

What's Up?

JCCDC Newsletter for Parents, Providers, Community Partners & Staff



A Note from the Director

Tena Sales

Policy Council

As a parent, you may wonder what the Policy Council is and about its role in Head Start and Early Head Start programs. You may have questions about how to join, serve on, or leave the Policy Council.

The Policy Council is a group of Head Start and Early Head Start parents and community members who help lead and make decisions about their program. Policy Council members are elected by the parents of children enrolled in the program. Parents often join the Policy Council after serving on a parent committee.

The Policy Council meets regularly as a group. Members can serve for one year at a time, and for up to five years. They work closely with the program's management team and governing body to provide overall direction for the program.

More information and details are forthcoming about this year's parent committee and Policy Council.



SEP-OCT

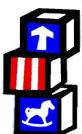
- 9/2 Labor Day
- 9/5 International Day of Charity
- 9/8 International Literacy Day
- 9/12 National Day of Encouragement
- 9/15 Double Cheeseburger Day



- 10/1 National Hair Day
- 10/10 World Mental Health Day
- 10/11 International Day of the Girl Child
- 10/26 MAGIC CITY CLASSIC
- 10/31 Halloween



- 9/2 LaTausha Holifield, Health & Safety
- 9/6 Patricia Ray, Provider
- 9/27 Tamara Tellis, Data Coordinator
- 10/6 Virginia DeLoach, Admin Asst.
- 10/7 Georgia Robinson, Provider
- 10/18 Nakendra Massey, EDC/Health Mgr.
- 10/18 Tamika Bright, Health Asst.
- 10/23 Ana Arvelo, FE Specialist
- 10/23 Jacqueline Henderson, Provider
- 10/31 Dana Bailey, Provider





Submitted by Virginia DeLoach, Admin Asst

Every year on October 11, the global community comes together to celebrate the International Day of the Girl Child. It's the day when you can recognize the power of girls everywhere—and highlight, discuss,

and take action to advance the rights of, and opportunities for, girls across the globe.

From the moment a girl child is born, she can grow up to be a scientist, author, business leader, mother, teacher or anything she may choose to be. Providing her with healthy options, education, and resources to make her own choices means removing some of the obstacles she faces.

Depending on where she lives, a young girl's challenges will vary and how we approach addressing those issues will change. During International Day of the Girl, join the global call to action. Create real solutions; listen to the aspiration of young women; mentor someone who will someday overcome the challenges she faces.

HOW TO OBSERVE THE DAY OF THE GIRL CHILD

- ✓ Become a mentor.
- ✓ Make a donation of supplies to schools.
- ✓ Be inspired by or inspire girls in your life by speaking about women leaders from the past and present. Whether she was a teacher or an author, a political leader or an activist, share the stories of those who have made changes for the better in the world.
- ✓ Be a part of the difference that makes lives better for aspiring young girls around the globe and use #DayOfTheGirlChild to share on social media.

Frozen Yogurt Dots

Submitted by Porsha Davis, Nutrition Assistant

How can something so tiny have so much flavor? Thanks to fresh fruit and Greek yogurt these little frozen treats are packed with sweet and tang. A serving of ten has only 50 calories and 3 grams of sugar making them the perfect low-calorie and low-sugar snack to get you to the next meal.



Ingredients

1/2 cup cubed ripe mango or raspberries

2/3 cup 2 percent vanilla Greek yogurt

Needed Equipment:

Standard or immersion blender

Squeeze bottle

Parchment paper

Baking sheet

Directions

1. Line a baking sheet with parchment. Puree the mango or raspberries with a blender in the blender cup until smooth. Add the yogurt and mix gently with a spoon, just to combine. Transfer to a squeeze bottle.
2. Squeeze thumbnail-size swirls of yogurt onto the prepared baking sheet in rows, about 50 dots in all. Put the baking sheet in the freezer until the dots are frozen, about 2 hours and up to 24 hours.
3. After the dots are frozen, they can be served immediately or transferred quickly to a small freezer-safe container and kept for later serving. The dots can be kept in an airtight freezer-safe container in the freezer for up to 1 month.



SPOTLIGHT ON

Professional Development July, 2024



It is with immense pride and joy that we extend our heartfelt congratulations to Mrs. Cynthia Thomas and Ms. Vicky Craig on being awarded The **Teacher of the Year!**

This well-deserved recognition is a testament to both ladies outstanding dedication, passion,

and exceptional contributions to giving children a TRUE Head Start.

