



HEAD START



Write Start

A NEWSLETTER FOR THE LACOE HEAD START AND STATE PRESCHOOL COMMUNITY

Executive Director's Message: Continuous Quality amid Constant Change

Eighteen months of the pandemic have shown that we never really know what's coming around the bend. But it's also reinforced the importance of planning and adapting, never waiting to react.



Keesha Woods

As California moves toward transitional kindergarten for all four-year-olds, the need for prenatal-to-three comprehensive services remains great. So our shift toward serving younger children will accelerate.

While we look to the future, we must also maintain excellence in the present. The Office of Head Start announced our Focus Area Two review will occur by June 2022. Last year, we aced our Focus Area One review with no findings. Now, we have the opportunity to showcase our unique, effective, and promising practices in Focus Area Two.

But there's no need to "cram for the test" in order to bring your "A" game. Continue to focus on excellence in everything you do every day for children and families, and we'll ace this review too!

CONGRATULATIONS!



Kudos to Anna Mojica, former Policy Council parent and LACOE parent office assistant, on graduating from CSU Fullerton with her Bachelor of Arts in Criminal Justice!

HSEL Resource Center Update

LACOE HSEL is focused on creating a safe and welcoming space for everyone! For your health and the health of others, we ask that you please familiarize yourself with our new safety measures.

Starting on September 16, 2021, the LACOE HSEL Resource Center will require delegate agency employees and parents to show proof of full COVID-19 vaccination OR proof of negative COVID-19 test result (viral tests must be no more than 3 days before your planned visit to the library).

LACOE HSEL RESOURCE CENTER

New requirements to protect your health and safety!

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Important Information:

- All visitors must enter through the 1st floor Conference Center Entrance and check-in with security to show proof of COVID-19 vaccination or proof of negative COVID-19 test result.
- You will also be asked to complete a daily COVID-19 symptoms check survey upon entry.
- These requirements apply to all patrons, 2 years of age or older.

For further information, contact Resource Center Specialists:
HS_resourcecenter@lacoe.edu; (562) 401-5332

Please visit our Online Catalog for additional information:
<https://hselresourcecenter.library.aita/>

REMEMBERS:

- Please stay home if you are experiencing COVID-19 symptoms.
- Face masks are required at all times for anyone over the age of 2 years old.
- Maintain 6-feet of distance between all individuals not in the same group.
- Sanitizing stations are available at the entrance to the library.
- Children's play area is temporarily closed.
- Book Drop outside the Resource Center is open for you to return materials.
- For safety, returned library materials will be quarantined for 72 hours before being checked in.



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: [@lacoeimrel](https://www.facebook.com/lacoeimrel) on Facebook and Twitter.

Tips for Coping with COVID Anxiety This Fall and Winter

As the days get shorter and nights longer, the coronavirus is still very much with us, sad to say. It's already clear the next couple of seasons won't be the "life as usual" we all hoped for.

So what are some ways we can manage our anxiety as the days get a little darker?

Here are a few tools our experts recommend to help us deal with it all:

1. **Reframe how you think of anxiety**

Reframing can be a valuable tool. It takes feelings or emotions you have and turns them into something useful. For anxiety, learn exactly why you feel anxious and accept that it's totally normal. Instead of approaching anxiety as a negative emotion that must be suppressed, we should think of it as a superpower that motivates us to act.

2. **Learn to breathe yourself calm**

Learn to breathe yourself calm. Activate your parasympathetic nervous system by inhaling deeply while you count to four, and then exhale while you count to four. Repeat until calm.

3. **Move your body**

You can fight anxiety with physical movement. Feeling anxious all the time, as many people have since the coronavirus pandemic began, has a lot of long-term health implications. Research shows exercise can ease panic attacks and mood and sleep disorders too.

4. **Accept that our new normal may be abnormal**

As much as we wish it away, the fallout from the COVID-19 pandemic is here to stay for a while, and we have to find ways to manage our risks and take care of our mental health for the long haul.

Adapted from "6 Tips for Coping with COVID Anxiety This Fall and Winter" by April Fulton, September 4, 2021.

<https://www.npr.org/sections/health-shots/2021/09/04/1033672045/6-tips-for-coping-with-covid-anxiety-this-fall-and-winter>

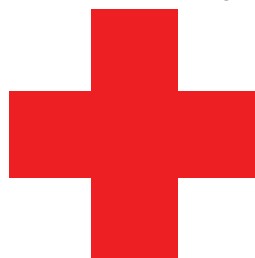
Developmental Topic: Safety

Exploration is a key part of healthy development. Preschool-age children need to be able to touch and explore. Children ages three to six are more independent in their play. Childproofing is still important. It can be difficult to find a balance when talking about normal versus unsafe adult-child interactions. Talking about healthy personal boundaries can be better than frightening warnings.

