



# Head Start FYI

**VOLUME 1, ISSUE 3**

**March 2, 2009**

## Save the Date

**March 16-18, 2009**

Virginia Head Start Association  
Conference  
Hotel Roanoke

**March 24, 2009**

5:00 p.m.-7:00 p.m.  
RCPP Free Fun & Fitness Evening for  
Preschool Families at Skate Center Play  
Zone, 4121 Brandon Avenue

**March 27, 2009**

**Training Day**

(no children)

**April 10-13, 2009**

**Agency Holiday**

**April 19-25, 2009**

Week of the Young Child  
National Volunteer Week

**April 23, 2009**

Parent Conference  
Virginia Heights Baptist Church  
2014 Memorial Ave. S. W.



## Program Spotlights

- Congratulations to the Waddell center for having received no violations during the recent state licensing visit.
- Roanoke Catholic School fourth graders knitted scarves for their buddies at our Jefferson Street Center. They presented them at a Valentine's Day celebration in February. Check out photos from the event on TAP's website, tapintohope.org.
- The Rockbridge Divas are leading in the Get Healthy Virginia Contest. Congratulations Diva's. Keep on losing those pounds.
- On February 26, 2009 the Betty Lou Brown Center celebrated Black History Month by honoring Mrs. Betty Lou Brown. Mrs. Betty McGeorge played the autoharp for the children and then the children were allowed to try the autoharp for themselves. Following the visit from Mrs. McGeorge the three and four year old classes continued the celebration with a food experience and an art activities.

## Did you know that?

### March is:

- National Peanut Month
- National Caffeine Awareness Month
- Foot Health Month
- Youth Art Month
- National Nutrition Month





## Food Experience of the Month

### Shamrock Toasties

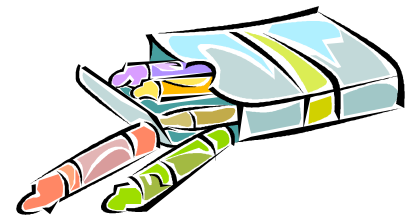
(Check allergy list)

Celebrate St. Patrick's Day with this easy snack.

- **Needed ingredients:**
- Green Peppers
- Whole Wheat English Muffin
- Cheddar Cheese
- **Step 1** To make one, slice a green pepper crosswise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.
- **Step 2** Toast half an English muffin, then top it with a slice of Cheddar and the pepper shamrock. Place the muffin on a tray, then broil it in a toaster oven until the cheese is melted.

## Recycle It!

It seems that there are always left over pieces and some unpopular colors of crayons. I never thought twice about tossing the duds in the trash, but it turns out that crayon wax spends eternity in a landfill. Instead, put them in a small box and send them to the recycling program run by Crazy Crayons, where your castoffs will be melted down and turned into a new generation of crayons. For details, go to [crazycrayons.com](http://crazycrayons.com)



## Avoiding Food Allergies

- Food allergies happen when a person's immune system has an abnormal reaction to certain foods. This can happen if even a small amount of the food is eaten. The reaction can be a rash, swelling, nasal congestion, nausea or diarrhea. And at its most serious level, food allergies can cause anaphylactic shock, which is life-threatening.
- The most common food allergies include milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish. People with food allergies usually need to avoid cooked and raw problem foods. If you think you have a food allergy, talk with your doctor.

Source: American Academy of Allergy, Asthma & Immunology, [www.aaaai.org](http://www.aaaai.org), 10/08

## Performance Standards of the Month



**Last Month's Performance Standards were :**

**Performance Standard, I304.21(a)(4)(iv)** is about supporting emerging literacy and numeracy development through materials and activities according to the developmental level of each child.

Children need a foundation for reading and mathematics. The development of this foundation results from the interaction of children's early experiences, relationships with adults and other children, and maturation. The development of skills related to literacy and numeracy is an ongoing part of a child's cognitive development.

