillas (corn or wheat)

DIRECTIONS

1. Put one tortilla on a large microwave-safe plate. Spread a layer of refried beans on the tortilla and shredded cheese over the beans. (Note: If the beans are not included, then sprinkle the cheese on the tortilla).

2. Put the second tortilla on top of the cheese layer.

3. Cook in the microwave until cheese is melted (30 seconds to one minute). Before serving, check to make sure that the cheese is not too HOT!


Book of the Month: Brown Bear, Brown Bear What Do You See by Bill Martin Jr and Eric Carle

Activity: Read the book aloud or watch the story being read aloud on YouTube. YouTube link: https://www.youtube.com/watch?v=HaDDsTqIAWc

Use the sheet included in the newsletter to color each animal correctly (brown bear, red bird, etc.). Also color each color word in its corresponding color. Cut out each animal and color word separately and work with your child to identify each animal, color of each animal, and match the animal to the color word. You could also reread the book at a later time and use the animals to retell the story in order. School Readiness Goals Aligned To This Activity:

- Children will demonstrate persistence and engagement in a variety of creative experiences.
- 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.