



HEAD START



Write Start

A NEWSLETTER FOR THE LACOE HEAD START AND STATE PRESCHOOL COMMUNITY

Executive Director's Message: A Changing Horizon

They say that change is the only constant. Just think back to 2014, the beginning of our five-year Head Start grant cycle. We hadn't yet heard of the water crisis unfolding in Flint, Michigan, or of ISIS terrorizing the Middle East. The Winter Olympics just finished in Russia. It was the year of the "ice bucket challenge." And the LA Kings defeated the NY Rangers to grab the Stanley Cup. In these few short years, our



own communities have been undergoing massive transformation. The homeless population continues to increase, gentrification is more widespread, and decent housing is becoming unaffordable, as the birth rate declines and the cost of living rises.

Hard to believe we're already well into 2018 and the end of the program year is quickly approaching. But here we are. As we look to the next five-year cycle that starts in 2019, we need to recognize the changes that have already affected our communities. We must consider the changes that may lie ahead and determine how best to serve the changing needs of our babies and families.

Our communities and their needs are not the same as they were five years ago, and they won't be the same five years from now. We must adapt. Over this grant cycle, we've increased Early Head Start slots by 62%, decreased Head Start by 16%, and added Child Care Partnerships. Think about what we may need going forward. Where will we add? Where will we cut? What new areas might need Head Start? Do others no longer need us? How do we serve our babies best?

Even as we scan the horizon, we can't overlook what's right in front of our faces. We have a responsibility to do our best for the babies in our care every day. Please don't ever let your guard down on care and supervision. This can also trigger recompetition, endangering the services our babies need. These families depend on us; we can't let them down. That never changes.

The ECE Resource Center is now open. Please call (562) 401-5332 for more information, or visit prekkid.org and click on "Visit the ECE Resource Center."

eat right. Academy of Nutrition and Dietetics

GO FURTHER with FOOD

NATIONAL NUTRITION MONTH® 2018

See article on page 6.

COMING SOON!

HEAD START AND EARLY LEARNING DIVISION

JULY 1, 2018

LACOE Immigration Resources

LACOE has created a web page that provides resources regarding immigration issues that affect our school communities. Information will be updated regularly.

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

Resources are also regularly shared on social media at www.facebook.com/immigrationLACOE/ and twitter.com/lacoeresources

Going The Extra Mile: The 2017 Golden Apple Awards



Dedication to the profession. 2017 Golden Apple awardees are honored at the January 16 LACOE board meeting. From left to right: Board President Alex Johnson, Celia Gomez-Schroeder, Hana Tamim, County Superintendent Debra Duardo, Chief Academic Officer Arturo Valdez.

On January 16, 2017, the Los Angeles County Board of Education presented the Fourth Annual Golden Apple award to Celia Gomez-Schroeder and Hana Tamim. This award recognizes outstanding individuals who excel in teaching and leadership in the classroom. Both teachers were recognized for implementing their curriculum to fidelity, demonstrating exemplary adult-child interactions, employing creativity in their classrooms, and continually improving their practices to be a role model for others.

Celia Gomez-Schroeder, an Early Head Start teacher at Pomona USD, "is committed to the home-based model and works diligently to create a culture of excellence within our EHS unit," said Christine Seitsinger, Pomona USD Program Administrator. "She ensures that each child has a learning experience every time she meets with them and enriches the environment of her socializations to safeguard the need for each child to learn at their own pace."

In addition to her work in the classroom, Gomez-Schroeder also regularly attends trainings and conferences to assist her colleagues with professional development. "Ms. Gomez-Schroeder is not a typical EHS teacher... I can truly say that she impacts the field and our department with the knowledge and support she gives to everyone," Seitsinger said.

Hana Tamim, a Head Start teacher at St. Anne's Maternity Home, demonstrates "an on-going commitment to learning and professional development," said Ruby Garcia, St. Anne's Beverly Center Manager. Tamim's journey with Head Start began as a non-English-speaking parent; after volunteering in her child's classroom, she quickly realized that she wanted to continue working with children.

Tamim has since gone on to learn English, her third language, and attain multiple degrees. She also recently upgraded her Master Teacher permit to Site Supervisor. Tamim is "a great role model for teachers and parents in the program," said Keesha Woods, Executive Director, LACOE Head Start-State Preschool.

