

# Head Start Newsletter



## “Whew!”

The months of November and December can often be a very busy and stressful time for families. There are ways to make this time of year easier for both you and your child. Consider the following suggestions.

- Keep a routine as much as possible. Routines give children a sense of security. It makes a difference when it comes to bed and bath times. Include a special “quiet” activity with your child each day. This can include reading a book, making a snack, singing songs, listening to music, or talking about the highlights of the day.
- Involve your child in what you are doing. If possible, encourage him to help sort laundry, prepare a meal, or any other simple household chore. Children learn a great deal through their participation in these activities and build a sense of responsibility.
- Plan before shopping. Go when your children are rested. Make a list of items you need so that you can shop quickly and efficiently. Feed yourself and your children before you leave the house. Locate the restroom when you first arrive in the store. Plan to shop when the stores are less crowded. Limit the number of stores you plan to visit. Talk to your children as you shop. You may want to bring along a favorite book for your child to look at or a simple snack. (Cheerios, crackers, fruit)
- Make time for yourself each day. Do something you enjoy...Drink a cup of tea while you read a book or a magazine, take a hot bath or a walk, sew, knit, or do a craft. It’s important to keep yourself physically and mentally healthy too.
- Within the Head Start Program, staff will do their best to minimize the commercialism often associated with this time of year. Home visits and classroom activities will continue to be developmentally appropriate and culturally sensitive. The focus will be on providing activities that are meaningful for young children.

### Dates to Remember

- 11/22/04 Parents as Cooking Partners
- 11/17/04 Policy Council Meeting
- November 24—26  
P.H.S. Centers Closed

### Dates to Remember

- 12/13/04 Parents as Cooking Partners
- December 23—31  
P.H.S. Centers Closed
- December Policy Council  
to be announced

# **Policy Council Representatives for 2004—2005**

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As a parent in the Head Start Program it is important to be aware of who your Policy council Representative is. Your representative will be bringing information from your program to Policy Council and information from Policy Council back to your program. For more information read the Parent Involvement article on page 3 of this newsletter!

## **Welcome to the 2004—2005 Policy Council Parent Representatives**

EHS Home Based: Bainbridge/Norwich —Phoebe Howe

EHS Combination Option/Sherburne/New Berlin —Chris Favaloro

Bainbridge PHS Center Based—Pamela Barrows and Alternate Kenneth Perry

Greene PHS/EHS—Leslie Smith, Penny Hollings Hilsbos and Alternate Brandi Decker

Guilford PHS Center Based—Karen Capiello and Alternate Derek Fuller

New Berlin PHS Center Based—Rebecca Cox

North Norwich PHS Center Based—LoriAnn Vassuer

Norwich PHS—Tonie Wagner

Oxford PHS/EHS—Sue Eldred, Alesia Minshall and Alternate Ginger Lewis

Otselic Valley PHS Combination Option—Cynthia Ray

Sherburne PHS Center Based—Jana Earley

PHS Home Based and Family Child Care Option—Rena Miller

**If you are interested in becoming a Policy Council Representative speak with your  
home visitor or family advocate.**

# **Circle Time for Preschoolers**

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There are many opportunities throughout the day for children to gather in a “circle time” or “group time”. Most classrooms have an early morning group time where children are greeted and can greet each other. They may discuss things they did at home the night before, things they saw on their way in to the center or plans for the day.

Other group times may include transitions from Free Choice Time to outdoor play, story time, songs and finger plays or rhymes. Some classrooms use a calendar to discuss upcoming events or things the children would like to remember about the day.

A final group time before going home can provide closure to the day for children and help them prepare for the transition from classroom to home.

Children learn to get along with others and be part of a group. They develop communication skills, being able to talk with other children and adults. Children can share thoughts, ideas and feelings and learn about other people. Sometimes group time can be a place where problems are discussed and solutions found.

During group time, children learn math concepts while discussing the calendar and counting how many days until a Field Trip or other activity. A discussion of the weather outside provides a natural science lesson.

Circle Times and Group times every day help children learn things about themselves and others and their place in the group. These social activities help children prepare for the world around them. Through stories, songs, games, calendar and other activities children learn colors, numbers, letters and many other concepts.

# Parent Involvement...We Need YOU!

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**“You want to hear what I have to say and what I think?”**

**“You want me to what... help make decisions about the Head Start Program?”**

**“No way!”**

**“You’re the teacher, you think that I know more than you do when it comes to my child.  
Wow, no one has ever told me that before.”**

## WELCOME TO HEAD START!

Let’s talk about what Parent Involvement really means in Head Start. First of all, **without the involvement of parents, there would not be a Head Start Program**. Of course, there is the obvious reason, because without you, we would not have your child in the program. It goes far beyond that when it comes to Head Start. All Head Start Programs must follow what are called Federal Performance Standards. These are the rules that programs must follow. One of the rules under the Program Governance section of the Performance Standards states that we must have Parent Groups. Once you enroll your child in Head Start you become a member of a Parent Group. In addition to helping to make some of the decisions about the program at the local level, your center or home based program Parent Group is responsible for electing representatives (parents) from your Group to become a member of the County-wide Policy Council. Policy Council members provide input and make decisions on important issues related to the entire program. The Policy Council members approve the hiring of all staff. They also approve the annual Head Start budget, decide what program options will be offered and approve all of the Policies that affect the Head Start Program. These are only a few of the many decisions that are made. Without a Policy Council and parent input, there would not be a Head Start Program.

Some of the other ways you can be involved are: serve on one or more of the Program Committees, be active in the Parent Group, volunteer at your site, work on projects at home that support activities in the classroom and work with the staff to plan activities and field trips for children. Staff are always available to discuss how you can be involved!



