



# Family News

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## A Special Thank You to Our Parents!



Head Start of  
York County  
226 East College  
Ave.  
York, PA 17403

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Here at Head Start we are a family. A special thank you to all the parents who came to open house and showed their support for the parents with children in state funded classrooms. Due to the Pennsylvania budget stalemate, seven of our Head Start classrooms were unable to open and many children were left without schooling.

Parents who came to open house for federally funded classrooms were asked to please write a small note on a postcard to the senators involved in the state budget discussion asking them to not cut funding for early childhood education programs. Many parents also expressed how vital and important Head Start has been to them and their family. These

postcards were delivered to the offices of the senators involved and to Governor Ed Rendell in Harrisburg. We would also like to thank the



teachers, family advocates, aunts, uncles, siblings, grandparents and so much more! Thank you to all the parents who helped show a united front in the fight for early childhood education.

We hope to continue building and strengthening our Head Start family in the best interest of children and your family.

parents and children who represented Head Start in the Education First parade and rally. It was a beautiful day and a wonderful turnout for a great cause. These actions make a huge difference and show that Head Start is not just kids but an extended family of parents, children,

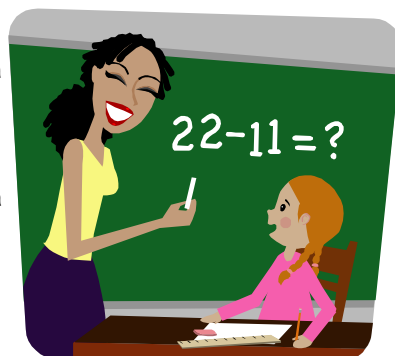
### Want to help?

Head Start is always looking for volunteers. From classroom volunteers to policy council representatives we can help you find your niche in the program. For more information please ask any Head Start staff!

## Substitute Teacher Training

Have you ever been interested in a career in education? Would you like to learn new skills that will help make you successful in this field? Head Start is offering substitute teacher training to give you the skills needed to be a substitute teacher in the Head Start program.

This training is also an excellent resume builder and can increase your potential for employment.



The skills you learn could also make you a better teacher at home for your child.

These training sessions are offered:  
**October 26<sup>th</sup> – 29<sup>th</sup>**  
in the CPC Board Room  
From **8:30am to 3:00pm**

Please call  
**Brenda Peters**  
**(757-7030)**  
to register.

## Learning at Home— Continuing Education after the Bell has Rung

There are many ways you can help your child continue to learn even after the school day is over. Practicing letters, numbers, colors and shapes with your child is always a great idea! Reading to your child will also have a positive effect on education. Here are some more fun activities you can do with your child at home:

### Name-Spelling Game

Using letter flash cards, teach your preschool child to spell his name.

#### **Materials:**

Index cards  
Pen or marker

#### **Directions:**

1. Print each letter in your child's name on an index card.
2. Lay them out to spell your child's name.
3. Mix them up and have her try to put them back in the proper order.



### Number Matchup

#### **Materials:**

Index cards  
Pen or marker  
Old magazines (optional)  
Scissors (optional)  
Glue (optional)

#### **Directions:**

1. Make up two sets of index cards. On one set write numbers from 1 to 10, or higher. On the other set, draw (or cut out from magazines) pictures of objects that correspond to the numbers of the first set.
2. Lay all the cards on the table, face up, and have your child match each numbered card to the card with the corresponding number of objects.

Source: <http://www.familyeducation.com>

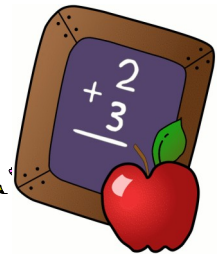
### Shape Matchup

#### **Materials:**

Colored construction paper  
White construction paper  
Pen or marker  
Scissors

#### **Directions:**

1. Cut basic shapes (circle, square, rectangle, triangle, heart, and so on) out of colored construction paper.
2. Trace all the shapes onto a piece of white construction paper.
3. Have your child match the colored shapes to those drawn on the white paper.



## Tips for a Safe Halloween

Halloween is always exciting for children. To make sure you and your child enjoy the night safely please keep these safety tips in mind:

- ◆ Make sure your child is able to see clearly. Masks and other costumes sometimes block a child's vision. Assure eye holes are cut big enough for the child to see traffic and other people.
- ◆ Have your child carry a flashlight or glow sticks to assure that passing cars can see your child when crossing the street.
- ◆ Make sure that your child's costume is not too long and that their shoes are tied to avoid tripping.
- ◆ Go trick or treating with your child or have an older sibling go with your child make sure they practice safe walking guidelines.
- ◆ Talk to your child about strangers. Tell them not to go into a stranger's home or car.
- ◆ Inspect treats when your child is finished trick or treating. Never let them eat unwrapped or loose candy. Also, make sure you monitor your child's intake of candy, let them know if they only eat a couple of pieces of day their candy will last longer.

