March 2013 Webb County Head Start Newsletter

From the Director's Desk: Aliza Oliveros

For the past 47 years, the Head Start program has enabled children of low-income families to be successful in preparing for future responsibilities in school and life. It is important to promote Head Start and Early Head Start by sharing your success story with friends, family and the general public. Let's work together to keep the benefits of Head Start around for generations to come.

Por 47 años, los niños de familias de bajos recursos han tenido éxito en enfrentar sus responsabilidades de escuela y de sus vidas por medio del programa de Head Start. Es muy importante que la comunidad de Head Start y Early Head Start promueva el programa compartiendo sus experiencias exitosas con él publico en general. Trabajemos juntos para mantener los beneficios que Head Start provee por muchas generaciones más.

PARENT ENGAGEMENT-Linda M. Payle

TIME OUT TIPS FOR PARENTS

By Texas Department of Family Protective Services

When babies cry: Sometimes, Babies Just Cry! It's perfectly normal for a baby to cry for 2-4 hours a day. They may be hungry, need a diaper change, need cuddling or may simply cry for no reason. When the stress level rises, it's time for a **TIME OUT!**

- Place the baby in a crib and walk away.
- Take a few minutes to yourself in another room.
- Ask a trusted friend, neighbor or relative to watch your child while you take a break or a nap.

When toddlers have tantrums: Toddlers can't always express their feeling with words. The way they let you know if they are tired or upset is with a temper tantrum.

- Distract the child and redirect his or her attention to something else.
- Put the child in time out so everyone can calm down.

ENVOLVIMIENTO DE PADRES

TIEMPO FUERA-Consejos para padres de familia

Cuando los bebes lloran: A veces los bebes lloran y lloran. Es perfectamente normal para un bebe que llore de 2 a 4 horas del día. Puede ser que tenga hambre, necesite que le cambie el pañal, que lo arrullen o simplemente los bebes lloran sin razón. ¡Cuando el nivel de estrés se eleva, es tiempo de tomar un **TIEMPO FUERA!**

- Ponga al bebe en su cuna y salga de la habitación.
- Tome unos minutos a solas en otra parte de la casa.
- Pregúntele a un amigo(a) de confianza, a un vecino o un familiar si puede cuidar al niño mientras que usted toma un descanso o una siesta para recargar sus energías.

Cuando los niños pequeños no se comportan: Los niños pequeños a veces no pueden expresar sus emociones con palabras. La manera en la que nos indican que están cansados o irritados es con un berrinche o rabieta. Trate de hacer lo siguiente:

- Distraiga al niño y dirija su atención a otra actividad.
- Puede poner al niño/a en un "tiempo fuera" por

Health-Ana Maria Huerta

Safety and Injury Prevention

Things You can Do to Help Your Child to be safe:

**Keep all Medicine products away from children
Use cabinet locks and electrical socket covers
Use safety gates on stairs
Use cribs with secure sides rather than drop sides
Keep cribs away from windows and blind cords
Lift blind cords out of reach from the children
Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers
Keep children away from hot foods and liquids
Turn pot handles to the back of the stove
Have a smoke alarm on every floor.

Seguridad Y Prevencion de Accidentes

Cosas que puede hacer para ayudar a su niño/a

** Mantega todas las medicinas fuera del alcance de sus niños
Ponga llave a sus gabinetes y conectores de luz electrica
Use cercas de seguridad en escaleras
Coloque las cunas lejos de las ventanas
Coloque los cordones de las percianas fuera del alcance de los niños
Ponga a los bebitos a dormir boca arriba, evite colchas, almohadas en la cuna
Aleje a los niños de las cosas calientes y liquidos
Boltee las vasijas hacia adentro de la estufa
Tenga una alarma sobre humo en casa.

