

Parent Informer

October 2008

Parents' First Step Towards the Head Start Experience

We would like to take this opportunity to thank the 2,925 families that attended Parent Orientation on September 6, 2008. This important event gave parents the opportunity to learn about the program structure and philosophy of Head Start and how they are implemented in their child's Head Start experience.

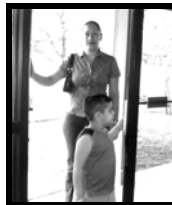
It is critical that parents know that they play a key role in Head Start. PCI believes that the parents are the primary educators of their children, therefore, building relationships and partnering with our families is an integral part of our Head Start Program. Parents are the link between children, staff and the community. The greater the parental involvement, the greater the benefits to Head Start children.

We encourage you to continue to stay involved throughout the school year.

We would like to congratulate the top four (4) Head Start Centers for having 95% to 100% parent participation. These centers have won a pizza party or ice cream social, skating coupons for all the children and staff, and a gift basket:

- Navarro—100%
- Rodriguez—100%
- Mirasol—95%
- Mission—95%

Again, we would like to thank ALL parents for their first step towards the Head Start experience.



PCI Celebrates National Hispanic Heritage Month



It is essential that children understand the ethnic diversity that is in our communities, therefore, during the week of September 15-19, 2008, Head Start children learned the heritage, history, and culture of Mexican ancestors who fought for their independence.

In celebration of Mexico's Independence Day, better known as Diez y Seis de Septiembre, Head Start's Annual Children's Diez y Seis Presentations was held on Friday, September 19, 2008 in the Head Start Operations Building. The presentations included traditional Mexican music, dancing and costumes, as well as red, white and green decorations, representing Mexico's national colors. Parents and Center staff did a great job preparing the children for this activity. We would like to congratulate the children for such well presented performances.

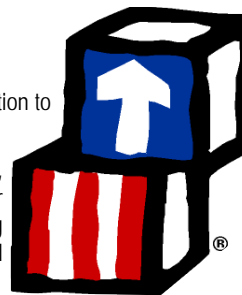
The children now understand that societies are richly diverse and this week, they learned the important customs and celebrations of the Hispanic culture.



In Honor of Head Start

October is when we join with thousands of Head Start Programs across the nation to celebrate Head Start Awareness Month.

Since its creation in 1965, Head Start has provided comprehensive education, health, social and nutritional services to over 26 million young children and their families. Today, over 1 million children are involved in Head Start, benefiting from the commitment of nearly 200,000 staff people and just over 2,700 Head Start agencies nationwide.



More than 600,000 low-income, pre-school children and their families of San Antonio and Bexar County, have been given a chance to a better way of life, thanks to the Head Start Program. Parent/Child Incorporated currently serves 8,517 children: 6,789 in the Head Start Program; 128 infants, toddlers and their families in the Early Head Start Program; and, through the Registered Family Day Homes Program, under PCI's Sponsorship, 1,600 children are being served in 13 counties throughout San Antonio and the State of Texas.

Head Start is clearly much more than a program. It is a community organized around the principle that we must together provide for young children. Head Start brings together parents, teachers and others in the community to support young children and meet their needs. Sometimes that means health screenings and eye glasses; other times it means linking a parent up with job training services. The actions are diverse but the effects are the same--enriching and improving the child's life.

This year, we celebrate Head Start's 43rd Anniversary, and there is clearly much to celebrate. The Anniversary will also provide an appropriate opportunity to reflect on Head Start and consider how to continue to promote, improve and expand this crucial program.

PCI has coordinated a host of activities for the celebration of Head Start Awareness Month. In the spirit of unity, let us--parents, staff and friends--show the nation how proud we are of our accomplishments and contributions. We invite you to become an active part of the special activities planned.

Thursday,
October 9,
2008

"Helen Taylor Day"

On this day, Parent/Child Incorporated will recognize and acknowledge the accomplishments of Head Start employees on receiving their credential or degree during School Year 2007-2008.

