



HEAD START



Write Start

A NEWSLETTER FOR THE LACOE HEAD START AND STATE PRESCHOOL COMMUNITY

Executive Director's Message: Inspire to Reach Higher

Lady Byrd Johnson, wife of President Lyndon Johnson, said "Children are likely to live up to what you believe of them." As Head Start parents, teachers, and administrators, we believe a positive head start in education can lead to success in life. And it works. Congresswoman Loretta Sanchez, basketball legend Shaquille O'Neal, and Ford Foundation President Darren Walker are just a few of the many examples of Head Start children who have gone on to impact the world.



Keesha Woods

All the babies in our care deserve a chance to do the same. So let's inspire them to become the best they can be. Let's inspire their parents to be excellent first teachers to guide them along the way. Let's inspire their teachers to connect with them in every interaction. And let's inspire each other to strive for the best. Together, we can reach higher performance outcomes for every child.

Several initiatives will help us *Inspire to Reach Higher* for our babies this year. For kids to be learning and getting inspired in our classrooms, we need to ensure they're *in our classrooms—Every Child Every Day*. Then, we'll continue *Serving Kids with CLASS*. I also want us to be training, supporting, and empowering our *Parents as Leaders*, not only leaders in their families, but also in their schools and communities.

As we fully embrace Head Start's new performance standards, let's remember that they remain compliance-oriented, but are no longer compliance-driven. Let's pair *Compliance with Quality, Efforts, and Learning* to achieve demonstrated performance outcomes. And let's focus on *Staff Wellness* to ensure everyone can give their best. Let's continue promoting *Male Engagement*, because children benefit from having both male and female role models in their lives. And let's keep improving classroom environments through Quality Start LA.

As this new school year dawns, LET'S GET INSPIRED! And let's continually inspire one another to reach higher performance outcomes for every child every day. Our babies deserve nothing less.

SAVE THE DATE!

Be A Hero: Take Your Child To Preschool

Tuesday, October 3, 2017



LACOE Head Start-State Preschool Executive Director Keesha Woods (fourth from left), Community Outreach Program Manager Debi Anderson (left), and Communications Specialist Colin Legerton (fifth from left) meet with Congressman Joaquin Castro of Texas (fifth from right) and representatives of Children's Bureau, First 5 LA, LAUP, and PACE to discuss early learning priorities on June 2, 2017.

LACOE Immigration Resources

LACOE has created a web page that provides resources regarding immigration issues that affect our school communities. These resources include information from advocacy groups, education agencies, and government agencies, as well as civic education and related news articles. Information will be updated regularly.

To access the LACOE immigration resources web page, go to: <https://www.lacoe.edu/Home/ImmigrationIssues.aspx>

Event Honors Dads and Male Figures in Mountain View School District

Mountain View School District's Head Start/State Preschool/Children's Center hosted its 2016-17 Be a Hero Day to honor the male figures who participate in preschool children's education. The annual event—part of the male involvement program—welcomes fathers, grandfathers, uncles, cousins, friends, and neighbors who play a significant role in the lives of preschool students.

The theme was "Time to Glitter and Shine," and cosmetology students from the Professional Institute of Beauty were on hand to teach the men how to brush, braid, and style their preschooler's hair. Once the students were all dolled up, they took a photo with their special male hero.

Tony Lugo, principal of La Primaria School, provided some key strategies for the important role men play in their young child's life. Dinner was provided and everyone had a wonderful time.

"Thank you for joining us tonight as we celebrate the male superheroes in our preschool programs," said Alma Gonzales, Director of Preschool Programs. "Your involvement during your child's preschool years is essential to their future success and we salute you for partnering with us and being a superhero!"

Mountain View's preschool program takes pride in promoting strong male involvement in the lives of its preschool students. Each male volunteer was encouraged to volunteer in the Head Start classrooms and participate in school readiness activities at home with their preschool child.