Fatherhood Engagement

W. B. C. Parade

Education—Lucy Trejo, Education Director

HAPPY ST. PATRICK'S DAY

"Yo Soy Especial"

During the month of March S.C.A.N. and Child Protective Services will be going to the parent meetings and give a very interesting and informative presentation on this topic. Please check the date when the parent meeting at your center will take place and make every effort to attend. The Education Content Area will be present at this time to give information on the Child Abuse lessons taking place in April.

During the month of April; 4/2 to 4/12, the classrooms will be implementing a bilingual, culturally appropriate child abuse prevention curriculum. The early intervention education model will serve in educating our children in recognizing how to prevent child abuse and child abductions.

The focus of this model is to teach children how to protect themselves against sexual abuse and child abduction. The curriculum will teach children the importance of good self esteem, healthy "sentimientos" or feelings, and the need to stay healthy, and safe! The curriculum contains individual lesson objectives and take home activities. Each lesson is presented in the time frames of 15 minutes. We would like to invite you to the classrooms during this time. Please schedule your visit with the classroom teacher.

Educacion

"Yo Soy Especial"

Durante el mes de marzo S.C.A.N. y "Child Protective Services" van a estar asistiendo a las juntas de padres en los centros para dar una presentación muy interesante e informativa. Por favor cheque cuándo es la junta en su centro para que haga planes de asistir. Las Asistentes de Educación van a estar presentes para darles información de las lecciones que se llevarán a cabo en abril.

Quiero tomar este tiempo para avisarles de unas lecciones que se llevarán a cabo en el mes de Abril . Durante las fechas del 2 de abril al 12 de abril las clases estarán llevando a cabo un plan de estudios cultural, bilingüe y apropiado para los niños en cómo prevenir abuso de niños. Este será un modelo de intervención educacional que servirá para educar a nuestros niños en cómo reconocer y prevenir el abuso y secuestro de niños. El modelo se usará para enseñarles a los niños cómo protegerse en contra de abuso sexual y secuestro.

El plan de estudios les enseñará la importancia de tener un buen auto-estima, "sentimientos" saludables, y la necesidad de estar físicamente saludables y seguros. Este plan contiene lecciones con objetivos individuales y actividades para llevar a casa. Cada lección se presentará en tiempos de 15 minutos. Quisiéramos invitarlos a las clases durante este tiempo. Por favor revisen el horario con sus maestras para su visita en la clase.

Abriendo Puertas

Healthy Relationship Conference

Educational Concepts

Creative Curriculum Study 5: Trees	Who takes care of trees? 	How do trees change? 	What can we do with parts of trees? 	
Scholastic Theme 8: Let's Explore	Sorting and Classifying 	Recording What We Observe 	Interpreting What We Observe 	
Frog Street Theme 7: Things That Move	I Move 	Travel 	Transportation 	Mysterious Movers
EHS Spring	Wind 	Trees 	Plants 	

Parent Committee MeetingPresentations
Education Content Area
Prevention / Awareness of Child Abuse and Neglect

Field Trip
Larga Vista
Sierra Vista

Parent Sessions 3/7/13
Topic-Diabetes
Place-Little Palominos
West End (LCC North)
9:30-11:30 a.m.

Abriendo Puertas Session 7
My Health is First/Nuestra Salud Es Primero
March 20 @Little Palominos

Happy Birthday! Head Start Staff:
2/ Claudia Rubio
3/Shirley Martinez
8/Rosangela Velasco
8/Graciela Rangel
11/Mirian Hdz. Raygoza
16/Maria D. Lopez
17/Belinda Magaña
24/Diana E. Garcia
24/Claudia Ramirez
31/ Melissa Reyes

