



Androscoggin Head Start and Child Care

Head Start Happenings

August 2011

For all classroom locations and programs, contact the Enrollment Office 795-4040 ext. 325

LOCATIONS

Lewiston

- B-Street Head Start Pre-K and Child Care
- Coburn Head Start Pre-K
- Androscoggin Early Head Start
- Hillview Head Start Pre-K
- River Street Head Start Pre-K and Child Care

Auburn

- FDC Head Start Pre-K
- Walton Head Start Pre-K
- Webster Early Head Start
- Webster Head Start Pre-K and Child Care

Lisbon Falls

- Lisbon Falls Head Start Pre-K

Livermore Falls

- Livermore Falls Head Start Pre-K

PROGRAMS

- Child and Adult Care Food Program
- Home Based and Early Home Based

All programs are offered throughout Androscoggin County 795-4040 ext. 325

Mission Statement:

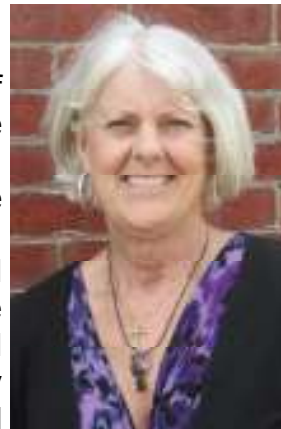
Androscoggin Head Start and Child Care promotes the positive growth of children, families, and staff.



HATCH HIRED BY ANDROSCOGGIN HEAD START AND CHILD CARE

AHSCC is pleased to announce the hiring of Janice Hatch, RN, as Health and Nutrition Manager. Hatch was hired to replace retiring long time Program Manager, Dorothy Crowley Noel, RN. As a member of the Management team, Hatch's responsibilities include ensuring federal regulations are met throughout the agency and for the management of the Health, Food Service and Nutrition Departments.

Hatch holds a Bachelor of Science in Nursing from the University of Southern Maine. She has been a Certified Maine State School Nurse since 2004. She was previously employed for 8 years by MSAD #61, Lake Region Schools as the head nurse for the elementary schools in Naples, Bridgton, and Sebago and worked as a staff nurse for Naples Family Practice for three years. Hatch has also volunteered at Camp Sunshine as a diabetic nurse, and worked as a Camp Nurse for Acadia Camp for Girls in Casco.



Hatch lives in Harrison with her husband, Scott, her bichons Spencer and Leila, and her Missouri Fox Trotter mare, Bailey. She has been a member of the Maine Association of Search and Rescue since 2002 and is currently President of the Maine Mounted Search and Rescue Unit. She is a

member and current Vice-President Elect of the Maine Association of School Nurses, and serves as the Treasurer for the Pulpit Rock Trails Club in Waterford. She enjoys traveling, trail riding and camping with her horse, family,

and friends throughout the United States. Hatch is also the proud parent of two grown children, son Morgan and daughter Leslie.

CLASSROOM HAPPENINGS



EHS ROOM 2 ENJOYS THE SUNSHINE

EHS Room 2 took a walk through the local neighborhood where they pointed out fire trucks, birds and people. We stopped for a rest in Kennedy park for some yogurt pops and fresh air before walking back to school.



RIVER STREET VISITS THE STATE MUESUM

River street children recently went on a field trip to the State Museum in Augusta. They enjoyed exploring the museum and writing stories about their adventures. Britney H. can be seen writing about her adventure as Taddon R. watches as Britney tells him about her story.

B STREET ROOM 2 LEARNS ABOUT BUGS, THE SEA, AND WILD ANIMALS

Here at B Street in room 2, we have been very busy exploring living creatures. We learned about all kinds of bugs and spiders. We visited the bug museum and even got to touch the different bugs. Miss Sharon and Miss Becky even let a Tarantula crawl on their arms. Miss Alyssa let the Madagascar Cockroaches crawl in her hand and up her arm. They were brave.

We also have been busy learning about all the different sea creatures that live in the ocean. Miss Crystal brought in real sea weed with crabs and clams for us to explore. Now that was cool.

Finally, we visited the Dew Animal Kingdom where we saw real live lions and tigers and bears! Our favorite part was when the camel drooled all over the man. We laughed. There were also pigs and a cockatoo who sang and danced. It was great. We really had a lot of fun and learned a lot this summer at B Street.



Above: B Street room 2 children enjoy the Bug Museum.

Right: Miss Sharon reacts to the tarantula in her hand.



