



HEAD START



# Write Start

A NEWSLETTER FOR THE LACOE HEAD START AND EARLY LEARNING COMMUNITY

## Executive Director's Message: New Beginnings

Welcome to a brand-new five-year project period! Thanks to everyone's hard work over the past five years, we aced all our reviews and earned this opportunity to continue serving children, families, and communities. Rather than spending the last year stressing and competing for our own grant, we used that time to develop our grand 2019–2024 strategic plan, which will help us keep improving our services over these next five years.



Keesha Woods

This year, I want us to be especially focused on reaching children in foster care and experiencing homelessness. More than 7,500 children birth to five are in foster care in L.A. County, and roughly 11,000 experience homelessness each year. Both can have a major impact on children's future success, but early intervention can make a positive difference. Let's see if we can reach 10% enrollment in these two categories by the end of the program year.

The Office of Head Start has already informed us that we will receive our Focus Area One review in 2019-20. As you may recall, the federal review process has been redesigned as a progressive monitoring system that takes a systemic view across five years, rather than a snapshot of a single moment in time. Focus Area One will be a chance for us to share our story of how we implement and ensure comprehensive, high-quality services that meet the needs of children and families. I'll let you know when we're notified of the precise dates.

Finally, don't be surprised to see a lot of sticky purple walls in the future. After our strategic planning process successfully employed the Technology of Participation (ToP) method—a participatory process that engages a diversity of stakeholder knowledge—several staff members have been trained as ToP facilitators to support our focus on inclusive leadership. We will infuse ToP methods into our procedures to ensure that all voices are heard and all stakeholders participate in decision making. Together, we'll keep reaching higher to better serve our children and families.

### The Census Is Coming in 2020

Every 10 years, the Census counts ALL people living in the United States. On April 1, 2020, everyone must be counted, not just citizens—or adults. It does not matter if you are an immigrant, or in high school, or a baby. All family members count!

Because an accurate Census is so vital, we are asking our parents to help get the message out.

The Census is important because the information it gathers helps our communities. It brings more money to improve our schools, clinics, housing, roads, and parks.

You will be able to complete the Census online, by phone, or by mail. Some schools, libraries, and city buildings will be providing access to a computer to fill out the Census.

The personal information given to the Census is confidential. The government cannot use it against anyone. It is a safe process.

Our children's futures are brighter when everybody is counted!

For more information, check LACOE's Census Initiative website: <https://www.lacoe.edu/Home/Census>



### Golden Apple: Save the Date

The 2019 Golden Apple Award nominations are opening soon. Let us make time to recognize our teachers and the great work that they do in our classrooms!

**Nominations open:** Monday, November 4  
**Nominations close:** Friday December 6

## Preparing for Immigration Emergencies

This summer, Southern California felt the earth move while the country was celebrating the Fourth of July. Families across Los Angeles panicked, thinking that the “Big One” could be closer. Many of us used this opportunity to prepare ourselves and check on those dusty and possibly expired earthquake kits we all keep by our doors and in our cars. But can we be ready? We must try our best.

Emergency preparedness kits should include:

- A family emergency contact information list
- Copies of important documents (birth certificates, passports, immigration documents such as work permits or green cards)
- Cash
- Nonperishable food and water for three days
- Caregiver Authorization Affidavits to give authority to make educational and medical decisions for your children on your behalf, if you are not there

While we are getting ready for natural disasters, LACOE has been preparing its community for possible Immigration and Customs Enforcement (ICE) raids for a while. One-third of Los Angeles residents are foreign-born, which means everybody knows

somebody who is an immigrant, and many families have mixed status (with one or more immigrant parents and U.S. citizen children).

The safety and well-being of our children is central. In times like these, it is important to remember that we all have rights, regardless of immigration status. If ICE comes to your home:

- **Do not open the door** unless they have a **valid warrant with your name signed by a judge**. Ask them to identify themselves (what agency they are with) and to slip the warrant under the door. If it is incorrect, give it back to them and say it is incorrect.
- If ICE has a valid warrant, you should go outside (unless the warrant authorizes them to search your house), **remain silent, and ask to speak with a lawyer**.
- **Do not sign any papers** nor provide any documents that say what country you are from.

