Principal’s News:

Hello,

We’ve completed our first month of the 2016-2017 school year! By this time, you should see your child starting to settle into a “routine” where they learn through play and social interactions inside and outside of the classroom. Kindergarten readiness is our goal and we are beginning the journey with you as our partners!

We also hope that you enjoy our PBIS night held at Conrad Ball Middle School on September 29 and walk away with some new learning while also having fun with your child. PBIS in preschool includes utilizing proactive strategies for defining, teaching, and supporting appropriate student behaviors to create positive environments that are safe and fun.

This month is National Hispanic Heritage Month. Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18.

Our Head Start Policy Council met on August 8th and most recently on Monday, September 19th. There were several new people welcomed to the Policy Council. The primary focus of this meeting was to orient the new members to Head Start. In addition, we elected a chair-person, a vice-chair person, and co-secretaries. Our next meeting will be on Monday, October 10.

I encourage you to get involved at your site and reach out to your teachers if you have any questions.

"Children are the world’s most valuable resource and its best hope for the future."

-- John F. Kennedy

Lamb Caro, EC Administrator
Hello Parents,

I hope you and your family are settling into and enjoying the new preschool year. One of the first things that teachers are teaching children is our safety rules. These rules are:

- **We keep ourselves safe**
- **We keep each other safe**
- **We keep our things safe**

You can teach these same rules at home. Some examples would be...

- “You keep yourself safe when you wear your helmet on your bike.” or “You keep yourself safe when you brush your teeth.”
- “You keep your friends safe when you take turns with your toys.” or “You keep others safe when you use words to say that you are angry.”
- “You keep your things safe when you put your toys away.” or “You keep your toys safe when you play with them gently.”

Mary Bowman
Mental Health coordinator

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**Early Childhood Fall Vision and Hearing Screening is Underway!**

You may notice your child coming home from school with a sticker that says “I Had My Eyes Checked” or “I had my Ears Checked”. The Early Childhood Hearing and Vision Screening program is a program of early detection and referral for hearing and vision problems. Studies have shown that children will struggle academically, socially and psychologically if vision or hearing issues are undetected and untreated early in childhood. Let us all be advocates for better vision and hearing health for children. We would like to stress that hearing and vision screening, while a valuable public health procedure, is not a substitute for a comprehensive examination by an Eye or Ear Health Care Professional.

**Indicators that your child may need their vision checked:**

- Holding working material excessively close or far from the eyes
- Squinting
- Frequent rubbing or blinking of eyes
- Frowning when reading
- Thrusting head forward
- Constant head tilt or face turn; any unusual head position
- Covering an eye while reading
- Closing one eye in sunlight

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Family Engagement

Research indicates that children are most successful in school when families are involved in their education. Head Start developed a framework for our work with families, which includes these family outcomes:

- **Family Well-being** (families are safe and healthy)
- **Parent-Child Relationships** (families develop warm relationships that nurture their child’s learning and development)
- **Families as Lifelong Educators** (families participate in the everyday learning of their children at home, school and in the community)
- **Families as Learners** (families advance their own learning through education, training and other experiences)
- **Family Engagement in Transitions** (families advocate for their child’s learning as they transition to new learning environments such as preschool or kindergarten)
- **Family Connection to Peers and Community** (families form connections to peers and mentors that enhance social well-being)
- **Families as Advocates and Leaders** (families participate in leadership activities, such as Policy Council or community activities)

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**Spiced Pumpkin Seeds**

**Ingredients**
- 1 1/2 tablespoons margarine, melted
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw whole pumpkin seeds

**Directions**

Preheat oven to 275 degrees F (135 degrees C).

Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.

Bake for 1 hour, stirring occasionally.

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**Roasted Pumpkin Seeds**

**Ingredients**
- 1 1/2 cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

**Directions**

Preheat oven to 300 degrees F (150 degrees C).

Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

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Julie Lindsay
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