



CESA 11 Head Start ~ Communication Link

TEACHING CHILDREN ~ SERVING FAMILIES

From the Directors . . .



Spring is approaching!

Greetings!

Time is flying by quickly. The beautiful weather and longer daylight hours bring thoughts of spring and warmer temperatures. This has been a busy winter and that will continue into spring.

Staff attended the WHSA 2017 Annual Conference and had wonderful things to say about the trainings offered there. Dr. Jean presented a keynote on literacy while Jon Walker's keynote focused on leadership.

The program officially received notification of duration grant monies which will mean changes to services in the 2017-18 school year. These changes include full day (7 hours/day) 4 day per week class sessions at Cornell, Dallas, New Richmond, and the Polk County Early Learning Center, as well as beginning new full day Head Start services to 3 year olds in Colfax. CESA 11 Head Start will be hiring new teachers, teacher assistants, cooks, and center assistants to meet the needs of the centers, children, and families in these service areas.

The quality of services to communities is of the utmost importance. The program continues to build relationships with community agencies like: Human Services, Public Health, and School Districts to ensure that children, families, and communities benefit from the presence of Head Start and Early Head Start following our mission and vision:

***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.*

Beth Tilleson & Sheri Norgard



Don't forget to.....



Highlights



Beth Tilleson, Director, training the teaching staff on the new Performance Standards.



We are pleased to announce that Dean Chaffee, Family Resource Provider at Chippewa Falls Head Start, will be assuming a lead role in father engagement services for the program. Family engagement is an integral part of Head Start and we are looking to strengthen our

services to fathers. Changing the way we look at families to be more inclusive of fathers requires thoughtful reflection about their role (and males in general). We believe this heightened awareness will assist in making family engagement strategies more comprehensive and inclusive. The fatherhood engagement plan includes: building positive relationships with fathers; creating supportive environments; specific strategies to provide father friendly services; and individualized services.

Martha Willy-Burns, Office of Head Start Program Specialist-Region V, visited the program in early February. Martha participated in a meeting with the Head Start management staff and toured Chippewa Falls Head Start and the Polk County Early Learning Center. Each month, the program directors have required discussions with Martha on various regulations and program operations, and it was nice to have her visit the program in person so other staff had access to ask questions and share what is happening.

Thank you to the Office of Head Start for providing CESA 11 Head Start with such a knowledgeable and helpful program specialist.



CESA 11 Head Start staff attended the 2017 WHSA Conference at the Kalahari in WI Dells February 6 – 8.

Jon Walker, Keynote Speaker, presented *“Understanding My Value and Play My Role-We All Matter and We All Make a Difference.”*



Thank you so much for the opportunity to attend the WHSA conference! I came back rejuvenated and inspired (especially after spending half of Tuesday with Dr. Jean!!). What a blessing. I'm so grateful for the experience.

Laura Lawson, Menomonie Teacher Assistant/Bus Driver

Testimonials from Stanley-Boyd Head Start Parents

The Headstart is amazing!! The opportunity for our child has been great. She has learned many things. We have noticed she has been joining in with peers, using her words more, bathroom, writing ABC, name, shapes, numbers. She has more self help skills down. Before Headstart she was shy, not open to play with others, and only knew or shown us basic learning skills. We think by putting her in the 3yr old program it helped her build her self esteem up and open new doors for her.

Head Start has also been helpful for us as parents.

They have provided us with resources in the area, activities in the area or at home, ways to be involved with our child, and supportive for us. We love all the ideas they have and that are sent home.

The biggest thing we are very thankful and happy about with Head Start is, they ALWAYS include our child, she is NEVER excluded out of things. Even though our child makes it a challenge with her list full of allergies, Head Start still includes her and works around it. We are very thankful and pleased to be part of the program.

Our family has enjoyed working with Head Start. Everyone on the staff is always so welcoming and ~~very~~ helpful. They all work very hard to help accommodate your family.

Each one of our children has blossomed by being enrolled in the head start program. It's especially wonderful for our family because we're self-employed dairy farmers and our boys were always home with my husband & I. It was nice bringing them to the center so they could socialize with other kids and have other adults help to guide and encourage them. People may think children don't learn "academics" but they do and it's so exciting to see them reach new heights and see how proud they are that they've learned something. I would highly recommend Stanley-Boyd Head Start to any parents.

Comprehensive and Two-Generation Services

Head Start takes a comprehensive approach to meeting the needs of the whole child and whole family. This two-generation approach supports stability and long-term success for the families who are most at risk. Depending on each family's needs, they receive a wide range of individualized services. In 2015, families participated in:

1,935 Adult Education; **1,114** Workforce Training; **10,148** Parenting Classes; **825** Dual-Language Classes; **2,479** Support for Homeless Families; **4,227** Emergency Crisis Intervention

Thanks to Head Start's comprehensive services, by the end of the school year children have received education, health, and nutrition services:

89.30% were up-to-date on all immunizations; **67.10%** received continuous access to dental care; **95.40%** had access to a stable medical home



At CESA 11 Head Start, we are committed to strengthening our mental health services to children, families and staff. Let's work to reduce stigma and get the word out about mental health! Please share this important information from the National Alliance for Mental Illness (NAMI).

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/country mental health authority for more resources.

Contact the **NAMI Helpline** to find out what services and supports are available in your community.

If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

Centers' Activities

Dallas Early Learning Center had a *Male Involvement Day* on January 19th. Everyone had fun playing inside with games, puzzles, and having a yummy snack, then enjoyed the warm day outside sledding!

Melissa Larson, Dallas Head Start Teacher



On Monday, February 13th, Stanley Boyd Head Start held a Friendship Dance. Local DJ Ray Rubenzer provided songs and entertainment. A lot of our families attended and all the kids and staff had a great time!

Melannie Rabideau, Stanley-Boyd Family Resource Provider



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- 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