**HAPPY HALLOWEEN!**



## Keeping Your Child Healthy

Children in school settings can easily get sick due to weaker immune systems and poor hygiene habits. Keep these tips in mind when thinking about your child's health:

- ◆ Practice hand washing and sanitizing. Encourage your child to wash their hands after sneezing, coughing, and touching their nose. Be sure they wash their hands before meals, after touching something dirty or if a nearby child accidentally sneezes or coughs on them. Hand washing is the most important step in preventing the spread of germs.
- ◆ Make sure your child gets enough sleep at night. Sleep helps to empower the immune system and also aids your child in having a good day at school.
- ◆ Prepare healthy meals for your children. Present them with food from all different food groups, introduce them to new foods and try to make it fun!
- ◆ Ensure your child has plenty of exercise and physical activity. Take your child to the park, play ball with him, or go swimming. Also, cut down on the amount of internet, T.V. and video game time you allow your child. Childhood obesity is a growing problem and prevention is the best cure.
- ◆ Have your child vaccinated for the seasonal flu and swine flu.
- ◆ **If your child is sick DO NOT send them to school.** Staying at home will help your child get better and will prevent the spread of germs to other children. Remember Head Start strives for healthy kids, help us maintain our goal!

## Guidelines for Living with Children

### “Catch ‘em being good.”

The single most important rule in living with a child is to work very hard to praise your child when he/she is being appropriate (not just when you feel like it). This could be playing nicely, sharing a toy, getting ready on time etc.

### “Let them help you.”

The second most important rule is to let your children help you with the variety of activities around the house. Most children enjoy helping their parents and can learn a great deal while doing so.

### Home routines and responsibilities should (within reason) be orderly and predictable.

Don't let preschoolers decide their own timetables. You should decide on a reasonable bedtime and stick to it. Your most important job is to be a teacher for your child.

### Discipline and its' enforcement should be as matter of fact as possible.

When a child breaks a rule, he should pay for it in whatever way you enforce broken rules. Once the punishment has been served the incident should not be mentioned again. A time-out should be used instead of a spanking. A time out should be one minute for every year of the child's age (i.e. 4 years old = 4 minutes). A time out does not start until a child is quiet and sitting in the designated area. If a child acts out during the time out it should start over



once they are calm.

### Lectures belong in lecture halls; not in homes.

Lectures, threats and nagging are useless in dealing with children. In fact, threats can actually make the children's behavior worse, not better. Mean what you say and say what you mean.

### Prompting and modeling, or imitating.

Children learn by what they see, and hear you and others do. If you hit, yell and/or throw things when you are mad, you can expect your child to behave the same way.

### Parents are Teachers.

Whether you are aware of it or not you teach your children through your interactions with them. If you only pick them up when they are crying you teach them to cry more often. With young children what you do is much more important than what you say.

Report from  
Policy Council

Important decisions are being made at Policy Council, decisions that touch everyone in Head Start. Workgroups are already making plans for the April Auction. A reception for new Policy Council Representatives and Staff is being planned. The community service project planning is under way. The Parent Project guidelines are being written. Be your center's voice at the monthly Policy Council Meeting. Attend your Parent Gathering and offer to be their voice.



# Director's Welcome



Welcome to the Head Start Family! Thanks to all parents that made time to attend your child's classroom Open House. When children see their parent participating in Head Start activities and sharing in their experience, it says to your child that what they are doing is important and valuable.

Head Start knows that you are important and valuable. The Valuable Volunteer Program is for you. The more you volunteer for Head Start, the more your "earnings" will add up in your "bank account". Then when the April Auction comes around, you will have plenty of "play money" to spend on items that are of value to you. Your Family Advocate and Teachers will be glad to help you find ways to volunteer that fit your schedule and needs.

**Cathy Kipp, Head Start Director**

**CONGRATULATIONS** to the following Head Start employees for reaching milestones in years of service. Their dedication throughout the years is greatly appreciated and admired.

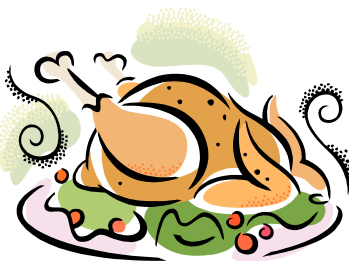
**5 yrs.**-Linda Deneen, Terri Edmonds, Melissa Harper, Samantha Kinsey, Barb Lignos, Shirley Loudermilk and Rick Robinson. **10 yrs.** – Margaret Wilt **15 yrs.** – Anna Lovett and Cynthia Thomas **30 yrs.** – Linda Riale and Joann Weinbrom **35 yrs.** – Lynda Sheffer

## FREE THANKSGIVING BASKETS!

The York Rescue Mission will be donating boxes of food to help needy families celebrate Thanksgiving. In order to receive a basket, a form must be completed by October 30th.

If you live near the mission and can attend the Thanksgiving dinner at the mission– you will not be eligible to receive a basket. Families who live in Hanover may receive baskets from the Hanover American Red Cross. If you would like more information about the Thanksgiving Basket program or would like to fill out an application

for a food box to help you and your family celebrate the holiday please talk to your Family Advocate.



## Hanover Family Fun Night!

Please join us for an exciting night of family bowling on NOVEMBER 5th at the Hanover Bowling Center from 4-6pm. Pizza and soda will be served and all our Head Start families are invited to attend. Pre-registration is required and we ask that you RSVP by October 19, 2009.



We hope to see you there!

## Parent Training: "How to teach and talk to my child."

Jane Keiber of Family Child Resources will be our speaker on NOVEMBER 19th. More information will be available soon. If you have any questions please call your FA.