



Head Start Happenings

May 2008

COMMUNITY CREDIT UNION HELPS HEAD START'S NUTRITION PROGRAM

Statistics show that more than 40% of Maine's kids under the age of 12 show some evidence of hunger. For this reason, Community Credit Union was proud to present Androscoggin Head Start and Child Care's Nutrition program with a \$600 donation.

"This donation could not have come at a better time," explained Estelle Rubinstein, Executive Director of Androscoggin Head Start. "We are in the process of starting a new initiative in our Color Me Healthy program." This spring, the children at Androscoggin Head Start will be planting their own vegetables and watching them grow. These vegetables will then be served at meal times.

Community Credit Union participates yearly in the Maine Credit Union League's Ending Hunger initiative. In 2007, the Ending Hunger campaign

raised over \$366,000, all of which was distributed to organizations in Maine dedicated to ending hunger. At the end of each year, a portion of the money raised by each participating credit union is given back to that credit union to then be distributed to organizations in their own community. Community Credit Union is a member-owned, full service financial institution and has been serving its members and the Lewiston-Auburn community for 62 years.

WOULD YOU LIKE TO HELP ANDROSCOGGIN HEAD START SAVE PAPER AND POSTAGE COSTS?

Receive your copy of the Head Start Happenings by e-mail

Send an e-mail to newsletter@androkids.com with the subject line "subscribe", and your e-mail will be added (this list will be kept private and not used for any other purposes than e-mailing of the quarterly Head Start Happenings.)

Or read it online at www.AndroKids.com

Select Head Start Happenings on the left hand side, and all current and past issues are available.

Please contact Wendy Berube-Gamache with any questions (795-4040 ext. 348 or e-mail at wberubegamache@androkids.com)

THANK YOU!



Estelle Rubinstein (left), Executive Director of Androscoggin Head Start and Child Care and Dorothy Crowley Noel, RN (right), Program Manager for Androscoggin Head Start accept a donation check from Jennifer Hogan, Marketing/Training Coordinator for Community Credit Union.

CLASSROOM HAPPENINGS



HILLVIEW VISITS THE CHILDREN'S DISCOVERY MUSEUM

Submitted by A. MacIsaac

The children of Hillview recently visited the Children's Discovery Museum in Augusta. So many things to do, so little time. Lunches were prepared and served in the restaurant, important phone calls were conducted in the bank, tickets were sold for a show that took place on the stage performed by children in costumes. Everybody had to go down the slide and climb on the construction vehicle displayed at the museum. The picture above features fathers and children putting on a jam session in the music corner. Fun was had by all this day. We can't wait to go on our next field trip.

FARWELL'S PRE-K'S MOTTO

"Together... we work, we learn, we care."

Submitted by C. Cline

With this as the Farwell motto, it is exciting to say that **together... we ARE working, and learning, and caring** in both of our Pre-K classrooms! It is exciting to see that children have formed friendships, and arrive each day eager to see their buddies and share the day's adventures with them. It is also exciting to see children thinking about their friends' feelings and needs, as their skills of sharing, turn-taking, and empathy grow. How nice it is to have so many children not only help themselves now, but offer to help their friends. Or then again, to have the offer declined with replies of "I want to try it myself"! And learning happens non-stop! Our letter of the week is a popular thing

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HOME BASE FOCUSES ON NUTRITION

Submitted by B. Adams and Family Educators

Home Based Head Start focused on nutrition and food budgeting at our socializations for the month of February. Ruth Cyr from the University of Maine Cooperative Extension came to two parent group meetings on February 11th and February 25th. Ruth spoke to the parents about stretching food budgets, meal planning, and shared simple recipes to make at home. Ruth explained what she can do through the Cooperative Extension Program for the parents and at both groups several parents signed up for services. Ruth engages the parents in a food budgeting activity, providing a few different foods from each food group and allowing the parents to create menus. Each parent was then able to choose a kitchen item to take home for participating. Ruth provided several handouts for parents to take home to utilize in food budgeting and nutrition.