The two Golden Apple awardees were selected from a remarkable group of excellent teachers, including:

- Maria Elena De Casas (Children's Institute, Inc.)
- Silvia Colato (Foundation for Early Childhood Education, Inc.)
- Maria Nava (Foundation for Early Childhood Education, Inc.)
- Amalia Reta (Norwalk-La Mirada USD)
- Silvia Troncoso (ABC USD)
- Sheila Twaddell (Pomona USD)

Policy Council Highlights

- In December, the Policy Council elected new officers for 2017-18:
 - Elizabeth Arreola, Chairperson (Garvey USD)
 - Yesenia Aviles, Vice Chair (Plaza de la Raza)
 - Cecilia Prudencio, Treasurer (ABC USD)
 - Anna Mojica, Parliamentarian (Former Parent Community Rep)
 - Mireya Velazquez, Recording Secretary (Mountain View USD)
 - Gina Perez, Corresponding Secretary (Pomona USD)
 - Tajauta Gilbert-McLaine, Sergeant-at-Arms (ABC USD)
 - Jeanie Drummer, PTA President (Community Representative)
- Dr. Duardo and Mr. Valdez attended the January 2018 Policy Council meeting to welcome the new members and acknowledge the important role they play in the program and as their child's first teacher.
- The executive officers were introduced to the LACOE Board during the meeting on February 20, 2018.

Parent Spotlight:

**Elizabeth Arreola, Garvey School District,
Parent and LACOE Head Start Policy Council
Executive Chairperson**

Elizabeth Arreola had no idea that a sign at her local store would lead her down a path to self-esteem, better parenting, and advocacy. In 2017, Arreola had just gone through the process of getting an Individualized Education Program (IEP) for her three-year-old son due to his speech delay, and she knew that he needed to be enrolled in a good preschool. That was when she remembered a Head Start banner she saw at the exit of the Rosemead Walmart.



Elizabeth Arreola

Since enrolling her son in the Garvey School District Head Start program, Arreola has seen his speech develop and pronunciation improve. He is also "catching on to social and behavioral cues better and is easier to manage with personal hygiene," such as brushing teeth and washing hands, because he practices regularly at school.

Arreola noticed her two-year-old son also exhibiting signs of speech delay. Thanks to her experience with her elder son, she was able to advocate for him to receive services at a regional center at a younger age. She plans to enroll him in Head Start as well.

As Arreola reflects on her time before enrolling her son in Head Start, she realizes now that she was in a depression. Thanks to her participation in the program and Policy Council (PC), she has started to become more involved in her community, which has engaged her mind and improved her self-esteem. "With all of the meetings and volunteering, being involved has become a part-time job," Arreola said.

Arreola was elected PC chairperson in December 2017. She enjoys her time on PC for the opportunity to share information with parents from other agencies while strengthening her teambuilding skills. More importantly, each leadership role that she accepts provides her with additional experiences that she can highlight on her resume when she reenters the workforce.

Once Arreola's children are in school full-time, she plans on continuing her education to pursue a career in either child development or public administration. She also has a goal of possibly being appointed to her local school board within the next five to six years.



School Readiness



Abriendo Puertas Opening Doors

Promoting school readiness through engaging evidenced-based workshops. Parent leaders and family services staff participate in an activity during the November 2017 LACOE Abriendo Puertas Facilitators Training Institute.



Abriendo Puertas

Head Start has always been at the forefront of providing parents and legal guardians with opportunities to enhance their parenting skills through various activities. Abriendo Puertas is one of them. Head Start Performance Standards (2016) require programs to offer parents a research-based parenting curriculum. LACOE actually began providing options to parents five years ago, and allowed delegate agencies to choose from Abriendo Puertas, Incredible Years, and the Center on the Social and Emotional Foundation for Early Learning (CSEFEL).

Abriendo Puertas is a user-friendly curriculum that promotes school readiness. It aligns with the Family Engagement Outcomes as outlined in the Office of Head Start's Parent, Family and Community Engagement framework. Since implementation, LACOE has trained over 200 family service workers and parents on the curriculum. Many families have received direct services through implementation of the curriculum, which has hopefully enhanced the parents' parenting skills.

Currently, LACOE's goal is for at least 50% of agencies to offer the curriculum to fidelity. Agencies will be required to offer all 10 sessions which will ensure families have the opportunity to develop advocacy and parenting skills as they support their children's education.

Incredible Years

The Incredible Years evidence-based parenting program focuses on strengthening parenting competencies and fostering their involvement in children's school experiences. The goal of this program is to promote children's academic, social and emotional skills, and reduce conduct concerns. There are different parenting programs that are grouped according to age: babies (0-12 months), toddlers (1-3 years), preschoolers (3-6 years), and school age (6-12 years).

