



# Head Start



PPS  
March 2011

## From Our Directors

Dear Head Start Families,

Head Start is all about partnership, a partnership between you and your family and our family services, classroom, and support staff all working for the best for your child. This partnership does not end with your Head Start years. We also work to create a smooth transition into Kindergarten. Portland Public Schools has several choices for kindergarten. First, your neighborhood Kindergarten will offer a rich program for your child. Your teacher and Family Service Worker can help you figure out which is your neighborhood school. There are also full day kindergarten programs and special kindergarten programs that focus on science, the arts, or languages such as Spanish, Japanese, or Chinese. I know it seems early, but you need to sign up now for Kindergarten. Your teacher and Family Service Worker can help you decide which choice is best for your child.

Head Start is all about education, for parents as well as children. Our program's parent education classes continue to grow. English as a Second Language (ESL) classes are offered each week at most of the Head start sites. One of the best gifts you can give your child is to further your own skills and education. Consider increasing your skills by joining the classes, by attending the parenting class, learning English, getting your GED, or starting college or a training program. Head Start may have scholarships to help that happen. Call @ 503-916-5724 for information. Let the Head Start partnerships educate you as well!

Policy Council is currently making plans for next school year. To make informed decisions regarding budget, site location etc. Policy Council will review program Self - Assessment, the Community Needs Assessment, 5 year goals and other data to make program recommendations to the Directors. If you would like information and the opportunity provide input into next year's budget, please attend Policy Council meetings at 6:15 p.m. on the 2<sup>nd</sup> Tuesday of each month at Sacajawea.

Deborah Berry/Eileen Isham Directors



### Inside this issue:

*From our Directors*

*Policy Council*

*Head Start  
Parent Activities*

*Child's Play / Dea  
Tran & Robin Senn*

*Ways You Can Support  
Your Child's  
Future*

*Dea Tran and  
Robin Senn  
Tobacco*

*Tips for Parents on  
Learning at Home*

*Program News  
Sitton*

*WELLNESS!  
Around the Dinner  
Table*

*Screen Free*

*TV Turn off week*

## BIKE-WALK-A-THON 2011



*Policy Council Fundraising committee will sponsor our Fifth annual Bike-Walk-A-Thon in May 2011. Information will be coming home with students during the month of April to let you know how families can participate in this event.*

*Fundraising Committee: (Christian King / Sacajawea),  
(Leanna Mehner / Applegate), April Gresham / Clark),  
Caroline Caulfield / Clark), Angela Duval / Clark),  
and Burnetta Holder / Sacajawea.*



# Head Start Parent Activities



## Head Start Parent Activities - Spring 2011

### Sacajawea

*Parent/Child Literacy Training – Spanish – March 1<sup>st</sup>, 9-11:00 a.m.*

*Container Gardening – Thursday, March 3<sup>rd</sup>, 9:00 a.m.*

Contact: Family Services at 503-916-5724 for information

### Creston

*ESL Classes – Every other Wednesday, starting 1/19/11, 9:30 – 11:30 a.m.*

*Kindergarten Information meeting – March 15<sup>th</sup>, 9-9:30 a.m. and 12:15 – 12:45p.m.*

*Gardening Meeting – April 11<sup>th</sup>, 9 a.m.*

*Basic English classes for Chinese speaking families – Thursdays, 9 – 11:00, 503-916-5764*

Contact: Family Services at 503-916-5695 for information

### Beach

*Parent/Child Literacy Training – Spanish – March 8<sup>th</sup>, 9 – 11:00 a.m.*

*Parenting Class – Spanish, March 15<sup>th</sup>, 9-11:00 a.m.*

*Parent Social – Art Class – March 16<sup>th</sup>, 9:00 a.m.*

Contact: Elizabeth at 503-916-6253

### CSS

*Parent Child Literacy Training – Spanish – March 3<sup>rd</sup>, 9-11:00 a.m.*

*Parent Drop-In – Nutrition Presentation, March 17<sup>th</sup>, 8:45 – 11:00 a.m.*

*Parenting Class – Chinese, April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>*

Contact: Family Services at 503-916-5787 (Spanish 503-916-5897) (Chinese 503-916-5764)

### Kelly

*Parent/Child Literacy Training – Spanish – March 3<sup>rd</sup>, 9-11:00 a.m.*

Contact: Family Services at 503-916-5759 (Spanish 503-916-5763)

### Applegate

*Parenting Classes – English – Wednesdays, Feb. 16, Feb. 23, March 3<sup>rd</sup>, 9:00 – 11:00 a.m.*

*Parent/Child Literacy Training – Spanish – March 1<sup>st</sup>, 9 – 11:00 a.m.*

*Nutrition Class – March 31<sup>st</sup>, 9:00 a.m.*

*Parenting Classes – Spanish – Fridays, April 8, 15<sup>th</sup> and 22<sup>nd</sup>, 9-11 a.m.*