CLASSROOM HAPPENINGS

B STREET CENTER TOURS LEWISTON POLICE DEPARTMENT

The B Street Head Start and Pre-Kindergarten classrooms recently had the opportunity to visit and tour the Lewiston Police Department. Tour guides and Community Resource Officers Robert Ullrich and Thomas Murphy walked the thirty children, ages three to five, from the B Street Center to the Lewiston Police Department.



Above: Officer Rob Ullrich sits with students and teachers from B Street Room 1 in Police Chief Bussiere's office, overlooking Kennedy Park.

After splitting up into two groups, Officer Rob and Officer Tom showed the children the briefing room, enjoyed the view from Police Chief's Bussiere's office, explained how a taser was used and demonstrated safety equipment, toured the exercise room, and gave the children the opportunity to sit in a cruiser and run the sirens. The children were thrilled to see the Police Station with Officer Rob and Officer Tom.

Estelle Rubinstein, Executive Director of AHSCC, said "The relationship we have with the Community Resource Officers from the Lewiston Police Department is wonderful. Not only do they provide positive role models for the children, but through their visiting our classrooms for lunch or to read stories, as well as giving them a tour of the Police Station, the Officers are making the children comfortable with law enforcement, and

showing them that they are friendly and nice. We are so grateful for all that the Lewiston Police Department Community Resource Officers have done for the children in Head Start."

The Lewiston Police Department's Community Resource Office, located at 292 Bates Street, was founded in 2010 by Chief Mike Bussiere to work within the Lewiston community to address community issues. The CRO is designed to help improve quality of life for Lewiston residents. Community Resource officers can be reached at 786-2405.



Left: Officer Tom Murphy poses with the B St Room 2 children in Chief Bussiere's office.



Above: Sawyer pushes her friend Anne on the Coburn playground swings on a beautiful day!

HEALTH WITH NURSE JAN

BEAT THE HEAT AND PREVENT HEAT-RELATED ILLNESS

Heat wave safety tips

Slow Down- eliminate or limit outdoor activities to early morning or evening time.

Dress for Summer – wear light weight light-colored clothing that reflects heat, wear a hat, and apply sunscreen

Drink Plenty of Fluids – Water is best to replace body fluids lost to perspiration/sweating. **DO NOT** drink alcoholic beverages or drinks high in sugar as they reduce body fluids. Drink 2 to 4 glasses (16-32 ounces) of fluids each hour.

Eat smaller meals – food adds heat to the body

DO NOT leave infants, children, or pets in a parked car, even with the windows open.

Spend time in air-conditioned places – such as the public library or shopping mall for a few hours to cool the body

Monitor for heat related illness:

- **Heat Rash** - red clusters of pimples or small blisters that usually appear on the neck, chest, abdomen, back, inside elbows and knees.
 - Action: Keep area of skin dry, apply baby powder to creases and folds in the skin.
- **Heat Cramps** – Heavy sweating, muscle cramps in legs or feet, or stomach ache.
 - Action: Get out of the sun, sit down, sip water
- **Heat Exhaustion** – Heavy sweating, muscle weakness, skin feels cold and clammy, pale skin color, weak pulse, dizziness, vomiting or diarrhea.
 - Action: Get out of the sun, lay down, loosen clothing, apply cool and wet cloths to head and neck, sip water.
- **Heat Stroke (sunstroke)** – No sweating, hot dry skin, fever above 103 degrees F, rapid and strong pulse, loss of consciousness.
 - Action: seek immediate medical help

For More information contact the Maine Center for Disease Control and Prevention at 207-287-8016, TTY: 800-606-0215 or www.maine.gov/dhhs/boh/heat/index.shtml

BARBECUE AND FOOD SAFETY

Bacteria multiplies in food faster in warm weather and can cause food borne illness, also known as food poisoning.

Safety Tips for cooking and eating outdoors:

- ◆ Wash hands with soap and water for at least 20 seconds before and after handling food.
- ◆ Keep raw food (meat, chicken, fish) in a separate cooler and securely wrapped so the juices will not contaminate already prepared foods or produce. Do not use utensils or plates that have handled or held uncooked meat with other prepared foods.
- ◆ Marinate uncooked food in the refrigerator not on the counter. Do not use the marinade that has been used with the uncooked food as a sauce on the cooked food.
- ◆ Cook food thoroughly. Use a meat thermometer or precook poultry on the stove or in the oven to reduce grilling time to insure a safe minimum internal temperature.
- ◆ Keep hot food hot and cold food cold. Keep cooked meats hot by setting them to the side of the grill or wrap well and place in an insulated container. Keep cold foods at or below 40 degrees F until served. Keep coolers out of the direct sun and avoid opening the lid too often.
- ◆ Do not let hot or cold prepared foods sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 degrees F.
- ◆ Avoid using mayonnaise or dressings containing raw eggs on any prepared foods or salads.
- ◆ Use several coolers: one for drinks, one for raw meats, poultry, or fish and another one for prepared foods, fruit and raw vegetables.