Please share this information with friends and neighbors. Help us protect our community.

More information is available at <https://www.lacoe.edu/Home/Immigrant-Relations>



### Foundation Rocks Around the Clock

This past May, Foundation for Early Childhood Education, Inc. celebrated its staff and their accomplishments at a 1950s-themed year-end event. This past year marked major achievements by the agency that included moving to Standard monitoring, approved conversion of Head Start to Early Head Start slots, and continuing to establish strong partnerships in the community.



### LACOE Immigration Resources

LACOE regularly updates resources on immigration issues that affect our school communities.

Please visit: <https://www.lacoe.edu/Home/Immigrant-Relations>

For social media, visit: [www.facebook.com/lacoeimrel/](http://www.facebook.com/lacoeimrel/) and [twitter.com/lacoeimrel](https://twitter.com/lacoeimrel)

**Policy Council Highlights**

District PTA leaders are a great addition to Policy Committees/Councils. PTA leaders help support parent involvement, school readiness, and transition from Head Start to K-12.

Thanks to the support of Sophia Waugh, five former LACOE Policy Council members have held or currently hold council seats on the California State PTA.

- David Heredia
- Jose Zambrano
- Herpsima Khatchadorian
- Hector Banuelos
- Jeanie Drummer

**Key Dates:**

- **October 18**  
LACOE Delegate Agency Board Training
- **November 22**  
LACOE Policy Council Recognition Dinner
- **December 5 and 6**  
New Member Training



Policy Council parents and Policy Council Mentor Sophia Waugh at the May 2019 CA State PTA Convention.



**Grandparent Spotlight:**

**Gladis Freire, PACE**

*Grandparent and Policy Council Member*

When Gladis Freire was looking for a preschool for her active three-year-old granddaughter, Laura, she was not sure where to start her search. Her granddaughter



Gladis Freire

was smart and friendly; however, she was primarily around adults and needed a safe place to interact with her peers. This prompted Freire to search the internet for a preschool that suited her family's needs. In 2018, Gladis found PACE and enrolled Laura in Young Innovators.

When Laura started in the program, Gladis was concerned about her "hyperactivity and behavior" as well as her speech development. Freire discussed her concerns with the staff at the site, and PACE had both a psychologist and a speech therapist work one-on-one with Laura. Ultimately, Laura was within normal limits for both, which was a relief to her concerned grandmother. Gladis found it very reassuring to know that the program met her granddaughter's needs in the classroom and also listened to her concerns that could have gone unnoticed by an untrained observer.

Now that Laura has been in the program for more than a year, she interacts better with children and adults and has noticeably matured. She is also more interested in learning, coloring, and numbers. Additionally, now that Freire knows more about Laura's behavior, she knows which are the most engaging out-of-school activities for her granddaughter.

As a grandparent raising her son's daughter, Gladis is thankful for Head Start giving her the opportunity to take on leadership roles that have ultimately renewed her confidence in her mothering. As a PACE representative on the Policy Council and the chairperson of the Parent Committee, "I have gone from a five to a 10 in confidence, knowing that I am involved in making decisions that not only affect my school, but also impact the whole of LACOE and PACE," said Freire. "I also have a sense of pride to be able to communicate with other parents about important issues in my native language of Spanish."

Gladis plans to continue to educate and empower parents by sharing information about Head Start availability and other early childhood education opportunities available in her community. Her goal is to one day work in a Head Start office and perform outreach to those that do not know about the program.

## EMPLOYEES *of the* MONTH

### May 2019



**Mary Ann Torres**  
**Senior Data Processing Specialist**  
**Quality Start Los Angeles**

"Her enthusiasm is contagious and she motivates the QSLA team to continue to strive for a more efficient process every day."

—Excerpt from 2019 Nomination



**Tony Wu**  
**Head Start Mental Health Consultant**  
**Program Design & Effectiveness**

"He has demonstrated the ability to effectively serve both roles (MTSS supervisor and mental health consultant) unselfishly. Dr. Wu often steps in to support delegate agencies with observations and assessments when DAs have experienced vacancies in their mental health professional positions."

