



ISSUE 1  
2020

# CONNECTIONS

Connecting home, school and community

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## DIRECTOR'S CORNER



We would like to welcome children and families to a new school year at Head Start! Our program will look different this year, but I assure you that classroom staff are in place and ready to support you with many learning opportunities. Our goal is to individually work with you and your child to prepare them for future school success. Our classroom staff are eager to meet you and your child and begin the program year!

We are preparing planned learning bags for you to use at home. We will notify you when all items arrive and will schedule a time to deliver your bag to you. We are planning scheduled daily learning sessions as well as additional activities provided by your child's teacher. Daily participation by each child is expected. We also encourage you to participate in 2-3 LINKS activities each day. Your completed forms can be saved in the provided envelope.

Parent activities, resources and training opportunities are available on our website at [www.cacsheadstart.org](http://www.cacsheadstart.org). Please contact your Family Advocate if you need additional support or have any questions.

We will continue to evaluate and assess our face-to-face options and will coordinate as local school districts begin to re-open.

Stay safe and healthy!

Lucy McClintic, Head Start Director

## Miguel Rodriguez Executive Director



I'd like to take a minute to welcome back all staff, returning families, and new families as we start the 2020-2021 Head Start school year. Clearly, we enter this year very differently than we ever have before. Rest assured that over this past

Spring/Summer, staff has worked very hard to ensure a safe environment for everyone and has developed a plan to engage our children as we prepare them for kindergarten. Whether COVID related, school/classroom related, or just dealing with life issues, staff across the entire agency is here for you. I wish you all the best for this school year!

# NOW ENROLLING

2020-2021

SCHOOL YEAR

Let your friends and neighbors know that Head Start is enrolling!!

Call 517-482-1504 or 800-585-9997 or submit an application at

[www.michiganpreschool.org](http://www.michiganpreschool.org)

# SLEEP AND YOUR CHILD

## *How You Can Build Healthy Sleep Routines*

Sleep is important to how your child learns, grows, and even behaves. Children who get enough sleep regularly do better in school and have fewer behavior issues. A regular bedtime routine can help your child get enough sleep. It can also make bedtime easier for you!

### Ideas to Build Your Own Bedtime Routine!



Be sure to visit our website ([www.cacsheadstart.org](http://www.cacsheadstart.org)) and “Like” our Facebook page (CACS Head Start) to stay up-to-date on the most current news and events happening at Head Start!

# GET FOOD ASSISTANCE IN A SNAP

Do you need help paying for your monthly groceries?  
The Supplemental Nutrition Assistance Program (SNAP) can help!

## SNAP is...

**The Supplemental Nutrition Assistance Program:** SNAP, formerly known as 'food stamps', is a federal program that helps millions of low-income Americans put food on the table.

**Delivered monthly:** SNAP benefits are delivered monthly through electronic debit (EBT) cards, also known as 'bridge cards', which you use to buy groceries.

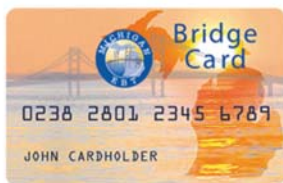
**Available to those who qualify:** There are enough benefits for everyone. Participating in SNAP doesn't take benefits away from anyone.

**Convenient and discreet:** It looks and works like a debit card.

## With SNAP, you can...

**Buy nutritious and delicious food:** It helps households afford personal, healthy food choices.

**Shop where you want, how you want:** SNAP benefits are accepted at most grocery stores, convenience stores... even farmers markets!



To apply for SNAP online, go to [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges). For assistance applying for SNAP or locating other food resources, contact the Greater Lansing Food Bank Assistance Line at 517-899-9457 or 517-898-3165. Phone hours are generally Monday-Friday, 8-4.

## EARLY INTERVENTION SERVICES

The Head Start Early Intervention Services Department supports staff, children, and parents by providing services, early identification, and referrals to school districts and other community agencies. In partnership with other program staff, we help build knowledge and skills through trainings and workshops.

- We observe children in classrooms to identify who may need additional support.
- We communicate with staff and parents so everyone can work together in the child's best interest.
- We partner with school districts and community agencies for further evaluations and services.
- We educate on child development, family development, and mental health topics.
- We promote wellness for all through program-wide goals of "Be safe, Be kind, Be healthy".

