

SEVCA Head Start Newsletter

Monthly Newsletter for January 2022



From the Desk of the Director . . .

Dear Parents & Staff,

Welcome back from the Holiday Break and to the start of a new year! I hope the holidays were joyous and restful.

The Office of Head Start (OHS) is requiring that all Head Start employees be vaccinated by January 31st or they will no longer be able to work for Head Start. OHS wants to make sure that the children in our care are in the safest environments possible, so having them surrounded by vaccinated staff and wearing masks except when eating or napping are the two biggest ways we can help to keep COVID 19 at bay. If anyone has any questions about this, please let me know.

We are still looking to enroll children for this program year and will start recruiting for the 2022-2023 program year soon! So, if you know of any children that might be interested in attending Head Start please let us know! We still have openings left for this program year.

Just a reminder with the winter season upon us... when there is bad weather please listen to the following radio stations to see if there is school:



Q106, 100.5, 92.3 and the following TV Channels: SAPA Channels 8 & 10, and WCAX/WOA Channel 3. We follow the same recommendations as the school district of where the Head Start center is located. If there is a delay, Head Start classrooms will be delayed as well, including child care. Parents will be called if we close early due to the weather. Please drive safely!

Sincerely,
Lori Canfield
Head Start Director

Policy Council Update: The next Policy Council Meeting is scheduled for January 19th and Gladys Rivera will be coming to do the Shared Governance Training from 9:30-11:00 via zoom.

Winner, Winner!

In-Kind Winner for the month of November:

Single room honors go to The Children's Place Preschool for the most In-Kind!
Center honors go to Pine Street Preschool!

Nicely done!

The following children had **100%** attendance in November:

Chester Community Preschool:

CCP #1: Ensley C., Amelia G. and Ava P.

CCP #2: Finely P. and Harper V.

Pine Street Preschool:

Willow Room: Oliver B. and Kashton K.

The Children's Place: Declan C. and Leianny S.

Northwoods: Parker S.

Way to go!

Important Dates to Remember:

January 11, 2022~ Cook's Meeting

January 14, 2022~ Early Release, Ed Meeting

January 17, 2022 ~ Civil Rights Day. Head Start CLOSED. Child Care CLOSED.

January 18, 2021~ In-Service Training Day. Head Start CLOSED. Child Care CLOSED

January 19, 2022 ~ Policy Council/Shared Governance/Family Partner Meeting;
9:30AM



Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Kayla

We have been learning about Gingerbread here at CCP1. The dress up area has been turned into a Gingerbread Bakery and even has a gingerbread house for the kids to play in.



We have created a new center in the classroom that is just for social emotional needs. In the center we have included: the peace pod, peace pad, calm down tools, solution toolkit, yoga mats and cards. It has been very popular with kids enjoying the tools that we have provided.

We have been busy reading a variety of books about Gingerbread. Some of the books have included: "Gingerbread Baby", "Gingerbread Friends", "The Gingerbread Man", "Maisy Makes Gingerbread", "Gingerbread Girl", "Gingerbread Girl Goes Animal Crackers", "Gingerbread Bear" and many more.

We did a gumdrop estimation to see who could guess how many gumdrops were in the jar. We glued gumdrops on our big letter G. We made gumdrop patterns. The kids enjoyed trying a gingerbread smoothie. We filled up the jewel jar twice and celebrated by having an indoor picnic and pajama day! The kids created houses for the gingerbread baby. We used big brown paper and traced the kids and then the

kids had a chance to decorate them. They are hanging around the classroom. This was one of the favorite activities of the month!

We made cookies on our big letter C. The kids did cookie cutter painting with gingerbread cookie cutters dipped in brown paint. The kids enjoyed gingerbread toast for a snack. We talked about why the gingerbread man didn't want to go in the water. We then performed our own experiment by placing a gingerbread cookie in a cup of water and observing what would happen to him. The kids loved making predictions and then observing the cookie throughout the day. We went on a search through the school to see if we could catch the gingerbread man. When we found him there was a plate full of gingerbread cookies for the kids to decorate.



Miss Carrie from The Whiting Library came to read a story to the kids on the playground.

We hope that everyone has a restful and relaxing vacation home with their families. We will see you in 2022!

