



What's up??



JCCDC Newsletter for Parents, Providers, Community Partners & Staff



A Note from the Director

Tena Sales, HS/EHS Director

The Significance of Father Engagement:

Father Engagement is a vital and integrated aspect of parent, family, and community engagement work. Head Start and Early Start staff engage fathers as advocates, lifelong educators, and first teachers of their children.

Male family members and father figures serve key roles in the healthy development of their children and families and have much to add to their Head Start communities.

Father Engagement is not a stand-alone program initiative, but a vital and integrated aspect of parent, family, and community work. A systemwide integration of multiple activities builds a comprehensive father-engagement approach. Among these activities are:

- Creating father-friendly environments that are welcoming and comfortable
- Forming fathers' groups that plan activities and build support networks
- Training staff to implement a parenting curriculum that develops the knowledge and skills of fathers
- Investing in professional development to strengthen staff skills and practices with fathers
- Including fathers in parent-teacher conferences and home visits
- Designing recruitment materials that appeal to fathers
- Collaborating with community partners to align and reinforce strategies that respond to fathers' strengths, interests, and needs

Effective engagement of fathers requires staff to demonstrate genuine curiosity and respect for the unique strengths, talents, cultures, goals, and circumstances of fathers. A trusting relationship is the foundation for this partnership. Successful partnerships can lead to positive, long-lasting outcomes for fathers, children, and families.

November

November is Family Literacy Month

November 5th is Election Day

November 11th is Veteran's Day

November 19th Policy Council Meeting

November 20th Thanksgiving Luncheon

(Time & location to be announced)

November 21st JCCDC Board of Directors Mtg

November 28th is Thanksgiving Day

December

December is Universal Human Rights Month

December 1st is Rosa Parks Day

December 10th is Human Rights Day

December 17th Policy Council Meeting

December 25th is Christmas Day

December 26th Kwanzaa begins



11/19 Kamilah Moss, Provider

11/22 Yolanda "Nora" Woods, JCCDC CFO

12/4 Valerie Square, Provider

12/18 Carla Adams, Provider

12/18 LaShanta Osberry, Provider

12/24 Porsha Davis, Nutrition Assistant

12/27 Cynthia Thomas, Provider

Why is Thanksgiving Important?

Teaching Children about Thanksgiving

Article originally posted by Bright Horizons on November 11, 2021



Thanksgiving is a special holiday: a whole day focused on spending time with loved ones and being thankful, without much of the commercialism that has crept into many other holidays. But before you pull up to the table to enjoy your delicious Thanksgiving feast, consider the opportunities this day presents to teach children about the important values of Thanksgiving, such as thankfulness, gratitude,

and family.

Here are a few tips to teach and model important Thanksgiving lessons during the holiday:

- **Talk about family traditions and tell stories.** If your celebration involves multiple generations or multiple families, talk about traditions, "the good old days," and your own childhood. Stories teach children about life and history.
- **Talk about your Thanksgiving feast.** Talk to children about where food comes from and how it was prepared. Everyone can share what their favorite food is and why.
- **Be thankful.** Focus on the things you are thankful for; ask everyone at the table to say what they are thankful for or make a list of what your family is thankful for.
- **Share and donate.** Thanksgiving is a celebration of sharing and abundance. Develop a tradition of sharing with those who have less and involve children in contributing to a food shelter or other charities. This can help children to be thankful for what they have and learn the importance of helping others.
- **Create something for Thanksgiving together.** Whether you're cooking with your children or creating a craft, involving kids in the preparation or an activity is a great way to celebrate and enjoy family time. Don't worry if the potatoes have a lump or two—the memory-making experience is worth it.
- **Have fun.** Sometimes children spend long hours at the kids' table while grown-ups talk and talk. Be sure fun family activities and enjoying one another is a top priority on Thanksgiving.

From our family to yours, however you spend your day, we hope you have a safe, healthy, and delicious Thanksgiving with family, friends, and neighbors.

Holiday Punch



Submitted by the JCCDC Nutrition Component

This festive Holiday Punch is made with fresh fruit juices, frozen lemonade, and lemon-lime soda.