Pictured left to right

Home Based Parents Jaclyn Larrabee, Caitlin Cummings, and Chastity Foss, with Ruth Cyr from University of Maine's Cooperative Extension.

that kids look forward to, keeping them in eager anticipation. The children also look forward to our weekly themes, which generally are linked to our letter of the week. Children also look forward to our weekly trips to the library to hear a book read by our librarian, to read with teachers or friends, and then to pick their own book to take back to class. Our other weekly trip is to the gym for lots of fun and exercise. As you can tell, the fun and the learning never stops!

CLASSROOM HAPPENINGS (CONT.)

RIVER VALLEY ATTENDS BOWLING FIELD TRIP

Submitted by B. Perry

The children and parents at River Valley Head Start recently attended a field trip to Spare Time Recreation in Lewiston for a fun morning of bowling. The children had a great time bowling and were especially excited about riding the bus! In days prior to attending the field trip the topic of bus safety was discussed at circle time. The children also participated in a bus evacuation drill prior to the field trip courtesy of the SAD#52 bus department. River Valley Head Start services children from the towns of Leeds, Greene, and Turner and is located in the Turner Primary School.



Left to right: David, Luke, Denver, and Keegan patiently waiting for their turn to bowl!



Destiny is enjoying her bus ride to Spare Time Recreation.

TRI-TOWN CELEBRATES IT'S "GOOD GUYS"

Submitted by D. Woodward

Tri-Town's "Good Guys" were recently invited to have soup, crackers, fresh pineapple and milk with their children before playing games and winning prizes. The children made the vegetable soup during class time and helped to prepare the fresh pineapple that was served. The children had a blast playing toss the bean bag into the pineapple, fishing for prizes, ring toss, painting bears and smacking the Piñata. The "Good Guys" played a game of musical chairs with the children and Isabelle was the big prize winner. They all left with a book and a bag full of goodies. Fun was had by all!

Prizes were donated by Jeff Mitchell and the books were earned with bonus points from Scholastic Book Orders. The Piñata was made by the children and the food was served through the kitchen. Thank you Peggy for helping to serve the delicious food. I would also like to thank my Teacher Assistant (Wanda) who put all this together with her great creativeness and enthusiasm. Great Teamwork!!!



Seated Left to Right:

Wes McAllister and his daughter Avery

Buzz Bisbee and his daughter Lily

Don Hart and his daughter Abigail

Jon O'Donnell and his daughter Olivia

Steve Anderson and his grand-daughter Isabelle

Jeff Mitchell and his son Alex

Jeremy Nay and his twin daughters Allison and Abigail

HEALTH WITH NURSE DOT

STARTING YOUNG IN MAINE

AHSCC and Healthy Androscoggin were awarded this \$1,000 Grant in partnership with the Maine Center for Public/Health Harvard Prevention Research Center (MCPH). It was funded by the Harvard Pilgrim Health Care Foundation. It is intended to help cut down on childhood obesity by encouraging healthy food choices and increased movement. The goals are similar to the National Head Start Initiative that AHSCC has adopted - 'I am Moving, I am Learning.' There are four pilot sites. They are: Coburn classroom One, Hillview One, Hillview Two, and Tri-Town.

Some of the activities planned by the pilot sites are as follows:

- ♦ Hillview Rooms One and Two are planning a Good Guy's event in May. They have ordered gross motor items such as jumping bags, jump wands, scooters, monster stompers, ring toss and super sliders. They will be setting up stations at their event where the children and their 'Good Guys' can participate in the various planned activities. They are also purchasing balls, jump wands and bubbles for the children to take home after attending the event to help promote a more active lifestyle at home. In addition, they will be making a vegetable soup with the children to serve to the dads at night along with other drinks and additions to the meal. Following the event, they will share their 'gross motor box' with other sites who might like to plan a similar event in the fall.
- ♦ Tri-Town is planning a Mini Wellness Fair for their families on May 23rd. They will be providing a nutritious breakfast to include seasonal fruits, breads and cheeses. Parents will be offering garden information and outdoor activities to do at home with their children. They will offer door prizes and something for the children to take home in regards to outdoor activities. They are considering ideas such as a children's book filled with interesting healthy recipes, poems and songs, manicures, hair cuts (or a certificate



Planting bulbs at Coburn

for), yoga, ti-chi, and children's magazines. At the fair, they will be offering various activities for the children and their parents. They are hoping that their new playground will be installed by the date of their fair!