Monday,
October 13,
2008



"Open House & Breakfast with Your Child Day"

Parents are invited to the "Open House and Breakfast with Your Child Day" at their child's Center. This will afford parents an opportunity to meet their child's teacher and generate volunteer hours, while experiencing their child's footsteps through a tour of the Center and become familiar with Family Style meals service setting that include the children setting the table, serving themselves, being polite/using manners and, after meal clean-up.

Tuesday,
October 14,
2008

"Head Start Appreciation Day"

PCI will recognize local officials, PCI partners and parents for their support of the Head Start Program with a certificate of appreciation.



Wednesday,
October 15,
2008



"Community Volunteer Day"

The Education Center Coordinators will invite a Community Volunteer to your child's Center to read their favorite book to the children.

Thursday,
October 16,
2008



"Head Start Family Fun Night"

Parents are invited to explore the wonders of Math, Science and Literacy with fun and challenging activities you and your child can work on together.



Friday,
October 17,
2008

"Head Start Parade and Festival"

Each Head Start Center will have a Head Start Parade and Festival. The children will march around their Head Start Center to show how proud they all are to be a part of the Head Start Program.

Head Start - The Nation's Pride

Great Training Opportunities & Activities for Parents



Precious Minds New Connection

We encourage all parents to consider taking part in the Precious Minds Program. It is a wonderful program for the entire family that provides training session on the following subjects:

- Child Development
 - Self-Awareness & Self-Worth
 - Understanding Discipline—Rewards, Punishment and Praise
 - Spoiling Children
- and much more!

These training sessions are absolutely FREE and a meal and child care is provided at every class.

For more information or to register, please call 978-0513 or 978-0519.

Also, Brighton School sponsors Precious Minds New Connection program specifically for families with children with special needs. For more information, please call 826-4492.



Salsa, Sabor y Salud

Salsa, Sabor y Salud is a 4-week program that includes weekly nutrition workshops, physical fitness activities, and healthy snacks for the whole family. The program is packed with action and a mission to curb obesity in our communities.

Salsa, Sabor y Salud uses a culturally sensitive curriculum developed by the National Latino Children's Institute and Kraft Foods to teach children and families four steps to healthy living:

- Eat from the 5 major food groups.
- Be sensible about portions.
- Be physically active each day
- Take small steps for success.

The *Salsa, Sabor y Salud* Program is one of many, healthy, family-centered moments of Parent/Child Incorporated's Head Start Program. The children between the ages of 3 and 12 will also be learning about eating healthy and the benefits of living a physically active life. The sessions can be provided in both English and Spanish, as needed.

Ultimately, the goal of *Salsa, Sabor y Salud* is to have families implement healthy living skills in their own homes. PCI is very fortunate to be part of *Salsa, Sabor y Salud* and help our Head Start families recognize that they have the power to change their lives through proper nutrition and exercise that will promote health.

The first 4-week session will be as follows:

Children's Castle Head Start Center
250 Kelly, SAT 78214

Tuesday, October 7, 2008 5 pm—7 pm
Tuesday, October 14, 2008 5:30 pm—7 pm

Tuesday, October 21, 2008 5:30 pm—7 pm
Tuesday, October 28, 2008 5:30 pm—7 pm

To register, please contact Mrs. Yolanda Lopez at 475-5107.

Fatherhood Initiative Program



The Fatherhood Initiative Program helps fathers or significant males become better role models in the lives of their young children through trainings and special activities.

The Fatherhood Initiative Committee cordially extends an invitation to all Head Start fathers and significant males to get involved in this great committee. This committee provides ongoing, exciting activities that fathers and significant males can do with their child(ren), in fact an excellent opportunity to spend quality time with your child(ren), so bring your child(ren) along and be prepared for lots of fun. Playtime begins at 5:30 pm, also refreshments will be provided for the entire family. Mothers are welcome.

