



GAYUUDZE - SHI' DIITTA

January 2011

Volume 1, issue 6

Happy New Year and Welcome Back from Winter Break! Early Head Start Director Margaret Mascareñaz...

SPECIAL
POINTS OF
INTEREST :

- > **January 13, 2011-
Health Advisory Mtg.
8:30-10:30am**
- > **January 17, 2011 No
School Martin Luther
King Holiday**
- > **January 10th & 24th,
2011-Early Head
Start Social**

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I hope everyone had a restful and fulfilling break. All Staff at Early Head Start (EHS) are looking forward to the second half of the program year. Children will be learning or enhancing many new skills. As we move through the new year of 2011, we would like to remind families of a few things in order to continue to provide our children with safe, secure and consistent learning environments here at EHS. Please note the following:

Bad Weather Days (Found in Division of Early Childhood – 2010-2011 Family Handbook-p.6)

Listen to KKOB-AM 770 (radio) for any announcements on the status of **Laguna Department of Education schools and programs**. Local TV stations (Channels 4, 7, & 13) also broadcast the announcement. The announcement will be made no later than 6:15 a.m. If there is no announcement by 6:15 a.m., the program will be open. Any delays will be announced. Buses will run as close to schedule as possible, however on these “snow” days, watch for the bus 15 minutes prior to your scheduled stop time and allow 15 minutes after your scheduled time. Division of Early Childhood programs close on “snow closure” days. On occasion, the snow fall during early program hours may result in the need for “early dismissal.” Families will be contacted in this event. Our concern for the safety of your child always comes first.

Reporting Absences (Found in Family Handbook – p. 6)

- Children must be present at school at least 4 days out of the week consistently or you are in jeopardy of losing your child’s position in the Head Start center-based programs.
- Whenever your child is absent, please notify the DEC program by calling your child’s program office: Preschool Head Start: 552-6544 or Early Head Start: 552-7541. Please tell us why your child will be unable to attend. The office staff will notify the program teachers and, if needed, the Preschool Head Start bus drivers.
- If a child is absent more than three consecutive days, we are required to contact the family by phone, in writing, or with a home visit. Please send a note when your child returns explaining the absence or include the doctor’s note. If we can not contact you, we will notify your Service Coordinator (Early Interventionist, Home Visitor or Family/Fatherhood Advocate) who will do a home visit to determine the reason for your child’s absence.
- After 15 days of a child’s unexplained or unexcused absence, the child will be automatically withdrawn from the program. Parents will be notified in writing. Attendance monitoring and reporting is a requirement of the Head Start program.

Cont. on page 2.

CONT. EARLY HEAD START NEWS

Releasing Children from the Program (Found in DEC Family Handbook –p. 7)

If a parent needs to check their child in or out of the program during the day, you may do this in the classrooms; however, be sure to sign the daily attendance log.

Children will only be released from classrooms to authorized persons listed in the child's file by the legal guardian or parent.

- Authorized persons must be at least **18** years of age to check out a child from center-based program classroom or activity (field trip or excursion).
- Authorized person must be at least **16** years of age to sign off children from the bus.
- No child will be released to anyone suspected of being under the influence or possession of alcohol or controlled substances.

- ***The Laguna Division of Early Childhood (DEC) sets forth and establishes a sex offender policy to ensure the safe and healthy operation of all DEC program and program activities for children, families, employees and community. It is DEC policy that any person listed on a sex offender registry will not be allowed to participate in DEC program activities nor be listed on any forms giving them responsibility for a child's care.***

- To authorize additional persons to pick up a child, the parent or legal guardian must fill out the proper form with signature. Requests cannot be made by phone or with notes except in instances of extreme crisis or emergency and these arrangements must be made directly with the director or acting director. These policies are effective for bus drop-offs, picking up a child during a field trip or excursion, at the classroom, or in any other place in which DEC programs have responsibility for the child.
- If you ask a relative to check out your child on a field trip, that person must be listed in your child's file as authorized to pick up your child and must be at least **18** years of age. Otherwise, the child must return to school with the group and will ride the bus home or remain at the school until an authorized person picks him/her up.