MARCH 2013

	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Guadalupe Sierra Vista	5 Jesus Garcia Little Folks	6 Floyd Finley	7 Springfield A. Larga Vista	8 Head Start Community Volunteer Committee Meeting @ 5904 West Dr. Main Office 12:00 p.m. - 1:00 p.m.	9
10	Early H/S has class on March 11 & 12 		13 **Spring Break**	14	15	16
 17	18 Jorge O.DLG Villa Alegre	19 El Cenizo Tatangelo I	20 Tatangelo II Prada	21 *Policy Council Meeting 10 a.m. 5904 West Dr.*	22 Roosevelt Magic Corner	Staff FA/CPR/AED Re-certification Session 8:00-1:00 @ Ricardo Floyd H/S 23
 24	Early Head Start 25 ***Proclamation of April as Head Start Month at Commissioners Court 1110 Houston 9 a.m.***	26 Little Palominos J. C. Martin	27 Heights Los Presidentes	28 ***Easter Picnic All Centers***	No Classes 29 Good Friday	30
Easter Sunday 31	No Classes..					

March Menu 2013

Mon	Tues	Wed	Thu	Fri
	National Nutrition and Noodle Month			**1.** **B Mlk** 6oz. Pancake 1 syrup 1 fresh orange 1 L-Milk 6 0z. Ground beef 1/4 c. Whole grain Spahetti with marinara Sauce1/2c. Normandy broccoli 1/4 c apricots 2 oz. *S-. Gold fish crackers, orange Juice 4 0z.*
4B Milk 6 oz. sausage 1 biscuit Tropical fruit 1/2 c. L-Milk **6 0z.** Diced chicken 2oz. fettucinne pasta (700092) with alfredo sauce (797130) 1/2 c. 1 broccoli 1/4 c. with cheese sauce diced pears 1/4 c. 1 .Wheat bread 1/2 ***S-**. Yogurt 4oz. Pineapple tidbits cups (600365) 4 oz. Water* **Breakfast will be sent today for Tuesday**	5B-Milk 6 oz. *trix (799339)1 Diced peaches 1/2 c.* L-Milk 6oz., Chicken fajitas with grilled onion pieces **Spinach tomato salad 2 ounces 1/2 c,fruit cocktail** 1/4c. Macaroni and cheese (1/4) c S– *Fresh Orange 1 Graham Crackers 1 oz. water 4 oz*	6 B– Milk 6 oz. Egg and turkey cubed ham 2 oz. Fresh orange 1 wheat flour tortilla 1 L-Milk 6 oz. Raviloi 1/2 c. shredded cheese 1 tablespoon corn 1/4 c. 2 oz. . diced apricot 1/4 c. Wheat bread 1/2 sl. S– Saltine crackers 4 Orange juice 4 oz. *S–* **Breakfast will be sent today for Thurs.**	**National Cereal Day** 7B-Milk 6oz. cherrios 1 banana 1 L– Milk 6oz. Tuna Salad 1/4 c. Whole Wheat crackers 4 pickle spears 2 oz. Fresh apple slices 2 oz.. S– Wheat bread 1/2 slice American Cheese 1 slice mayonnaise 1 pkt Orange juice 40z.	8 B-Milk 6 oz., biscuit 1 turkey sausage patty 1 c. Mandarin oranges 1/2 c. International Menu day **L**-Milk 6oz. Egg roll 2 CN label with stir fry vegetables with teriyaki sauce 2 oz.. crushed pineapple salad 1/4 c. S– *fresh fruit salad* 1/2 c. Milk 4 oz.
EHS Menu 22 Milk 6 oz Chicken Patty 1 biscuit 1 fresh orange 1 L Milk 6 oz. Diced chicken with . zucchini squash with corn bits 1/4 c. Rice 1/4 c. Honey dew melon slices 2 oz. Mixed vegetables 1/4 c. S– ***pineapple tidbits cup 1/2 c yogurt 4 oz. water 4 oz.*** **Breakfast will be sent today for Tuesday**	EHS Menu 22B-Milk **6oz**. Cherrios Cereal 1, tropical fruit **1/2 c** L-Milk **6 0z.** Ground beef with marinara **1/4C** . Spaghetti with marinara sauce 1/2 c. **diced carrot and peas 1/4 c. Crushed pineapple 1/4 c. .** *S-. Orange Juice 4 oz. Wheat crackers 6 Garden vegetable cream cheese 1 oz. (742184)/100/ca*		**Spring Break**	