- ♦ Coburn One is planning its event to be held in conjunction with the end of the year party planned with Coburn Two, our second full year classroom at Coburn. They are planning to serve Italian Sandwiches to children and parents at this evening event. (Classroom one, because they are one of the pilot programs, will have an extra activity in their room. The day prior to the event the children will be making fruit kabobs.) Many planned physical activities will be taking place at this event. Some of them include an obstacle course using hula hoops for Ring Hops, a Tunnel to crawl through, a slide to go down, and a balance beam to cross. In addition, they plan to offer Football Bean Bag Tosses, Egg Citing Spoon Games, Super Slider Games, Ring Toss Games, and several others.

All details of events held by pilot sites will be shared with other sites who might like to hold events – enriching nutrition and physical activities that are already a big part of life at Head Start.



Dorothy Crowley Noel, Program Manager for AHSCC, Angela Cole Westhoff, Director, Healthy Androscoggin, Marion Browning, Wellness Coordinator for Healthy Androscoggin, & Estelle Rubinstein, Director, AHSCC

HEALTH WITH NURSE DOT (CONT.)

MAINE SEAT BELT LAW

Please know that anyone can now be stopped while driving and charged with not being properly restrained in a vehicle – driver or passengers. Prior to now, one could only be charged if stopped for another violation and found not to be properly belted or restrained. There is a rather hefty fine. None of us would like to have to pay this fine! Best to see that all in any vehicle you are riding in are properly buckled up.

VEGETABLE GARDENS AT HEAD START

Thanks to the support of our community partners, all full year sites at AHSCC will have vegetable gardens this summer, planted with the help of our children. Two local Credit Unions provided generous donations to our Health and Nutrition Program. In addition, we recently received news that we are receiving a \$1,000.00 Grant to assist us in this project! It is a Preschool Garden Award that we applied for. AHSCC was one of just 75 selected from a field of more than 1,000 applicants! We have received a lot of support from Healthy Androscoggin and Lots to Gardens. In fact, Lots to Gardens has offered us a spot in their neighborhood garden on Blake Street for our B-Street Site. The rest of our sites will have raised garden beds in their playgrounds.

Norma Larocque, our Health Coordinator and Nutritionist, is serving as Coordinator of the garden project. She is an avid gardener. She has been named ‘The Queen of Dirt at AHSCC.’ Although she seems pleased with her title, we must remember that we have soil in our gardens – not dirt.

Stop at any of our full year sites this summer and watch our gardens grow! Children will be participating in nutritional activities with the veggies grown in our gardens, and will be enjoying them, hopefully, as a part of their great meals at AHSCC.

RABIES MENACE ON THE RISE IN MAINE

This information was taken from the Lewiston Sun Journal, April 9th. The article stated that animal experts advise that rabid animals are on the move in Maine this spring. Particularly troublesome this

year may be raccoons and foxes. State Epidemiologist Kathleen Gensheimer says that protecting yourself comes down to common sense. **“The best way to protect yourself is to protect your pet,”** she said.

Vaccinations are the first line of defense, she said. The best protection is to go nowhere near an infected animal. Parents should teach their children to steer clear of strange animals, no matter how harmless the animals may appear.