When children are taken to a Child Care classroom (Found in DEC Family Handbook –p.7)

Children will be placed in a Child Care classroom in the event that a child is not picked up from DEC Head Start programs by 3:00 pm or a child returns to program on the bus. Parents will be charged the Child Care drop-in fees beginning at 3pm until their child is picked up from Child Care (Child Care fees are \$3.00 per hour). Please call the Head Start/Child Care program to inform staff of any changes to your child's daily schedule.

Other emergency contacts or community services will be called to assist in getting a child to family if a child is not picked up from the Head Start/Child Care program by end of day.

Thank you for your cooperation in helping to ensure the safety of all children, family members and staff at the Head Start programs. If you have any questions, regarding any of these policies, please do not hesitate to contact any of the program directors.





PRESCHOOL HEAD START DIRECTOR LIZ L. MARTINEZ

PHS Transition

The new year will bring new opportunities for children to participate in transition activities. We are looking forward to working together to help your child prepare for his or her next step in Early Childhood Education.

Children from Early Head Start and Early Intervention who will turn age 3 before September 30, 2011 will be eligible to apply and transition into the Preschool Head Start (PHS) program. Transition activities will include visits to the PHS site and bus rides. Parents will need to complete an application for their child who will be transitioning to PHS during the next program year (Program Year 2011-2012). Information about transition activity dates and when the applications will be available will be forthcoming.

Children from Preschool Head Start who will turn age 5 before or on September 1, 2011 are eligible to transition into kindergarten. Transition activities will include Family Literacy nights in which Laguna Elementary School, Seboyeta Elementary School, Cubero Elementary School, and St. Joseph's Mission School will have an opportunity to present information to parents about their programs.

Kindercamp is another fun transition activity that takes place at Laguna Elementary School for all transitioning children to kindergarten. Billye Moffett, Public Health Nurse from IHS-ACL will be working with the PHS program to identify the health physical exam and immunization needs of children transitioning into kindergarten.

For more information about transition or to assist with transition planning, please contact Liz L. Martinez, PHS Director or Craig Secatero, PHS Education/Disabilities Coordinator at 552-6544.

Health Advisory Committee Meeting

Parents are invited to attend the next Health Advisory Committee Meeting on Thursday, January 13, 2010 from 8:30-10:30 in the new building located at the PHS site. Your participation is critical as program directors and staff work with community partners in the areas of health, dental, wellness, and environmental health to plan activities or policies that affect children in program. The topics for the next meeting include:

- Transition physicals
- Quality Improvement Plan submitted by the Laguna Head Start program to the Office of Head Start
- DEC Food Allergy Policy.

Please contact any of the following for more information or to confirm your attendance:

- Lora Patricio, Head Start Health Coordinator
552-7541
- Margaret Mascareñaz, Early Head Start
Director 552-7541
- Liz L. Martinez, Preschool Head Start
Director 552-6544
- Ruth Kie, DEC Executive Director
552-1013

DEC Short Term Exclusion Information

The Laguna Division of Early Childhood program is encouraging families to utilize the DEC Family Handbook regarding concerns of child illness and short term exclusion (short term exclusion means that a child will not be able to participate in program). Keeping your child at home when signs of cold or flu are present will help in preventing the spread of infection to other children in the program. Plus, children feel more comfortable at home when they are ill. When your child is showing signs of cold or flu, it is best that parents keep their child at home.

The following are conditions of short-term exclusion from attending a DEC center-based program:

1. Fever of 101 F or higher
2. Symptoms and signs of possible severe illness such as lethargy, uncontrolled coughing, irritability, persistent crying, difficulty breathing or wheezing, until medical evaluation allows for child to return to program
3. A child with uncontrolled diarrhea
4. Vomiting on 2 or more occasions during program hours
5. Sudden onset of rash
6. Children with open, oozing sores, which cannot be covered (this includes mouth sores), will not be allowed to be at the center until all sores have healed or a doctor's note states that the child may return to program.

If the conditions mentioned above persist 2 or more days a doctor's note will be required to return to program.

EARLY HEAD START EDUCATION COORDINATOR JEAN PAQUIN

Can you believe this year is 2011, Wow!! Welcome back to school Early Head Start (EHS) students and families. EHS staff wishes you a happy New Year. The themes for the month of January are: Holidays/ Cultures around Me, Healthy Foods, and Unusual Animals. The EHS teachers are very creative in finding activities for the infants and toddlers that are age appropriate and pertain to the monthly themes.