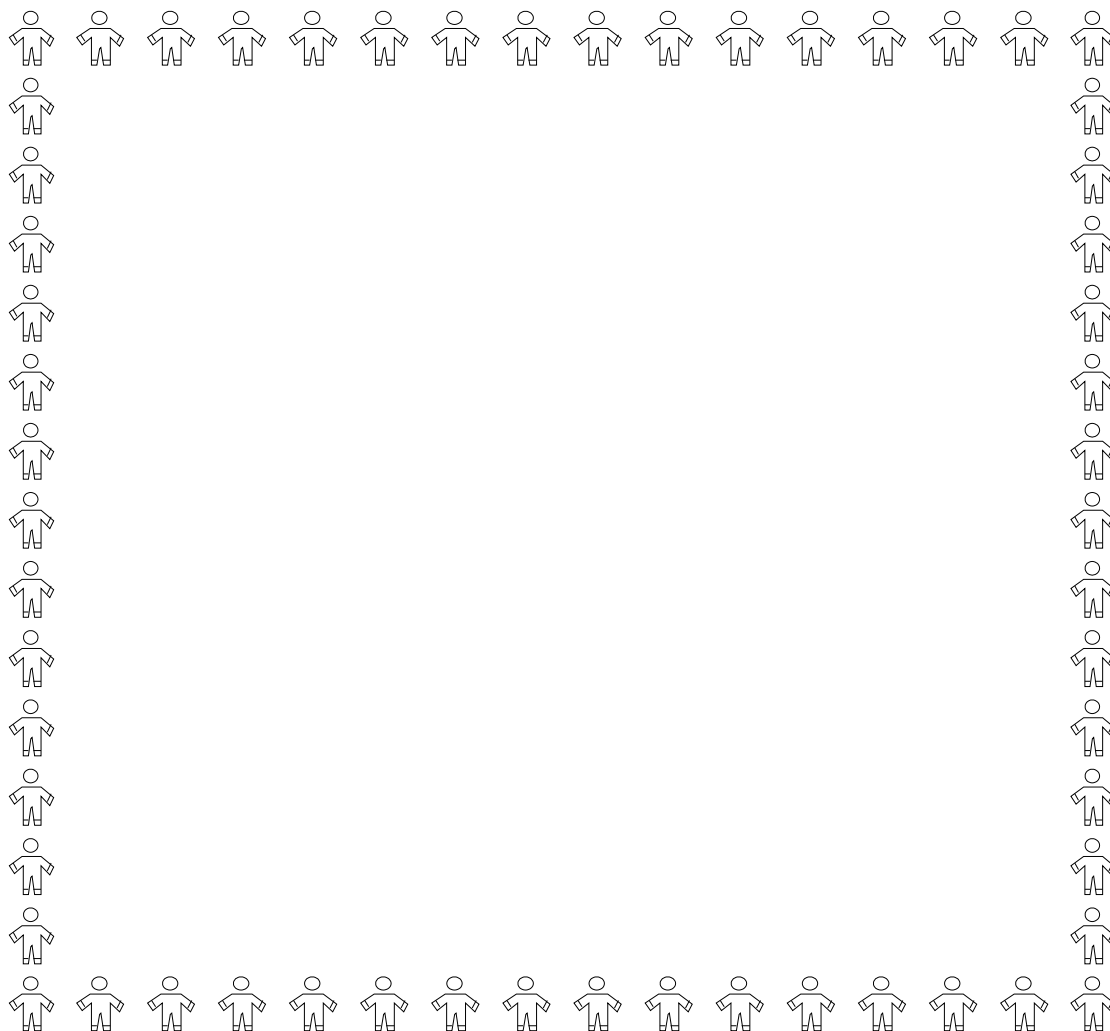


**OPPORTUNITIES FOR  
CHENANGO, INC.**

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Phone: 607-334-7114

**We're on the web!**  
**[www.ofcinc.org](http://www.ofcinc.org)**



**Preschool Head Start Phone Numbers**

Site	Phone Number	Family Advocate
Bainbridge	(607) 967-8582	Brenda Oralls
Guilford	(607) 895-6248	Michelle Zuk
Greene	(607) 656-9367	Rhoda Kinne
New Berlin	(607) 847-8587	Pat Kellogg
North Norwich	(607) 334-4324	Barbara Pierce
Norwich	(607) 336-6219	Abigail Cortez
Oxford	(607) 843-9990	Becky Vanderheide
Otselic Valley	(315) 653-7514	Paulette Paliana
Sherburne	(607) 674-5197	Rindy Cummings
Afton Pre-K Program	(607) 639 – 8203 ext 004	Tracie Kot
Family Child Care Option	(607) 336 – 4515	Sabrina Daniels
Norwich Home Based	(607) 334—7114	Jolynn Guyer
Floating Home Based	(607) 334—7114	Barbara Bedford

**Early Head Start Phone Numbers**

Site	Phone Number	Home Visitor
Bainbridge & Guilford	607) 967 – 3725	Jody Kenyon
Greene	(607) 656 – 4829	Erina Meres
New Berlin	(607) 336-1905	
North Norwich	(607) 336 – 1905	Peggy Asma
Norwich	(607) 336 -1905	Barbara Ball
Otselic Valley	(315) 653 – 7514	Tina Reilly
Oxford	(607) 843 – 7028	Michelle Deady
Sherburne	(607) 336-1910	Joe Palmere
Combination Option	(607) 336 – 8957	Julie Palmere
Combo. Home Visitor	(607) 336-1910	James Fletcher