More information: www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety_index.asp

NUTRITION WITH NORMA

ENJOY AUTUMN ACTIVITIES

Fall weekends are a great time for physical activity, which can counter the effects of the harvest season and the bounty of holiday food. Get outside and enjoy autumn with a brisk run, a nature hike, or a game of football. Weekend athletes may not have the same nutritional demands of full-time athletes, but you still need to fuel your body for outdoor activities.

If you're planning some physical fun during fall weekends, power up beforehand. Eat a meal three to four hours before a workout and a small snack about an hour prior. This helps ensure the energy is in your muscles when you need it.

Eat meals with protein and carbohydrates: a lean deli-meat sandwich, cereal with fruit and low-fat milk or pasta with meat sauce. For your pre-activity snack, eat something low-fat and low-fiber, like a cup of low-fat yogurt or a piece of fruit.

Refuel afterward with similar food combinations, in portions that are right for your body size. And of course, remember to drink plenty of fluids.

CREAMY CUCUMBER SOUP

From EatingWell: May/June 2007

There's no reason to only use cucumbers raw - they are wonderful sautéed then pureed with avocado for a silken-textured soup that's good warm or cold.

4 servings, about 1 cup each | Active Time: 35 minutes | **Total Time:** 35 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tablespoon lemon juice
- 4 cups peeled, seeded and thinly sliced cucumbers, divided
- 1 1/2 cups vegetable broth, or reduced-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch of cayenne pepper
- 1 avocado, diced
- 1/4 cup chopped fresh parsley, plus more for garnish
- 1/2 cup low-fat plain yogurt

Preparation

Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are

soft, 6 to 8 minutes.

Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

Nutrition: Per serving : 173 Calories; 12 g Fat; 2 g Sat; 8 g Mono; 2 mg Cholesterol; 15 g Carbohydrates; 4 g Protein; 5 g Fiber; 494 mg Sodium; 544 mg Potassium, 1 Carbohydrate Serving **Exchanges:** 1 vegetable, 2 fat

CHUNKY PEACH POPSICLES

From EatingWell: July/August 2008

Make sure to reserve a portion of the peaches as you puree the mixture so the pops will be packed with icy cold, chunky bits of fruit. For a grown-up twist, try adding 1 to 2 teaspoons finely chopped fresh mint, lemon verbena or basil.

12 popsicles, 2 ounces each | Active Time: 15 minutes | **Total Time:** 2 1/4 hours

Ingredients

- 1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted
- Juice of 1 lemon
- 1/4 cup freshly squeezed orange juice
- 1/4 cup sugar, or to taste
- 1/4 teaspoon vanilla extract

Preparation

Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.

Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks, freeze until completely firm, about 1 hour more.

Nutrition: Per serving : 33 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 9 g Carbohydrates; 0 g Protein; 1 g Fiber; 0 mg Sodium; 90 mg Potassium, 1/2 Carbohydrate Serving **Exchanges:** 1/2 fruit

Make Ahead Tips

- Store in the freezer for up to 3 weeks. Equipment: Twelve 2-ounce or eight 3-ounce freezer-pop molds, or small paper cups with frozen-treat sticks
- Refrigerate for up to 4 hours.

ARE YOU A HOME DAY CARE PROVIDER? (OR DO YOU KNOW SOMEONE WHO IS)?

We would love to have you join our Child and Adult Care Food Program sponsorship!

To qualify for the program you must:

1. be a licensed child care provider or have submitted an application to be one.
2. be an unlicensed child care provider and have a child in care that is receiving a child care subsidy

The CACFP at Androscoggin Head Start and Child Care offers Home Daycare Providers:

- **Monthly reimbursement checks** – within approximately 10 days of the close of each month.
- On-line claiming
- All **postage paid!**
- All paperwork provided
- On-site training
- Online support
- Nutrition-based Newsletter
- A Record-Keeping Calendar for Daycares
- Access to our staff of professionals in the fields of Nutrition, Health, Education, Special Education, Social Services and Food Service.