I would like to invite the Tribal Council and community members to visit the EHS classrooms, to observe the little hands and feet at play or see the infants and toddlers working on age appropriate activities. The children have grown so much just over a period of four months. Some of the infants are now crawling and walking, babbling and doing simple hand motions to songs they are learning in the classroom. The toddlers are now playing with their peers and socializing with one another in their own way, and communicating with one another whether it is verbal or nonverbal.

Some of the toddlers are recognizing colors and saying the colors they know. This year, the majority of the toddlers will be potty trained, that is a great accomplishment for EHS children.

We have two culture teachers who visit the EHS classrooms from 9-10:30am. The culture teachers greet the children and families as they arrive to their classroom in the morning. They also sing and converse to the infants and toddlers in the Laguna Keresan language.

When children return back from winter break, we encourage parents to take books from the classroom or the lending library to read to your child at home. Let your child's teacher know how many minutes you read to your child each day. Did you know, fifteen minute segments of reading time can go a long way to developing life long learners. "Happy Reading"



EARLY HEAD START HOME VISITORS - SARAH RILEY, GLORIA GARCIA & ADELINE HUNT

We want to wish you all a very Merry Christmas and Happy New Year. Hope your holidays were joyous and filled with plenty of time spent with family and friends. Welcome back to a brand new year and we are looking forward to some very informative socials for all our home based families.

We had a great turn out with both our big holiday socials on Thanksgiving and Christmas socials.

We want to thank all our families that attended.

We especially want to thank Brooke De Leon for helping with the set up of the Christmas social.

Our first social will be taking place on January 10th and the 24th. Topics for both of these socials will be available on your home visits.

We also had a Book Fair that took place on De-

ember 3, 2010. Parents and children were able to pick out two books. It was nice to see the families letting the children make their own choices and even more nice to hear that the children are enjoying their new books at home. For those that weren't able to make the book fair, your home visitor will bring your books to you on your home visit if you already didn't receive them. Remember that early literacy skills begin at home. Reading with and to your child is also a great way to spend quality time together. If you want other tips on reading to your infant and toddler, let your Home Visitor know. We will gladly share any information that you will find useful.



DIVISION OF EARLY CHILDHOOD FAMILY ADVOCATES - SALLY TRUJILLO, LIZ A. MARTINEZ, DOTTIE WAISANEN & EDWIN CHEROMIAH SR.

Happy New Year to all from the Family Advocate Office!!!

We hope you all had a great holiday and are ready for a New Year. We would also like to let you all know that we will be contacting you to update the Family Partnership Plans and making home visits. The Family Partnerships are a part of the Head Start regulations which is a part of the Head Start funding so please help us by updating your partnership plans.

In October we attended a training provided through the University of New Mexico Department of Pediatrics Hospital Dr. Louise Koditwakkoo (Kodi), Program Director was the presenter of the Fetal Alcohol Spectrum Disorder (FASD). FASD can happen to any child. Mothers who drink during their pregnancy are at high risk for having a child with FASD and there is no safe level of alcohol consumption. Mothers who ingest alcohol during pregnancy can cause their child to be born with stunted growth or weight, facial anomalies, damaged neurons and brain structures. Meaning that the child of FASD may be impacted psychologically, the child

DIVISION OF EARLY CHILDHOOD FATHERHOOD ADVOCATE - EDWIN CHEROMIAH SR.

Greetings to Everyone

Wow—where have the days gone, we were just getting started but now are half way through the program year. We were just celebrating our fiesta days and now here we are nearing the beginning of a New Year. Many good things have taken place here at Head Start but one activity that stands out for this advocate is the digital story telling that was offered to parents, community partners, and staff who were able to spend 3 days creating stories. It is a very intense program that requires total attention to the process, but in the end our final stories come together and makes you proud that you have created a story through the digital media.

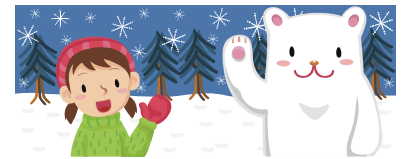
Now for the Fatherhood Program, this year our attendance has been low but the fatherhood group continues to be optimistic that we will have more dads interested in participating. Though we have called this event, "meetings" it is really more workshops that focus on Social and Emotional challenges and or positive impacts of children and families, Men's Health, Employment, Budgeting, Literacy and most importantly ways to spend quality time with our children as dads. We start our evening off with dinner and family time then break up into our 2 groups (fatherhood/motherhood). Dinner is served from 5:30 to 6:25-Workshops are from 6:30 to 8:00pm and offer free

may experience behavior problems, fine motor delays, gross motor delays, language acquisition delays and may have other physical defects. It is important that we share with mothers the value of keeping healthy and substance free during pregnancy.