Policy Council Highlights

- September 25-28, 2017—the Policy Council will participate in the National Head Start Association (NHTA) Parents as Leaders training in Washington, D.C.
 - More than 40 parents and community representatives will be attending.
 - Parents will have the opportunity to strengthen their leadership and communication skills to become strong first teachers for their children as well as leaders in their schools and community. Parents will also be visiting Capitol Hill to share with elected officials how the Head Start program equips children to succeed in school and in life.
- Beth Sanchez, one of our 2015-16 PC parents who completed the Family Development Credential Program, has joined the United States Air Force! To help boost her morale and let her know that her Head Start family supports her, please send cards and letters of encouragement to:

Sanchez, Guadalupe A. PSC3
 1320 Truemper St.
 Unit #366539
 JBSA Lackland, TX 78236

Parent Spotlight

Where Are They Now? Arturo Cornejo Norianueva, Former Policy Council Parent



Arturo Cornejo

What was your delegate agency?

Training and Research Foundation (former delegate agency)

What positions did you hold?

President of delegate agency Policy Committee, LACOE Policy Council Chairperson, LACOE Community Representative for two years

How old are your children now?

I have four children, but only the youngest two, Erick (15) and Jonathan (10), were in Head Start.

What is your current occupation?

I am a Return Goods Authorization (RGA) Specialist at NS Corporation, the West Coast's largest eco-friendly car wash manufacturing company.

How did your Head Start experiences influence what you are currently doing?

More than what I am personally doing is what my children have done... they both have mild autism, and because of my wife's and my participation in their life, they are now flourishing and doing great with minimal help from the school system.

What has been the biggest impact that Head Start has had on you?

To involve myself more in my children's life and to prepare a better future for them.

2017-18 Policy Council Executive Committee



Top row (left to right):

Adriana Gomez (PTA President, Community Rep.—MAOF)
 Elizabeth Jimenez (Recording Secretary—Pomona USD)
 Mireya Segovia (Sergeant at Arms—Foundation)
 Mireya Velazquez (Corresponding Secretary—Mountain View SD).

Bottom row (left to right):

Sergio Morales (Treasurer—ABC USD)
 Sally Gutierrez (Vice Chair—Plaza de la Raza)
 Brenda Garcia (Chair—MAOF)
 Luis Tovar (Parliamentarian—Pomona USD)

Head Start: Inspired to Reach Higher



Dr. Gilleland says goodbye. At the June 2017 all-staff meeting, LACOE Head Start-State Preschool recognized retiring Chief Academic Officer Dr. Dayton Gilleland for his service.



And the winner is... Executive Director Keesha Woods challenged the division to be creative with their headgear at this year's all-staff meeting, and the winner was... Delegate Liaison Team Leader Hazel Naal (right). Fiscal Liaison Camille Donnell (left) finished in a close second.



Every child deserves a champion. Congresswoman Lucille Roybal-Allard (40th District) presents LACOE Superintendent Debra Duardo a Certificate of Congressional Recognition during the Columbia Head Start Center Open House on May 31, 2017.



Any time is a good time to read. As their parents attended an August 8 meeting in preparation for September's Parents as Leaders training, these children enjoy a story read by Executive Director Keesha Woods.



Young thespians. Plaza de la Raza students perform at the Columbia Head Start Center Open House.



A fresh start. Congresswoman Roybal-Allard is given a tour of the new Columbia Head Start facility by Plaza de la Raza's April Smith.

Slow Down: Back to School Means Sharing the Road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present—especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. **More children are hit by cars near schools than at any other location**, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park, it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are four to seven years old, and they're walking. They are hit by the bus or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind—or from either direction if you're on an undivided road—if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert, children are often unpredictable and they tend to ignore hazards and take risks

Sharing the Road with Bicyclists

On most roads, **bicyclists have the same rights and responsibilities as vehicles**, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave three feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the bicyclist to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the bicyclist go through the intersection first, and always use your turn signals
- Watch for bicyclists turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

By exercising a little extra care and caution, drivers and pedestrians can coexist safely in school zones.

Courtesy of the National Safety Council. "Slow Down: Back to School Means Sharing the Road." <http://www.nsc.org/learn/safety-knowledge/Pages/back-to-school-safety-tips-for-drivers.aspx/>.

Promoting Oral Health in Head Start

Teaching children and parents about oral health throughout the program year is a valuable service that Head Start staff provide. Repeating messages reminds children and parents about the importance of keeping their mouth healthy and reinforces how to do it.

