



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 . . .

Spring has arrived in typical Wisconsin fashion; cold, wet, sunny, snow, cold, wet....

It is the time of year that we begin to analyze program data to see what gains we have made, any road bumps that are out there, and determine course corrections. Data is routinely aggregated and analyzed throughout the year; however, now is the time of year when we create our self-assessment and develop program goals and objectives for the coming year. The quantitative data tells us one story, like the number of health checks that have been completed, where children have made gains educationally, etc. The most impactful data the program receives is the qualitative data, or the difference the program has made from the families' perspective.

One story comes to mind of a young child who was discovered to have a serious illness that would have gone undetected had he not had a medical home, or required program health checks. The family service worker was able to help the family navigate the complex medical system, better understand a devastating diagnosis, and provide support throughout the child's treatment. This is one example of (qualitative data) the story behind the true essence and depth of Head Start services.

Creating positive and trusting relationships with families will help them become more engaged in their child's development. Becoming more involved in their child's development will improve school readiness outcomes. Success in Head Start has always depended on the beliefs that parents are their child's most important teacher. These beliefs are deeply rooted in the history of Head Start and continue on in the culture of the CESA 11 Head Start program. The stories keep us connected. #TheHeadStartAdvantage.

**The CESA 11 Head Start 2015-2016 Annual Report is available on our website at
<http://www.headstart.cesa11.k12.wi.us/>**

Sheri Norgard & Beth Tilleson

April is National Child Abuse Prevention Month
Together people raise awareness about child abuse
and neglect prevention



University of Wisconsin-River Falls Evaluation of the United Way St. Croix Valley Success by 6 Initiatives for Polk, Pierce and St. Croix Counties, 2016

CESA 11 Early Head Start participated in a research study initiated by The United Way of St. Croix Valley - Success by 6 in Polk, Pierce, and St. Croix Counties. The University of Wisconsin at River Falls conducted the research to evaluate the degree to which five different parent education efforts were contributing to the Success by 6 initiative. Programs that participated were CESA 11 Early Head Start (EHS) Home-Based, Baby and Me, Young Parent, Play and Learn, and Positive Solutions.

The student learning outcomes were framed for the parents as:

Because of this class/program, the frequency that I:

- avoid losing patience with my child:
- avoid losing patience with other adults in my life has:
- can better guide my child's behavior has:
- prepare my child when we are going out, like to the grocery store, to avoid problem behaviors has:
- read to my child has:
- keep to a schedule for my child's meals, bath and bed times has:
- comfort my child when he/she is upset has:
- focus on listening carefully to my child has:
- tell my child when I see him/her behaving well has:
- let my child take the lead when we play together has:
- put my cell phone down when my child is talking to me has:
- understand how my child's behavior is related to his or her age and stage of development has:

Answer options were: "not changed," "increased a little," "increased," and "increased a lot." Instructors were asked if they had covered these topics with answer options of yes, somewhat, and no.

CESA 11 Head Start uses Positive Solutions as the program's parenting curriculum. The specific data related to Early Head Start home visiting and the parent curriculum was positive.

Positive Solutions was particularly successful in terms of changing parental behavior with respect to being patient with their child, knowing how to help guide their child's behavior, preparing their child prior to going out to avoid problem behaviors, how to comfort an upset child, how to listen carefully to the child, how to praise good behavior, and how to let the child lead during playtime.

Early Head Start Home Visits were successful in terms of prepping the child prior to going out, reading to the child, comforting a child who is upset, maintaining routines for children, and letting the child lead during playtime.

Several participants in the EHS program appreciated the information they received that helped them better understand their child's developmental process. Some comments included:

"Learning the different stages of my child has been helping me a lot to understand my kids."

"It has helped me to understand my toddler and helped with his communication and social skills."

Thank you to the home visitors that participated in the study: Alex Lindstrom, Gail Kolstad, Jamie Lutz, Jenny Ulmaniec, Katie Nerby, Kristi Visger, Rachael Berres, and Sandra Gorden.

