



HEAD START



# Write Start

A NEWSLETTER FOR THE LACOE HEAD START AND EARLY LEARNING COMMUNITY

## Special Edition: HSEL Provider Appreciation

### Executive Director's Message: You Are Essential

During the pandemic, the rest of the country has started to see what we already knew: early learning is vital, and early learning providers are essential. Essential for our children's developing brains, essential for our parents and families, essential for our communities, businesses, and economy.



Keesha Woods

In March, Policy Council parents shared with Congress how Head Start has helped eliminate fear, build confidence, and create community in this difficult time. They shared how much their little ones look forward to virtual lessons with

teachers, and how they have been empowered to navigate the K–12 system ahead.

One mother talked about how Head Start not only provided speech therapy for her preschooler, but also helped obtain support for her second-grader. Another

shared that her toddler son had never met his father—out of state and unable to travel during COVID—until their family services associate facilitated their first Zoom call together. Months later, the young boy lovingly blows kisses to his now-familiar dad.

We already knew the science: that the support children receive in these crucial first five years helps shape who they become for the rest of their lives as they grow socially, emotionally, and intellectually. During the pandemic, we have seen how much our society and economy depend on the steady support of early learning and care.

This is a challenging profession, especially during COVID, but our providers rise to this challenge. Let us show our appreciation—on National Provider Appreciation Day and every day throughout the year.

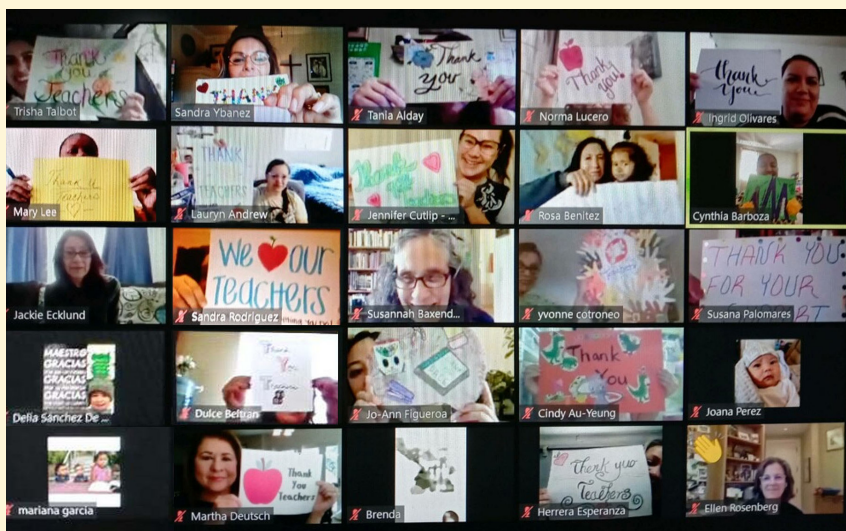
Thank you teachers...

For creating the young leaders that we have coming up. For your passion in working with our unique learners. For sharing your life with our families near and far.

—Mary Lee  
Community Representative,  
Policy Council

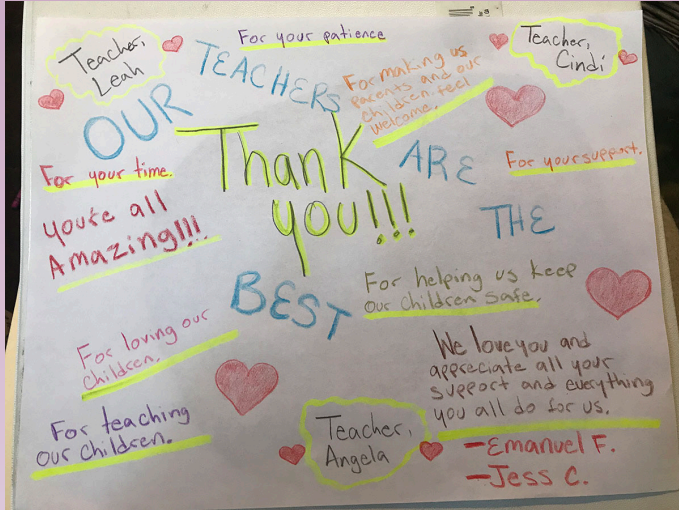
Behind every child's journey to their accomplishments rest a life of an unselfish person we call "Our Teacher." To me, they are like a navigational compass – an instrument that guides us to a successful destination. We honor you today and we thank you for all your contribution to make our world a wiser place.

— Jo-Ann Figueroa  
Head Start parent,  
Policy Council member, PACE



Members of the Policy Council show their appreciation during the meeting on March 9, 2021.