Mrs. Thomas has over 40 plus years with family childcare servicing head start children. She has a true passion to assist children and their families. Her unique approach to facilitate early learning in her community is inspiring.

Ms. Craig developed a passion for working with young children when she started at 14 years of age and has continued working with children for almost 45 years. She states that her goals for young children are to teach them how to learn, how to make a difference, and help them to become respectful and productive adults.

We truly enjoyed 2024-2025 school years preservice. We learned a lot of new strategies and approaches to learning for all children. We appreciate all the participation and feedback during preservice. Thank you to all our family childcare providers, none of your hard work and dedication goes unnoticed. We are excited to see the continued impact you all undoubtedly have on the future leaders of tomorrow.



Health & Safety for Pre-Schoolers

Submitted by Tamika Bright, Health and Safety Assistant

Your child is growing bigger and more independent now. They like to play in groups and play outside. With Head Start, they are starting to live part of their lives away from home and in a learning environment. This is a time when it's important to make sure you and your child are aware of the ways they need to stay safe.

Health and Safety Tips for Preschoolers

- Keep an eye on what your child is doing, especially when they are playing outdoors
- Make sure your child doesn't play in the street and always remember to watch out for traffic
- Tell your child never to cross a street without an adult and do not chase a ball into the street
- Check playground equipment to make sure it is safe and has no sharp edges or loose parts
- Make sure your child knows how to be safe around strangers and never to go with strangers at any time, anywhere
- Teach your child to swim safely, but always watch them near any water
- Lock up medicines, cleaners and chemicals in cabinets with safety latches
- Make sure your child is in a forward-facing care seat with a harness until they reach the top weight or height limit for that car seat
- Use a booster seat with the seatbelt in the back seat of the car when your child outgrows their car seat

Keeping Your Preschooler Healthy

- Eat meals together often. Model healthy eating habits by serving fruits, vegetables, whole grains and other healthy foods for meals and snacks
- Limit the amount of sugar, solid fats and salt in your child's food and drinks
- Limit screen time. Develop a media use plan for your family and keep TV sets out of your child's bedroom
- Encourage your preschooler to play and move throughout the day
- Choose age-appropriate toys for your child to choose from, like balls and plastic bats
- Make sure your child brushes their teeth twice each day using a soft child's toothbrush with a small amount of fluoride toothpaste
- Make sure they get enough sleep – the recommend amount of sleep for preschoolers 3 – 5 years old is 10 – 13 hours per day (over a 24-hour period, including naps)

HISTORY OF LABOR DAY



Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

The popularity of the event spread across the country. In 1887, Oregon became the first state of the United States to make Labor Day an official public holiday. By 1894, thirty U.S. states were already officially celebrating Labor Day. In that year, Congress passed a bill recognizing the first Monday of September as Labor Day and making it an official federal holiday. President Grover Cleveland signed the bill into law on June 28, 1894. The federal law, however, only made it a holiday for federal workers. As late as the 1930s, unions were encouraging workers to strike to make sure they got the day off. All U.S. states, the District of Columbia, and the United States territories have subsequently made Labor Day a statutory holiday.



A Nationwide Holiday

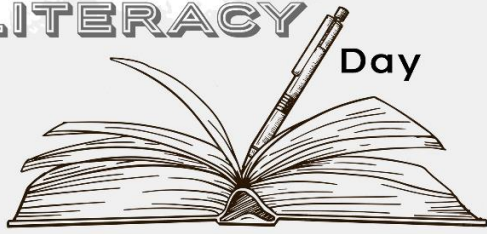


Many Americans celebrate Labor Day with parades and parties – festivities very similar to those outlined by the first proposal for a holiday, which suggested that the day should be observed with – a street parade to exhibit "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day.

Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

American labor has raised the nation's standard of living and contributed to the greatest production the world has ever known and the labor movement has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker.

INTERNATIONAL LITERACY



8 SEPTEMBER

International Literacy Day takes place on September 8 every year to raise awareness and concern for literacy problems that exist within our own local communities as well as globally. Literacy is a blessing often taken for granted. Reading is essential in our daily lives. Navigating through the world without being able to read or write is challenging and is a blockade for experiencing so many things.