Literacy and numeracy materials and activities are developmentally appropriate, interesting, engaging and meaningful. Adults support the development of literacy and numeracy skills through:

- Reading and discussing stories everyday
- Having reading and writing materials accessible and inviting to children to support their awareness of and emerging skills with letters and numbers
- Planning opportunities for children to listen to stories read aloud by an adult or on tape
- Encouraging oral traditions through storytelling
- Providing stories from children's own and other cultures
- Providing opportunities for children to reflect upon experiences and to see their own words being written by adults
- Providing books and stories with repetitive verses, words, or sounds, or in which the pictures follow the text closely, so that children can relate what they hear to what they see
- Helping children develop awareness of the sounds of language by using rhymes and by identifying sounds
- Helping children to see the functional uses of print in the program or in the home; for example, street signs, a shopping list, and names of helpers on a job chart
- Providing objects for counting, sequencing games, and one-to-one correspondence toys, as age-appropriate
- Providing playthings in infant and toddler environments to encourage the understanding of cause and effect, the use of tools, learning schemes, and spatial relationships
- Designing opportunities for children to discover how numerical concepts relate to other concepts, through activities that include food experiences, science, games, dramatic play, finger plays, puzzles, blocks, calculators and abacuses, and computers
- Sharing with parents ways that the home environment encourages literacy and numeracy development
- Planning family activities that provide children with memorable experiences; and
- Supporting the use of libraries, museums, and other community resources.

**Performance Standard, I304.23(b)(3)** (continued on page 4)

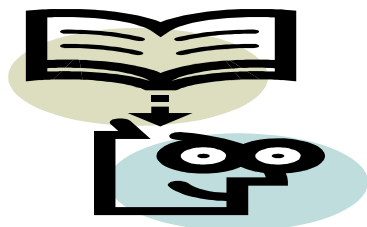
## Performance Standards of the Month



Continued from page 3,

**Performance Standard, 1304.23(b)(3)** tell us staff must promote effective dental hygiene among children in conjunction with meals.

- Infant teeth are cleaned, beginning with the eruption of the first tooth at about five or six months of age. Use a gauze pad for infants less than one, and switch to a toothbrush at one year of age. Use only water to clean teeth (not toothpaste), since an infant will likely swallow the toothpaste. When a toddler is able to spit toothpaste out without swallowing it, an adult begins brushing the child's teeth twice a day with a small amount of fluoridated toothpaste
- Staff and parents are educated about proper ways to prevent baby-bottle tooth decay and other early childhood cavities
- Proper care of teething toys is considered part of dental hygiene, as toys need to be kept clean and never shared
- Each preschool child is taught to brush his or her own teeth with a "pea-size" amount of fluoridated toothpaste. Staff supervise toothbrushing after each meal, ensuring that:
- Each child has his or her own toothbrush, labeled by name, so that toothbrushes are never shared
- Toothbrushes are stored so they stay clean and open to circulating air, and so that the bristles do not touch any surface, including another toothbrush. Agencies follow Health Services Advisory Committee recommendations regarding the proper storage and disposal of toothbrushes
- Toothbrushes are replaced when the bristles become bent, and at least every three months. They are never decontaminated. Rather, contaminated toothbrushes are always discarded to control the spread of infection or illness and
- Children are taught proper toothbrushing techniques, and children with disabilities are supported with any needed adaptations
- When brushing after meals is not possible (e.g., on a field trip), children may be offered drinking water, as rinsing with water helps to remove particles from teeth and prevent cavities; and
- Staff serve as role models by brushing their own teeth after meals.
- Staff encourage and assist parents in scheduling dental appointments, as a part of the schedule of well child care described in 45 CFR 1304.20(a)(1)(ii). Dental appointments also provide an opportunity for parents to discuss with their dental health professional such issues as the use of fluorides and dental sealants.



## Performance Standards for the Month Of March:

Do you know what these Performance Standards are and how they relate to your job responsibilities?

1304.21(a)(4)(ii) & 1304.23(a)