Contact: Family Services at 503-916-5393

### James John

*Parenting Class – English – Wednesdays, March 30, April 6, April 20<sup>th</sup>, 9:00 - 11:00 a.m.*

*Parent/Child Literacy Training – Spanish – March 8<sup>th</sup>, 9 – 11:00 a.m.*

Contact: Family Services at 503-916-6269

### Boise Eliot

*Parent Social – Dr. Suess, March 4<sup>th</sup> 9:00 a.m.*

Contact: Brenda at 503-916-6197

### Sitton

*Kindergarten Information – Feb. 10<sup>th</sup>, 9:00 a.m. & 6:00 p.m. English, 9:45 a.m.*

*6:45 p.m. – Spanish*

*Growing Gardens – Feb. 16<sup>th</sup>, 9:00 a.m.*

Contact: Ida Wiley at 503-916-3043







## From Disabilities Manager, Spencer Hoffer Tips for Parents on Learning at Home by Margaret Schrader, M.S., CCC

Being a parent is a very special role. Parents are responsible for teaching their children about life and how to live it fully. This can be a very big job, especially if your child has communication difficulties. Parents often need information about how to best meet the needs of their child. Your child's speech and language clinician can also suggest specific activities to help your child learn at home. In addition, here are a few basic guidelines on teaching and learning which can help you and your child succeed:

1. **Let your child feel loved.**  
Touching, hugs, kisses, gentle words, or an approving smile will help your child feel relaxed and confident about learning. Use a happy tone of voice to convey love and acceptance.
2. **Remember that your child is just a child.**

It's important to keep your expectations appropriate to your child's abilities. Ask your speech clinician about your child's language abilities. That way, you won't expect

too much-or too little-from your child.

3. **Give your child approval.**  
Appreciate any success in learning your child accomplishes.
4. **Help your child feel important** Take time to do things with your child. Driving in the car, going to the store, and doing family activities are all opportunities for learning.
5. **Remember that learning can be fun.** Have a good time with your child. Play together. Do things that delight both of you. If you do not enjoy what you are doing, neither will your child. Follow your child's lead in finding things that are fun to do.
6. **Talk to your child.**  
Even if your child does not seem to understand at first, talk often about what you are doing together. Give your child time to respond.
7. **Really listen to your child.**  
Get down to your child's eye level, and look at your child as you are listening. Respond to

what your child says. This shows that you are sincerely interested in the child's thoughts and feelings.

8. **Share your ideas and experiences with your child's speech clinician, doctor, or teacher.** Share information and ask questions about your child's learning needs. Let them know about situations which may affect your child's learning. Such as illnesses or problems at home.

### Summary

You are your child's first, and most important, teacher. You set an example for your child of how to listen and talk with others. You can make a big difference in how well your child develops communication skills. It is important to help your child learn and practice communication skills at home. As your child use these new skills in everyday activities. You can feel proud of your child's success.

## Life Improvement Seminars

### Upcoming Class Information from Spencer Hoffer, Disabilities Manager

We will keep you updated on new classes in the months to come.

Life Improvement Seminars being offered by: IKEA Portland

IKEA has extended an invitation for FREE Positive Parenting classes from the Multnomah Early Childhood Program.

The next upcoming class is: Free Developmental Screenings  
(no appointment necessary)

Saturday April 9th 9:30am—12:30pm.

Parents, reserve your spot for the free classes by emailing:

[lifeimprovement.portland.us@ikea.com](mailto:lifeimprovement.portland.us@ikea.com)

## Dea Tran & Robin Senn...Head Start Nurses

### Tobacco Free

Because we want to model positive health behaviors for our children all of PPS Head Start buildings are tobacco free. This is true for staff and parents. This also applies to field trips or any PPS Head Start activity. Some of the health dangers of being around someone who is smoking are:

#### Secondhand smoke:

- Is the mixture of smoke that comes from the burning of a cigarette, pipe, or cigar. It also is smoke inhaled from the lungs of a smoker when they speak or cough.
- Kills about 50,000 Non-smokers every year.
- Almost doubles a Non-smoker's risk of heart disease.
- Contains 43 known cancer causing chemicals.
- Spending an hour in the car with a smoker is equivalent to you smoking 3 cigarettes yourself.
- Children that live in homes with at least one smoker have more lung illnesses than children who live in homes where no one smokes. This should not come as a surprise since parents who smoke are more likely to cough, which

spreads germs and exposes children to illnesses.

- Is known to cause asthma in children.
- Babies of mothers who smoke during and after pregnancy are 3 times more likely to die of Sudden Infant Death Syndrome.

**As a parent you can play an important role in your child's health:**

#### If you smoke, quit.

Ask people not to smoke in your home or car.  
Make sure your child's childcare is smoke free.  
Warn your children of the dangers of tobacco use.

Because we want to model positive health behaviors for our children all of PPS Head Start buildings are tobacco free.