Strategies Head Start Staff Can Use to Promote Oral Health

Children learn best when short and simple messages are repeated regularly using various learning methods (for example, see-tell-do). Repeating the same messages in ways that stimulate children's thinking makes them more likely to value and practice good oral health habits. Here are some examples:

- **Use teaching practices that engage children.** Teaching practices that engage children promote thinking and language development. Engaging children in conversation can help them learn new words, think critically, and answer clearly. Some questions that promote thinking and talking about oral health include:
 - How do you brush your teeth?
 - Why do you brush your teeth?
 - What else can you do to keep your mouth and teeth healthy?
 - What happens if you don't brush your teeth?
 - Tell me about your last visit to the dentist.

For more teaching practices, see the *Framework for Effective Practice: Engaging Interactions and Environments* at the **National Center on Early Childhood Development, Teaching, and Learning**.

Integrate oral health into activities. In addition to daily tooth brushing, Head Start staff can include oral health in math, science, reading, and art activities. Some ideas include:

- Creating a graph focused on a question, like "How many times do you brush your teeth every day?"
- Having children separate pictures of foods that are good for oral health from pictures of foods that are high in sugar.
- Helping children learn words by having them match oral-health-related pictures, like teeth, toothpaste, and a smile.
- Teaching children to count and learn colors using toothbrushes.
- Reading books with positive oral health messages to children.

- Having children pretend they are visiting a dental office.
- Singing songs about oral health.

Many curricula for children and parents are available at low or no cost; see *Choose and Use: Head Start Oral Health Curricula*. The oral health webpage maintained by the National Center on Early Childhood Health and Wellness also has many resources.

- **Engage parents in promoting oral health at home.** Ideas include:
 - Working with parents to find the best ways to position their child for tooth brushing. Remind parents that young children cannot brush their teeth well until age seven to eight. It is important for a parent to brush their child's teeth or help them with brushing.
 - Asking parents to take photographs of their child brushing his teeth and helping the child write stories about his experience.
 - Helping parents choose and prepare foods that promote good oral health.
 - Encouraging parents to ask their child what she learned about oral health in Head Start that day.
 - Offering parents suggestions for at-home activities that support what children are learning about oral health in Head Start.
- **Participate in or create oral health campaigns and programs.** Each February, the American Dental Association offers educational materials in English and Spanish to celebrate National Children's Dental Health Month. Other groups, such as the Sesame Workshop's Healthy Teeth, Healthy Me initiative, offer resources in English and Spanish. And many state health departments sponsor campaigns with resources available to the public. Head Start staff can use materials from these and other sources in classrooms and during socializations, home visits, parent meetings, and other events to stress the importance of oral health.

Adapted from "Brush Up on Oral Health." National Center on Early Childhood Health and Wellness. June 2017. <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/buoh-2017-06.pdf>.

September Is Fruits & Veggies—More Matters Month

We'll kick the month off by not only giving fruits and veggies "star status" on our plates but also learning how to get the most life out of them by storing them correctly.

Does this sound familiar: *You bring home fresh fruits and vegetables, stash them in the refrigerator, and then wonder what the heck happened to make them shrivel, rot, or go limp a few days later.* Much of the time, the culprit is the way you're storing them. To keep your produce fresher longer, remember:

- Fruits and vegetables don't play well together. So don't store them together in a refrigerator drawer or next to each other on the counter or in the pantry. Why? Many fruits produce ethylene gas, which acts like a ripening hormone and can speed spoilage.
- Vegetables need to breathe. Poke holes in the plastic bags you store them in, or keep them in reusable mesh bags. An airtight plastic bag is the worst choice for storing vegetables, according to Barry Swanson, Professor Emeritus of Food Science at Washington State University. And don't pack veggies tightly together, either; they need space for air circulation or they'll spoil faster.
- Don't clean produce until you're ready to use it. Washing fruits or vegetables before storing them makes them more likely to spoil, because dampness encourages bacteria growth, says food research scientist Amanda Deering of Purdue University.

Potatoes, Tomatoes, Onions

Keep in a cool, dry place, but not in the fridge. The cold will ruin their flavor.

Asparagus

Cook's Illustrated tested four ways of storing asparagus; the best one, hands down, was to trim a half inch off the end of the stalks and then stand them up in a small amount of water (covered loosely with a plastic bag) in the refrigerator, like a bouquet. They stay fresh for about four days. Re-trim the ends before using.