Key points about Incredible Years:

- Parent groups are delivered in 12-20 weekly sessions of 2-3 hours (length depends on the program implemented).
- Group sessions focus on strengthening parent-child interactions; nurturing relationships; reducing harsh discipline; and fostering parents' ability to promote children's social, emotional, and language development.
- Preschool and school age parent groups support parents as they learn to promote school readiness skills.
- Parents are urged to partner with teachers and become involved in children's school experiences to nurture academic and social skills, emotional self-regulation, and to reduce challenging behaviors.

Spring: A Great Time to Review Your Safety Checklist

With spring comes a feeling of renewal. Families everywhere begin cleaning out their basements and garages. Windows are opened, flowers bloom, and the days grow longer, thanks in part to daylight saving time, which this year began on March 11.

The National Safety Council (NSC) reminds you that spring is also a great time to review a safety checklist for your home.

Smoke Alarms

Smoke alarms save lives—if they are powered by a fresh battery. You should test them every month to make sure they work and replace the battery at least once a year, according to the National Fire Protection Association (NFPA). If the alarm makes a “chirping” sound, replace it immediately.

Smoke alarms should be located in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove (to reduce false alarms), less than 12 inches from the ceiling, and away from windows, doors, and ducts.

Did you know smoke alarms can be interconnected wirelessly? That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to NFPA.

Carbon Monoxide Detectors

Carbon monoxide (CO) is an invisible, odorless gas, and it can kill you. Anything in the home that burns fuel can potentially become a source of carbon monoxide. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them, and interconnect them, if possible.

Also, make sure vents for your gas appliances (fireplace, dryer, stove, and furnace) are free and clear of snow or debris.

Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members to make sure they know what to do.

Have a home and car emergency kit. The Federal Emergency Management Agency (FEMA) says an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website (fema.gov) for a complete list.

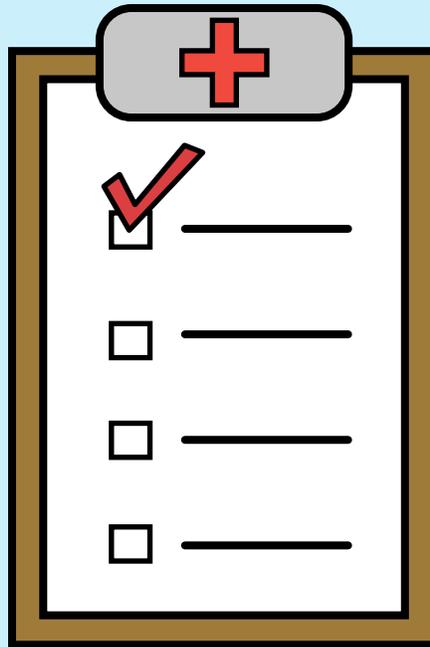
The emergency plan also should include:

- A communications plan to outline how your family members will contact one another if they are not in the same place and where you should meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors, and air vents with plastic sheeting
- A getaway plan including various routes and destinations in different directions

What Else Should You Do This Spring?

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you, update your first aid kit and, most of all, get outside and have fun!

This article is courtesy of the National Safety Council. For more information on spring safety, visit: <http://www.nsc.org/learn/safety-knowledge/Pages/spring-cleaning-checklist.aspx>



Go Further with Food: Raise Healthy Eaters

Early childhood is an important period to develop healthy eating habits. Providing a supportive and age-appropriate feeding environment will help children develop healthy eating habits. In doing so, we teach children the importance of food, nutrition, and eating skills. We teach children that food provides energy so we can move around and play, nutrition nourishes strong bodies and smart brains, and eating skills allow us to enjoy the social aspects of eating with our families and friends.

Children are born knowing when and how much to eat. This disappears as they grow older, usually around four to five years of age. This is usually due to external influences such as a parent telling a child to finish what is on his plate and adults using food as a tool of manipulation.

So how do we go about raising competent eaters and creating an environment where children have a healthy relationship with food? Simple, follow Ellyn Satter's Division of Responsibility. Adults and children have their own respective jobs when it comes to eating, as described below.

Parents/Adult Caregivers' job:

- What – Choose and prepare healthy food
- When – Provide regular meals and snacks; do not allow children to graze for food or beverages between meals and snack times
- Where – Eliminate distractions during mealtimes, such as TV and other electronic devices

Children's job:

- Whether to eat the foods offered or not
- How much – Eat the amount they need based on their hunger and fullness cues

Let children be their own guide and allow them to explore new foods on their own times. Be patient. It may take 12 to 15 times of being exposed to a new food before children will even try to eat it. Lastly, be a good role model for healthy eating.