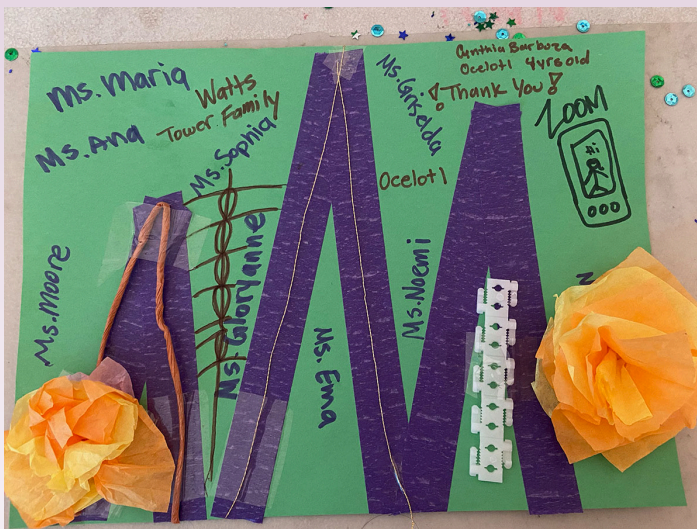
## Thank You from the Policy Council



## Cecilia Camarillo, Foundation



Cindy Au-Yeung, Garvey SD



Cynthia Barboza, CII



Jo-Ann Figueroa, PACE



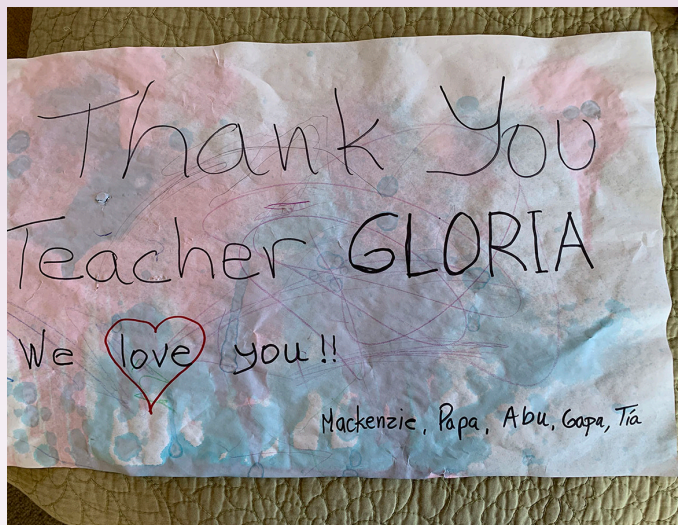
## Thank You from the Policy Council



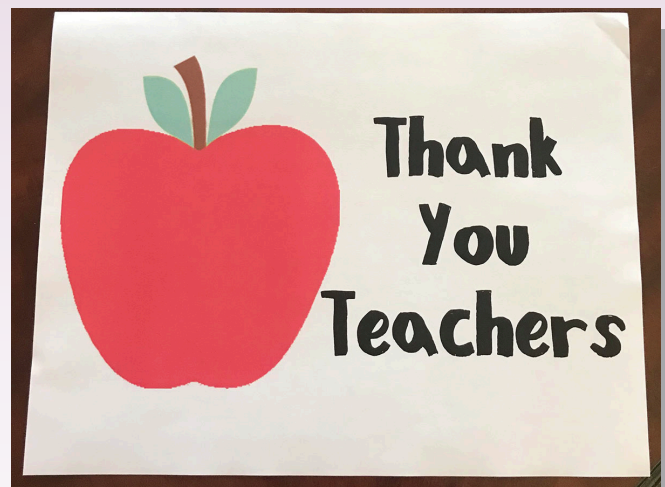
Cynthia Barboza, CII



Delia Sanchez, Mountain View SD



Rosa Benitez, PACE



Martha Deutsch, Community Representative-  
33rd District PTA

# THE Write Start

## May 7th is Provider Appreciation Day!

### Treat Yourself to a Staycation— You Deserve a Break!

Your tireless and exceptional care providing services for our children, families, and communities may have had you so busy that you haven't taken time for yourself. It's time to treat yourself—staycation style!

**Unplug.** Set your away message and turn off your screens—it's time for a break and disconnecting can be quite refreshing.

**Go outside.** Time in nature can have health benefits such as lowering blood pressure and enhancing your immune system and mood.\* So picnic at the local park, camp/glamp in your backyard, take a hike, or simply enjoy a walk.

**Shake up your routine.** Breakfast for dinner: why not! Being spontaneous can break up monotony, bringing excitement and adventure.

**Transport yourself.** Use music, books, movies, spa, and/or culinary experiences that captivate.

Regardless of what you decide to do, be present—listen to the birds chirping, notice the beauty around you, taste every bite, and soak up your loved ones.

\*Source: "Ecopsychology: How Immersion in Nature Benefits Your Health" by Jim Robbins, published January 9, 2020, on Yale Environment 360.

<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>



## Write Start Submissions

The Write Start welcomes your articles pertaining to Head Start activities and events. Please submit them to [roy\\_stephaney@lacoed.edu](mailto:roy_stephaney@lacoed.edu). The deadline for the next edition is Friday, June 18, 2021.



## Los Angeles County Office of Education 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:** Monte E. Perez, President; Douglas R. Boyd, Sr., Vice President; James Cross; 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:** Colin Legerton, HSEL Policy Council Members, Stephaney Roy, Jenelle Tuttle, Sandra Ybanez, Keesha Woods **Editor:** Colin Legerton. **Graphics/layout:** John Paster.