

Fall 2025

Parent Newsletter



A
Strong
Start In
Life!

[Mr. Roger's Day](#)

[Make Parenting
a Pleasure](#)

[Partnership HealthPlan](#)

Hello Shasta Head Start Families!

The new program year has started at Shasta Head Start. This year is going to be great. All our centers are fully staffed to give your child a strong start in life. We have openings at our centers all the time, so please tell friends and family to get on our waiting list if they want their children to attend our Head Start Program.

Parent participation is important to our program, so please if you can find the time, attend your center parent meetings. Parent meetings give you an opportunity to provide feedback to your parent policy council representative. Your policy council representative will bring your feedback to our monthly meeting for discussion. If you are interested in becoming a policy council representative, please let your family worker know.

I look forward to another wonderful year for the children and parents in our program.

Thank you.
Gordon Chatham
Executive Director



Child Development Article

Shasta Head Start is a proud affiliate of the Raising a Reader program. Raising a Reader is a nationwide non-profit that focuses on; teaching the importance of early literacy, allowing children to have high quality books in their homes, and connecting families with local libraries. One of the ways Raising a Readers accomplishes their goal is through their book rotation program. The book rotation is like a library right at our centers. Participating children will take home a book bag each week for the family to enjoy reading together. The book bags will be returned at the end of the week and then new bags will go home.

It's easy to take part in the Raising a Reader book rotation program. Here's how:

- Attend the Raising a Reader family orientation meeting at your center or ask how to learn about the program
- Complete the Raising a Reader Commitment to Success and return it to your center
- Then, each week your child will bring home a red Raising a Reader bag with four books for you to enjoy for the week
- Bring the Raising a Reader book bag back to your center on the specified day and a new bag will be sent home

It's that easy! To learn more about Raising a Reader, to see it in action and hear testimonials, you can visit the Raising a Reader YouTube page at www.youtube.com/@RARNational.

We look forward to having you sign up for Raising a Reader and enjoy a year of reading with your child! Have a great 2025-2026 Program Year and happy reading!



Health Services

Soup weather will soon be here. By popular demand our most requested recipe at Shasta Head Start, Sausage and Tortellini Soup! Now you can make this at home with your family. Cook with your kids, it's a fun way to spend time together and teach life skills!

Tortellini Soup with Italian Sausage and Spinach

Serves 6

Ingredients:

1 lb. of ground sausage
1 small onion (diced)
2 cloves of fresh garlic (minced)
32 oz. chicken broth
14oz. diced tomatoes (undrained)
8 oz. tomato sauce
2 tsp. Italian seasoning
1 bag 9 oz. Cheese Tortellini
9 oz. fresh spinach (rough chopped)
Optional: dash of crushed red pepper flakes
Salt and pepper to taste.
Shredded parmesan cheese for topping soup

Directions:

Sauté garlic, onions, and sausage over med-high heat until sausage is browned and crumbly (Drain if needed)
Add Italian seasoning and red pepper flakes and cook for 1 minute.
Add tomatoes and chicken broth and bring to a boil.
Add tortellini and cook 6-10 minutes, then add spinach and cook a few more minutes. (Do not overcook)
Serve with parmesan cheese for topping.



New School Year. New Routines

Welcome to the new school year! Transitions can be exciting, and a little tricky, especially for young children. Establishing consistent routines can help your child feel secure, confident, and ready to learn.

Morning Routines: starting the day off in a calm way

Predictable mornings reduce stress for both children and parents, setting a positive tone for the day.

[bkpk_morning_routine.pdf](#)

Tips for smoother mornings:

- Wake up 10–15 minutes earlier to avoid rushing.
- Offer simple choices (e.g., “Do you want the red shirt or the blue shirt?”).
- Use a visual routine chart with pictures of each step: wake up, potty, get dressed, eat, brush teeth, shoes, and go!
- Play soft music or sing a “good morning” song.

Try this: Pack bags and lay out clothes the night before to save time

Goodbye Routine: saying goodbye with love

Consistent goodbyes build trust and help children adjust to separation.

Tips for easier drop-offs:

- Keep it short and positive (“I love you! I’ll see you after snack!”).
- Use the same goodbye ritual every day; a hug, a high-five, review the schedule, etc.
- Avoid sneaking away; it can increase separation anxiety.
- Stay calm and confident; your child looks to you for cues!

If your child cries, it’s okay! Teachers are trained to comfort and redirect gently.

[Click HERE to view this whole article!](#)

Resources

Shasta County

- [Shasta - 2-1-1 NorCal](#)
- [First 5 Shasta](#)
- [Champions For Children](#)
- [SMART Center Job Fair](#)

Siskiyou County

- [Siskiyou - 2-1-1 NorCal](#)
- [First 5 Siskiyou County](#)
- [Siskiyou Parent Café’s](#)
- [SMART Center Job Fair Mt Shasta](#)

Trinity County

- [First 5 Trinity County](#)
- [Human Response Network \(HRN\) | Nonprofit organization](#)
- [Trinity | Smart Business Resource Center](#)

