



CESA 11 Head Start ~ Communication Link

Mission: Empower, Support, Educate, and Lead

Vision: To create relationships and build collaborative partnerships within our communities which support, empower, and develop the unique potential of each Head Start child, family, and staff member to promote a healthy promising future for all children and families.

TEACHING CHILDREN ~ SERVING FAMILIES

From the Directors . . .

It is hard to believe we are nearing the end of another school year. Children and families came to us in the fall with high hopes and expectations that we have worked very hard to fulfill together. All of the children enrolled in Head Start and Early Head Start have made gains to ensure that they will be ready for their next school transition. According to the Parent Satisfaction Surveys, families report a high level of satisfaction with the educational services their children received and report that they too have gained new insight and knowledge about child development and personal goal setting.

We look to the coming year with excitement for the new Duration/extended day services and new staff that will be joining us. We also wish the best to our staff that are retiring or leaving us for new adventures.

On a sad note, on Wednesday, May 17th a tornado touched down in Barron County devastating the homes of many residents in Cameron and Chetek. Some staff from our Rice Lake center were directly impacted by the tornado. One family lost everything and narrowly escaped alive. On behalf of all of us a CESA 11 Head Start, we send our thoughts and prayers to you in the coming months as you recover from this very traumatic event.

Sheri and Beth



Policy Council Members

Front row, L to R: Lenee Julin, LauraLee Goodrich, Angel Prochnow, Danielle Johnson, Emily Johnson.

Back row, L to R: Sheri Norgard (Co-Director), Kim Taylor, Denise Toporek, Tina Zaszczurynski, Amy Cortner, Sharon Overland, Erin Cronquist, Beth Tilleson (Co-Director).



Highlights

Polk County Early Learning Center / Luck 4K participated in the annual "Hands Across the Courthouse".

We were also joined by BACA (Bikers Against Child Abuse). These bikers have a goal to empower children to say "this is what happened to me." They don't speak for the children, or try to be counselors, but instead become a "rock" for their emotions. These trained bikers become an extended family for the child, being on call 24/7 to lend support.

Thank you BACA!
(Bikers Against Child Abuse)



Hands Across the Courthouse 2017

Dear Early Head Start & Head Start,

We would like to thank all of your members who attended Hands Across the Courthouse and took a step forward to lend a hand to end child abuse in Polk County.

Together, we can make sure it does not hurt to be a child.

Sincerely,
Polk County Citizen Review Panel &
Polk County Blue Ribbon Campaign



STOP Child Abuse
Blue Ribbon Campaign

Together, we can make sure it doesn't hurt to be a child.



A note from

 Julie Gross

Polk County Learning Center is an excellent place for kids. I have had both my kids go to 4-K there and they both loved it. The teachers are great and you can just see the love that the teachers give the kids. The kids learned a lot in fun ways to get them ready for kindergarten!!

Teachers are a Blessing

Special Readers at our Head Start Centers Helping to Celebrate Head Start's 52nd Birthday. . . and Literacy!



Cindy Cross, Rice Lake Head Start Director, proudly watching Jesse Garza, read to Molly's class.



Jesse Garza, District Director for Congressman Sean Duffy, reading to the Rice Lake Head Start students. Thank you for visiting our classroom and reading to us about gardening!



Menomonie Firemen reading to Menomonie Head Start students.



Deb Peterson, Polk County Supervisor for Polk County Parks and Recreation, reading to PCELC students.



Rice Lake Fireman reading to Rice Lake Head Start students.



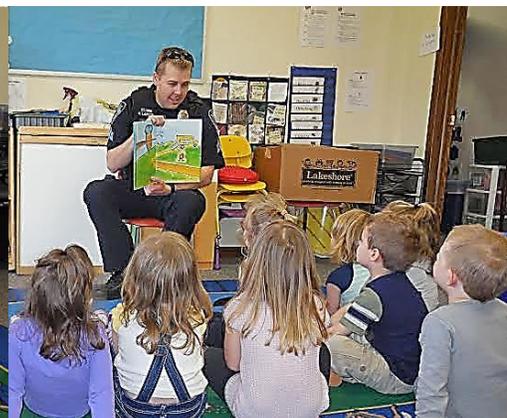
Wisconsin State Representative Romaine Quinn reading to Dallas Head Start students.