CCP2

Ms. Randi and Ms. Kayley

For the Month of December, we have been doing a Jann Brett Author Study! Each of our centers contain projects based on some of her popular books and the characters that are in them. We read the book "The Mitten", retold the story using felt pieces, practiced writing our mitten letters in sand, learned that Mitten starts with the letter M and played with forest animals in our block area just like the ones in the book. We also read her book *The Three Snow Bears*. As the story was being read the kids started to get excited as they

started to be able to predict what was happening and realized it was really similar to the book "Goldilocks and the Three Bears". We made polar bear paintings using white paint and forks, used a scale to try to match our toy polar bear with blocks and white pompoms, and played with polar bears in our water table that had white Orbeez in it! Our final week was based on Jan Brett's books, "Gingerbread Friends" and "Gingerbread Baby". Some of our activities included blank gingerbread house books, playing Candy Land, playing in our Gingerbread Bakery, and decorating our gingerbread playdough mats!

Chester Community Preschool Family Partner



Happy New Year! I cannot believe how quickly this year has flown by despite the challenges. I wanted to start with a thank you to all our families for your continued participation and support during these uncertain times. I want to take a moment to thank families that were able to attend our December Parent Meeting regarding 3squares VT and SEVCA Family Services. Our January Parent Meeting will cover our parent workshop, Your Journey Together.

I encourage you to reach out with any questions, concerns, or suggestions. Please keep an eye on your child's backpack, Facebook, and Seesaw for Center Updates, Family Engagement activities and other events.

Katie Murphy
Family Partner

Phone: (802) 460-0297

E-Mail: kmurphy@sevca.org

Facebook: CCP Family-Partner (send me a friend request)

Don't forget to like us on Facebook: SEVCA Windsor County Head Start

Here is a fun activity to do with your child(ren)!

MY YEAR IN REVIEW

Picture of me

Name: _____

Age: _____

Height: _____

School: _____

HAPPY NEW YEAR!

I tried: _____

I learned: _____

I loved: _____

MY GOALS FOR THE YEAR

My goal for 2022: _____

I want to learn: _____

I want to go: _____

I want to try: _____

THE BEST OF THIS YEAR

Movie: _____

Song: _____

Book: _____

Toy: _____

Food: _____

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Denise and Ms. Sadie

Hello friends! For December's theme we learned about the ocean! We learned about the different types of creatures that live in the ocean and what the differences are between land animals and ocean animals.

The class participated in a sink or float experiment and predicted what they thought would happen. They also were able to make boats of their own and test if they would float.

In the month of January we will be learning about Outer Space! Some of the activities we will be doing are rocket names, shape rockets, galaxy paintings, and earth finger paintings.

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Nicholle

Hi Friends! 😊

For the month of December our class chose to learn about winter and they have been so excited to learn something new every day! Most of the kids love this season so we really had a blast doing different winter activities. We learned about how to stay safe during winter, especially on snowy days, wearing winter clothes to keep our bodies safe and warm, and activities that we do outside during snowy days like sledding, making a snow angel, and building a snowman.



We did snowman letter names, learned about rhymes using words from the winter book, read stories about winter and snowy days, winter counting, painting a winter tree, and winter pattern activities.



We also learned about what animals do during winter and learned the meaning of the word "hibernate".

The kids filled their heart jar and celebrated with a pajama dance party, and they are very close to filling their jar once again. Our class voted and in the month of January we will be learning about dinosaurs!

Be safe and Happy Holidays Everyone!



Pine Street Preschool
Family Partner

Hello Families!

Happy New Year, 2022! I wish everyone a safe, healthy and happy 2022!

I wanted to start with a thank you to all the families that attended the Parent Meeting in December. I also wanted to thank all the families that have completed the virtual home visits with me. It was great to have some time to chat with you and learn more about your family.

Are you trying to make some changes in 2022? If so, here are some ideas of ways to help you discover what kind of year you would like to have. You can use these to create a Family New Year's Goal or an individual goal for yourself.

this year's resolutions

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

Look forward to:

Try something new:

Cheers to this ULTIMATE NEW YEAR'S RESOLUTION idea list

| | | |
|-------------------------------------|-----------------------------------|----------------------------------|
| 1. Start a gratitude journal | 21. Organize your home | 31. Mindful eating |
| 2. Drink more water | 22. Declutter your space | 32. Floss teeth daily |
| 3. Laugh more often | 23. Clean out your email box | 33. Go to bed on time |
| 4. Turn off the TV. Listen to music | 24. Send more handwritten letters | 34. Clean out your closet |
| 5. Exercise more and sit less | 25. Only buy what you need | 35. Learn a new language |
| 6. Volunteer more | 26. Be on time | 36. Stop drinking soda |
| 7. Become more assertive | 27. Love yourself | 37. Organize your photos |
| 8. Make more friends | 28. Less time on social media | 38. Stop eating sugar |
| 9. Spend quality family time | 29. Save money | 39. Play board games with family |
| 10. Don't hit the snooze button | 30. Learn to meditate | 40. Send thank you cards |
| 11. Eat breakfast | 31. Lose weight | 41. Read one book per month |
| 12. Be more spiritual | 32. Remember your goals | 42. Drive less |
| 13. Volunteer | 33. Try something new | 43. Stop procrastinating |
| 14. Give to charity | 34. Weekly date night with spouse | 44. Earn more money |
| 15. Continue education | 35. Clean out basement | 45. Become more polite |
| 16. Get an education | 36. Clean out attic | 46. Smile more |
| 17. Get out of debt | 37. Be a better neighbor | 47. Dress better |
| 18. Plan and take a trip | 38. Get involved in community | 48. Be more tidy |
| 19. Improve career | 39. Get involved in sports | 49. Let go of grudges |
| 20. Quit biting nails | 40. Learn to dance | 50. Learn about other cultures |