- Parents' role is to create an environment free of hazards and unsafe situations:
- Closely monitor children around vehicles and during water play.

- Family members should wear safety helmets when riding bikes, scooters, skates/skateboards.
- Explain how to recognize responsible, trusted adults.
- Practice the family emergency plan. As children get older, they have the ability to follow a plan for emergencies.
- Help children understand when and how to call 911.

Adapted from *Parents as Teachers (PAT)*, Foundational 2 Toolkit, p. 5



LACOE's Community Health Worker Certification & Health Champion Program

Recently, you may have heard about LACOE's Community Health Worker Certification & Health Champion program at Policy Council meetings, recruitment at the delegate agencies, presentations at LACOE's weekly all-staff Inspire at the Fireside, and at the HSEL Prenatal-to-Five Early Learning Virtual Conference.

Community Health Workers (CHWs) have been around for generations and are utilized all around the world. They are recognized as trusted community members that serve as advocates of communities experiencing great disparities, refer clients to health and social services, and approach each encounter with respect, cultural humility, and appreciation for community differences.

The LACOE CHW program is a 70-hour professional development certification program for parents, staff, and volunteers that includes 30 hours of classroom lecture and 40 hours of field experience. Upon completion, participants receive CHW certification for career or professional advancement. The classes are facilitated by Rei Johnson, LACOE Health Consultant, and supported by other LACOE staff and external LA County health partners.

Sandra Rodriguez, a Head Start parent at Pomona USD and now a LACOE Office Assistant, said, "You find out that being a CHW is about educating yourself and others,

informing, advocating, and being the connection between the community that needs guidance and resources of all types, including health care, government, and social services, to better themselves. I encourage everyone to take this program. You learn so much about yourself, and how you can utilize what you learned to help others."



Sandra Rodriguez



Rebecca Escobar

Rebecca Escobar, a Family Services Associate at

MAOF, stated, "The CHW training has increased my awareness of cultural humility, and cultural competence. The class goes beyond educating community and working hand-in-hand with health services within the community but also about education on why every individual needs access to health services. It also provides information to the community on preventive health care for children and adults. I am very grateful I participated in this class that taught me many skills that I can use daily within the community I work and serve."

For more information or to join a future cohort, contact Nancy Garcia at Garcia_Nancy@lacoedu or Rei Johnson at Johnson_Rei@lacoedu.



Important Dates to Remember December 2021- January 2022

Dec 9	Virtual Delegate Agency Directors and Managers Meeting
Dec 13–16	NHSA Parent and Family Engagement Conference, Orlando, FL
Dec 14	Virtual Policy Council Meeting
Dec 24	Christmas Eve—LACOE Offices Closed
Dec 27	In lieu of Christmas Day—LACOE Offices Closed
Dec 28–29	HSEL Winter Break—HSEL Office Closed
Dec 30	In lieu of New Year's Eve—LACOE Offices Closed
Dec 31	In lieu of New Year's Day—LACOE Offices Closed
January	National Poverty Awareness Month
Jan 11	Virtual Policy Council Meeting
Jan 11	Golden Apple Awards Recognition —LACOE Board Meeting
Jan 17	Martin Luther King, Jr. Day—LACOE Offices Closed
Jan 24–27	NHSA Winter Leadership Institute, Washington, DC

Write Start Submissions

The Write Start welcomes your articles pertaining to Head Start activities and events. Please submit them to the writestart@lacoedu.edu. The deadline for the next edition Friday, November 19, 2021.



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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. **Superintendent:** Debra Duardo, M.S.W., Ed.D.. **Board of Education:** Betty Forrester, President; James Cross, Vice President; Judy Abdo; Yvonne Chan, Ed.D.; R. Michael Dutton; Stanley L. Johnson, Jr., Ph.D.; and Monte E. Perez, Ph.D., **Executive Director:** Keesha Woods. Produced by this LACOE Communications Department in partnership with the Head Start and Early Learning Division Write Start Team. **Contributing writers for this issue:** Patricia Greene, Rei Johnson, Danee Jones-Mitchell, Colin Legerton, Jennifer Ramirez, Stephaney Roy, Gabriela Trejo, and Keesha Woods. **Editor:** Colin Legerton. **Graphics/layout:** John Paster.