If you have concerns regarding any child you know please initiate early intervention services and call for an appointment with the Developmental Specialists of the Pre-School Head Start at 552-1013 or talk with a Family Advocate for a referral at 552-6467.

A big "THANK YOU" to all the programs that made it a joyful Christmas for some of the families of our Pre-School and Early Head Start Programs. Families do not forget to thank the Laguna Development Corporation; Pueblo of Laguna Social Services, Family Services, Sports and Wellness and CHR programs; and the Veteran's of Foreign Wars Jessie L. Finley Post for all the donations made to our children. We are very fortunate to be included with their programs.

Once again we wish all our families a Happy and Prosperous New Year.



child care. We hope that we will have more parents, grandparents, brothers, sisters, community members interested in development of children so we can continue to grow and nurture our future. We encourage our tribal officials to come and see what Head Start has to offer for parents and children and to show your support for programs our schools system has to offer. We will be taking a brief break due to the holidays but will resume on February 1, 2011. Family Nights will continue to take place on the first Tuesday of each month. So I continue to encourage families, community members, and Tribal Leaders to come and be a part of an awesome program. Our fatherhood group will also be preparing for our annual conference we host in the spring. The tentative date for this year's conference is March 25, 2011, so come and be a part of the planning team and the Fatherhood Program so that we at Head Start can continue to offer these programs to families. Look out for posters and flyers for dates and time at your local post office, community bulletin boards, or at your village meetings. We look forward to seeing you in 2011. From my family to yours, here's wishing each and everyone a "Very Merry Christmas and a Happy New Year." May you be blessed with GOOD HEALTH, HAPPINESS, and LOVE OF FAMILY!!



Paint Your Plate with Color

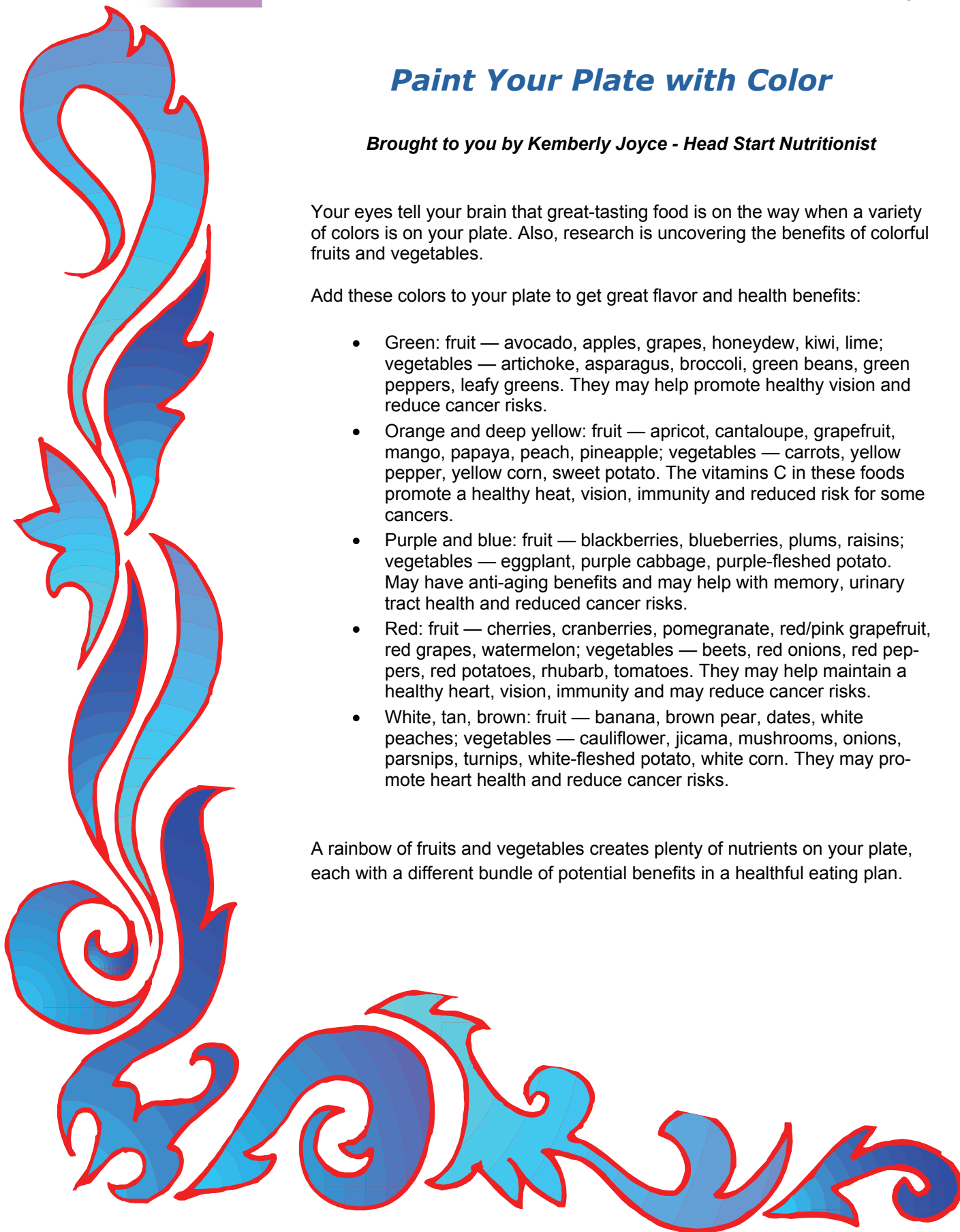
Brought to you by Kemberly Joyce - Head Start Nutritionist