All Maine Sponsors must follow the same State & Federal Guidelines

- Same reimbursement rates
- Same methods of qualifying
- Same amount of paperwork
- Same number of Home Visits
- Same amount of CACFP Training

For more information or to join the Child and Adult Care Food Program at AHSCC, please call Carla at 795-4040 ext. 330 or email her at cfortier@androkids.com.



Students in our full day, full year Head Start Pre-K and Child Care classrooms are growing gardens this summer. Justice shows off the pea pod she picked from the Coburn playground garden. Then she ate it!



Photo above: Home Based has been busy this summer with older siblings home for summer vacation. Kandok and siblings practice their writing during a home visit with Family Educator Mary Thibeault.



Photo above: Home Based has been lucky enough to have help from the Health Department in completing lead screenings in the home. Sandra Labbe, Health Assistant, conducts a lead test on Summer during a home visit.

FUN THINGS TO DO WITH YOUR CHILDREN!

Activities do not need to be expensive to be fun. Often, you can find the ingredients for creative play and memory making right in your kitchen cupboards.

Use a rolling pin, cookie cutters, or anything that will make shapes for added enjoyment.

Kool-Aid® Play Dough

- 1 cup flour
- 1 tablespoon vegetable oil
- 1 package unsweetened Kool-Aid®
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 cup water

Mix flour, salt, cream of tartar and Kool-Aid® in a medium pot. Add water and oil. Stir over medium heat 3 to 5 minutes. When mixture forms a ball in pot, remove. Knead until smooth. Put in a plastic bag

Makes enough play dough for 1 child.

Homemade Goop Recipe

- 1/2 cup cornstarch
- 1/4 cup water
- small bowl, tin pie plate, etc.
- cookie sheet or pizza pan
- more water
- Food coloring (if desired)

Add the water to the corn starch in a small bowl, tin pie plate, etc. Mix it together using your hands. If you need to add more water, add just a couple of drops (especially after playing with it for awhile).

Ask your child questions like:

What does the corn starch smell like?

How does it feel?

What is it doing?

WAYS TO SUPPORT ANDROSCOGGIN HEAD START AND CHILD CARE - THAT DON'T COST YOU A THING!



GOODSEARCH FOR ANDROSCOGGIN HEAD START!

Here's a new easy way to raise money to support Androscoggin Head Start and Child Care. Just start using Yahoo! powered GoodSearch.com as your search engine and they'll donate about a penny to your favorite cause every time you do a search!

In addition, do all of your shopping through their online shopping mall, GoodShop.com, where you can shop at more than 2,000 top online retailers and a percentage of your purchases will go to the charity or school of your choice. You pay the same price as you normally would, but a donation goes to your cause!

Here's the web site — <http://www.goodsearch.com>. You can also read about GoodSearch in the NY Times, Oprah Magazine, CNN, ABC News and the Wall Street Journal.



www.CharityBlast.com

Do you ever shop online? Please check out www.CharityBlast.com, a great website that will donate a portion of EVERY purchase you make at online stores like Target, Best Buy, Old Navy, Wal-Mart and more to **Androscoggin Head Start and Child Care** at no additional cost to you.

Please find **Androscoggin Head Start and Child Care** on the front page of www.CharityBlast.com and shop for **Androscoggin Head Start and Child Care!**

Click. Shop. Support!



WISH LIST

Our classrooms are always in need of equipment and materials. If you would like to donate any of the items listed below, or other items you may have, please call **795-4040**. Thank you in advance for your support!

- ☆ Diapers / Wipes
- ☆ Children's sneakers
- ☆ Hats with visors
- ☆ Outdoor play toys
- ☆ Puzzles and Books
- ☆ Button down or T-shirts for painting and project smocks

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NOW ACCEPTING APPLICATIONS

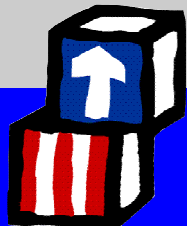
Androscoggin Head Start and Child Care is currently accepting applications for children, 6 weeks to 5 years old, and pregnant women. We offer eligible children a safe and nurturing environment, providing health screenings, healthy meals, and school readiness programs.

Diapers, wipes and formula are provided at no cost. Our Head Start Pre-K and Child Care centers, as well as Early Head Start, are open from 6:30 am to 5:30 pm.

Your child can have fun while learning!

Call 795-4040

DO YOU WANT A CAREER WITH ANDROSCOGGIN HEAD START?
Visit www.AndroscogginHeadStart.org
for current employment opportunities



Give your child a Head Start!
Call 795-4040 ext. 325 for more information