The first meeting will be held on **Thursday, October 23, 2008 at 5:30 pm** and for your convenience, there will be 4 different sites you can choose from:

Emerald Valley Head Start Center
9302 Timber Path, SAT 78250
George Gervin Head Start Center
6962 S. Sunbelt Dr. #200/202, SAT 78218
Imperial Head Start Center
111 Imperial Rd., SAT 78226
W.W. White I Head Start Center
2502 S. W.W. White Rd., SAT 78222

For more information, please contact Mrs. Yolanda Lopez at 475-5107.

Bonus Bucks Night



The Head Start Bonus Bucks is an incentive program for parents/legal guardians of Head Start and Early Head Start children. Parents can earn Head Start Bonus Bucks for attending Parent Center Committee Meetings, parent trainings, advisory committee meetings, and the Fatherhood Initiative Meetings.

Head Start will host its' first Bonus Bucks Night for School Year 2008-2009 on **Thursday, November 20, 2008 from 5:30 pm—7:00 pm** at **Fenley Head Start Center**, 934 Flanders, SAT 78211 to give parents the opportunity to redeem the Bonus Bucks they have earned on new or gently used household items, toys, clothing, etc.

There will also be informational tables and trainings for parents during this event.

Parents, you still have time to attend your Parent Committee Meetings and Training, and earn your Head Start Bonus Bucks.



Why is Parent Involvement so Important for Head Start?

- It enables the parents to have a voice in making decisions that affect their child's care and education.
- It strengthens the parent-child relationship by encouraging family unity.
- It enables parents to better understand the community which serves the child and the family.
- It helps in better mobilization and utilization of community resources.
- It serves as a training program to assist parents to become more actively involved in their respective communities.
- It helps parent develop a positive self-concept by providing opportunities for success.
- It is required for all Head Start Programs because it greatly benefits the agencies themselves, the community, the family and above all the children.

Benefits of Volunteering

Parents, if you would like to volunteer at your child's center you must complete a Volunteer Application, a clear criminal background check and a negative TB Skin Test on file with the Education Center Coordinator and the Community Volunteer Services Department. For questions please contact Mrs. Ana Pastrano at 475-5065.

Below are some activities that may benefit you as you volunteer to be part of your child(ren)'s education.

Volunteer In Classroom

- *Learn about child development and age-appropriate activities*
- *Learn how you can make a difference in your child's cognitive, physical, emotional and social development at home.*

Volunteering In Kitchen

- *Learn creative ways to make easy and nutritious snacks*

Volunteer for Clinics and Field Trips

- *Give comfort to children who may be a little scared at clinics*
- *Have fun with the children and watch them have fun during a field trip*

Volunteer with Washing, Cleaning or Sewing

- *Having neat and clean sheets makes the children feel that they are IMPORTANT*
- *Showcase your talents*

Volunteer with Making/Collecting Materials

- *Experience new methods of working with your child/ or children on classroom projects*
- *Learn or teach how to make projects for the child(ren)*

Volunteer in Center, Advisory, or Policy Committee Meetings

- *Learn how to conduct a meeting*
- *Become involved in one of the governing bodies for the Agency, and help make a difference.*

Become a Part of Your Parent Committee

Parent Involvement and Volunteer Services would like to encourage you to participate in Center activities that enhance and increase your skills as your child's primary caregiver, teacher and advocate.

Each Head Start Center has a Parent Committee made up of parents who have children enrolled in that Center and all parents are encouraged to become an active member of that committee and support your Center by getting involved. You are important, so stay informed by attending the Parent Committee meetings, parent trainings and parent activities.

These opportunities are to enhance your parenting skills, knowledge and understanding of the educational and developmental needs and activities of your children.

We would also like to encourage you to volunteer your time and talent by assisting in the classroom, on field trips, with meal services and other activities that take place at your Center.

Let's continue the School Year with great communication and parent involvement.



Parent/Child Incorporated
"A Family Oriented Corporation"

You are invited to explore the wonders of **Math, Science and Literacy** with fun and challenging activities you and your child can work on together.