Mike Ballard, New Richmond Principal, reading to the New Richmond Head Start students.



Princess Elsa reading to the Rice Lake Head Start students.



Rice Lake Policeman reading to the Rice Lake Head Start students.

Head Start Facts and Impacts

Children that participate in Head Start programs receive innumerable benefits. These advantages appear immediately, last a lifetime, and even have an effect on other generations. The effects are particularly strong amongst certain subgroups of children, particularly Hispanic and African-American children, dual language learners, children who are homeless or in foster care, those who qualify for free lunch, and those whose mothers didn't graduate high school. When disadvantaged children receive high-quality birth-to-five education, such as Early Head Start plus Head Start, the return on investment can be as high as 13% annually ([Garcia et al., 2016](#)). The advantages Head Start children experience include:

By the end of the program:

- Head Start children make progress towards norms in language, literacy, and math. Head Start children also score at the norm on letter-word knowledge by the end of the year. ([Aikens et al., 2013](#); [Bloom and Weiland, 2015](#))
- Early Head Start children show significantly better social-emotional, language, and cognitive development. Children who attend Early Head Start and transition to Head Start are more ready for kindergarten than children who do not attend Head Start. ([Love et al., 2002](#))
- The Head Start Impact Study found Head Start children scored better than a control group of children in all measured domains of cognitive and social-emotional development. ([U.S. Departments of Health and Human Services, 2010](#))
- Head Start children in foster care or other non-parental care are more ready for school. ([Lipscomb et al., 2013](#))
- Head Start children have better social skills, impulse control, and approaches to learning. Head Start children also decrease their problem behaviors, such as aggression and hyperactivity. ([Aikens et al., 2013](#))
- Obese, overweight, or underweight children who participate in Head Start have a significantly healthier BMI by kindergarten entry. ([Lumeng et al., 2015](#))
- Children in Early Head Start are more likely to be immunized and have services for children with disabilities. ([Love et al., 2002](#))
- Head Start children are more likely to receive dental checkups and have healthy eating patterns than non-participants. They have lower body mass index (BMI) scores and are less likely to be overweight compared to children in other non-parental care. ([Lee et al., 2013](#))
- Children show additional gains in social-emotional development as a result of participating in Head Start at both 3 and 4 years old. ([Aikens et al., 2013](#))

Throughout K-12:

- Compared with children in parental care, Head Start children performed considerably better on cognitive and social-emotional measures in kindergarten and had fewer attention problems and exhibited fewer negative behaviors. ([Zhai et al., 2011](#))
- Head Start graduates in the Baltimore City Schools enter kindergarten with higher attendance levels than their peers and maintain those levels through third grade. ([Connolly and Olson, 2012](#))
- Full-day Head Start children in the Montgomery County Public Schools were more likely to meet reading benchmarks by the end of kindergarten, compared to students who had half-day preschool or no preschool. The students also required half as many special education services per week as their peers without the MCPS preschool experience. ([Zhao and Modarresi, 2010](#))
- Mortality rates for 5- to 9-year-old children who had attended Head Start are 33 to 50 percent lower than the rates for comparable children who were not enrolled in Head Start. ([Ludwig and Miller, 2007](#))
- Children who attend Early Head Start have significantly fewer child welfare encounters during their elementary years. ([Green et al., 2014](#))
- Head Start children in Harrisburg had higher mean scores in the fifth grade than a control group on all academic and executive functioning outcomes. ([Greenberg and Domitrovich, 2011](#))
- Early Head Start shows positive impacts on participants' social-emotional functioning that last through 5th grade. ([Vogel et al., 2010](#))
- Head Start children in Tulsa, OK, have higher math test scores in 8th grade, are less likely to be chronically absent, and less likely to be held back a year by 8th grade. ([Phillips et al., 2016](#))

As adults:

- Head Start children have a higher likelihood of graduating high school, attending college, and receiving a post-secondary degree, license, or certification. ([Bauer and Schanzenbach, 2016](#))
- Head Start students are more likely to graduate high school, more likely to go to at least one year of college, less likely to be out of school and unemployed, and less likely to be in poor health. ([Deming, 2009](#))