Your eyes tell your brain that great-tasting food is on the way when a variety of colors is on your plate. Also, research is uncovering the benefits of colorful fruits and vegetables.

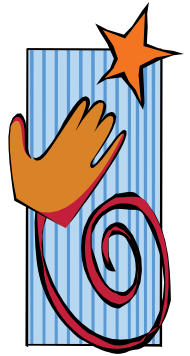
Add these colors to your plate to get great flavor and health benefits:

- Green: fruit — avocado, apples, grapes, honeydew, kiwi, lime; vegetables — artichoke, asparagus, broccoli, green beans, green peppers, leafy greens. They may help promote healthy vision and reduce cancer risks.
- Orange and deep yellow: fruit — apricot, cantaloupe, grapefruit, mango, papaya, peach, pineapple; vegetables — carrots, yellow pepper, yellow corn, sweet potato. The vitamins C in these foods promote a healthy heart, vision, immunity and reduced risk for some cancers.
- Purple and blue: fruit — blackberries, blueberries, plums, raisins; vegetables — eggplant, purple cabbage, purple-fleshed potato. May have anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- Red: fruit — cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon; vegetables — beets, red onions, red peppers, red potatoes, rhubarb, tomatoes. They may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- White, tan, brown: fruit — banana, brown pear, dates, white peaches; vegetables — cauliflower, jicama, mushrooms, onions, parsnips, turnips, white-fleshed potato, white corn. They may promote heart health and reduce cancer risks.

A rainbow of fruits and vegetables creates plenty of nutrients on your plate, each with a different bundle of potential benefits in a healthful eating plan.



JANUARY 2011



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 In-Service No School	4 Children return to school.	5	6	7	8
9	10 Early Head Start Home Base Social	11	12	13 Health Advisory Mtg. 8:30- 10:30am	14	15
16	17 Martin Luther King Day No programs are in session	18	19	20	21	22
23	24 Early Head Start Home Base Social	25	26	27	28	29
30	31					

PUEBLO OF LAGUNA
DEPARTMENT OF
EDUCATION
DIVISION OF
EARLY CHILDHOOD

P.O. Box 798

Laguna, New Mexico 87026

I-40 West Exit 114

DEC Administration phone:

505-552-1013

DEC Single Stop/Family Services

phone:

505-552-6467

Early Head Start phone:

505-552-7541

Early Intervention phone:

505-552-1013

Preschool Head Start phone:

505-552-6544

We're on the Web!
www.ldoe.org
