From the Director’s Desk

Fall is officially here, and the children will enjoy time to play outdoors in the cooler temperatures the season change will hopefully bring soon! That being said, don’t forget to send children in clothing appropriate for outside weather that day. October also provides a great opportunity to recognize Head Start’s contributions to children and families living in Jackson and Williamson counties. On October 22, 1982, President Reagan first proclaimed October as Head Start Awareness Month. Ever since, October has been a month for communities to celebrate the life-changing impact of Head Start. This month, I encourage each of you to share with at least one person how Head Start services have benefitted your child and better prepared him or her for kindergarten. Please also share the benefits that you have received from being a parent in this program because that is very important to us! If you want to take it a step further, please contact your local representative and share this same information. As part of Head Start Awareness month, you will be receiving a window decal for your car next week. Please place the decal on your car and show your support for Head Start.

Get to Know... Ms. Holly Duckworth

Hi, my name is Holly Duckworth. I am the Center Director at the Carbondale Center. I have worked for SIU Head Start for 22 years. I started as an Assistant Teacher, then a Supervising Teacher, Education Specialist and have been the Center Director for the past 19 years. Head Start is my passion. I believe in its mission to Educate Children, Empower Families and Strengthen Communities. We have a great staff, great families, and great community support.

A little bit about me personally. I am married, have four children and four grandchildren, who are my life. I live in Cobden, and I enjoy my garden, spending time with my family, and most sports activities. In December I will be retiring, but I plan on still being involved with Head Start. I will miss getting up everyday to come to Head Start and mostly getting all the hugs, high fives and fist bumps from your children. Thank you for allowing me to be apart of your families lives.

The 18-19 Policy Council

Congratulations to the following parents on being elected to the 2018-19 Policy Council:

Carbondale Center:
- Stefanie Doty
- Julie Kuberski
- Jordan Kuberski
- Jarrod Smith (Alternate)

Marion /JL Center:
- Brian Collins
- Terry Maxwell
- Scarlett Martens (Alternate)

Murphysboro Center:
- Jaccuarre Bankhead
- Dasha Hibbler (Alternate)

Each member of the Policy Council will communicate with parents at monthly parent meetings and through the newsletter.
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 to assess children’s development. Each child will have four separate screenings completed, all focused on different parts of development:

- Brigance Core and Supplemental – language, fine and gross motor, cognitive skills
- Brigance Self-help and Social Emotional (completed separately by teacher and parent) – adaptive and social skills, behavior

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 on November 19th, 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 based on your child’s age on the core or Teacher Self Help and Social Emotional, your child’s teacher will implement activities specifically designed to build skills assessed in the screening. 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 teacher will re-evaluate your child. These scores will be shared with you at the February 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

ABA of Illinois, LLC - Behavior services to adults, children, and families.
3412 Office Park Dr. Marion, IL 62959

Services offered:

- **Language and Cognitive Training**: Teaching basic and advanced language skills
- **Basic Support**: Designed to coach families through navigating challenging behaviors.
- **Parent/Guardianship Training**: Designed to assist parents and guardians through mechanisms such as modeling, rehearsal, and practicing skills.
- **Life Skills**: Designed to assist individuals with improving daily life skills.

Call to schedule an appointment and for additional information (309)-635-3513
https://www.abaofillinois.org/
Conscious Discipline in the Home: I Love Rituals—Boosting Your Child’s Brain Potential

What is an I Love You Ritual? I Love You Rituals are gifts of love you can give your children. They are delightful interactions and games that adults can play with children from infancy through eight years and beyond. They send a message of unconditional acceptance. Rituals are not routines, but they are moments throughout your day that you spend with your children. During morning wake up, mealtime, bath time, and bedtime you can begin with a story, a song, a finger play to set the mood. These parts of the day may be difficult, but having an I Love You Ritual can make the transition to a new activity easier.

For Example: When reading the book: “Brown Bear, Brown What Do You See?” Every time you read the phrase “I see a...,” make glasses with your hands (circles over eyes), look at one another, and pretend to be that animal. When finished reading the book, give your child a bear hug. Eye contact, playfulness, presence and touch are key to a successful I Love You Ritual. So relax and have FUN! Share with your child’s teacher about your I Love You Ritual!

The Four Vital Goals of I Love You Rituals:

- Goal 1: I Love You Rituals optimize your child’s brain for success at school and in life.
- Goal 2: I Love You Rituals increase your learning potential and effectiveness through touch.
- Goal 3: I Love You Rituals create loving rituals that hold families together even through the roughest times.
- Goal 4: I Love You Rituals strengthen the bond between adults and children that insulates child from drugs, violence, and peer pressure, laying a foundation for mental and emotional health.

Try the I Love You Rituals and you will see that they are gifts of love you can give your children, family, and your friends!

—from "I Love You Rituals: Fun Activities for Parents and Children." by Becky Bailey

“Educating Children, Empowering Families, Strengthening Communities”

Contact us:

618-453-6448
headstart.siu.edu
SIU Carbondale Head Start
Recipe of the Month: Harvest Casserole

**INGREDIENTS**
- 2 tbsp. olive oil
- 2 lb. boneless skinless chicken breasts
- salt
- pepper
- 1/2 onion, chopped
- 2 medium sweet potatoes, cubed
- 1 lb. brussels sprouts, quartered
- 1 tsp. thyme
- 1/2 tsp. paprika
- 6 c. cooked wild rice
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds

**DIRECTIONS**
- Preheat oven to 350 and grease a 9”-x-13” baking dish. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Cool then cut into 1” pieces.
- Heat remaining tablespoon oil over medium heat. Add onion, sweet potatoes, and Brussels sprouts and season with thyme, paprika, salt, and pepper. Cook until softened, 5 minutes. Add broth, bring to a simmer, and cook, covered, 5 minutes.
- Stir in cooked rice, chicken, and cranberries. Transfer mixture to baking dish, top with almonds, and bake 20 minutes.
- Let cool 5 minutes before serving.

**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](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.

**Important Dates**
- **Oct 4:** Carbondale Parent Meeting, 6 pm
- **Oct 8:** No school
- **Oct 15:** Policy Council Meeting, 6 pm
- **Oct. 17-18:** Nutrition Activity, All Centers
- **Oct 22:** Murphysboro Parent Meeting, 6 pm
- **Oct 23:** Marion/John A. Logan Parent Meeting, 5:30 pm

**Family Involvement Month**
- Mother/Mother Figure Day, **Oct 3rd**
- Father/Father Figure Day, **Oct 10th**
- Grandparent’s/Senior Day, **Oct 17th**
- All Family Involvement Day, **Oct 24th**

**Dental Screenings**
- Carbondale: **Oct 16th**
- Murphysboro: **Oct 18th**
- John A. Logan: **Oct 23rd**
- Marion: **Oct 25th**