“Today a Reader, Tomorrow a Leader”.

On International Literacy Day, organizations and individuals take charge and use their literacy to encourage and assist those who are facing difficulties on how to read and write. Students and employed people volunteer to tutor children in the community, books are generously donated to libraries, and a student's tuition and learning are sponsored to launch their life-long success. Institutions and government- and international organizations campaign for literacy at the grassroots level, as well as host think tanks and discussion forums to strategize and implement the best policies for the eradication of illiteracy. They also host fundraisers for the cause. A theme is set for International Literacy Day every year, which is used as a way to build awareness around specific issues.

By The Numbers

- 40%** – the percentage of American third-grade students who read at grade level.
- 75%** – the percentage of children who will struggle to read their whole lives if they fall behind at age nine.
- 1 in 4** – the number of boys who suffer from some level of dyslexia.
- 1 in 5** – the number of students who suffer from learning difficulties.
- 1/3** – the fraction of America's struggling readers who belong to college-educated families.
- 97%** – the percentage of the literacy rate among the youth in Algeria.
- 90%** – the percentage of the literacy rate globally for all males.
- 82.7%** – the percentage of literacy rate globally for all females.
- 34.7%** – the percentage of illiteracy among people aged 15 and above in Sub-Saharan Africa in 2019.

Five Reasons Literacy Is Important to Everyone

1. **Brain health**: Studies show that giving the brain a daily workout reading, writing and working with numbers keeps brain cells healthy as we age, reducing the chances of developing Alzheimer's and dementia later in life.
2. **Community participation**: The lack of literary skills limits social engagement at all age levels and prevents adults and children from being able to participate fully and contribute to the betterment of society.
3. **Effective Communication**: Learning to read and write improves our ability to communicate effectively with others by enhancing oral language, allowing us to express our feelings, thoughts, and ideas with others more clearly.
4. **Employment Advancement**: Knowing how to read, write and work with numbers are critical skills for jobs with opportunities to advance up the social-economic ladder. Literacy breaks the cycle of poverty, one life at a time.
5. **Knowledge is Power**: Literacy is the key to personal empowerment and gives us personal dignity and self-worth.



on the

Parent Committee

A Parent Committee is a required part of the Head Start/Early Head Start program. Participation in the Parent Committee is a chance for parents to have input into their child's education and to assist in the development of the Head Start/Early Head Start Program.

One purpose of the Parent Committee is to help develop the best possible child development program. Many studies show that children do better in school when their parents are involved in their education. By becoming involved in the Parent Committee, you show your child that learning and sharing are important.

Here are just a few of the ways parents can help by participating in the Parent Committee:

- Work closely with the educational staff in developing and carrying out daily activities and policies of the program.
- Make suggestions about how the program could be improved.
- Help to plan and conduct special activities.
- Discuss parenting issues and other topics of interest at Parent Meetings.

Parent Committees are also the pool from which Head Start/Early Head Start Policy Council Members are elected, which in turn provides support to the Parent Committees.

At the upcoming meeting, an introduction to all aspects of the Head Start/Early Head Start program will be presented by staff and/or former parents.

What Is the **POLICY COUNCIL?**

The Policy Council is a group of Head Start and Early Head Start parents and community members who help lead and make decisions about their program. Policy Council members are elected by the parents of children enrolled in the program. Parents often join the Policy Council after serving on a parent committee.

The Policy Council meets regularly as a group. Members can serve for one year at a time, and for up to five years. They work closely with the program's management team and governing body to provide overall direction for the program.

Why Do Head Start and Early Head Start Programs Have a Policy Council?

When Head Start began in 1965, its founders understood that parents are essential partners in educating young children. They felt parents should help decide how Head Start services can most benefit their family and other families in the community.

Head Start created the Policy Council as a formal leadership and policy-making role for parents. Today, every Head Start and Early Head Start program must have a Policy Council as part of its leadership structure. Through the Policy Council, parents have a voice in decisions about how the program spends money, what children do in their classrooms, and how the program works with community partners.

Children, parents, and the program benefit when parents take on leadership roles. Children learn more and experience healthier development at school and at home. Parents can become more confident, gain skills, and connect with other parents and staff. Program staff learn about the strengths, interests, and needs of the children, families, and community they serve.

