From the Director’s Desk

Happy fall to all of our Head Start families! The first month of school has gotten off to a great start. It’s so great to see the learning in the classrooms and on the playground. October is National Head Start Awareness Month. Please share the benefits that your child and family have received from attending our program with your community members and local representatives. It’s important that we are vocal in the sharing how Head Start benefits our community.

Part of Head Start is the important role of the family. Families are critical to the work we do and are encouraged to participate in their child’s educational process. Please consider volunteering in your child’s classroom, participating in the monthly parent meetings, or one of the many other activities available for parents. If you aren’t able to come to events at the center, helping your child to complete weekly homework and sending back the in-kind form is another great way to participate! — Dr. Lea Maue

Get to Know. . . Jennifer Bleyer

I am Jennifer Bleyer, the new Center Director/Lead Teacher at the John A. Logan center. I received a Bachelor’s degree in Early Childhood Education from Southern Illinois University at Carbondale. Before accepting my new role as Center Director, I worked at the Marion Head Start center for the last five years. I love children, and I enjoy watching them learn and grow. Being a teacher keeps me young and acting like a kid always! I also love Head Start. I have made such good relationships with co-workers and families.

In my spare time I like to hang out with family and friends. I love to read, color, and go out to eat. The beach is my favorite vacation spot and Mexican is my favorite food. I was born and raised in Southern Illinois, and now live in Carterville, IL. I have a one-year-old daughter, a four-year son, and a golden retriever named Daisy. I am very close with my family and am so grateful for them.

We want to take this time to thank Jennifer for caring for the children and families at the John A Logan Head Start center.

Congratulations to the 22-23 Policy Council!

Carbondale Center:
- Shariece Hastings
- Rachele Dalessio
- Natasha Clarry
- Nariah Johnson—Alternate
- Tiffany Walker—Alternate
- Kayla Gonzalez—Alternate

John A. Logan Center:
- Sonia Barnett
- Alex Rodriquez—Alternate
- Cerena Fleener—Alternate

Marion Center:
- Jamey White
- Lolita Mack
- Artaya McLorn—Alternate
- Alternate — Vacancy

Murphysboro Center:
- Catherine Phoenix
- Trekila Whitfield
- Dillion Phoenix—Alternate

Contact Joyce Guy at 618-453-3903 or via email at joyg@siu.edu if you are interested in serving as a parent leader.
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)

How Resilient are You?

As adults, we want to be happy and to achieve in life. But where do we start? Life comes at us and knocks us down at times. You might know people or may have been the person that when faced with great risk, have been able to continue to find success and happiness despite the odds. Resilience is the valuable ability to adapt and “bounce back” from misfortune or change. Resilient people tend to have something in their lives that helps them overcome challenges and move on in positive ways. The strengths that help resilient people bounce back are protective factors (Relationships, Internal Beliefs, Initiative, and Self-Control) which can be strengthened throughout life.

SHOW & SHARE— All About Me/Get to Know Me!

In our September parent meetings, you were given an All About Me/Get to Know Me handout to complete for this month’s virtual parent meeting. Take time to complete both sides of your All About Me/Get to Know Me, and be ready to SHARE & SHOW it, so that we can get learn more about you. Find a few pictures to show during the meeting also if you can! If you did not attend the September parent meeting and would like an All About Me/Get to Know Me to complete and to share during this month’s parent meeting, ask your Center Director/Community Worker to send you one home in your child’s backpack or stop by the center to get one. The parent meeting dates and times are on the back page of this newsletter in the “Important Dates” section and are also enclosed in this newsletter. You will also be sent a flyer with the Zoom link for the October Virtual Parent Meeting at your center. Check CLASStag also for more information!

November is National Literacy Month—Community Reading Month! We are inviting community readers to read to children in our classrooms and to also read during our November Parent Committee Meetings/Family Reading Nights where we will have special refreshments for all that attend!

Each month in this section of the newsletter and enclosed in this newsletter, you will find tips, strategies, activities, and more information from Your Journey Together, Building Your Bounce, and the Pyramid Model.

“Educating Children, Empowering Families, Strengthening Communities”

Contact us:

618-453-6448  headstart.siu.edu  SIU Carbondale Head Start
Recipe of the Month: Cheesy Bean Tostada

**INGREDIENTS**
- 1-2 Cans of Refried Beans
- A package of Corn Tortillas
- A package of Shredded Cheddar Cheese or cheese of your choice

**DIRECTIONS**

**Prep Items Needed:** Preheat Oven, 2-3 cookie Baking Sheets

Preheat oven to 400 F. Spread 2 Tbsp of beans on each corn tortilla. Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla. Place on ungreased sheet pans and bake for 7 minutes or until cheese is melted. Serve each child their tortilla and enjoy! Allow to cool slightly before serving.

Book of the Month: The Napping House by Audrey Wood

**Activity:** Read the book aloud or watch the story being read aloud on YouTube. YouTube link: [https://youtu.be/1uhyQqXs-8Eb](https://youtu.be/1uhyQqXs-8Eb)

**Activity: Phonetics: N is for Nap:** If you are learning the alphabet and letter sounds, consider introducing **N is for Napping.** For fun activity, get a box and have an **N adventure.** Look inside and outside (weather permitting) for things that start with the letter N.

After listening to the story, ask the questions below to help children express their thoughts and to strengthen their listening skills (the answers are provided):

1. What was everyone doing in the story? *They were sleeping on a cozy bed!*
2. Can you name who was sleeping in the story? *A snoring granny, a dreaming child.*
3. What animals in the story were in the Napping House? *A dozing dog, a slumbering mouse, a wakeful flea, and a snoozing cat.*

You can also make up more questions to ask! Listen to the story each night as a part of your bed-time routine! Have fun!

**School Readiness Goals Aligned To This Activity:**
- Children will use language to express their thoughts and needs and engage in conversations.
- Children will demonstrate phonological awareness.

Parents/Caregivers: Please make sure your children are at school on these days!