Spray/neuter clinic dates: Dr. Stephen Kinney will offer clinic dates for the communities’ low-income families whose felines are in need of spaying or neutering. Call 783-2311 to sign up. The clinics will be held at the Greater Androscoggin Humane Society at 55 Strawberry Avenue, Lewiston. The dates are: Monday, May 19; and Monday, June 16. The cost to spay a female is \$55.00 and a male neutering is \$25.00. **Rabies shots are also available for \$10.00 each.** For more information on the clinics call the shelter at 783-2311 or visit www.gahumane.org.

LOTS TO GARDENS SUMMER CALENDAR

ALL PROGRAMS ARE FREE!

To sign up and for more info call Denise at Lots to Gardens, 755-3110 or email denise.l.dill@gmail.com

Kids Cooking Club

Every Monday, 4:00-5:30 pm
Lewiston Public Library Children's Department
To sign up call the Lewiston Public Library

Teen Cooking Club

1st & 3rd Wednesdays of the month until June, 4:00-5:30 pm
Nutrition Center of Maine (208 Bates St.)
Open to youth ages 14-20

Adult Cooking Group

Last Thursday's of the month until June, 5:30-7:30 pm
Nutrition Center of Maine (208 Bates St.)
Open to adults

Community Creative Cooking Night

Every Wednesday starting July, 6:00-8:00 pm
Nutrition Center of Maine (208 Bates St.)
Open to youth and adults

NUTRITION WITH NORMA

THE LUNCH BOX ~ Safe Lunches for Preschool Children

Provided by the University of California Cooperative Extension, San Luis Obispo County

Packing a lunch that will be safe when your child eats is just as important as packing healthy foods. Children under the age of 5 are at high risk for foodborne illness (food poisoning caused by bacteria). There are three important considerations when selecting foods for safety:

❖ ❖ **Type of food** ❖ ❖ ❖ **Temperature** ❖ ❖ ❖ **Time** ❖ ❖

Type of Food

Bacteria that cause foodborne illness grow rapidly in certain types of foods. Meats, poultry, fish, dairy products, soft cheeses and cut fruits and vegetables are most likely to be attacked by foodborne bacteria. When packing these foods in your child's lunch, be sure to pack them safely.

Keep these foods cold

- ◆ Meats, poultry, fish
- ◆ Soups
- ◆ Eggs
- ◆ Milk, soft cheese, yogurt
- ◆ Peeled and cut fruits & vegetables
- ◆ Opened fruit juice
- ◆ Pasta Salad

Keep these foods hot or cold

- ◆ Soups
- ◆ Chili
- ◆ Casseroles
- ◆ Refried & baked beans

These foods are safe at room temperature

- ◆ Breads, crackers, cereal
- ◆ Peanut Butter
- ◆ Whole, uncut fruits
- ◆ Unopened canned fruits
- ◆ Dried fruits
- ◆ Unopened juice boxes
- ◆ Hard cheese
- ◆ Unopened cans of tuna, meats, poultry
- ◆ Nuts and seeds

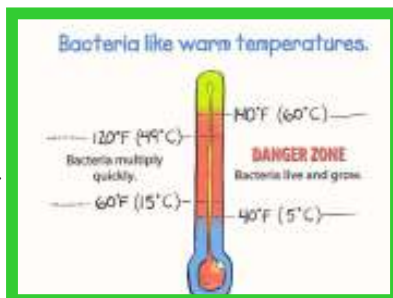
*Follow the old saying:
Keep Hot Foods Hot and
Cold Foods Cold.*

Temperature

Use temperature to keep lunch safe. Keep foods above 140°F or below 40°F. High temperatures kill bacteria and low temperatures slow their growth.

Temperature Guide to Food Safety

Susceptible foods held more than 2 hours in the Danger Zone are subject to rapid growth of bacteria and may cause food poisoning.



Time

Bacteria that cause foodborne illness grow rapidly. Many foods can become unsafe to eat in just two hours if left at room temperature.