Simply by Hobbies

We are looking forward to our Family Workshop of Your Journey Together starting this month.

Please keep an eye on your child's school folders for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Note *Both photos were found on google images.

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

Ms. Darci, Ms. Alyssa and Ms. Beth

For the month of December, we learned about winter. One of our favorite books that we have been working with is over and under the snow. In this book we learned about winter and hibernation. We have created clay snowmen, snowball names, Lego igloos, and name snowmen. It has been a busy month!



For the month of January we will be continuing winter and adding in gingerbread. We hope you all had a wonderful break and hope to start the new year strong.

Northwood's/Children's Place

Family Partner

PHEW!!! Breathe!! The Holidays are over! Now it is time to focus on the New Year. The days are getting longer which means that spring is hopefully on the way. I want to thank all of the families that have taken time out of their busy schedules to have "Virtual" Home Visits with me and developed Family Plans. Please feel free to reach out to me should you need anything. December's parent meeting was all about the services that SEVCA has to offer. Should you need access to any of these, do not hesitate to catch me and ask.

It is the New Year, many make new year's resolutions and then give them up about 2 weeks into the new year. With the Pandemic still in full swing, we all need to be flexible and know that things are everchanging. Please Be Kind to each other.

Winter Scavenger Hunt

- A Pinecone
- Berries on branches
- Frozen leaf
- Seed pod
- Snowman
- Rosy red cheeks
- Snowdrift
- Icicles
- A squirrel's drey
- Abandoned beehive
- Chickadee
- Pine needles on the ground
- Leaf still on a tree
- Bubble trapped in ice
- Animal tracks
- Yellow snow
- Your breath
- Boot prints
- A leafless tree
- Birdseed on the ground
- Frost
- Snow stuck on tree bark



Please be on the lookout for our Parenting Curriculum: Your Journey Together, this will be a 4-week workshop and we are excited to offer it to all of you.

It is cold, snowy and the children go out every day, please send snow pants, coats, hats, mittens and boots every day. If you do not have these and need some please let me know and I can help you get them.



Children's Place Preschool

Ms. Susan and Ms. Jen

It was a busy month with glitter, wolves and fairy tales. Not only are these stories fun, we got to learn about the "animal" villains of the story. In "Little Red Riding Hood", the wolf gets a bad rap. We learned that these animals are necessary in keeping our eco systems healthy. They are hardworking and are excellent parents. The entire pack helps raise the pups.



We also read "The Three Billy Goat's Gruff". Always a fun story with a horrible troll. This

story is not only fun to read, it is also fun to act out. We also talked a bit about why this was a fictional story and not nonfiction.

We went onto a few poems like "Humpty Dumpty" and wrote a book about how we could put Humpty Dumpty back together. There were some clever ideas. Some of the kids used, band aids, string, tape or flowers.

We got side tracked and went into a lesson about pressing food for juice. I don't remember why this came up but we went with it. Our friend Fran, brought in her hand press for juicing. We experimented with pineapple, apples, oranges, spinach and watermelon. We were most surprised that the spinach did indeed juice. The best part was tasting the juice. It was delicious. We followed this up with a juicing machine, from our friend Fran. We took a solid and made a liquid. We juiced carrots and apples. Both of these experiments were followed by graphs to see if it juiced or if they liked the taste.

We spent time in our bake shop making gingerbread cookies and cupcakes. This dramatic play area, was very busy. We learned about ginger and what it looks like before it is ground into powder. Another science experiment included cookies, water and milk to see if cookies really do fall apart (as the story of the Gingerbread Man implies). The cookie did indeed fall apart. Not all the gingerbread tales had the same ending. We compared the endings to "The Gingerbread Girl", "The Gingerbread Teddy Bear", "Gingerbread Friends", "Gingerbread Babies" and "The Gingerbread Man". Each one had a different ending and it was fun to compare the stories. We also made a book about which part of a gingerbread cookie we ate first.

