

Fall 2022

Parent Newsletter



Welcome Back to School!

Hello SHS families, welcome to our 1st quarterly Parent Newsletter. Here, you will find things to do with your families, health tips, resources in our community and gain some **useful knowledge about your child's development.**

A message from our Executive Director:

Hi Head Start Parents,

This is going to be a great year for Shasta Head Start and the families we have the opportunity to serve. It is great to be operating with fewer COVID restrictions for children and staff. We will still be diligent about sanitization and monitoring of symptoms to make sure our classroom environments are safe.

Our goal is to make sure children and families can participate in an inclusive and safe learning environment. Part of creating an inclusive environment is great communication and as parents you can give us input on program operations through parent meetings and the parent policy council. If you are interested in joining the policy council contact your family worker or home visitor. This is a great opportunity to learn about Head Start and to make our program better. Even if you are not part of the policy council, please consider participating in parent meetings.

Great facilities are important to providing Head Start services and we are always trying to make improvements to our classrooms. This year we opened a new center in Burney, and it is amazing upgrade from prior center which was over 60 years old. We are currently working on opening a new center in the City of Shasta Lake in 2023.

If you are interested in working for Shasta Head Start, please look at our job board for open positions. If you need classes to qualify for a job you are interested in we can refer you to resources to complete your education. Let's have a great 2022-2023 school year together.

Gordon Chatham, Executive Director

Upcoming Events

[Parent Café on 10/13/22 at the Oak View Center](#)

[Dental Clinic on Thursday, November 10th in Redding](#)

PC Orientation on Tuesday, October 25th via Zoom



From our classroom to your HOME

Exciting News!

Shasta Head Start Teacher's kicked off the year with an in person Teaching Pyramid Training! The training is targeted on teaching social and emotional skills to children. These skills are important for lifelong success in school. Shasta Head Start has adopted Teaching Pyramid as a part of their

regular practices in the classroom. The program is filled with concrete strategies and fun activities to support children in their development and the activities are great for parents as well! Teachers and Family Workers will be sharing resources from Teaching Pyramid with parents to support their child in developing healthy social and emotional skills. Let's get started with these activities to prepare your child for school!

Visual Support for Routines:

[Visual Supports for Routines, Schedules, and Transitions \(challengingbehavior.org\)](http://challengingbehavior.org)

[Apoyos visuales para rutinas, horarios y transiciones \(challengingbehavior.org\)](http://challengingbehavior.org)

Our Preschool Rules

[Our Preschool Rules \(challengingbehavior.org\)](http://challengingbehavior.org)

[Our Preschool Rules \(challengingbehavior.org\)](http://challengingbehavior.org)

Going to School

[Going to School: A Story about Our Expectations and Rules to Read to Your Child \(challengingbehavior.org\)](http://challengingbehavior.org)

[Going to School \(Spanish\) - National Center for Pyramid Model Innovations \(challengingbehavior.org\)](http://challengingbehavior.org)

Parenting Support:

SHS families: are you looking for a one stop place to find resources in your community? Please click this link [Partnership HealthPlan \(partnershiphp.org\)](http://partnershiphp.org), hover over community and find your county. Here you will find resources and services specific to your area.

211 [2-1-1 NorCal \(211norcal.org\)](http://211norcal.org) is for Shasta and Siskiyou Counties. This is another amazing website that is a one stop place to find resources in your community. You can call "2-1-1", text your zip code to 898211 (TXT211) or visit the above website.

Policy Council Meeting Dates

- Tuesday, October 25th at 9:30am ORIENTATION!
- Thursday, November 17th at 4:30 pm - Joint BOD and PC Meeting
- Tuesday, December 20th at 9:30am
- Tuesday, January 24th at 9:30am
- Tuesday, February 23rd at 9:30am
- Thursday, March 23rd at 4:30pm -Joint BOD and PC Meeting
- Tuesday, April 25th at 9:30am
- Tuesday, May 23rd at 9:30am
- Tuesday, June 20th at 9:30am

Want to be more involved in your child's education? Join Policy Council!

We are actively looking for parent volunteers to join our Policy Council (PC) for the 2022-2023 school year. PC membership consists of parent representatives who are elected by parents at their Center Committee meetings in the beginning of the program year Main Responsibilities include:

- Joining the Zoom meeting once a month! (every 4th Tuesday of the month at 9:30am)
- During the Zoom meeting, voting to approve or reject Shasta Head Start policies and procedures
- Attend Center Committee meetings and tell parents what was discussed at the PC meeting
- That's it!

Contact your Family Worker or Home Visitor to learn more or sign up! This video shows more information about what to expect at Policy Council:

<https://youtu.be/mRh0all2LRc>

Healthy Kids and Families

Now is a great time to think about your child's dental health. For families that live in Shasta County please sign up for Shasta Head Starts Dental Clinic, it's a great way to get a dental exam and get established with a dentist if your child doesn't already have one. Please click the [link to the flyer](#) or talk to your family worker or home visitor for more information. For families in Trinity and Siskiyou County please talk to your family worker if you need help finding a dentist. Shasta Head Start will also be sending home dental supplies with your child in the upcoming month, please help and encourage your child to brush twice a day and set good routines.

Agency News: New Burney Center is Open!

The Burney kids are now attending our brand new center! [Click here to view more photos!](#)



Hello from the Disabilities and Mental Health Department!

You've made it through the beginning of the school year! I hope you and your child are adjusting well to morning and afterschool routines. Predictability can help improve children's ability to participate in daily routines such as, getting ready for school in the morning and for bed at night.

Please refer to the article below to get some great tips on teaching your child self-help skills from age 8 months-Preschool age. This article also discusses ways to teach your child; to complete daily routines, why routines can be challenging for them, as well as tips on what to do if your child refuses to do daily routines. I hope you find this helpful: [teaching_routines.pdf \(cainclusion.org\)](#).

Community Happenings:

Redding Library- Toddler Storytime, Baby Bonding Time, Prescription Pets (Read to a dog/cat) <https://www.shastalibraries.org/Redding-Library>

Turtle Bay – Garden of Lights 11/18/22-1/8/22- <https://www.reddinggardenoflights.org>

Anderson River Park- River Splash Pad- <https://www.pps.org/places/anderson-river-park>

First 5: Shasta County- <https://first5shasta.org> Siskiyou County- <https://first5siskiyou.org>

First 5: Trinity County- <https://first5trinity.org>