Sheri Norgard, EHS Director

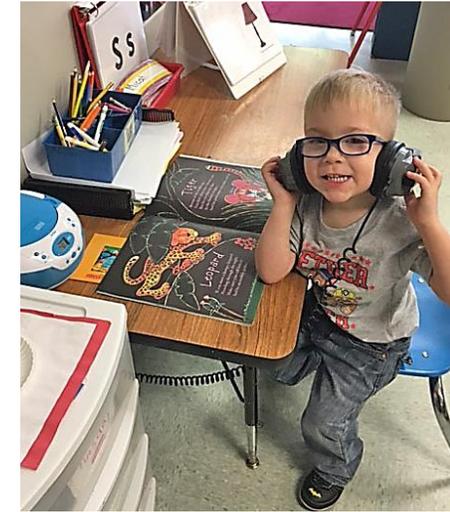
Focus on School Readiness

School readiness goals in the domain of Language Development are:

- 1) Children will demonstrate an awareness of books.
- 2) Children will demonstrate familiarity with writing tools, and alphabet along with emerging skills to communicate through scribbles drawings, symbols and letters.
- 3) Children will demonstrate the ability to communicate either verbally or non-verbally their wants and needs

As I travel around and visit our classrooms, I see evidence that children are working toward these goals daily. Opportunities for children to communicate and be immersed in language rich environments support the children's growth in this area. Children are exposed to books and the written word, both during group activities and during center time. Developing a love of books at an early age promotes a life-time of reading and learning. Children engage in a variety of writing activities and begin to convey meaning through their increasingly sophisticated marks. Children at the Menomonie Head Start Center are pictured as they play, explore language and literacy, and learn.

Becky Evan, Children's Services Coordinator



In Honor of National Reading Month. . . .



The month of March was National Reading Month. Centers were encouraged to invite special people to their centers to read with children. Polk County invited home visitor Jenny Ulmaniec to read 2 books; *Mixed Me* by Taye Diggs & Shane Evans, and *The Rainbow Fish* by Marcus Pfister. New Richmond invited Sheila Harsdorf, WI State Senator (District 10) to their center. Sheila read *Zella, Zack, and Zodiac* by Bill Peet. Senator Harsdorf shared her love of reading with the children, encouraging them to continue. All 3 books center around the theme of acceptance, cooperation, and self-love.

Taye Diggs is the National Literacy Ambassador for Head Start. These reading activities were posted on the CESA 11 Head Start Facebook page and shared nationally by both Taye and the National Head Start Association!

Beth Tilleson, Head Start Director



Control click on the link below to read the article:

[Read Alongside Taye Diggs for National Reading Month](#)

☺ *Happy Reading!*

The past 2 years in my 4K classroom, I have actively been a part of Scholastic Book orders. As a teacher, I take advantage of ordering the inexpensive books that Scholastic provides for my personal book library.



In the fall of 2016, I completed an application on the Scholastic web site that advertised giving away \$1,000 to spend on books for your school. It was a great opportunity to share about the Head Start program with the Scholastic staff. It wasn't until the fall of 2017 that I received an email stating that my application was accepted. I was granted \$1,000 to spend strictly on books for Menomonie Head Start!!!

I bet you can imagine how fun it was to spend 'free' money on all the great books our teachers have always wanted! Our children are going to be reading many books before Kindergarten and will be exposed to some of the coolest books around!

I strongly suggest anyone to take advantage of these opportunities!

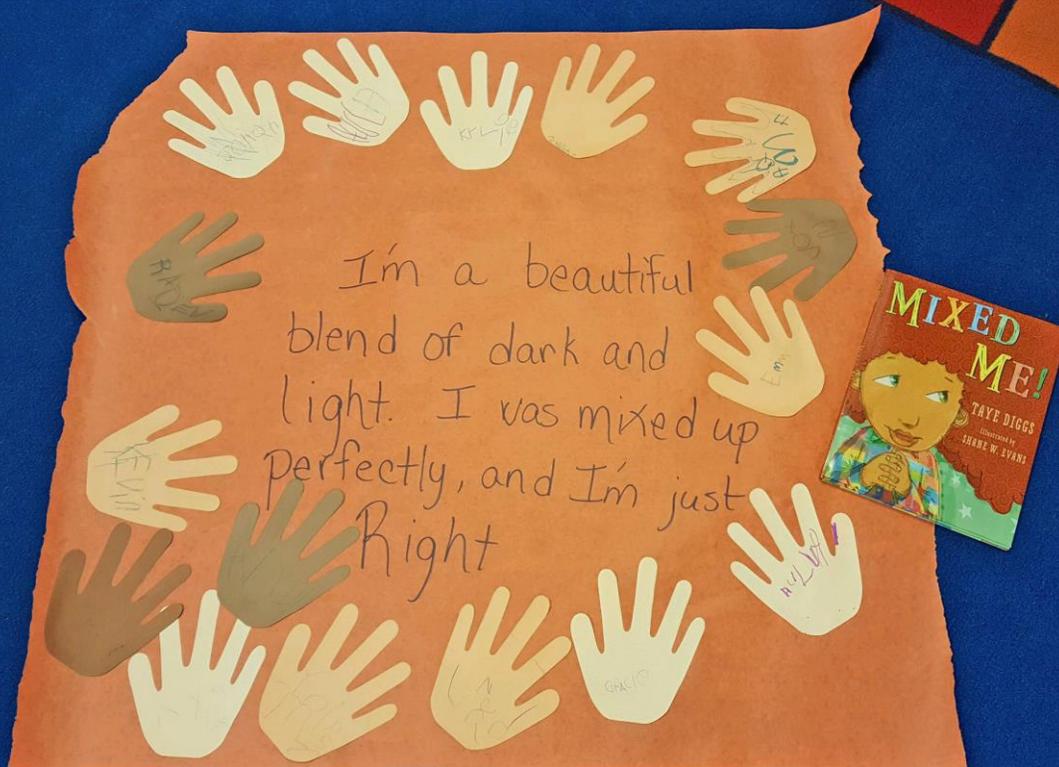
Krystal Groninger, Menomonie Head Start Teacher



