



Head Start Gazette

Community Coordinated Care for Children
Inc. 4C

August 26 National Dog day



National Dog Day serves to raise awareness of the thousands of dogs that need to be rescued and encouraged appreciation for family dogs and working dogs, such as bomb dogs, service dogs, rescue dogs and law enforcement dogs. Dogs are owned by many families in the US, however many other dogs are homeless and or have been abandoned.

Every year, these dogs are taken into shelters, where millions of them are euthanized. In the US, approximately 3.9 million dogs enter animal shelters every year, of these, 1.2 million are euthanized. Only 35% of shelter dogs are adopted, 26% are returned to their owners and 31% are euthanized. <https://www.wincalendar.com/Dog-Day>

www.wincalendar.com/Dog-Day

Theme for the week - Back to School

While your toddler may or may not be going to preschool any time soon, he or she probably sees any of your other children getting ready for the new school year or even neighbors or other family members. So, let's take some time this week and help them learn a little more about going to school.

Letter of the Week: E - for Education, egg, ear, elementary. Show them a picture of both a capital E and a lower case e. Draw an E on paper, or use their finger to draw it in the sandbox or dirt. Use bath tub or refrigerator let-

ters to show them this letter as well.

Number of the Week: 1 - For 1st day of school. When you show your child anything say "1 egg" and show them a picture of the number 1. Write the number 1 on paper. Show them 1 thing at a time and count them - "one" - so your child gets used to the pattern.

Songs of the Week: School Songs - This link has a whole bunch of fun little school-related songs to familiar tunes. Your toddler won't necessarily know what you are singing about but he or she will get familiar with the tunes.



<http://www.teachingyourtoddler.com/School.html>

Exploding Names! Back to School Basics

Make your own based on your child's interests or current obsession- Spiderman, dogs, cats, basketballs, etc.

Materials Needed:

colored cardstock
scissors
makers
laminating paper/contact paper
white board marker

Directions:

Create an object that your child loves using cardstock or a large poster board.

Write their name using a pen or marker several times on the paper and also cre-



ate a space where they can write on their own. Laminate the poster using contact paper or a laminator.

Hang the poster somewhere in your house along with a whiteboard marker. I liked putting ours on our easel because the slant of the easel made writing easier for my son. Encourage your child to practice tracing and writing his/her name. You can model first and then just let your child explore. I don't spend very much time correcting my son when he is writing... I just model the correct way and keep the activity fun and relaxed. <http://www.toddlerapproved.com/2012/08/exploding-names-back-to-school-basics.html>

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The Six Best Ways to Find Your Next Job

Whether you recently lost your job or are ready to jump ship from your current one, the chances of your getting a new position through the want ads is next to nil. The good news is that there are many other avenues to pursue. Start by updating your resume and your LinkedIn profile. Then come up with a brief pitch, highlighting what makes you special, that you can tailor as you approach potential contacts. Here are the best ways to harness it in your job hunt.

1. Tap your network. Everybody knows somebody. Within your existing network there are probably three jobs that would be appropriate for you, but the people who could help open doors to those jobs just haven't thought of you. Make a list of everyone you know. Set a goal to touch base with three people you have not talked to for a year or more. Meet one of them for coffee or lunch. Identify the 25 most influential people in your network and brainstorm ways to strengthen your relationships with each.

2. Connect with alumni. We generally like people who have something in common with us; who share the same values or hobbies; or have gone to the same school. Call the alumni in your region, go to meetings and grow your network. Adding three new alumni per week

(through alumni directories or LinkedIn) is a solid approach--even better if these are in your industry.

3. Attend events. These include ones hosted by charities and professional organizations. Talk to at least one person at every meeting who you haven't met yet. If you can get the list of attendees beforehand, identify at least



one person who you would like to meet and make arrangements to connect there in person. Without imposing, look for an excuse to follow up--by meeting again, or getting a referral to someone else.

4. Use LinkedIn to maximum effect. LinkedIn is a powerful tool to easily connect with the right people. Search your target market based on your industry, qualifications, university and interests, and connect with the people who interest you. For example, if you work in the insurance sector, you could

aim to connect with all potential bosses and human resource departments in this industry and in your market. You can even set goals for yourself, such as, "Connect to all general managers and human resource managers in the insurance industry in my city by the end of April."

5. Check job boards. Many companies and recruiters use them to find the right candidate. Define the top job boards for your skill set and put your resume there. Choose a catchy, succinct headline that encourages the reader to open the attachment. Many show when your resume was last updated. To avoid getting shifted deeper into the pile of applicants, update it weekly.

6. Contact headhunters. Senior-level professionals are recruited almost exclusively through recommendation or by headhunters. We know about jobs that will never be advertised and we have experience finding openings. If you work with a headhunter, choose carefully. Identify several (but no more than five) whom you trust and be prepared to follow-up. <https://www.forbes.com/sites/deborahjacobs/2013/03/22/the-six-best-ways-to-find-your-next-job/#33b621261369>

Pedestrian Safety Tips

- Always cross streets at corners where there are traffic signals and designated crosswalks.
- Make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks. If there are no sidewalks, walk facing traffic.
- Always look left, right, and



left again before crossing the street.