—Excerpt from 2019 Nomination

### June 2019



**Al Clark**  
**Budget Technician**  
**Fiscal Controls and Accountability**

"Al really cares about people and wants to be helpful to others. He takes his time to explain things and often tracks down answers in order to avoid delays."

—Excerpt from 2019 Nomination



**Robert Parra**  
**Head Start Program Results Specialist**  
**Planning and Resources Development**

"Robert is always, always available to staff and DAs. He is always ready to share and provide suggestions to help with any given project to help the team succeed."

—Excerpt from 2019 Nomination

### July 2019



**Rosa Macias**  
**Head Start Program Development Asst.**  
**Administration, Public Policy and**  
**Special Projects**

"Rosa has the ability to find quick and clever ways to overcome difficulties. During her role as co-lead for the Transitions Symposium, she maintained her reputation for being a resourceful problem-solver."

—Excerpt from 2019 Nomination



**Benjamin Peebles**  
**Senior Data Processing Specialist**  
**Planning and Resources Development**

"Benjamin is committed to completing projects on time. He is a great team player and collaborates with others in the division. He is recognized for doing a super job and going above minimal expectations."

—Excerpt from 2019 Nomination

### August 2019



**Dulce Beltran**  
**Bilingual Senior Typist Clerk,**  
**Administration, Governance**

"Camaraderie and collaboration are important to her. She helps train new office workers, provides positive guidance to Policy Council members, and responds quickly to questions or requests from co-workers and staff across the division."

—Excerpt from 2019 Nomination

## Healthy and Back to School

LACOE Head Start and Early Learning Division wants the children in our programs to be healthy, safe, and ready for the new school year! This is why our staff partner with families to ensure children have received all their recommended health care and have the necessary accommodations needed to participate safely in school (e.g., medications or special meal accommodations).

Staff will encourage families to follow up with the child's medical and dental providers to ensure they have had all the health screenings and immunizations recommended for their age, including but not limited to the following:

- Physical exams (or well-baby checks at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months, and at 3, 4, and 5 years old)
- Immunizations to protect against vaccine-preventable diseases
- Dental exam beginning at age 1 or sooner with the eruption of the child's first tooth

- Blood lead screening at 1 and 2 years old, or any child 3–5 years old that did not have a blood lead screening at 2 years old
- Blood test screening for anemia at 12 months and more often if the medical provider determines risk

Staff can also help with resources for these services if needed. Families can ask the staff at their child's school for Head Start physical and dental forms that they can take to their appointments and have the child's medical and dental providers complete. The forms should be returned to the child's school as soon as possible.

Taking children for regular health check-ups gives families the opportunity to discuss with the doctor or dentist any worries they may have about their child's health or behavior. Remember, for best results, families should plan for appointments early and take all of the paperwork needed on the day of the appointment.

## Healthy, Kid-Friendly Snack Ideas



### Turkey Avocado Rolls

Wrap a slice of avocado in a slice of turkey and you have a snack that contains both protein and healthy fats.

### Peanut Butter and Banana Sandwich

Use cookie cutters to make interesting shapes and serve as a snack.

### Hard-Boiled Eggs

Keep some in the refrigerator for a quick and easy high-protein snack that is full of vitamins.

### Frozen Fruit Popsicles

Most store-bought popsicles contain artificial ingredients and corn syrup. Make your own! Purée frozen fruit or berries and a small amount of 100% juice in a blender. Pour the mixture into popsicle molds or small plastic cups. Cover with foil and insert a popsicle stick into the popsicles through the foil. Freeze overnight. Kids love to help make these!

### Hummus and pita bread

Skip chips and dip and try this thick, creamy spread made from chickpeas. Hummus contains fiber, folate, and plenty of antioxidants.

### Yogurt

Yogurts marketed to kids tend to have added sugars and other unnecessary ingredients. Instead, take plain Greek yogurt and sweeten with fresh fruit or a dash of agave nectar.

## Setting the Stage for Early Learning Inclusion

We are pleased to announce that LACOE is the proud recipient of the Inclusive Early Learning and Care Coordination Program (IELCCP, known as InclusiveECE) grant awarded by the California Department of Education. This grant aims to build staff capacity of early childhood education providers to increase access, participation, and support for children with severe disabilities.