**If you have any questions about Early Intervention Services, you may call us at 517-482-1504.**

## Should I go to the dentist for non-urgent appointments during the COVID-19 pandemic?

Many medical and dental practices now have sufficient personal protective equipment and have instituted comprehensive safety measures to help protect you, the doctor and office staff, and other patients. If you feel anxious about visiting in person, call the practice.

Many doctor's offices are increasingly providing tele-health services. This may mean appointments by phone call, or virtual visits using a video chat service. Ask to schedule a telehealth appointment with your doctor for a new or ongoing nonurgent matter. If, after speaking to you, your doctor would like to see you in person, he or she will let you know.

If you have any question, please feel free to contact Brandy Sandifer Oral Health Specialist at: [Brandy.Sandifer@cacsheadstart.org](mailto:Brandy.Sandifer@cacsheadstart.org); Direct Line (517) 827-2230; Main office (517) 482-1504 Ext. 128



## Que puedo hacer en casa para ayudar y preparar a mi niño para que tenga éxito en la escuela y en la vida.

- **Lea todos los días:** Comparta su amor por los libros con su niño(a). 20 minutos al día y no tiene que hacerse todo en una sola vez.
- **Converse y Escuche:** Cuando usted habla y escucha a su niño(a), el/ella construye su lenguaje y aprende las habilidades que se necesitan.
- **Palabras:** Use muchas palabras para describir cosas en el mundo de su niño. El número de palabras que su niño sabe se relaciona con su futuro éxito en lectura. No utilice un lenguaje infantil. Si su niño comete errores en gramática, repita la palabra correcta.
- **Respeto:** Sea respetuoso con su niño(a) y con otros, el/ella aprende de verlo a usted.
- **Juegue con sus niños:** Deje que ellos lo vean como una persona juguetona. Recuerde que el juego es el trabajo de un niño(a). Los niños resuelven los problemas y aprenden nuevas habilidades a través del juego.
- **Ayude a su niño(a) a verse así mismo como una persona capaz:** Ayude a construir la autoestima señalando todas las cosas correctas que el/ella hace. Haga un esfuerzo para buscar todo lo bueno en su niño(a).
- **Cocine con su niño(a):** Mida, derrame, revuelva, lea la receta, limpie, y coma con su niño(a). Estas actividades le ayudaran a su niño(a) a trabajar los músculos pequeños. Estos músculos se usan después para escribir y además es un tiempo divertido para ambos.
- **Coloree y dibuje con su niño(a):** Esto mejorara sus habilidades de motricidad fina y también le ayudara a preparar los músculos en sus dedos para escribir.