## Health and Fitness Tips



### Top Ten Tips to Give Up Smoking

- Tip #1 Set up a stop date a few weeks in advance. This will give you enough time to prepare yourself for the upcoming changes.
- Tip #2 On your stop smoking day, throw away all your cigarettes. This will not only prevent easy access to cigarettes but also will have a huge psychological impact on you.
- Tip #3 Avoid places and situations that would prompt you to lighting up a cigarette. For example if you light up your first cigarette with your morning coffee, replace it with herbal tea.
- Tip #4 Get stop smoking aids after consulting with your doctor. Nicotine patches or gums may help you a lot in the smoking cessation process and relieve the withdrawal symptoms.
- Tip #5 Start saving the money that you used to spend on cigarettes. You will soon discover that you have put aside enough to buy something nice for yourself.
- Tip #6 Start regular sport activities. Start with long walks. Exercise will not only help improve your appearance but it will help your body detox and reduce both the cravings and the cessation symptoms.
- Tip #7 Change your eating habits, eat more fresh fruits and vegetables, and drink a lot of liquids. A healthy diet will: (a) prevent you from gaining weight and (b) reduce the withdrawal symptoms.
- Tip #8 Ask your family and friends to be supportive. The first week after you put away the cigarettes you will be nervous and irritable so it is vital that they understand your behavior and help you.
- Tip #9 Think of reward scheme. For example "if I do not smoke for a couple of weeks I will buy ..." You can promise yourself a big prize if you manage not to smoke for three months - something like a vacation or a trip to an exotic place.
- Tip #10 Be patient and believe that you can do it! Smoking is 70% connected with your mind and only 30% with your body.



## Community Training Opportunities

### Smart Beginnings of Greater Roanoke Staff Training

- I Am Moving, I Am Learning (Milestone: Physical Development and Health), Saturday, March 28, 2009, 9:00 a.m.-11:00 a.m. at the Roanoke Higher Education Center. Call Smart Beginnings of Greater Roanoke at (540) 777-4211 to register.
- Free Resources through Blue Ridge PBS for Teachers, Wednesday, March 18, 2009, 6:15 p.m.—7:30 p.m. @ VWCC, Duncan 100. Call Kristy at (540) 345-6781, ext. 4376 to register, by March 11, 2009.



## What's Going on at TAP?

- There are a total of eleven TAP teams participating in the Get Healthy Virginia challenge. Seven teams are composed of Head Start employees (70 Head Start employees are participating). Team names: Transforming Divas, The Hipsters, The Winning Team, Phat Busters, Rockbridge Divas, No Pain/No Gain, BLB Beauties, TAP Slim-possibles, TVW Tenacious Ten, Crunch Bunch, and Phat Girlz.
- TAP is sponsoring a basket ball game to benefit the Project Discovery Scholarship fund. The TAP basket ball team will be playing against the Harlem Ambassadors. Game Date: March 15, 2009 @ 4:00 p.m., Roanoke Catholic High School Gym. Contact the Head Start Director for tickets. Advance Tickets: Student/Seniors \$5.00 and Adults \$8.00. At the door: Students/Seniors \$6.00 and Adults \$9.00. Children 4 and under admitted free.  
TAP All-Star Team Members: Mickey Hardy, William Dixon, Ron Marsh, Malik Shareef, Tiffany Woods, Ted Edlich, Dennis Haley, Darren Haley, Justin London, Kevin Garst, Robin Jones, Jermaine Hardy, Michael Hamlar, Chris Miles, Anthony Smith and Damon Williams.
- Have you visited the TAP website lately? Check it out! Click on the Head Start tab to see the Annual Report.

## Parent Enrichment Classes!



Parent Enrichment Classes will restart on Tuesday, April 7, 2009 through May 12, 2009. The six (6) week session will meet every Tuesday from 9:30 a.m. to 11:30 a.m. at Forest Park Baptist Church located at 812 29th Street, NW, Roanoke, Virginia. Babysitting is provided. You do not have to be a Head Start parent to attend. Our workshops offer Emotion Coaching, Positive Discipline, Building Children's Self-Esteem, Literacy, Understanding Stress, and much more. If anyone is interested, please call Julie Shreve at (540) 345-6781 ext. 4377 to sign up.



## Mass Intakes

### Recruitment Has Begun!

- Mass Intakes will be held on March 11, 2009 and March 26, 2009. They will be located at Forest Park Baptist Church, 812 29th Street, NW, Roanoke, Virginia.
- If you know anyone who would qualify for our program, in Roanoke, please call Natasha Jones or Julie Shreve to set up an appointment at (540) 345-6781 ext. 4371 or 4377. In Rockbridge County, call Melisa Tomlin at (540) 258-2414. For Home Base, call Darlene Bannister at (540) 345-6781, ext. 4342.