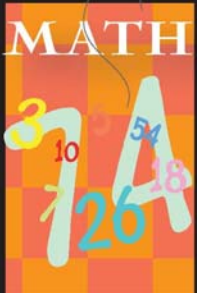
PRESENTING

Head Start



FAMILY FUN NIGHT

Head Start Operations Building
1227 Brady Boulevard



Thursday,
October 16, 2008
6:00 pm - 7:00 pm

Upcoming Events

Staff Development Day (All Centers Closed)—PCI has designated Staff Development Days for this school year to ensure that employees fulfill mandated training requirements and are prepared to provide the best quality early childhood development services to the children and families we serve.

Therefore, all Centers will be closed on **October 10, 2008**.

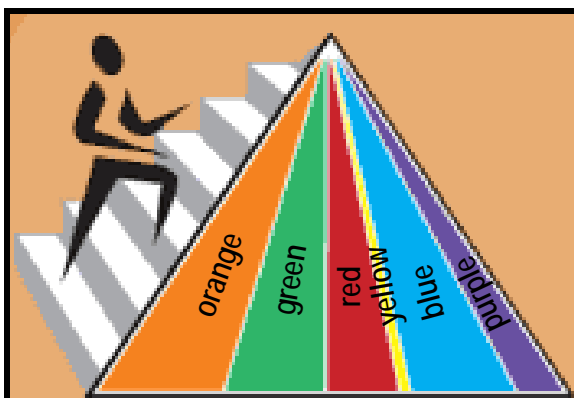
Health Services Advisory Committee Meeting—Head Start's commitment to wellness embraces a comprehensive vision of health for children, families and staff, therefore, all parents are encouraged to be part of this committee. The first meeting will be held on **October 15, 2008 at 11:30 am** at **1227 Brady Boulevard**. Lunch will be provided. For more information, please contact Ms. Michelle Cosey at 475-5059.

Red Ribbon Week—Parent/Child Incorporated is a "Zero Tolerance Drug Free Workplace" and is committed to the health, safety and well-being of its' children, parents and employees. Therefore, Parent/Child Incorporated will be participating in the Texas Red Ribbon Campaign, which promotes a drug free lifestyle, during Red Ribbon Week, **October 20-24, 2008**. PCI has planned activities throughout this week for children and parents to enjoy. Further information will be forthcoming.

Transition/Education Advisory Committee Meeting—Head Start's educational program is designed to meet each child's individual needs and parent participation is valuable in assisting to increase their knowledge about their child's development and education, therefore, all parents are invited to the decision-making process which forms a foundation for school readiness and later school success. The first meeting will be held on **October 22, 2008 at 11:30 am** at **1227 Brady Boulevard**. Lunch will be provided. For more information, please contact the Education or Transition Department at 226-6232.



“Healthy Foods Build Better Bodies”



The food guide pyramid has been rebuilt! The biggest change is that the food groups are no longer horizontal blocks of the pyramid. Now, a rainbow of colored, vertical stripes represent the five food groups, as well as fats and oils. Here's what the colors stand for:

- orange - grains
- green - vegetables-
- red - fruits
- yellow - oils
- blue - milk and dairy products
- purple - meat, beans, fish, and nuts

The U.S. Department of Agriculture (USDA) changed the pyramid because they wanted to do a better job of telling

Americans how to be healthy. Notice the guy climbing the staircase up the side of the pyramid. That's a way of showing how important it is to exercise and be active. For children, that means playing a lot! The steps are also a way of saying that you can make changes little by little to be healthier. One step at a time, get it?

We will continue to provide you with interesting information and tips that will help you make better decisions concerning nutritional needs. So let's start our journey up the steps to a healthier body!