**Recuerde que usted es el primer maestro de su niño y su hogar la primera escuela!**

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	<b><u>Proud Fathers</u></b> 6:00pm-7:00pm  <b><u>READ IT OUT LOUD</u></b> 11:00am-12:00pm & 3:00pm-4:00pm	<b><u>READY! for Kindergarten#1</u></b> 10:00am-11:00am <b><u>Sweet Dreamzzz</u></b> 11:00am-12:00pm <b><u>Love and Logic #1</u></b> 2:00pm-3:00pm	<b><u>Love and Logic #1</u></b> 10:00am-11:00am <b><u>READY!for Kindergarten#1</u></b> 11:00am-12:00pm <b><u>Sweet Dreamzzz</u></b> 2:00pm-3:00pm	<b><u>Sweet Dreamzzz</u></b> 10:00am-11:00am <b><u>Love and Logic #1</u></b> 11:00am-12:00pm <b><u>READY! for Kindergarten #1</u></b> 2:00pm-3:00pm	9	10
11	<b><u>Proud Fathers</u></b> 6:00pm – 7:00pm <b><u>READ OUT LOUD</u></b> 11:00am – 12:00pm & 3:00pm-4:00pm	<b><u>READY! for Kindergarten #2</u></b> 10:00am-11:00am <b><u>Sweet Dreamzzz</u></b> 11:00am-12:00pm <b><u>Love and Logic #2</u></b> 2:00pm-3:00pm	<b><u>Love and Logic#2</u></b> 10:00am-11:00am <b><u>READY! for Kindergarten #2</u></b> 11:00am-12:00pm <b><u>Sweet Dreamzzz</u></b> 2:00pm-3:00pm	<b><u>Sweet Dreamzzz</u></b> 10:00am-11:00am <b><u>Love and Logic #2</u></b> 11:00am-12:00pm <b><u>READY! for Kindergarten #2</u></b> 2:00pm-3:00pm	Policy Council 9:00am – 12:00pm	17
18	<b><u>Proud Fathers</u></b> 6:00pm-7:00pm  <b><u>READ OUT LOUD</u></b> 11:00am-12:00pm & 3:00pm-4:00pm	<b><u>READY! for Kindergarten #3</u></b> 10:00am-11:00am <b><u>Sweet Dreamzzz</u></b> 11:00am-12:00pm <b><u>Love and Logic #3</u></b> 2:00pm-3:00pm	<b><u>Love and Logic#3</u></b> 10:00am-11:00am <b><u>READY! for Kindergarten #3</u></b> 11:00am-12:00pm <b><u>Sweet Dreamzzz</u></b> 2:00pm-3:00pm	<b><u>Sweet Dreamzzz</u></b> 10:00am-11:00am <b><u>Love and Logic #3</u></b> 11:00am-12:00pm <b><u>READY! for Kindergarten #3</u></b> 2:00pm-3:00pm	23	24
25	<b><u>Proud Fathers</u></b> 6:00pm-7:00pm  <b><u>READ OUT LOUD</u></b> 11:00am-12:00pm & 3:00pm-4:00pm	<b><u>Love and Logic #4</u></b> 2:00pm-3:00pm  <b>Make-up missed classes (517-999-2730)</b>	<b><u>Love and Logic #4</u></b> 2:00pm-3:00pm  <b>Make-up missed classes (517-999-2730)</b>	<b><u>Love and Logic #4</u></b> 2:00pm-3:00pm  <b>Make-up missed classes (517-999-2730)</b>	30	31

**All meetings will take place via ZOOM**

**Call the Family Service Center at 517-999-2730 to get the Zoom links emailed to you.**

# Parent Opportunities

## Parent Meetings

We want to hear from you! We need parent input to help make our program the best that it can be. Each site will be holding a Parent Café for the parents in our program. We want your ideas on what will make our program better, concerns you may have, and also the things you really like about our program. So, stop by and grab a snack as you share your ideas with your Family Advocate!

# Workshop Descriptions

## READY! For Kindergarten - Birth to Age 5

This curriculum is focused on skills that a child needs before they start kindergarten. Parents will receive a bag of materials to use as they work with their child on language and literacy, math and social/emotional skills. The activities encourage movement, play, exploring, and communicating. Pick Up or Drop off will be arranged.

Join Zoom Meeting: <https://zoom.us/j/96682435722?>

Password=ME9SWnd2Y2VOQXp0MVNPbWVudU1kQT09

Meeting ID: 966 8243 5722

## Love and Logic

The Love and Logic approach to parenting is built around crafting caring and respectful relationships. Loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding. Parents been faced with so many challenges! The program provides a variety of simple and effective strategies to use with children birth to adulthood. The program strategies and techniques will help you create calm and loving solutions.

Through this program, you will learn techniques that :

- Teach responsibility and character
- Lower your stress level

Join Zoom Meeting: <https://zoom.us/j/4589875363?>

Password=djFLRVVJUFZLS09xUzFMeTFNb3ozQT09

Meeting ID: 458 987 5363 Passcode: 61MAvp

## Proud Fathers

Fathers and very important males play a big role in helping children develop! This program will help strengthen that role. All dads, grandfathers, uncles, and other very important males are welcome. This is an 8 week interactive class.

Join Zoom Meeting: <https://zoom.us/j/93496559470?>

Password=WfJ6ZitUZEdNTUNiZIBkVjFPODILQT09

Passcode 2VF8b1

## Sweet Dreamzzz!

Getting enough sleep is very important for young children. Do you know how much sleep your child needs? Do you need ideas of how to get your child to sleep at night? Attend this workshop to learn more about how important sleep is and tips for a peaceful bedtime!

Join Zoom Meeting: <https://zoom.us/j/92194025255?pwd=YIZUbEiCWIRUZIRtU3Mwb2U0MTBtdz09>

Meeting ID: 921 9402 5255

To enroll for the trainings or for more information, please call Sharon Rogers, Derrick Gilliam, Lisa Delgado or Katy VanSchoten at (517) 999-2730.