18B-Milk 6oz. Mini Pan Cake 3, syrup 1 1/2 c 1 diced sausage 1 sliced fresh orange 1 **L–**Milk 6 oz. Ground beef with marinara sauce 2 oz. Spaghetti with marinara sauce 1/2 c. diced peaches 1/4 c.. Buttered broccoli flowerettes 1/4 c, IMIL Idea S- Orange Juice 4 oz. teddy graham 1 water 4 oz. **Breakfast will be sent today for Tuesday**	19B-Milk 6oz. Cherrios Cereal 1, [illegible] pears 1/2 c., L-Milk 6 0z. Diced chicken 1/4 c. cream of chicken noodles 1/4 c. peas 1/4 c Fresh Orange 1/2. *S– yogurt 4 oz. Goldfish crackers , 1oz water 4oz.*	20B Milk 6 oz. biscuit 1 cheese 1/2 slice Ham 1/2 Slice Mandarin Orange 1/2 c. L-Milk 6 oz. Cubed Beef 1/4c fruit cocktail with jello 1/3 c. Mixed vegetables 1/4 c wheat bread 1/2 S–Nutrition Activity telescopes 1 slice of turkey ham 1 slice of cheese 1 1 pretzel stick Orange juice 4oz. . Water 4 oz. **Breakfast will be sent today Thursday**	21Milk 6 oz. blueberry muffin Diced Peach cup 1 L Milk 6 oz. American cheese 1 slice turkey deli style 2 slices wheat bread 2 slices carroteenies 2 oz, Fresh Strawberries 2 oz. S-Orange Juice 4 oz Graham Crackers 2	22B- ***Milk 6 oz. French toast 1 slice syrup 1*** *fresh orange 1* *L– Milk 6 oz. w chicken patty 487364) ith country gravy 1 corn 1/4 c. mashed potatoes 1/4 c. Apricots 1/4 c. wheat bread 1/2 slice Snack– Tropical fruit 4 oz. animal crackers 1 oz. water 4 0z.*
22 Milk 6 oz Chicken biscuit 1 fresh orange 1 L Milk 6 oz. Diced chicken with . zucchini squash with corn bits 1/4 c. Egg noodles with cream of chicken 1/4 c. Honey dew melon slices 2 oz. Mixed vegetables 1/4 c. S– ***pineapple tidbits cup 1/2 c yogurt 4 oz. water 4 oz.*** **Breakfast will be sent today for Tuesday**	22B-Milk **6oz**. Cherrios Cereal 1, tropical fruit **1/2 c** L-Milk **6 0z.** Ground beef with marinara **1/4C** . Spaghetti with marinara sauce 1/2 c. **diced carrot and peas 1/4 c. Crushed pineapple 1/4 c. .** *S-. Orange Juice 4 oz. Wheat crackers 6 Garden vegetable cream cheese 1 oz. (742184)/100/case*	***27***B-Milk **6** oz. Mini Pan Cake 3, syrup 1 **apple sauce 1/2c.** **L–**Milk 6 oz. Chicken breaded patty 104273 label country gravy fruit cocktail **1/4 C buttered cauliflower flowerets 1/4 C.** S- carrot snack with ranch dip 098350 cheddar cheese stick 1 water 4oz. **Breakfast will be sent today for Tues.**	***<u>LISD will not have classes</u>*** ***28 Milk 6 oz. Corn flakes 1 banana 1 HS Easter Picnic*** ***L Milk 6 oz. Turkey breast 1 slice (1 oz) , Swiss cheese 1 slice, wheat bread 2 slices, 1 mustard, 1 mayonnaise, , carroteenies 1 2 oz. 3 Apple slices 2 oz bag (009863) potato chips 1*** ***S–*** Giant Goldfish Grahmas.9 oz, Orange Juice 4 oz.	