LACOE is committed to making a difference in the lives of our most vulnerable children by equipping early childhood education staff with the necessary knowledge, skills, and resources to support children with disabilities. To accomplish this, LACOE has adopted a four-pronged approach: 1) hosting regional training institutes across the county, 2) utilizing practice-based simulated team coaching, 3) developing a digital resource library, and 4) implementing a plan for individual practice-based coaching.

Our training modules include developmental/behavioral screenings, using assistive technology devices and equipment, hearing/vision screening, accommodations, Universal Design for Learning, cultural responsiveness, stress management, team simulated coaching, and behavior management/crisis intervention, among others. These modules range from two-hour to full-day presentations. All training content is delivered using evidence-based adult learning strategies and aligns with the California Early Childhood Educator Competencies, Head Start Program Performance Standards, and Title V requirements.

Project activities are also underway to develop an individualized coaching plan for classroom teachers. Currently, staff are conducting a literature review of evidence-based individualized coaching models used by Quality Start Los Angeles and LACOE Head Start and Early Learning Division. Other models are also being explored to ensure the best fit for various types of providers.

Training requests have been flooding in from many of the 8,000 early childhood education providers throughout Los Angeles County. Such non-traditional partners as the Los Angeles Community College Consortium have also requested training to help graduating early childhood educators learn how to effectively create inclusive early learning environments for children with moderate to severe disabilities.

We are proud to lead this endeavor and hope your agency will participate in upcoming training and technical assistance events. In addition, we hope to work with you through our continued partnership to connect families of children with the most complex needs to early childhood education programs.

For more information about InclusiveECE, send your inquiries to [InclusiveECE@lacoed.edu](mailto:InclusiveECE@lacoed.edu) or contact Dr. Sandra Williams, HS Program Manager, Interdisciplinary Services, at (562) 940-1775.

### Coming Soon!

### The InclusiveECE Digital Resource Library

An online electronic resource for Early Childhood Education Staff and Parents



## How to Get a Safe Meal on the Table: Five Often-Forgotten Food Safety Basics



*During National Food Safety Education Month, Integrate Food Safety into the Delight of Family Dinner*

It's Sunday night and the whole family gathers around the table for a home-cooked meal. This is precious time. A time to unwind. A time to sit back and enjoy each other's company. A time when you don't want unwelcome guests—like harmful bacteria—crashing your dinner.



Peak family dining season is upon us: September is National Family Meals

Month and Food Safety Education Month, and the holiday season is right around the corner. To set the table, the Partnership for Food Safety Education (PFSE) offers a few simple, often forgotten, food safety tips that will help prevent unwanted bacteria at your next gathering:

1. Before cooking and after handling raw ingredients such as meat, poultry, eggs, and flour, wash your hands with warm water and soap for 20 seconds. ***Did you know that 97 percent of people fail to properly wash their hands when preparing a meal?\****
2. Follow the cooking instructions on frozen food packaging for food safety and quality. Although freezing food does prevent bacteria from multiplying, the only way to guarantee your food is safe to eat is to cook food to the proper temperature.
3. Rinsing raw poultry (or any raw meat) in the sink is not a safety step! Rinsing your turkey or chicken just spreads bacteria around your sink, countertops, and hands.
4. Don't eat batter or dough that contains raw eggs or raw flour! Raw eggs and raw flour may contain harmful bacteria that could make you and your family sick. Foods are properly cooked or baked

when they are heated for a long enough time and to a high enough temperature to destroy harmful bacteria.

5. Always use a food thermometer to ensure food has reached a safe internal temperature throughout. Note: The safe internal temperature for turkey is 165°F.

"A few minor adjustments can help you make food safety your everyday routine and not an afterthought," says Shelley Feist, PFSE executive director. "Consistency in handling food safely is important whether you are preparing a nightly family dinner or hosting a holiday party. Make food safety your regular ritual."