Source: Ellyn Satter Institute at www.ellynsatterinstitute.org.

Satter's Division of Responsibility

Parent's responsibilities

- What foods are offered
- When food is offered
- Where food is offered (no distractions)



Child's responsibilities

- How much to eat (as many servings as they like)
- If they will eat (they may choose not to eat)

Neuroscience: This Simple 10-Minute Exercise Will Give Your Brain an Immediate—and Lasting—Boost

There are times when we need to have all our brain cells working at their very best to help us make the right decision, or solve a difficult problem, or do well on a test or examination. But, as we all know, our minds sometimes seem to have a



life of their own—underperforming when we need the most from them, or simply not having it all together at the right place and time.

For those of us who want to get the most out of our brains, there's good news. Researchers at Western University

in London, Canada, discovered that a particular kind of exercise—done for just 10 minutes—can give you the mental kickstart you're looking for.

The researchers had two sets of test subjects. The first group read a magazine while sitting in a chair for 10 minutes. The second group pedaled on an exercise bike for 10 minutes—maintaining a moderate to vigorous aerobic level of effort.

According to study coauthor Matthew Heath, an associate member of Western University's Brain and Mind Institute, "Those who had exercised showed immediate improvement. Their responses were more accurate and their reaction times were up to 50 milliseconds shorter than their pre-exercise

values. That may seem minuscule, but it represented a 14 percent gain in cognitive performance in some instances."

What was particularly exciting to the researchers is that it only takes 10 minutes of aerobic exercise to make a difference in mental performance. Previous studies had indicated that at least 20 minutes of exercise and a long-term (24-week) commitment was required to move the needle. Not so.

According to master's student Ashna Samani, who helped conduct the study, "This shows that people can cycle or walk briskly for a short duration, even once, and find immediate benefits."

So, the next time you need every brain cell performing at its very best, **set aside 10 minutes for some quick aerobic exercise**—most anyone can step outside the office for a quick walk—and immediately boost your brain power.

Adapted from Peter Economy article on inc.com.



Important Dates to Remember March - April 2018

March	National Nutrition Month
March 13	Policy Council Meeting
March 15	Directors Meeting
March 15	Inter-Agency Council on Child Abuse and Neglect (ICAN) Grief Conference—Los Angeles, CA
March 16	22nd Annual Parent Involvement Academy—City of Industry, CA
March 31	Univision Feria de Salud—Los Angeles, CA
April	Autism Awareness Month
April	National Child Abuse Prevention Month
April 2	Mexican Consulate Health Fair—Los Angeles, CA
April 8-11	CHSA Annual Health Institute—Costa Mesa, CA
April 10	Policy Council Meeting
April 14	LACOE 2nd Annual Parent Conference—Downey, CA
April 14	Special Needs Network Tools for Transformation—Los Angeles, CA
April 16-20	Week of the Young Child
April 19	Directors Meeting
April 21	Adelante Mujer Latina—Pasadena, CA
April 21-22	Los Angeles Times Festival of Books—Los Angeles, CA
April 23-27	NHSA 45th Annual National Head Start Conference and Expo—Anaheim, CA
April 23-27	Every Kid Healthy Week
April 28	Autism Speaks Walk Los Angeles 2018—Pasadena, CA



Write Start Submissions

The *Write Start* welcomes your articles pertaining to Head Start activities and events. Please submit them to thewritestart@lacoedu.edu. The deadline for the next edition is **Friday, March 23, 2018**. You may also fax your submission to (562) 940-1740, Attn: Stephaney Roy.

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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THE Write Start

Head Start-State Preschool Division, 10100 Pioneer Blvd., Ste. 325, Santa Fe Springs, CA 90670 (562/940-1770). prekkid.org. **Superintendent:** Debra Duardo. **Board of Education:** Alex Johnson, President; Thomas A. Saenz, Vice President; Douglas R. Boyd, Sr., James Cross, Gregory McGinity, Candace Bond McKeever, and Monte E. Perez. **Executive Director:** Keesha Woods. Produced by the LACOE Communications Department in partnership with The Head Start-State Preschool Write Start Team. **Contributing writers for this issue:** Lee Ho, Danee Jones-Mitchell, Colin Legerton, Cecilia Maldonado, Sonja Robinson, Stephaney Roy, Guadalupe Villanueva and Keesha Woods. **Editor:** Carmen Burns, Colin Legerton. **Graphics/layout:** John Paster.