

PSD Parent Newsletter

October 2019

Opportunities for Parents

Get involved!

Hello Head Start families and welcome to the start of a great program year! As Chairperson for the Policy Council, I want to let you know about some of the amazing opportunities and resources available to you. If you have not attended a Parent Advisory Committee (PAC) meeting at your site, I urge you to go to the next one and really get involved. Each site is allocated a parent fund budget for activities or workshops based on your needs or interests. Use of the funds and topics can be discussed and voted on at your parent meetings. Along with the PAC meetings, there is another opportunity to be involved and that is the Policy Council (PC). If you are elected at your site to the PC, you will attend monthly meetings at the Preschool Services Department Administration Office where your input is used to make decisions on how the program runs. We vote on budget and curriculum, and discuss ways to improve the program. We also sit on interview panels to assist in the hiring of Head Start employees. Head Start also offers a free online High School diploma program, with support throughout the entire process and participation in a real graduation upon completion. If you are looking for a job and need somewhere to start, there is an apprenticeship program where you can be trained at a school site to gain experience to help you get a job. You can be trained as a custodian, food service worker, center clerk, or teacher's aide. While our kids are learning social emotional skills and school readiness during their time at Head Start, we as parents are given opportunities to learn as well. There are workshops offered for health/first aid, finance, family literacy, bullying, and parenting classes. If any of these resources sound like something you need, or if you have a need not mentioned here, please speak to the Generalist at your site, as they would love to help you. I hope you take advantage of all the opportunities and experiences offered to you during your time at Head Start. Hope to see you actively involved.

Reyna Sanchez - Policy Council Chairperson

**"IF YOU THINK YOU'VE PEAKED,
FIND A NEW MOUNTAIN."**



Head Start Appreciates Dads

Vince is a proud Head Start father with 3 children and 1 on the way. He has participated in both Head Start and the EHS Home Base program. Even though he works full time, Vince makes sure to stay involved by attending socialization as often as his schedule allows. This year he has decided to take a very active role and was elected as treasurer for the Parent Advisory Committee at his site. When asked why it is important for Fathers to be involved in their children's education, Vince said, "Because it is important for Fathers to be involved in every aspect of their children's lives, not just when they are at home. Father's should strive to make a positive impact on their educational careers. Increased involvement will show the kids how important education is." Thank you Vince for being so engaged and for making your children's education a priority. We appreciate you!

Parent Spotlight

I would like to take this opportunity to first thank Preschool Services Department for all they do for our children, families and the community. I was given the opportunity to serve as Policy Council Representative for two years, and that has helped me become more informed about all the services this wonderful program offers to not only the children, but also all the families. By giving our children the opportunity to attend preschool, it not only helps them, it helps the whole community in the long run. Giving them a head start in their education makes it easier for them to adapt socially and emotionally in school and in their everyday life. When they enter their journey to elementary school, they are more prepared and sure of themselves thanks to the wonderful teachers and staff they were surrounded with at Preschool Services Department. I am super thankful for this program and for all they do and what they stand for. Thank you always from the bottom of my heart.

Xoxo, Ivette Barajas



October – Month Awareness

Head Start Awareness Month- Show support by spreading the word about Head Start to your friends and family!

Emotional Wellness Month- Check in with yourself and take care of your mental well-being.

Fall Activity



DRDP Measures: PD4, LL2, LL3, REG4, SED 3

Materials: Construction paper, scissors, glue

1. Cut paper into 1/2 " strips. (You'll need plenty of orange, a few green, and one brown strip for each pumpkin.)
2. Cut one brown and a few green strips for each pumpkin that you plan to make.
3. Begin with the orange strips. With your child, roll each strip and secure the end with a bead of glue. Pinch the glued spot between your fingers for 30 seconds or so. Don't try to make the curls all the same size. The pumpkins have a lot more character when the sizes are different.
4. Once you have made about thirty orange curls, lay them out to form a round-ish shape.
5. Glue the curls together, taking time again to pinch the pieces together for a few seconds to help the glue set.
6. Add a stem and a few green paper swirls.