### Oregon Tobacco Quit line

**Want some free and friendly help to quit smoking or chewing? Call us!  
Call these numbers for free from anywhere in Oregon:**

- ◆ 1-800-quit-now (1-800-784-8669)
- ◆ Espanola: 1-877-2bo-fume (1-877-266-3863)
- ◆ TTY: 1-877-777-6534
- ◆ Or register online at: [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

The Quit Line is open seven days a week,

**SCREEN FREE (AKA: TURN OFF) WEEK 2011 APRIL 18-24  
TURN THOSE SCREENS OFF AND GET READY TO.....**



**Head Start will join thousands of schools, libraries and community groups Worldwide in an effort to encourage millions of people to turn off their TVs, computers and electronic games for seven days and turn on the world around them.**

**This is a week to read, be more physically active, converse, think, create and do, rather than view!**

**Please join us to take control of the electronic media in our lives, reduce the screen time and promote healthier lives! Start making a list of ideas for Screen Free /Turn Off Week!**

# WELLNESS!

## 23 Reasons to Gather Around the Dinner Table



1. Families who eat together eat healthier, because home-cooked food is healthier than fast foods.
2. Family meals allow busy families to catch up with each other.
3. Your children learn a lot of verbal skills just by eating with their family members.
4. It gives everyone a chance to unwind after a busy day.
5. Having family meals more often forces you to end your working day and other obligations in time for dinner.
6. Home cooked meals are not only healthier, they're cheaper than takeout food or eating out.
7. Eating together forces everybody to tell stories.
8. Cooking at home motivates you to be creative with your meal planning and cooking.
9. Children can get involved in cooking meals and cleaning up.
10. Cooking and eating together creates happy childhood memories.
11. Eating together is an opportunity to explore different cuisines.
12. Eating with your family is more fun than eating in front of the television (or the computer).
13. Eating together gives the parents a chance to talk about current events from their point of view, injecting their personal values without giving a lecture.
14. Eating together helps family members bond and get to know each other better.
15. You'll be surprised what your kids reveal when you're in a relaxed environment, such as a family meal.
16. Kids are less likely to roll their eyes when you reminisce and tell stories from your childhood while eating a meal together.
17. Family meals can be good teaching moments, even for small children. My toddler learned how to count by counting after-meal treats on his high chair.
18. Eating together is a good opportunity to teach and model good manners.
19. Family meals give a good transition from work or school to home life.
20. Family meals are also good times to share music together.
21. Family meals teach everyone valuable life skills, such as sharing and taking turns.
22. Stopping and sitting down to a meal gives everyone a chance to quiet down and regroup.
23. Eating home is more eco-friendly than eating out or ordering food— less waste!

---

---

### *10 Ways You Can Support Your Child's Future...Continued*

*Nurture the individual...*

*Passion for life, learning, and work comes from within. Help your children discover their passions. Cultivate their sense of hope. Believe in their dreams, and they will believe in them.*

Each month for the last few months, I have given you two of the "10 ways you can support your child's future each month. This month will be number 9&10. \*For additional information about how you can support your children's career development, Visit: [MyChildsFuture.org](http://MyChildsFuture.org)

9. Believe that education after high school is possible and important for your children.

College is not for every one nor is it necessary for all jobs. However, most people need some type of training beyond a high school degree. Your children need you to be positive about what they can achieve. If you feel that you are not in the position to help your children financially, remember that support comes in many forms. Despite rising costs, not all training is that expensive, and there are many ways families and students can get assistance. Commit to working together—your children to do well in school, and you to help in any way you can.

10. Have high expectations.

Set realistic goals but expect hard work and discipline. Make sure your children attend school. Ask them about homework, and verify that assignments are completed. Encourage them to take challenging courses. Help them overcome discouragement when they aren't able to reach a goal celebrate their accomplishments.

---

**PPS**  
**March 2011**

Sacajawea Head Start  
4800 NE 74th Ave.  
Portland, OR. 97218

Phone: 503-916-5724  
Fax: 503-916-2670  
We are on the web at:  
[www.headstart.pps.k12.or.us](http://www.headstart.pps.k12.or.us)



## Head Start

### *HEAD START CENTERS*

*Sacajawea \* 4800 NE 74th*

*Applegate \* 7650 N Commercial*

*Beach \* 1710 N Humboldt*

*Boise-Eliot \* 620 N Fremont*

*Clark \* 1231 SE 92nd*

*Creston Annex \* 4620 SE Powell Ave.*

*Kelly Center \* 9015 SE Rural St.*

*James John \* 7439 N Charleston*

*Sitton \* 9930 N Smith*



#### **Portland Public Schools Nondiscrimination Statement**

Portland Public Schools recognizes the diversity and worth of all individuals and groups and their roles in society.

All individuals and groups shall be treated with fairness in all activities, programs and operations without regard to age, color, creed, disability, marital status, national origin, race, religion, sex, or sexual orientation.

Board of Education Policy 1.80.020-p