

Fall 2023

Parent Newsletter



Welcome Back to School!

Hello SHS families, welcome to our 1st quarterly Parent Newsletter for the 23/24 Program Year. 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 year is starting off great for Shasta Head Start and the families we have the opportunity to serve. 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 effective 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. As an elected policy council member, you will represent parents from your program option. This is a fantastic opportunity to gain experience 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 will open a new center located at 1650 Stanton Avenue in Shasta Lake City. The new center will have classroom space for eight infants, eight toddlers, and sixteen preschool children.

If you are interested in working for Shasta Head Start, please look at our website job board for open positions (shastahheadstart.org). If you need classes to qualify for a job, we can refer you to resources to complete your education at little or no cost.

Gordon Chatham, Executive Director

Upcoming Events

[Make Parenting A Pleasure](#)
[Parenting Groups. See your](#)
[Family Worker for details](#)

PC Orientation on Tuesday,
October 24th at 9:00am

[SAVE THE DATE](#)

[Shasta Community Dental Clinic](#)
[November 8, 2023](#)



From our classroom to your HOME

We would like to say, welcome again to the 2023-2024 Shasta Head Start Program Year!

With our classes

now in full-swing and everyone settled into their routines, we would like to take a moment to highlight a great program SHS takes part in each year.

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 2023-2024 Program Year and happy reading!

Policy Council Meeting Dates

- Tuesday, October 24th at 9:00am ORIENTATION!
- Thursday, November 16th at 4:30 pm - Joint BOD and PC Meeting 4:30 - 6:30 pm
- Tuesday, December 19th at 9:30am
- Tuesday, January 23rd at 9:30am
- Tuesday, February 20th at 9:30am
- Thursday, March 28th at 4:30pm -Joint BOD and PC Meeting 4:30 - 6:30 pm
- Tuesday, April 23rd at 9:30am
- Tuesday, May 21st at 9:30am
- Tuesday, June 25th 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 2023-2024 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 meeting once a month! (every 4th Tuesday of the month at 9:30am at the SHS Admin Office, 375 Lake Blvd, Redding, 96003)
- During the 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>

Community Partner Spotlight - SMART Workforce Center

SMART offers a variety of resources for job seekers in Shasta, Trinity and Siskiyou Counties. SMART has an easy to use resume program, free typing tests and community job board and all services are free. Do you need help with a Zoom interview, or a quiet place to job search? SMART can help with all of these services and more! See below for more information and the upcoming Job Fairs.

[Link to Participant Resources](#)

[North Siskiyou Job Fair](#)

[Shasta Job Fair](#)

[SMART Workforce Center](#)



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Play is often talked about as if it was a relief from serious learning, but for children, play is serious learning, play is really the work of childhood.

Fred Rogers



Hello from the Disabilities and Mental Health Department!

I am hoping all of you have had a smooth and great start to your child's new school year! Developing a routine after summer can be challenging for children and parents. They may struggle going to bed at a decent hour, which in turn will be a struggle to wake up and get ready for their day. Did you know that a 2-year-old child should be getting 11 hours of nighttime sleep?

Establishing good sleeping habits is essential for a child's development. Please read the resource provided below, which offers some great tips regarding bedtime and napping routines. When children have a consistent schedule and routine and know what to expect, your mornings and evenings will be much more enjoyable and will help your child be ready to learn at school.

https://cainclusion.org/resources/tp/materials/making-life-easier/MakingLifeEasier_bedtime.pdf

Parenting Support:

SHS families: are you looking for a one stop place to find resources in your community? Please click this link [Partnership HealthPlan \(partnershipphp.org\)](http://partnershiphealthplan.org), click on 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.

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

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