Ingredients

- 1 (64-ounce) container Cranberry juice cocktail
- 1 (14-ounce) container pineapple juice
- 1 container frozen lemonade
- 1 can lemon lime soda (or Ginger ale)
- orange slices (for garnish)
- fresh cranberries (for garnish)
- plenty of ice

Instructions

- Squeeze the container of frozen lemonade into a large drink dispenser or punch bowl.
- Add the cranberry juice cocktail, pineapple juice, and sprite. Gently stir to combine. Add plenty of ice or an ice ring.
- Serve over ice and garnish with slices of oranges or any citrus and fresh cranberries.



Holiday Punch Tips:

- ✓ For a great addition, add a scoop of orange sherbet to each glass before pouring this delicious holiday punch!
- ✓ Want more fizz, simply add more lemon-lime or ginger ale soda.

Here are some facts about Christmas



Christmas trees

The tradition of decorating Christmas trees originated with the ancient Egyptians and Romans, who used evergreens to celebrate the winter solstice and the return of spring. Prince Albert introduced the German custom to his wife, Queen Victoria, which helped make decorating Christmas trees popular around the world.

Jingle Bells

The classic Christmas song was originally written for Thanksgiving. In 1965, the crew of NASA's Gemini 6A space flight became the first to play the song in space.

Candy Canes

Candy canes are thought to have originated in Germany in 1670. A choir master shaped candy sticks into hooks to represent shepherds' hooks from the nativity, which allowed them to be used in church.

Rudolph

Rudolph was created by the Montgomery Ward Department Store in 1939 as part of a promotional Christmas story.



Stockings

The tradition of hanging stockings by the fireplace comes from the legend of St. Nicholas.

Christmas carols

The earliest Christmas carols were written and sung in Latin, which made them difficult for many people to understand.

Eggnog

Eggnog has been around since the 13th century, when monks enjoyed it during medieval times.

Tinsel

Tinsel used to be made from real silver.



Submitted by Phillip Merriweather, FE Manager

November is **National Family Literacy Month**. Family literacy is a term used to describe parents and children, or more broadly, adults and children learning together. Also known as intergenerational literacy, and in some cases, community literacy, the rationale underlying such work is that parents (and adults in communities) are children's first teachers; that much learning occurs beyond traditional school settings, and that learning is a life-long process.

Family literacy can describe the way parents, family and community members use literacy at home and in their communities. Literacy activity occurs naturally during the routines of daily living and helps adults and children get things done. The ethnic, racial, and cultural heritages of families are reflected in the literacy activities in which they engage. Family literacy can apply to all families and all literacy activities that take place within the family, not just school like activities. Although family literacy traditionally takes place within the family, family literacy activities and programs can be initiated by organizations outside of families.

Family Literacy is driven by comprehensive, holistic approaches to education in which parents and children learn and grow together. Family Literacy addresses the literacy strengths and needs of the family/community while promoting adults' involvement in children's education, recognizing adults as a powerful influence on children's academic success. Family Literacy also recognizes the reciprocal nature of parent-child relationships. It promotes both parent-initiated and child-initiated activities to support development of those relationships and to increase the motivation to learn for both parent and child.

Family literacy provides sufficient input that intensifies sustainable changes in a family and that integrate all of the following activities:

- Interactive literacy activities between parents and their children
- Education for parents in facilitating children's learning and becoming full partners in their education
- Parent literacy training that leads to economic self-sufficiency and meets adults' stated goals
- Age-appropriate education to prepare children for success in school and life experiences



submitted by Nakendra Massey, ECD Manager

A child who enters kindergarten with a strong vocabulary, a love of books, and a familiarity with playing with words, has a definite advantage. You can help those skills develop.

Experts agree that talking, singing, reading, writing and playing with your young child will prepare them for learning how to read, and will teach them the six skills needed to read.

1. Talk to Your Child

The more you talk and read to your child, the more vocabulary they will learn, which is one of the six skills needed to learn to read.

2. Read with Your Child

Research has proven over and over that the single most important activity a parent can do with a child is read aloud. Snuggling with your child while reading a story helps brain development and bonding, and results in print motivation, the enjoyment of books. Reading aloud also helps your child with print awareness, the early literacy skill that means understanding how a book works, and that print is what we read.