\*According to new observational research from the U.S. Department of Agriculture: <https://www.fsis.usda.gov/wps/wcm/connect/1fe5960e-c1d5-4bea-bccc-20b07fbfde50/Observational-Study-Addendum.pdf?MOD=AJPERES>

Adapted from: FIGHT BAC! Partnership for Food Safety Education, <http://www.fightbac.org>, News Release, Arlington, VA, September 4, 2018.



## Important Dates to Remember

September – December 2019

Sept.	National Childhood Obesity Awareness Month
Sept.	Fruits and Veggies—More Matters Month
Sept. 19	Directors and Managers Meeting
Sept. 23–26	NHSA 2019 Fall Leadership Institute, Washington, DC
Oct.	National Breast Cancer Awareness Month
Oct. 7	Mexican Consulate Health Fair, Los Angeles, CA
Oct. 7	National Child Health Day
Oct. 8	Policy Council Meeting
Oct. 12	6 <sup>th</sup> Annual LAC + USC Medical Center Kidz Health Fair, Los Angeles, CA
Oct. 24	41 <sup>st</sup> Annual Fiesta Educativa Statewide Conference, Los Angeles, CA
Oct. 17	Directors and Managers Meeting
Oct. 28–Nov 1	Region 9 Family Engagement and Cultural Effectiveness Conference, Oahu, HI
Oct. 31	Halloween
Nov.	National Epilepsy Awareness Month
Nov. 4	Mexican Consulate Health Fair, Los Angeles, CA
Nov. 4	2019 Golden Apple Nominations Open
Nov. 5–7	Region 9 Early Intel Quality Improvement Summit, Long Beach, CA
Nov. 11	Veterans Day—LACOE Offices Closed
Nov. 12	Policy Council Meeting
Nov. 18–19	Region 9 Leadership Challenge, San Jose, CA
Nov. 20	ICAN NEXUS XXIV Training Conference, Universal City, CA
Nov. 15–16	Region IX Early Impact: Quality Improvement Summit, Long Beach, CA
Nov. 21	Directors and Managers Meeting
Nov. 27	In lieu of Admission Day—LACOE Offices Closed
Nov. 28	Thanksgiving Day—LACOE Offices Closed
Nov. 29	The day after Thanksgiving Day—LACOE Offices Closed
Dec.	Safe Toys and Celebrations Month
Dec. 1–7	National Influenza Vaccination Week
Dec. 2	Mexican Consulate Health Fair, Los Angeles, CA
Dec. 6	2019 Golden Apple Nominations Close
Dec. 10	Policy Council Meeting
Dec. 19	Directors and Managers Meeting
Dec. 23–Jan 1	LACOE Head Start and Early Learning Division Offices Closed

## Write Start Submissions

The *Write Start* welcomes your articles pertaining to Head Start activities and events. Please submit them to [thewritestart@lacoed.edu](mailto:thewritestart@lacoed.edu). The deadline for the next edition is **Friday, October 25, 2019**. You may also fax your submission to (562) 940-1740, Attn: Stephaney Roy.



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Head Start and Early Learning Division  
is now on...

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Events, parenting tips, developmental milestones, and more... LACOE Head Start and Early Learning Division is your reliable source for early childhood education and early care information.



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An official newsletter of the Los Angeles County Office of Education's Head Start and Early Learning Division, 10100 Pioneer Blvd., Ste. 325, Santa Fe Springs, CA 90670 (562/940-1770). [prekkid.org](http://prekkid.org). **Superintendent:** Debra Duardo. **Board of Education:** James Cross, President; Monte E. Perez, Vice President; Douglas R. Boyd, Sr.; Betty Forrester; Alex Johnson; Ellen Rosenberg; and Thomas A. Saenz. **Executive Director:** Keesha Woods. Produced by the LACOE Communications Department in partnership with the Head Start and Early Learning Division Write Start Team. **Contributing writers for this issue:** Vibiana Andrade, Marcie Houchen, Daneé Jones-Mitchell, Colin Legerton, Jenifer Lipman, Sandra Marin, Stephaney Roy, Carolina Sheinfeld, Sandra Williams, Keesha Woods, and Sandra Ybanez. **Editor:** Colin Legerton. **Graphics/layout:** John Paster.