

Parent Newsletter



Upcoming Events:

Parent Café on
January 26,
2023, at the
Lake Center

Happy Winter!

Hello SHS families, welcome to our Winter 2022 Parent Newsletter. This newsletter is one way we chose to communicate and share fun 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:

We are having a wonderful year! I know it has been difficult with center closures and limited teaching staff to keep our centers open, but we will continue to strive to provide the best services to our community. If you or someone you know would like to work for Shasta Head Start, please apply. We provide opportunities for education and professional development. Please look at our job board for open positions.

In conjunction with Hill Country Health Clinic, we are now providing families with the opportunity to get their enrolled children free dental exams at selected centers. Hill Country Health Clinic will be visiting our centers with their dental van to provide services. We hope this program will grow and the dental van will visit more of our centers. If you are notified of a visit by the dental van, please complete the paperwork provided so your child can be seen by the dental professionals. If an onsite dentist cannot see your child, please remember Shasta Community Health provides free dental exams. Identifying and treating dental issues early is vital for children's health. Please take advantage of the free dental exams

I wish everyone a happy holiday season and look forward to a great new year.

Gordon Chatham, Executive Director

Park it in the Library!

Did you know you can get free entry to over 200 State Parks by simply making a visit to your local library? That's right, with a valid library card you can reserve a State Parks Pass that you can loan for up to 14 days. The pass is valid for a single vehicle entry into State Parks. Who knew?! That's just one of the many benefits of having a library card.

Our local libraries in Shasta, Siskiyou, and Trinity Counties also offer a variety of resources beyond book checkout. Libraries have reading times for children, clubs for teens and seniors, and a variety of classes from how to use smartphones to support for small businesses. The Redding library even has their Create It! space where members can access a podcasting studio, use crafting supplies, and explore 3-d printers.

Of course, the main reason to visit the library is to gain access to an endless variety of books for all ages. Shasta Head Start is an advocate for utilizing local libraries for book check out and we, of course, know and share the importance of literacy

throughout all stages of life. At Shasta Head Start we also take pride in being a Raising a Reader affiliate. If you are not a part of the Raising a Reader program or are not familiar with it, it is a literacy program that allows your child to check out books each week. It is a sort of "library" checkout system straight from your classroom or Home Visitor. The goals of Raising a Reader are to get children and families excited about and taking part in early literacy, and to encourage families to visit their local libraries. If you would like to learn more about the Raising a Reader program, we encourage you to talk to your child's Teacher, Primary Caregiver or Home Visitor and sign up to take part. If you do not have a library card, we encourage you to visit the county library links below and complete an application for a library card today.

Oh...and don't forget, take advantage of those... free State Parks passes! What a great resource for your family simply by visiting the library.



Library websites by county: [Shasta County](#) [Trinity County](#) [Siskiyou County](#)

Parent Resources:

- Californians can now save on high-speed Internet with the Affordable Connectivity Program (ACP). Through this federally funded program, eligible households can now save \$30 per month on Home Internet. Please visit the website for more information at <https://www.internetforallnow.org/>.
- 2-1-1 NorCal (211norcal.org) is for Shasta and Siskiyou Counties. This is an 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 link below. 2-1-1 NorCal (211norcal.org)
- Trinity Human Response Network (HRN) is a private, nonprofit agency that provides Trinity county with a variety of assistance including child care, housing, domestic violence, and more. [Nonprofit | Human Response Network | United States \(hrntrinity.org\)](#)
- Siskiyou County Resource Center (SCRC) coordinate the efforts of multiple organizations to provide a framework for local access to services and support. [Resource Center | Siskiyou County California](#)

Healthy Kids and Families

Winter is arriving, days are getting shorter and colder. Please click this link ([English](#)) ([Spanish](#)) for some great Holiday Safety Tips. Keep in mind it is still safe for children to play outside in the Winter. Contrary to common belief, exposure to cold air does not cause colds. Generally, in the winter we are at greater risk of sickness from being indoors in small spaces where germs and illness can be passed from one person to another. In the fresh outdoor air, children are breathing cleaner air and the chance to spreading illness is reduced. Please click this link ([English](#)) ([Spanish](#)) for more information around Safe Outdoor Play in the Winter.

Disabilities and Mental Health Department: The Most Wonderful Time of the Year

It's supposed to be the "most wonderful time of the year." However, the Holidays can increase stress to you and your family. Over the break children will be out of their typical routine and may resist your requests, which could cause you frustration and your child to experience intense emotions. The following article discusses strategies that can help teach your child how to cooperate with requests as well as teach them independence. (cainclusion.org)

Teachers, Home Visitors and Caregivers at Shasta Head Start use many techniques to help children learn self-regulation skills. Tucker the Turtle provides a scripted story to teach young children how to calm down when they have strong feelings by tucking into their shell and taking deep breaths before producing a solution. The story also includes visuals to help children learn how to use the strategy. Enjoy this short story with your child and practice taking your time to tuck into your shell and think! [TuckerTurtleStoryAdapted_June2012.pptx \(live.com\)](#)

Enjoy this video of Tucker the Turtle Takes time to Tuck and Think at Home with your child. After you watch the video have a discussion together about time you've had to tuck in your shell to take deep breaths and think of a solution.

[Tucker Turtle Takes Time to Tuck and Think at Home - YouTube](#)

**Voting is now open for selecting your Policy
Council Officers for 2023!**

[Click here](#) to access the online ballot!

Community Happenings:

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

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

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

Siskiyou Ice Rink at Shastice Park from Nov. 19- Feb. 12: Shastice Park - Mt. Shasta Recreation and Parks District (msrec.org)

Redding Garden of Lights: Turtle Bay Exploration Park, November 18, 2022 – January 8, 2023
[Redding Garden of Lights at Turtle Bay](#)

City of Anderson Ice Skating: [Anderson Ice Rink](#)