3. Rhyme and Sing with Your Child

Rhyming helps children learn how to take words apart and change their beginnings or endings to make new words. That's part of phonological awareness, another skill needed to learn to read. Singing takes apart words into their smaller parts, which also helps children to understand later about the phonics of reading.

4. Play with Your Child

Children need to use their imagination and creativity; that's an important part of being a child. It helps them to use their vocabulary when they make up games and stories, and it teaches narrative skills, one of the early literacy skills needed to learn to read.

5. Write with Your Child

Reading and writing are both forms of communication. Encouraging your child to write, even if it's scribbles, helps them learn print awareness, an understanding of the importance of print and an early literacy skill needed to learn to read.

FLU, RSV, ALLERGIES OR COVID:

Which One Is It?



As a parent, you never want your kids to get sick. But it happens — and probably more often than you'd like — especially during the fall and winter. This is the time of year when illnesses like the **common cold, influenza (flu), respiratory syncytial virus (RSV)** and other viruses are widely circulating. Add in **COVID-19**, and you're probably wondering what bug your kid picked up this time.

Many respiratory illnesses in children have similar symptoms, which means it can be difficult to distinguish between the flu vs. COVID-19 vs. colds. But there are some subtle differences between these viruses.

Below is a chart that offers guidance on common respiratory illnesses in kids, how to tell if and what your child may have if they get sick.

Signs & Symptoms in Children	COVID	The Flu (Influenza)	RSV/ Bronchiolitis	Common Cold	Seasonal Allergies (Hay Fever)
Onset of Symptoms	Varies; typically gradual	Sudden	Varies; typically starts mild	Varies	Typically sudden or ongoing
New loss of taste or smell	Sometimes	Uncommon	Uncommon	Uncommon	Sometimes
Fever	Sometimes, typically high	Very common, typically high	Common	Varies	Never
Tiredness	Severely tired	Severely tired	Common	Varies	Never
Cough	Very common; typically dry cough	Very common; typically dry cough	Very common; often a wheezing cough	Varies	Sometimes
Headache	Common	Very common	Uncommon	Varies	Uncommon
Loss of appetite/difficulty feeding for babies	Sometimes	Common	Common	Varies	Less common
Muscle and body aches	Common	Very Common	Uncommon	Common	Uncommon
Sore throat	Common	Common	Sometimes	Common	Sometimes; typically mild
Runny nose/ nasal congestion	Common	Common	Very Common	Common	Very Common
Nausea or vomiting	Sometimes	Sometimes	Sometimes	Less common	Uncommon
Chills	Sometimes	Very common	Uncommon	Less common	Never
Diarrhea	Sometimes	Sometimes	Sometimes	Varies	Never
Shortness of breath/ Breathlessness	Sometimes	Sometimes	Very common	Uncommon	Uncommon
Wheezing or audible breathing	Sometimes	Sometimes	Very Common	Sometimes	Uncommon

Symptoms can come on suddenly and can last between two and seven days. Treatment involves rest, fluids, and sometimes antiviral medication. An annual flu vaccine as well as an updated COVID vaccine can help prevent these ailments in children.

You should seek medical care if your child has severe flu-like symptoms, such as difficulty breathing, persistent vomiting, or dehydration.

Going for **“Gold”** *“In the Pink”*

October 14th Professional Development was held at the Bessemer Public Library where training on TS Gold was held. We were “In the Pink” for Breast Cancer Awareness Month.





Head Start - Early Head Start - FCCH

POLICY COUNCIL



What is Policy Council?

Policy Council is a group of parents and community member who meet monthly to oversee the services provided to children in our program. Through Policy Council, members actively share in making decisions about the Head Start/Early Head Start Program.

Commitment

JCCDC Head Start Policy Council meets monthly. A meal and childcare are provided for each in-person meeting.

Policy Council membership requires a one-year commitment.

How can you become a Policy Council Member?

Each Head Start/Early Head Start site elects parents to represent their site at Policy Council meetings. Parents who are representatives can then run for the specific offices on the Policy Council, such as chairperson, secretary, etc. **Elections for the 2024-2025 term year will be held at the JCCDC Annual Thanksgiving Luncheon.**



**For more information call
Tena Sales, Head Start Director @ 205-379-6065**