- Among children who attended Head Start in the 1960s-70s, white children were 28.3% more likely than their siblings to complete high school and 27.6% more likely to attend college. ([Garces et al., 2002](#))
- Head Start improves adult health status for graduates; they are 7% less likely to be in poor health as adults than their siblings who did not attend. ([Johnson, 2010](#); [Deming, 2009](#))
- As adults, Head Start graduates are 19% less likely to smoke than their siblings who did not attend. The savings from these reduced health costs are equal to 36%-141% of the program costs. ([Anderson et al., 2010](#))
- Among children who attended Head Start in the 1960s-70s, African American children who attended Head Start were 12% less likely to be arrested or charged with a crime compared to their siblings. ([Garces et al., 2002](#))
- Compared to siblings who did not attend, Head Start graduates demonstrated improved educational attainment, adult health status, and wages, and decreased grade repetition and incarceration rates for black males. ([Johnson, 2011](#))
- Exploring the evidence on lasting effects of Head Start for children and society both from and beyond the Head Start Impact Study shows the long-term effects and benefit-cost ratio of Head Start. ([Karoly and Auger, 2016](#))

Other generations:

- Early Head Start parents offer more stimulating home environments, read more with children, use less physical punishment, and have higher levels of self-sufficiency. ([Love et al., 2002](#))
- Head Start parents are more likely to increase their educational levels during their children's early years than other at-risk parents. ([Sabol and Chase-Lansdale, 2014](#))
- Head Start parents invest more time in learning activities with their children, and non-resident fathers spend more days per month with their children. ([Gelber and Isen, 2011](#))
- Head Start graduates report investing more in their own children; their children benefited from more positive parenting practices. Head Start graduates spent more teaching their own children numbers, letters, colors, and shapes, more time praising their children, showed their children more physical affection, spent more time doing the child's favorite activities, and reported spanking their children less. ([Bauer and Schanzenbach, 2016](#))

Kudos to a Very Creative Head Start Parent!



Gloria Cejas and her sons Jose Vera Cejas (11 months) and Ismael Ismael Vera Cejas (3 ½) put together a ball slide with plastic bottles, pipe cleaners, and cardboard.

Mom has been interested in making her own activities that help with her children's early development. This particular activity will help with visual tracking. They also made a sensory activity with hair gel and google eyes.

Ismael is one of five children to be enrolled in the new Plum City 4K/Head Start collaboration this fall. He is going to be so prepared for his school experience!

Kate Manning, Menomonie Home Visitor

Menomonie Multi-Cultural Dinner a Huge Success!

Staff at Menomonie hosted their annual multi-cultural dinner for enrolled Head Start/Early Head Start families and district-wide 4K families. The event was held at the Menomonie Leisure center and was attended by well over 200 people. The menu was created and cooked by current Head Start parents and staff and included dishes from around the world! Hmong egg rolls, Mexican tinga and pico de gallo, Italian mostaccioli, Indian lassi, Native American fry bread, German Clenson and Mediterranean tabbouleh were served and enjoyed by all. Flags were displayed from multiple countries that were provided by one of our Early Head Start parents. The kids tried many of the foods, but quickly wore off any calories consumed by dancing to the music provided by the DJ in the gym! Lo pasamos muy bonito (we had a really beautiful time)!

Deb Toycen, Menomonie Center Director



Community Engagement in Action!



The New Richmond Head Start parents collected blankets and stuffed animals for the local fire and police departments to comfort children that have contact with these departments.

These items were presented to the local police department on May 11th at our annual picnic celebration.

Lori DeBoer, New Richmond Center Assistant



***Head Start supports the mission
to end child poverty - one nose
at a time!***

Colfax and Dallas Head Start families supporting Red Nose Day!



Cornell Ends the Year With a Party!

It was a day of mixed emotions at the end of the year picnic at Cornell Head Start. It was time for one last good-bye to Head Start 3 year olds and a final center socialization for Early Head Start. The staff decided that it should be a fun party, costumes and all. So, they dressed up to "Save the Day" as the "Paw Patrol". The families were greeted by Miss Kathy as Rocky, Miss Shalonda as Chase, Miss Maribeth as Zuma, Miss Amber as Skye, Miss Angie as Rubble, and Miss Melody as Marshall. The weather was beautiful, games were a blast, crafts were enjoyed, faces were painted, and the food and friendships were plentiful. All of the children, after hugs and good-byes, went home with a sand bucket filled with items to continue learning with over the summer, including a book.

