

Fall 2024

# Parent Newsletter



## Welcome Back to School!

Hello SHS families, welcome to our 1<sup>st</sup> quarterly Parent News-letter for the 24/25 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 Director:

Dear Shasta Head Start Families,

The new program year has started at Shasta Head Start. This year is going to be awesome. All our centers are fully enrolled and 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.

We have some big facility updates this 24/25 program year. We have opened our Shasta Lake City (SLC) Preschool and Infant Toddler center. This project started in 2019 and was a long time in the making, however the results are outstanding. We have completely remodeled the old SLC City Hall, adding infant, toddler, and preschool classrooms. Currently we are in the process of completing two new playgrounds with shade structures and new play equipment.

In Weaverville, we have moved from our old site located at 216 Trinity Lakes Blvd to a new site on the Weaverville Elementary School. This new site is located at 491 Washington St. within a quarter of a mile from our old site. By moving to the new location, we were able to partner with the Weaverville Human Response Network's State Preschool program and provide full day care.

In Weed, we have entered into an agreement to provide services in two beautiful classrooms within in the new Weed Elementary building. The Weed Elementary School District is rebuilding their campus located at 575 White Ave and it is going to be amazing for the children and families of the Weed area. We currently service sixteen preschool families in a full day/full year preschool located on the Weed campus and will move to the new building when it is complete. We are hoping to add a Toddler option serving eight toddlers in the 25/26 program year. I am grateful for the support of our staff, parents, Weed Elementary Superintendent, Board of Directors, and Weed Elementary Staff. This is going to be an amazing collaboration providing licensed childcare in conjunction with the school's preschool through eighth grade.

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 or home visitor know.

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

Thank you  
Gordon Chatham  
Executive Director

## Upcoming Events

*Make Parenting A Pleasure*  
Parenting Workshop.

[Click to register for FREE](#)

PC Orientation on Tuesday,  
October 22nd at 9:00am



# From our classroom to your HOME



The wildfire season is upon us, and this can be a very scary time especially for young children. Some children may recall fire related incidents from the past that may trigger fear. Other children may hear talk regarding wildfires and be unsure and feel unsafe. We want to assure children as best as we can. Knowing how to approach the subject can be difficult. To the right are links to great, child friendly, resources that can support parents in having tough conversations with their children regarding wildfires.

[11 ways parents can help children cope with fires \(choc.org\)](https://choc.org/11-ways-parents-can-help-children-cope-with-fires)

[Pedro Goes to a Shelter Book \(English\)](#)

[Pedro Goes to a Shelter Book \(Spanish\)](#)

[Prepare with Pedro Wildfire Storybook \(English\)](#)

[Prepare with Pedro Wildfire Storybook \(Spanish\)](#)

[Prepare with Pedro "A Wildfire Story Video \(English\)](#)

## Policy Council Meeting Dates

- Tuesday, October 22nd at 9:00am ORIENTATION!
- Thursday, November 21st Joint BOD and PC Meeting 4:30 - 6:30 pm
- Tuesday, December 17th at 9:30am
- Tuesday, January 21st at 9:30am
- Tuesday, February 25th at 9:30am
- Thursday, March 27th at Joint BOD and PC Meeting 4:30 - 6:30 pm
- Tuesday, April 22nd at 9:30am
- Tuesday, May 20th at 9:30am
- Tuesday, June 24th 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 2024-2025 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 and sign up!  
[Click HERE to learn more about what to expect from Policy Council](#)

## Health and Nutrition

“Did you know that lead can be found in the dust and dirt at your home? A child poisoned by lead can develop learning disabilities and speech delays, even if they don’t appear sick. Washing your child’s hands before eating and sleeping, and washing your child’s toys often, can decrease the amount of lead your child puts in their mouth. As a bonus, hand washing and keeping toys clean can decrease your child’s exposure to cold and flu germs! To make sure hands get clean, wash with soap and water for 20 seconds while singing “Twinkle, Twinkle, Little Star” or the “ABC” song, and scrub between fingers, on the backs of hands, and under the fingernails.”

### Health Services: Harvest Soup

#### Ingredients

- 2 cups cubed peeled pumpkin OR
- 2 cups winter squash
- 1 can (14-1/2 ounces) diced tomatoes, undrained.
- 1/2 cup chicken broth
- 2 cups fresh cut green beans (1-inch pieces)
- 1 cup fresh or frozen corn
- 1/2 cup sliced onion.
- 1/2 cup chopped green pepper.
- 1 garlic clove, minced.
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper

#### Directions

- In a large saucepan, combine all the ingredients. Bring to a boil. Reduce heat; cover and simmer for 40-45 minutes or until the vegetables are tender.



# Hello from the Disabilities and Mental Health Department!

I hope that you and your families have had a great start to the new school year. At this point settling into a predictable routine will support smooth mornings, days and evenings. Schedules describe main activities and what will happen throughout the day. You may have noticed that your child's classroom has posted an interactive daily schedule with visual reminders and cues to allow children to understand what is happening next. A consistent schedule and routine help children feel in control, feel safe, secure and comfortable, know what is happening now and what comes next, and helps them engage in learning.

Families can also create a predictable routine and schedule at home. Don't worry! You don't have to do anything "new." You most likely already have a predictable routine that you do with your family without even thinking about it. Consider allowing your child to help you in your daily routines. For example, are their parts of the daily routine that your child can accomplish on their own or with little assistance? It's important to review the schedule every morning and throughout the day with your child. Keeping the routine familiar and similar daily is important, however it's okay to be flexible. Let the child know that plans change, things happen, but make sure you give your child a warning ahead of time to allow them some time to process.

Visual supports can help children learn new skills and prevent challenging behavior, help young children learn and follow routines and serve as reminders for verbal directions and help children know exactly what is expected of them. Below you will see an example of a simple visual schedule that could be posted in your Home. The child will put all completed tasks into the finished pocket as they transition to the next activity. Go to [challengingbehavior.org](http://challengingbehavior.org) and search the website for "visual schedules" to get more ideas.



## Parenting Support:

SHS families: are you looking for a one stop place to find resources in your community? Please [click HERE](#) Then, click on community& find your county. Here you will find resources and services specific to your area.

[211 Norcal](#) 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 t website.

[First 5: Shasta County](#)

[First 5: Siskiyou County](#)

[First 5: Trinity County](#)

## Community Partner Spotlight - SMART Workforce Center

SMART offers a variety of resources for job seekers in Shasta, Trinity and Siskiyou Counties

[Click HERE for the SMART Center Job Fair](#)

[Click HERE for the Trinity SMART Center Flyer](#)

[Click HERE for all Counties SMART Center Spanish Flyers](#)