We could not ignore the red fox. Although they are villains in many tales, they are more like cats than dogs. They like to live alone, are playful and have superb hearing. They also stink!! That's because of special glands.

We had days with glitter and glue. We made wands, crowns with jewels and made apple muffins. To go with our story "Jack and the Bean Stalk", we had green bean casserole.

We hope the long break was a restful one for you all. May this new year bring you good health and happiness.

*News from the
Practiced-based Coach/Child Development Services Specialist*

Fran Lynggaard Hansen

How Will Consistency with Your Children Help You at Home?

Believe it or not, children love consistency. We take this to heart at school, doing the same things at the same time of day, and we spend a good deal of time going over schedules for this reason.

Why?

Giving children consistency also gives them a sense of reassurance that they are cared for, that they are safe and loved. Being predictable allows a child to lean into knowing what will happen next.

Think about yourself as an adult. If you are at work and you don't know what is expected of you, it can make you feel anxious. If you can't be sure if your boss is going to be nice, or yell at you, you also feel nervous. If you never know what will happen next, you will spend more time anticipating what's going to happen and that too will make you nervous. The same is true for children.

What does consistency look like for young children at home? Children love to know when their parents or caregivers will be home each day. They look forward to this. They also appreciate regular mealtimes, especially if the family can sit together around the table. Their bodies get used to a regular bedtime so that they tire at the same time each day; for example, a bath, then their grown up reading them a book or two, then bed and lights out without any electronic devices.

And the benefits of your being consistent will add up fast! Your children will know what you expect of them, how you wish them to behave, and it also allows them to have achievable boundaries. If, for example, you keep that bedtime routine, they will always know what to expect every night. There is comfort in that. Here are some suggestions to become a more consistent parent.

1. Consistent parenting means that you will do what you say you will do. Giving your word becomes the rule and not the exception.
2. Plan and follow regular routines. A big part of consistency in your home is your own family schedule.
3. Be predictable in your emotional responses. If you're having a hard day, try not to pass that along to other members of the family, instead, try to give yourself a time out.

As always, I'm here, your child's teacher is here, and your family partner is available. We're all happy to help you with discussion or ideas for a more consistent life. Parenting is a tough job, and no one should be alone as a parent. We're a community ready to help. Give us a shout!

News from the Health and Nutrition Manager

Heather Frye

Follow a Healthy Path in the Store

If you shop in a grocery store, focus your shopping on the store's outer aisles. These usually contain the healthiest foods — produce, dairy products, and fresh meat and fish.

Next, move to the inner aisles, where you'll find important items like canned and frozen fruits and vegetables, cereals, sauces, and baking supplies. But those inner aisles also contain more expensive and less healthy

prepared foods and snacks. By visiting the inner aisles later in your shopping trip, you reduce the chances that you'll overdo it on snacks and processed foods.

When possible, visit farmers' markets and produce stands in your area for the best that local growers have to offer. The recent growth in "farm-to-city" groups means that farmers bring their produce directly to you and that more produce stands are now open in local neighborhoods.

Food co-ops are another good source of healthy food because these member-run organizations tend to buy organic or pesticide-free produce, and work with local growers to provide the freshest food possible. Health food and specialty stores also can be worth the extra trip to find a wider variety of foods and brands.

Wherever you choose to shop, it pays to know the time of year that your favorite fruits and vegetables are in season. Buying in-season produce is often a bargain in taste and reduced price. But try not to buy more than you can use or store before it spoils.

A good way to teach your kids about seasonal produce is by visiting a farm, orchard, or berry patch where they can pick the fresh goodies themselves.

Black Bean Soup

Black beans are a great source of vegetarian protein. This easy soup can be served with a dollop of sour cream and your favorite guacamole and tortilla chips. Use a food processor to create a thick texture.

This recipe was provided by Ramona Hamblin. Check out more of her recipes in her cookbook: [just cook here's how.](#)

Ingredients Serves 4

- 1 Tbsp. canola oil
- 1 small onion, chopped
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 2 15-oz. cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 tsp. salt
- 1 Tbsp. lime juice
- Plain yogurt or sour cream, as a garnish

Instructions

1. Heat the oil and sauté the onion until translucent.
2. Add chili powder and cumin and cook for another 2 minutes.
3. Add beans water, salsa and salt and simmer for about 10 minutes.
4. Puree everything in a food processor
5. Serve warm with yogurt or sour cream.

If you would like to revisit this recipe on our website, please follow the link below.