Citrus Fruit

Oranges, tangerines, lemons, and limes will do fine for up to a week in a cool, dark place away from direct sunlight, but you can lengthen their lives by storing them in the fridge in a mesh or perforated plastic bag.

Carrots

First, trim off any green tops; they draw out moisture and cause carrots to go limp pretty quickly. Trimmed, unpeeled carrots can be refrigerated in an unsealed zip-top bag in the crisper drawer for about two weeks. Trimmed carrots (such as baby-cut carrots or carrot sticks) will last longer when kept submerged in a tightly covered container filled with water. Change the water frequently, Deering advises.

Cucumbers

They hate to be cold. Anything below 50 degrees will cause them to spoil faster, according to researchers at the University of California at Davis. If you must refrigerate them, do it for no more than three days. Cucumbers are also sensitive to ethylene gas, so keep them away from bananas, melons, and tomatoes.

Celery

To keep it crisp, refrigerate it wrapped tightly in aluminum foil, not plastic wrap, so the ethylene gas it produces can escape. Re-wrap tightly after each use. Store celery sticks like carrot sticks: submerged in water in a tightly covered container.

Bananas

Break up the bunch, as charming as it might look. Then wrap each stem in plastic wrap. That will reduce the emission of ethylene gas, and the bananas will ripen more slowly. Once a banana reaches the desired amount of ripeness, you can refrigerate it; the cold will keep it from ripening further.

Sources:

Fruits & Veggies—More Matters.

www.fruitsandveggiesmorematters.org.

National Health Finder. www.healthfinder.gov.

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Shy, Leta. "Make Your Fresh Produce Last Longer With These 13 Tricks." *PopSugar*. August 22, 2015. <https://www.popsugar.com/fitness/How-Keep-Fruits-Vegetables-Fresh-8633030>

Young, Dr. Lisa. "Benefits of Fruits and Vegetables." *Huffington Post*. July 12, 2012. http://www.huffingtonpost.com/dr-lisa-young/healthy-food_b_1665279.html

Important Dates to Remember

September – November 2017

Sept	National Childhood Obesity Awareness Month
Sept	Fruits and Veggies—More Matters Month
Sept 21	Directors Meeting
Sept 23	LA Mayor's Office of Immigration Affairs Health and Resource Fair, Los Angeles, CA
Sep 25-28	2017 NHSA Fall Leadership Institute, Washington, DC
Sept 26-27	2017 NHSA Parents as Leaders Training, Washington, DC
Oct	National Breast Cancer Awareness Month
Oct 2	Mexican Consulate Health Fair, Los Angeles, CA
Oct 2-6	NHSA Early Childhood Innovation Lab, Salt Lake City, UT
Oct 3	Be a Hero: Take Your Child to Preschool Day
Oct 4	National Child Health Day
Oct 10	Policy Council Meeting
Oct 14	LAC + USC 4th Annual Kidz Health Fair, Los Angeles, CA
Oct 18	ICAN NEXUS XXII Training Conference, Universal City, CA
Oct 19	Directors Meeting
Oct 30	Region 9 Family Engagement and Cultural Halloween
Oct 31	Halloween
Nov	National Epilepsy Awareness Month
Nov	National Child Mental Health Month
Nov 5	2017 Walk to End Epilepsy, Pasadena, CA
Nov 6	Mexican Consulate Health Fair, Los Angeles, CA
Nov 6	39th Statewide Fiesta Education Annual Conference, Los Angeles, CA
Nov 10	Veteran's Day—LACOE Offices Closed
Nov 14	Policy Council Meeting
Nov 16	Directors Meeting
Nov 22	In lieu of Admission Day—LACOE Offices Closed
Nov 23	Thanksgiving Day—LACOE Offices Closed
Nov 24	The day after Thanksgiving Day—LACOE Offices Closed

Los Angeles County Office of Education
Head Start-State Preschool is now on...

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Events, parenting tips, developmental milestones, and more... LACOE Head Start-State Preschool is your reliable source for early childhood education and early care information.



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Write Start Submissions

The Write Start welcomes your articles pertaining to Head Start activities and events. Please submit them to **thewritestart@lacoe.edu**. The deadline for the next edition is **Friday, October 13, 2017**. You may also fax your submission to (562) 940-1740, Attn: Stephaney Roy.

