

# What's up??



JCCDC Newsletter for Parents, Providers, Community Partners & Staff



## A Note from the Director

Tena Sales, HS/EHS Director

I would like to extend a big welcome back to children, families, and staff.

We are all looking forward to getting back to our familiar routines and helping your children grow mentally, physically, and emotionally.



I would like to express my gratitude to all parents who volunteered in any way during the first half of our

program year. If you have not had a chance to volunteer in your child's classroom, there is still ample time and plenty of opportunities for you to do so as we certainly need the in kind.

We look forward to serving you and having a great second half of this program year.

# HAPPY NEW YEAR 2024

## JANUARY

- 1/4 – Trivia Day
- 1/15 – M.L. King Day
- 1/21 – National Hugging Day
- 1/24 – Compliment Day

## February

- 2/2 – Ground Hog Day
- 2/11 – Make A Friend Day
- 2/14 – Valentine's Day
- 2/17 – Random Act of Kindness Day

## ★HAPPY★ BIRTHDAY!

Debora Goree	1/1	Willie Glass	2/7
Mariah Flegler	1/17	Barbi Moore	2/11
Vicky Craig	1/27	Tynetta Henton	2/17
		Elveria Sturdivant	2/19

# Congratulations

to the  
2023-2024 Head Start/Early Head Start  
Policy Council Officers & Members

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President – **Briana Jackson**



Vice – President – **Miguel de los Santos**

Secretary – **Vanessa Townsend**



Asst. Secretary – **Veronique Gonzalez**



Parliamentarian – **Lehman Harris**



Community Representative – **Lucille Dawson**

Members – at – Large

Bevilon Longmire, Maia Ester Dolores Lopez, Ruth Perez,  
Briana Toney, Fatmata Bah, & D'Azhane Mitchell

*We Look Forward to Seeing You  
on January 16<sup>th</sup> !!*

# Bring on the NEW YEAR!

by Louise Smith

Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.

## 1. BE REALISTIC

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

## 2. TALK ABOUT IT

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

## 3. REWARD YOURSELF

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new [fitness clothing](#) or by going to a movie with a friend.

## 4. TRACK YOUR PROGRESS

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help [keep you motivated](#). Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

## 5. DON'T BEAT YOURSELF UP

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

## 6. STICK TO IT

Experts say it takes about 21 days for a new activity to become a [habit](#) and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

## 7 KEEP TRYING

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.

# Easy Vegetable Frittata

Submitted by Stella Baskin, Nutrition Coordinator

## YOU WILL NEED:

- 10 large eggs
- 5 tablespoons heavy cream, half-and-half or whole milk
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup (4 ounces) shredded cheese,
- 1 tablespoon olive oil
- 1/2 medium zucchini, sliced into thin coins
- 1/2 medium onion, sliced
- 1 medium bell pepper, sliced
- 1 1/2 cups packed baby spinach
- Chopped or torn fresh herbs like parsley, chives or dill



## DIRECTIONS:

### • PREPARE EGGS

Heat the oven to 350 degrees Fahrenheit.

In a medium bowl, whisk the eggs with cream, 1/2 teaspoon of salt, pepper, and the cheese.

### • PREPARE VEGETABLES

Heat the olive oil in an oven-safe 10-inch skillet (non-stick or a well-seasoned cast iron pan are best).

Add the zucchini, onions, and bell pepper. Cook, stirring every once and a while until the onions are soft and the zucchini and bell peppers have a little color; about 5 minutes.

Season with 1/4 teaspoon of salt then add the spinach. Toss the spinach around the pan until it's ever so slightly wilted and bright green.

### • TO FINISH

Turn the heat to low. Give the egg mixture another whisk then pour into the skillet. Shimmy the pan back and forth a bit to distribute the egg around the vegetables.

When the edges of the frittata begin to set and turn lighter in color, slide the skillet into the preheated oven; about 1 minute.

Bake for 20 to 30 minutes, until the eggs are barely set and the frittata trembles — like jello — when you give the pan a gentle shake. Keep an eye on it as it bakes and check the frittata a few minutes before it's supposed to be done. You are not looking for a brown top, just one that looks cooked and barely set.

Serve the frittata hot or cold with fresh herbs on top.

# Spend Quality Time with Your Child

Submitted by Phillip Merriweather,  
Family Engagement Manager



Quality time is an expression used a lot on TV and in books and magazines about parenting. The trouble is many people aren't really sure what quality time is. In essence, quality time is time that parents use to focus on healthy, positive, and nurturing experiences with their child. The emphasis is on what you do with your child instead of how much time you spend with them. Consider whether you are actively engaged with your child. Here are a few checkpoints to decide whether you are spending quality time with your child and influencing his or her healthy development:

- Is your child the center of your attention—or are you just trying to keep them busy while you do other things? In other words, be both accessible to your child and engaged when with him or her.
- During your time together, are you involved in activities that both you and your child enjoy?
- Do you occasionally take time to assist your child in learning a new skill that enhances her or his development (mental, physical, or social)?
- Do you assist in planning for your child's future on a regular basis (small steps toward education and career) and connecting her or him with resources in the community?
- Are you investing time and energy in your children's lives on a daily basis or are you interacting with them just when it is convenient? In other words, are you accessible to your child on a regular basis?
- Are you happy just spending ordinary time with your child with no particular purpose or goal in mind?

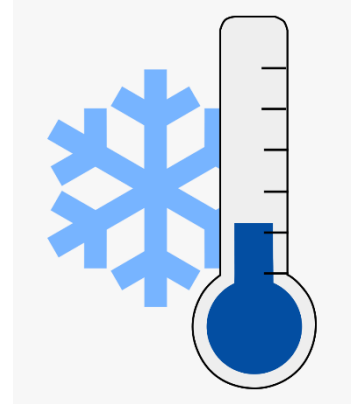
If you answered "yes" to all these questions, it looks like you are actively contributing to the healthy development of your child. It's important that you stay involved. If you are like many families, you may not be your child's primary caregiver. This means that others (such as childcare workers, teachers, and mothers) influence your child on a daily basis as much, if not more than, you do.

Quality and positive interactions help form a healthy bond between fathers and their children. These interactions help father-child attachment to grow. Fathers can understand their child's world a little better, and children will be able to see and understand their dad as a real person.

# Cold Weather Safety

Submitted by Latausha Holifield, Health & Safety Specialist

Weather brings severe storms, snow, or just cold temperatures. Children are more vulnerable than adults to the effects of cold weather. The weather is changing, and each day seems to be a little colder than the one before.



Children must wear clothing that is appropriate for the cold temperatures. If the weather permits, outside playtime is a part of learning, so coats are necessary during the winter months. Also, it is advised to bring a change of clothes that includes long-sleeved shirts and long pants in case of an accident.

Just like sunscreen, hydration is often overlooked during the winter. But making sure your child gets enough to drink should be on your list of winter safety tips for kids. When the air is dryer, children lose water through their breath and skin, so fluids need to be replenished frequently even when they're not sweating. Hot drinks and soup are also good for getting them to consume more fluids but monitor the hot items to ensure safety.

It is also helpful for parents to provide current contact information if it has changed recently so that parents can be reached in case of emergencies.

