

Parent Newsletter



**Upcoming
Events:**

[Dental Clinic](#)

**Parent Café
Feb 2024**

Happy Winter!

Hello SHS families, welcome to our Winter 2023 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.

I would like to thank our staff and parents for making 2023 a successful year. We have many exciting opportunities ahead of us and will continue to maintain quality services to our families.

We will soon be opening a new center located at 1650 Stanton Avenue Shasta Lake City. This site will be replacing our Early Head Start Gateway Center and offering a new Head Start classroom. This location in the center of Shasta Lake City should allow easier access to our families. We are hoping to open the doors of this new site by March of 2024. We are also working on a project with the Weed Elementary School to locate a preschool and toddler class on their new campus. This will be a great addition to the community and will provide preschool services in one convenient location.

Parent participation is very important to our program so please attend your center parent meetings if you can find the time. 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.

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

Gordon Chatham, Executive Director

From the Disabilities and Mental Health department:

Hello Families! I hope you are all enjoying this beautiful Fall Weather. With the weather changing it may be harder to get your child outside to get out all that extra energy they so amazingly always have! I wanted to share a couple activities that you can set up or provide for your child that are fun and will give them a way to meet their physical and or sensory needs.



1. Play dough has been providing sensory input for children for years! By allowing your child to squash, knead and pound, play dough activities give proprioceptive input. These activities also strengthen your child's fine motor skills.
2. Give your child a stress ball and let them squeeze it. As with play dough, this will provide proprioceptive input.
3. Yoga exercises are whole-body activities that offer considerable stimulation. Many kids love animal yoga poses in which they get to "hop like a kangaroo," "walk like a crab," "slither like a snake" or "jump like a cat." Try online yoga classes that are specially designed for kids which will produce the sensory input they need.
4. Finger painting is a powerful proprioceptive activity for sensory-seeking children.
5. Chewable fidgets can provide the oral stimulation your child seeks, and there are hundreds to choose from.
6. Jumping on a trampoline is a great activity for a sensory-seeking child because it will help them work on both their balance and spatial orientation. Purchasing an indoor trampoline will ensure that your child gets their sensory input, no matter the weather!
7. Create a hopping obstacle course by placing obstacles on the ground (cardboard boxes, a hula hoop or sticks, for example) and ask your child to jump either on or in between the obstacles. Make the course harder by varying the instructions (such as hop with one foot, hop with both feet) or by increasing the distance between obstacles.
8. The wheelbarrow walk provides proprioceptive input and strengthens your child's muscles. Grab their ankles and let them use their hands to move around. You can make the activity more fun by putting obstacles in their path.

An easy way to ensure that your child is getting sufficient sensory input is to have them participate in age-appropriate chores as often as possible. For example, they can bring in the groceries, help in the garden, empty the dishwasher, be "in charge" of the laundry basket or the garbage bins (taking them to and from the curb), vacuum or even mow the lawn if they are old enough.

Parent Resources:

- 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) [Home - 2-1-1 NorCal \(211norcal.org\)](http://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) [Human Response Network \(HRN\) | Nonprofit organization \(hrntrinity.org\)](http://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 [Siskiyou Community Resource Collaborative \(siskiyoucrc.org\)](http://siskiyoucrc.org)

Healthy Kids and Families—Winter Schedules

As schedules become busy, try to provide quiet and restful times for your child, even a short time to rest can be beneficial during a busy day.

Keep in mind that children may become more emotional during this time. The change in schedule, less sleep, no school, being around new/more people, can cause children's emotions to become dysregulated. Take time in your day to check in and see how your child is feeling, listen to what they have to say and offer supports, such as deep breaths, extra hugs, and quiet time to support how they are feeling.

As Winter Break ends, talk to children about returning to school. A few days prior to school starting, re-establish a regular routine, including predictable rest, bedtimes, and morning routine. Remember, it may take children a few days to get back into the swing of things, be patient and supportive. Most of all, enjoy this time with your children!

Health Services: Tortellini Soup Recipe!

Soup weather is 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
1-14oz. diced tomatoes (undrained)
1-8 oz. tomato sauce
2 tsp. Italian seasoning
1 bag 9 oz. Cheese Tortellini
9 oz. fresh baby 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.

Community Happenings:

[First 5: Shasta County](#)

[First 5 Siskiyou County](#)

[First 5: Trinity County](#)

[Siskiyou Ice Rink](#) at Shastice Park, Nov. 18- Feb. 25: Shastice Park - Mt. Shasta Recreation and Parks District

[Redding Garden of Lights](#): Turtle Bay Exploration Park, November 17, 2023 – January 7, 2024 Redding Garden of Lights at Turtle Bay

[Anderson Ice Rink](#)

Parent Surveys in Learning Genie mid January!

Earned Income Tax Credit Info: [Click Here](#)