October 2008 Menu

| | | WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 | |
|--|---|--|--|---|--|
| | | Pancake Applesauce Milk | Cream of Wheat Pineapple Tidbits Milk | Waffle Apple Juice w/vit. C Milk | |
| | | Chicken Tetrizzini w/ Spaghetti Parslied Carrots Sliced Peaches Milk | Creole Sausage Mashed Potatoes Green Beans Wheat Bread Milk | Meatloaf w/gravy Macaroni w/cheese Broccoli & Carrots Diced Pears Milk | |
| | | Oatmeal Cookie Milk | P.B. Sandwich Square Orange Juice | Animal Crackers Milk | |
| MONDAY 6 | TUESDAY 7 | WEDNESDAY 8 | THURSDAY 9 | FRIDAY 10 | |
| White Toast Apple Juice w/vit. C Milk | Oatmeal Orange Juice Milk | French Toast Banana Milk | Wheat Toast Diced Pears Milk | | |
| Ham & Macaroni Casserole Broccoli & Carrots Pineapple Tidbits Milk | Bean & Cheese Chalupa Lettuce & Tomato Diced Pears Milk | Turkey/Cheese Sandwich Vegetable Chowder w/ Potatoes & Carrots Sliced Peaches Milk | Beef & Spanish Rice Broccoli & Corn Fruit Cocktail Milk | STAFF DEVELOPMENT DAY | |
| Vanilla Wafers Milk | Hardboiled Egg Milk | Peanut Butter Cookie Pineapple Juice | Cheese Stick Orange Juice | | |
| MONDAY 13 | TUESDAY 14 | WEDNESDAY 15 | THURSDAY 16 | FRIDAY 17 | |
| Raisin Bread Toast Orange Juice Milk | Pancake Apple Juice w/vit. C Milk | Cream of Wheat Orange Juice Milk | White Toast Diced Pears Milk | Waffle Orange Juice Milk | |
| Chopped BBQ Beef Pork'n'Beans Fruit Cocktail Roll Milk | Fish Nuggets w/ketchup Macaroni w/cheese Broccoli Sliced Peaches Milk | Chicken A La King Egg Noodles Green Peas Pineapple Tidbits Milk | Braised Beef Mashed Potatoes Corn & Broccoli Roll Milk | Ham Pattie w/gravy Candied Yams Green Beans Wheat Bread Milk | |
| Graham Cracker Pineapple Juice | Banana | Oatmeal Cookie Milk | P.B. Sandwich Squares Apple Juice w/vit. C | Bread Sticks Milk | |
| MONDAY 20 | TUESDAY 21 | WEDNESDAY 22 | THURSDAY 23 | FRIDAY 24 | |
| White Toast Apple Juice w/vit. C Milk | Biscuit Diced Pears Milk | French Toast Banana Milk | Oatmeal Apple Juice w/vit. C Milk | Corn Flakes Sliced Peaches Milk | |
| Corn Dog Buttered Carrots Fruit Cocktail Milk | Chili con Carne Pinto Beans Sliced Peaches Roll Milk | Chicken/Broccoli Oriental White Rice Pineapple Tidbits Milk | Spaghetti w/ Ground Beef Sauce Brussel Sprouts Diced Pears Milk | Chicken Drumstick Mashed Potatoes Buttered Carrots Wheat Bread Milk | |
| Vanilla Wafers Milk | Bagel w/cream cheese Orange Juice | Peanut Butter Cookie Milk | Animal Crackers Milk | Cheese Sticks Pineapple Juice | |
| MONDAY 27 | TUESDAY 28 | WEDNESDAY 29 | THURSDAY 30 | FRIDAY 31 | |
| Wheat Toast Sliced Peaches Milk | Pancake Apple Juice w/vit. C Milk | Cream of Wheat Pineapple Juice Milk | Raisin Bread Toast Apple Juice w/vit. C Milk | Waffle Sliced Peaches Milk | |
| Beef & Bean Burrito Carrots & Green Peas Pineapple Tidbits Milk | Au Gratin Ham & Potatoes Green Beans Wheat Bread Milk | Beef Pattie w/gravy Pasta, Broccoli & Carrot Casserole Diced Pears Milk | Chicken Chop Suey w/ Cabbage & Celery White Rice Fruit Cocktail Milk | Beef Stew w/ Carrots, Green Peas & Potatoes Pineapple Tidbits Roll Milk | |
| Graham Crackers Orange Juice | Banana Milk | Oatmeal Cookie Milk | Hardboiled Egg Milk | P.B. Sandwich Squares Orange Juice | |