<https://thefamilydinnerproject.org/budget-friendly/week-of-april-20-2020/view/monday>

News from the Education/Disabilities Services Manager

Jodi Farashahi

Happy winter!! Please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when the temperature does allow for them to get outside and enjoy the crisp air!

Here are the child outcomes for the Fall Assessment:

Overall Program:

Areas of Strength: Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

Areas of Focus: Literacy Development and Mathematics

Children Transitioning to Kindergarten:

Areas of Strength: Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

Areas of Focus: Literacy Development and Mathematics

Children with IEPs:

Areas of Strength: Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

Areas of Focus: Literacy and Mathematics
Teachers are now taking observations for the winter assessment period and planning activities to support their Individual Learning Plans.

Hoping everyone had a wonderful holiday!

Birthday News for January



Chester Community Preschool

CCP1- Jack D. 1/24, Ava P. 1/17 and Brayden W. 1/6

CCP2- None this month.

Pine Street Preschool

Daisy- Scarlett I. 1/24 and Jaxon M. 1/11

Willow- Oliver B. 1/14 and Drew F. 1/11

Northwood's Preschool

Jonathan B. 1/24

The Children's Place

None this month.

Staff

Karie S.: 1/2 CCP1's Teacher Associate

Brief Emergency Medicine Interventions to Prevent Opioid Overdoses



The effects of opioid use have far-reaching implications for the individual, family, workplace, community, and the health care system.

The training will introduce or refresh participants' SBIRT skills (Screening Brief Intervention and Referral to Treatment). It will also provide an overview of motivational interviewing techniques, teach about their use with people who cope with Opioid Use Disorder, and give opportunities to "rehearse" those techniques, considering a variety of scenarios that might be faced by EMS and Emergency Department staff and parole officers.

Choice of 4 Online Training Dates:

January 21, 2022

January 28, 2022

February 4, 2022

March 25, 2022

There is no Cost to Attend

This training is designed for Vermont Communities and only open to practitioners who live and work in Vermont. It is offered through funding by the Vermont Department of Health, Division of Alcohol & Drug Abuse Programs.

Learning Objectives:

By the end of this training participants will:

1. Have increased confidence and ability to deal with opioid use disorder in a compassionate way
2. Be able to differentiate between advice giving and motivational interviewing in the context of addiction
3. Be able to recognize, intervene and refer to treatment those suffering and in need

Who Should Attend? This training is designed for Emergency Medicine professionals including EMS and other First Responders, Medical Doctors, Physician Assistants, Nurse Practitioners, Health Care Practice Managers and Directors, Registered Nurses, Social Workers, Psychologists and Parole Officers.

CEUS: Northern Vermont AHEC is approved as a provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Visit Registration Page for More Information on Available CEUs



The Trainers:

Alan Rubin, MD is an Associate Professor of Medicine and Psychiatry at the Larner UVM College of Medicine and is a Director of their Doctoring Skills Program and Graduate Program Director of Clinical and Translational Science.

Richard Pinckney, MD, MPH is an internist and Associate Professor at the University of Vermont where he directs the Internal Medicine Resident Clinic. He is interested in the intersection between mental health and primary care and loves to teach about compassion, mindfulness, motivational interviewing, and evidence-based medicine.

Deborah Wachtel, DNP, MPH, APRN is an Assistant Professor at the University of Vermont College of Nursing and Health Sciences. Deborah has extensive experience working with people who are in treatment for opioid use disorder.

FOR MORE INFORMATION AND TO REGISTER

Go To: www.healthandlearning.org Click on Events Calendar



Protein



- Protein provides nutrients that help all kids grow.
- Protein foods include seafood, meat, poultry, eggs, beans, peas, nuts and seeds. When choosing protein foods select a variety of lean meat and poultry.
- It is common for children to dislike or refuse protein foods. Encourage them to try protein and eat it yourself. Just keep trying! 😊

Chili Recipe

Ingredients

- 1 pound ground beef or turkey
- 1 large white onion, diced
- ¼ cup water
- 2 14-ounce cans diced tomatoes
- 2 tablespoons chili powder
- 2 15-ounce cans beans, rinsed and drained

Directions

1. In a large pot, cook the ground beef and onion over medium heat until beef is browned, about 7-8 minutes. Stir every now and then to help crumble up the meat.
2. Drain the meat mixture and return to pan. Add chili powder and stir well.
3. Add the beans, water, and diced tomatoes to the pot and bring to a slow boil. Cover and reduce heat to low; simmer for 20 minutes. Then uncover and simmer for an additional 5 minutes, stirring occasionally.
4. Put chili into bowls and serve hot!

WIC APPROVED ACTIVITY

Today your child learned about proteins and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.