Bee happy!



Polk County Early Learning Center/Luck 4K is **"Mixed up Perfectly and Just Right."**



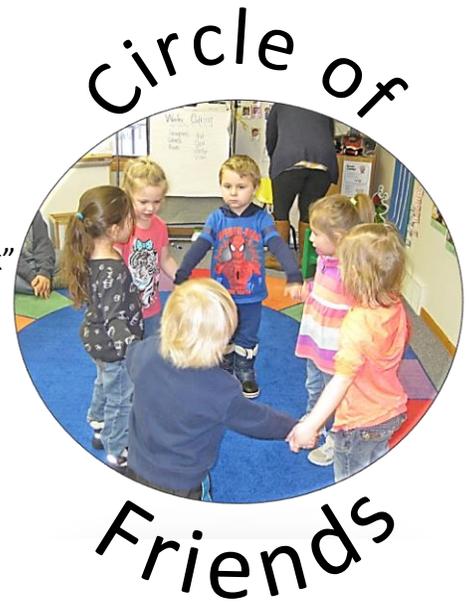
Friends and Family Themes



The theme of "friends" was celebrated during the month of February at Cornell Head Start. Some of the activities included exchanging friendship cards and making a classroom handprint tree. For "Family Week" children sent letters home telling their parents about their favorite activity at school. The children also invited someone special to come eat lunch with them, and

several parents and/or grandparents came. Other activities included reading family themed books, making pictures of their families, and bringing family pictures to decorate the family tree in the classroom.

Melody Peloquin, Cornell Center Assistant



"Parent engagement

is a cornerstone of our program, with families at the Polk County Early Learning Center/Luck 4K enjoying our monthly VIP lunches in our 4K classrooms. We also realize that there are often many important adults in our children's lives, so each month the children can invite a different Very Important Person!"

Mary Nelson, Polk County Early Learning Center Director



Health & Wellness



April Health & Wellness ~ Tips to Fighting Cancer

Most, if not all, of us have or had someone we know that's been affected by cancer in some form or another, and we always wonder about things such as what we can do differently, how we can catch it sooner, and/or what types of preventative screenings are available.

Start with the basics...

- Schedule regular checkups with your doctor and discuss your options for preventative screenings.
- Work towards a healthy weight and maintain it.
- Get out and exercise regularly....even if it's only 30 minutes of walking daily.
- Eat healthy. Try planning your meals on a weekly basis, incorporating healthy ingredients.
- Limit alcoholic beverages (if applicable).
- Avoid all forms of tobacco, including cigarette smoke.
- Apply sunscreen daily....even on cloudy days.
- Know yourself, your family history, and any risks.

Some Recommended Screenings...

- Cervical cancer screening (Pap tests and other gynecological exams) ~ women aged 21 and older
- Breast cancer screening (mammography) ~ women aged 40 and older
- Colorectal cancer screening ~ both men and women aged 50 and older
- Prostate cancer screening (prostate~specific antigen, or PSA, test and prostate exam) ~ men aged 40 and older

For more information on Cancer Screening Guidelines based on a specific age group, please visit <https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/screening-recommendations-by-age.html>.

Help protect yourself by making healthy lifestyle choices to lower your risk(s)!

Excerpts of information taken from <https://www.cancer.org/>.

Wendy Marek, Human Resource Coordinator



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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