Melody Peloquin, Cornell Center Assistant



7 Things Every Child Needs to Hear . . .



- 1) I love you
- 2) I'm proud of you
- 3) I'm sorry
- 4) I forgive you
- 5) I'm listening
- 6) This is your responsibility
- 7) You've got what it takes



SUMMER = SUN, FUN, AND SAFETY



Summertime is just around the corner, and that means that everyone will be out and about enjoying a variety of outdoor activities ~ boating, swimming, skiing, local town celebrations, picnics/BBQs, fishing, walking/hiking/jogging.

This also means that there are safety precautions to take when participating in activities/events, so here are some tips to help you prepare!

Sun Safety

- ☼ Use sunscreen with a sun protection factor (SPF) of at least 15, and put on every two (2) hours.
 - ☼ Wear clothing that shields your skin, including a hat and sunglasses.
 - ☼ Know your medications and cosmetics ~ some medications and cosmetics can increase your sensitivity to the sun.
 - ☼ Stay in the shade whenever possible!
 - ☼ Signs of a heat illness to be aware of:
 - ~ weak or dizzy, cramping, feeling very thirsty or sick to your stomach
- If you experience any of these symptoms, lie down in a cool, shaded area and slowly drink/sip on water or a sports drink. If symptoms get worse and/or you begin vomiting, call 911 immediately.

Water Safety

- 🌊 Make sure everyone you're with knows how to swim well.
- 🌊 Even when a lifeguard is present, swim with a buddy.
- 🌊 Swimming with children? Always make sure an adult is paying close attention to any child swimming or playing near water. Don't trust their safety to a lifeguard, life vest or other float device, or another child.
- 🌊 Keep your guard up and avoid any distractions, such as reading or being on your phone, while watching children.
- 🌊 Get out of the water at the first sign of bad weather.
- 🌊 Only dive in areas marked specifically for diving; otherwise, enter the water feet first.
- 🌊 Always wear a life vest, or other float device, when on a boat.

Other Safety Precautions

Vehicles ~ Temperatures inside vehicles can become dangerous within minutes, even with the window(s) cracked open. Never leave a child or pet in a vehicle for any reason.

Bugs ~ Use bug spray; wear long sleeved shirts, long pants, boots and hats when in tall grass or wooded areas; shower within two hours after being in tall grass/wooded areas to reduce risk of tick borne diseases.

Burns ~ In addition to sunburns... grills, bonfires, and fireworks can also cause burns.

- 🔥 Keep children away from grills, bonfires, and fireworks.
- 🔥 Don't wear loose fitting clothing when grilling.
- 🔥 Make sure the fire is out completely before leaving the grill/bonfire unattended.
- 🔥 Enjoy fireworks by leaving it to the professionals.
- 🔥 Stand back from fireworks, and if one doesn't go off, pour water on it. Do not pick it up or stand over it.
- 🔥 Keep sparklers away from very young children.
- 🔥 Keep a bucket of water close by during any of these activities.

Take the time to enjoy the sun, outdoors, and spending time with family and friends this summer! And whatever activities/events you decide to participate in, please remember to take the necessary safety precautions to protect yourself and your family. We hope you all have a safe, wonderful summer!!

Anthem Blue Cross Blue Shield (2016). *Summer safety*. Retrieved May 25, 2017 from <http://timewellspent.anthem.com/images/calendar-bcbs/MANSH0315ABS.pdf>.

“Like us on Facebook” 

Our Facebook pages are:

- CESA 11 Head Start
- CESA #11 Chippewa Falls Head Start
- Colfax Head Start and Early Head Start
- CESA #11 Cornell Head Start
- Dallas Head Start
- Menomonie Head Start, CESA #11
- New Richmond Head Start
- Polk County Early Learning Center, Cesa #11 Head Start
- Pepin County Early Head Start
- Rice Lake Head Start
- Stanley Boyd Head Start