- Be aware of cars that are turning or backing up.
- Never run out into the street or cross between parked cars.
- Wear retroreflective materials to make sure that you can be seen. https://www.nsc.org/Portals/0/Documents/NSCDocuments_Corporate/First-Student/Pedestrian-safety.pdf

Greetings Parents!!

Welcome to those of you who are new to our program and welcome back to those of you who are returning! We would like to thank you all for your support and participation in the Early Head Start/ Early Head Start CCP programs. This year we have many events and activities that we are planning; to inform and engage your whole family in.

Get Involved!!

We have volunteer opportunities year-round for you to be involved in your child's experience in the Early Head Start programs.

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council



Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears. The trainings for the month of August include: Parent Committees and Policy Council Curriculum, Assessment tools and Mandates

Message on Children's Eye Health and Safety

Children should have an eye exam at 6 months and this must be repeated at age 3. Once they start school, eye exams must be done regularly. About 80% of what children learn in school is taught visually, which means if a child has undetected and uncorrected vision problem, it will affect the child's development and performances in school.

Some warning signs that your child may be experiencing vision problems are:

- Tilting the head or squinting to see the class board better or when watching TV
- Frequent eye rubbing when he's trying to concentrate on something.
- Holding a book too close to his eyes or often sitting close to the TV.
- Consistently using his fingers to guide his eyes when reading.
- Closing one eye to read or watch TV.
- Excessive tearing without any tear-causing stimuli.
- Eye discomfort when using a computer or any digital device i.e. digital eye strain.

Sensitivity to light, which sometimes accompanied by headache or nausea.

Wandering eyes. <https://www.consumerhealthdigest.com/health-awareness/childrens-eye-health-and-safety-awareness-month.html>

Challenging Behavior Tip: Leaving the House

"HELP!": When we go to leave the house, my child makes us late by taking too long to get ready to go.

What you can do:

- ☐ Decide which tasks are most important — are you having them do too many things by themselves?
- ☐ Have a routine setup- this means doing the same things each time. This will help the child know what to expect each time you need to go.
- ☐ Choose which things you will have the child do by themselves, or independently. Help with the others. Gradually increase the child's



responsibility letting them do more things by themselves.

- ☐ Make sure there is enough time to complete the tasks they need to get done.
- ☐ With your child, draw a picture of each step the child needs to complete and post it by the door. If they forget what to do next, have them look at the pictures you drew together.
- ☐ Make sure to praise your child for each step they complete. Use specific praise — say, "I like how you _____." Kids will repeat behaviors that get attention.

Watermelon Nutrition

For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more. Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits. As it turns out, watermelon is incredibly

healthy! The Watermelon Board is proud to say that watermelon is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet. Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it is having excellent levels of vitamins A and C and a good level of vitamin B6.



Vitamin A found in watermelon is important for optimal eye health and boosts immunity by enhancing the infection-fighting actions of white blood cells called lymphocytes.

Vitamin B6 found in watermelon helps the immune system produce antibodies. Antibodies are needed to fight many diseases. Vitamin B6 helps maintain normal nerve function and form red blood cells. The body uses it to help break down proteins.

The more protein you eat, the more vitamin B6 you need. **Vitamin C** in watermelon can help to bolster the immune system's defenses against infections and viruses and can protect a body from harmful free radicals that can accelerate aging and conditions such as cataracts.

A two-cup serving of watermelon is also a source of potassium, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps. <https://www.watermelon.org/Nutrition>

Savory Watermelon Pizza

Ingredients

1 watermelon round cut into 1" (for crust)
varied amount goat cheese
varied amount Prosciutto
varied amount Balsamic
varied amount Greens of choice (we used arugula)
varied amount Pepper to taste



Instructions

- Spread goat cheese to cover watermelon leaving room to hold the rind.
- Sprinkle watermelon pizza with goat cheese through greens toppings as desired <https://www.watermelon.org/Recipes/Pizza-Savory>

www.watermelon.org/Recipes/Pizza-Savory

Watermelon Rind Stir-fry

Ingredients

2 cups watermelon rind, julienned (white part only, from about 1/2 of a seedless watermelon)
1 cup julienned carrots
1-inch piece of ginger, minced
1 clove garlic, minced
1/2 cup chives, cut into 3 inch pieces
1 tablespoon honey
1 tablespoon soy sauce
1 tablespoon fish sauce
2 teaspoons sesame oil
1/2 cup fresh basil leaves, torn
1/4 cup mint leaves
1/4 cup cilantro leaves
serving crushed red pepper flakes (optional)

Instructions



1. Heat sesame oil in a wok over high heat. Add the watermelon rind and carrots and stir fry, stirring constantly, for 1-2 minutes. Let sit over high heat for 1 additional minute without stirring.

2. Add the chives and stir to combine.

3. In a small bowl, whisk together the honey, soy sauce, fish sauce, garlic and ginger.

4. Pour the sauce over the watermelon rind and cook, stirring, 30 seconds to 1 minute until fragrant.

5. Transfer to a serving dish. Add the basil, cilantro, and mint, tossing to combine.

6. Sprinkle with red pepper flakes, if desired, and serve as a side dish.

<https://www.watermelon.org/Recipes/Watermelon-Rind-Stir-Fry>