From the Director’s Desk

I would like to extend a warm welcome to our newly enrolled families and welcome back to our returners. We made it through the entire 2020-21 school year with little disruption. We will take the lessons learned last school year to start the current year with health precautions in place such as mask wearing, health screening, and sanitizing. The well being of our children and staff are very important, and it’s our responsibility to work together to keep everyone healthy and safe. If your child or anyone in your family is experiencing symptoms of COVID such as fever, fatigue, coughing, body aches, or lack of smell or taste, keep the child at home and get them tested. If your child has been exposed to anyone displaying symptoms — again, keep them at home until they have been determined to be safe to return by the local health department. One infectious child can make all of their classmates, bus mates, and teachers sick and could result in centers being forced to transition to fully remote learning. We must all do our part to keep each other safe. Lastly, the children will be spending more time outdoors (as weather permits), so ensure your child has appropriate footwear and clothing for running and playing and possibly getting a little messy every day!

— Dr. Lea Maue

Building the Resilience of Children and Families

As part of our implementation of the Devereux Early Child Assessment (DECA) Program and the parenting curriculum, Your Journey Together (YJT), we are working to engage families and staff in a structured resilience-building journey. This means promoting social emotional development, fostering resilience, and building skills for school and life success in children, and the adults who care for them.

The program provides many opportunities for you to build lasting relationships. By appointment, you can visit your child’s classroom to assist with daily activities and so much more. Stop by your child’s center and ask your Center Director or Family Advocate how you can become involved. We are looking forward to seeing you and having a great school year.

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Sept. 6</td>
<td>Labor Day, No School</td>
</tr>
<tr>
<td>Sept. 9</td>
<td>Murphysboro Virtual Parent Meeting, 6:00 pm</td>
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<tr>
<td>Sept. 14</td>
<td>Marion Virtual Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 15</td>
<td>Carbondale Virtual Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 16</td>
<td>John A. Logan Virtual Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 20</td>
<td>Policy Council/Transition Meeting, 6 pm</td>
</tr>
<tr>
<td>Sept. 23</td>
<td>Nutrition Activity, All Centers (Classroom participation by appointment ONLY). Contact your Center Director for details!</td>
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Hearing and Vision Screenings

Murphysboro: Sept. 14
John A. Logan: Sept. 16
Carbondale: Sept. 21 & 22
Marion: Sept. 23
**Getting Your Child Ready For School**

Starting preschool is such an exciting and momentous occasion! When children are three years old, they are no longer toddlers. They are “big kids” ready to start preschool. As parents, you can help your children prepare for this next big step.

The children who are most ready often have parents who do these five things:

**Read!**

Read every day. Have books in every room, in your purse, and in the car. Read favorite books so often that you and your child have them memorized. Visit the library often.

**Talk!**

Developing your child’s oral language skills is a crucial part of preparing them for preschool. Turn off the movie in the car and engage your child in a discussion about the world around them. Ask questions. Talk about nature, colors, letters, and feelings. Put down your phone and listen when your child talks to you. Encourage your child to make eye contact and greet others with a “Hello” and “Good Bye.”

**Play!**

Spend time every day on the floor playing with your child. Encourage pretend play and role playing. Get messy! Laugh and have fun together. Offer your child time to play by herself, giving her the opportunity to decide what to do.

**Encourage Independence!**

Children who are able to take care of some of their personal needs do better at the beginning of preschool than children who rely on adults for everything. Make sure your child has shoes that she can put on herself. Allow extra time before you need to leave the house each day so that your child can put on her own shoes. Support your child in taking care of her own bathroom needs. If they ask for help with their pants or with wiping, try talking them through it rather than doing it all for them. Teach them to wash their own hands and flush the toilet. It’s not glamorous, but these are important skills in preschool!

**Practice!**

Give your child time away from you. Practice separating and giving your child a little bit of space. Leave your child with a family member while you go to the grocery store or run errands. Before you leave, make sure to tell your child where you are going and reassure them that you will be back.

*Source: https://playtolearnpreschool.us/ready-for-preschool/*

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**Contact us:**

- **Phone:** 618-453-6448
- **Website:** headstart.siu.edu
- **Facebook:** SIU Carbondale Head Start
Your Journey Together: Building the Resilience of Children and Families (Building Your Bounce)


This program year, we are implementing Your Journey Together (YJT)/Building Your Bounce. Your Journey Together (YJT) is a strength-based parent curriculum designed to promote the social and emotional well-being and resilience of families and children. Resilience is defined as “the ability to recover from or adjust easily to misfortune or change” (Merriam-Webster, 2015). YJT shows parents how to use ordinary, everyday routines, activities, and interactions as resilience-building opportunities. This parent curriculum focuses on empowering parents and promoting safe, trusting, and healing environments, all key elements of a trauma-sensitive program. The goal of YJT is to provide parents and guardians with the knowledge and skills that promote resilience and help family members better cope with life’s challenges and reach their full potential.

Building Your Bounce: Simple Strategies for a Resilient You

In simpler terms, resilience is your ability to “bounce back” and recover from misfortune or change. Building Your Bounce: Simple Strategies for a Resilient You, by Mary Mckrain and Nefertiti Bruce Poyner with The Devereux Center for Resilient Children (DCRC), has designed tools for adults that can help to strengthen protective factors to use in your journey so that you can bounce back.

Each month in this section of the newsletter and during Monthly Parent Committee Meetings we will feature tips, strategies, activities, and information from YJT and Building Your Bounce starting in September 2021. (See enclosed flyer). Stay tuned as we dive deeper into “Your Journey Together” and “Building Your Bounce!”

Hearing and Vision Screenings

A child’s ability to hear and see in the classroom is so critical to success in school. Per Head Start regulations, we have 45 days to screen your child’s hearing and vision. These tests will begin immediately and are performed on site at your child’s center. Results will go home in each child’s backpack immediately after testing. If any concerns are detected, it will be noted on the results page. If you need assistance seeking follow up services, please contact your Family Advocate or the Health Specialist.
Recipe of the Month: Ranch Snack Mix

Parents: Please join your child on September 23rd (by appointment only) for some tasty Ranch Snack Mix for this month’s Nutrition Activity! Listed below you will find the recipe that you could make with your child at home. *(Decrease ingredients to make less for home).*

**Prep Ingredients needed:** 2 large bowls, 2 spatulas, and 2 scoopers.

- 1 package Miniature pretzels (12 ounces)
- 16 cups Bugles (about 12 ounces)
- 1 package Goldfish cheddar crackers (6 ounces)
- 1 envelope Ranch Salad dressing mix
- ¾ cup Vegetable Oil

**DIRECTIONS:** In 2 large bowls, combine the pretzels, bugles, and goldfish crackers. Sprinkle with dressing mix; toss gently to combine. Drizzle with oil; toss until well coated. Store in airtight containers. *(Makes 32 Servings (6 Quarts)).*

Book of the Month: David Goes to School by David Shannon

Read the book aloud or watch the story being read on YouTube:

https://www.youtube.com/watch?v=kYN684gQJvM

**Activity:** Work with your child to retell the story and focus on the rules of David’s school and why they have those rules. For example, David must keep his hands to himself so he does not get the little girl dirty. Make a list of the rules that David follows at school. Next, talk to your child about what the rules are for their Head Start classroom and why they have these rules. Once you have both sets of rules, talk to your child about how the two sets of rules are similar and different.

**School Readiness Goals Aligned To This Activity:**

- Children will express their thoughts and needs in clear and complete sentences using a varied and complex vocabulary.
- Children will understand and follow classroom expectations, routines, and directions.