Packing a Safe Lunch

Packing a safe lunch is easier than you may think. Here are some examples:

Lunch #1



- ◆ Baked Chicken Leg (cold)
- ◆ Cucumber Circles
- ◆ Cantaloupe Slices
- ◆ Oatmeal Cookie
- ◆ Low-Fat Milk

➔ *Which foods need special handling?* The chicken, cut vegetable, cut fruit, and milk.

Send this lunch safely with your child by putting the milk into an insulated bottle and packing the entire lunch into an insulated lunch box with a frozen ice pack.

Lunch #2

- ◆ ½ Peanut Butter and Jelly Sandwich
- ◆ Yogurt Cup
- ◆ Baby Carrots
- ◆ 100% Orange Juice (in a carton)

➔ *Which foods need special handling?* Yogurt and vegetables.

Send this lunch safely by packing it in an insulated lunch box with a frozen ice pack.

Lunch #3

- ◆ Leftover Lasagna
 - ◆ Canned Fruit Cup
 - ◆ Water
- ➔ *What food needs special handling?* Lasagna.

Send this lunch safely by heating the lasagna and putting into an insulated container. Or send the lasagna cold in an insulated lunch box with a frozen ice pack.

Lunch #4

- ◆ Bean and Cheese Burrito
- ◆ Strawberries
- ◆ Water



➔ *What food needs special handling?* Burrito.

Make the burrito the night before and store in the refrigerator. In the morning, pack the entire lunch in an insulated lunch box with an ice pack. The burrito can safely be eaten cold or warmed up.

For more information on food safety and packing safe lunches call the USDA Meat & Poultry Hotline 1-800-535-4555 or log on to Fight BAC! at www.fightbac.org.

BETTER BEHAVIOR THROUGH LOVING DISCIPLINE

As your children grow up, it's natural for them to challenge you. Sometimes, it seems easier to just let them have their way. But all kids need limits, and they need parents to guide them. Discipline works best with a balance of love, respect, clearly defined rules, and understanding. Here are some secrets of effective discipline.

♦ **Make the rules clear**

Children do best when they know what to expect. Talk about family rules, explaining the consequences clearly. *Example:* "Put your bicycle away when you've finished riding it. If you don't, you won't be allowed to ride it the next day." As your youngsters learn to read, write down the rules and put them on the refrigerator as a reminder.

♦ **Be consistent and firm**

You can expect your kids to "test" the rules from time to time. When they do, try to stand your ground and apply the set consequences. Being firm and consistent lets them know that you mean business.

♦ **Give positive feedback**

Try to focus more on your children's right actions than on their wrong ones. This will encourage them to try even harder to behave. So, when you see behavior you'd like repeated, let your kids know. *Example:* "Thanks for hanging up your coat and backpack!"

SAFETY FIRST

Keep your child safe at school with these clothing tips. Floppy shoes (such as sandals) or shoes that don't fit properly might cause accidents. Baggy clothes and cords or strings on clothing can get caught on playground equipment.

VOLUNTEERING FOR SUCCESS

Did you know that when parents are involved in their children's education, schools and communities grow stronger? Ask your youngster's teacher how you can help in the classroom or school. Your involvement will make a difference.

WAITING GAMES

Waiting has become a part of our everyday lives. The next time you hear, "How much longer?" try one of these ideas to occupy your children.

- ♦ Play word games. Start with a simple word like *up*, and take turns thinking of opposites or alternative words. *Examples:* *down, left, right.*
- ♦ Take all the change out of your pocket and let your youngsters sort it. Then, show them how to count it out. How much change will make a dollar?
- ♦ Work on "skip" counting. Practice counting by fives or tens. Say each number and ask them to repeat it after you.
- ♦ Try an alphabet search. One person finds an object that begins with the letter *a*. The next person finds something beginning with *b*, and so on.

ROUTINES FOR LEARNING

Are your youngsters having trouble keeping their minds on school now that spring is on its way? Help them stay on track by sticking with these school-related habits at home:

- ♦ Remind your children of routines like "reading before play or television." They show your kids that learning is a top priority. Also, give them a comfortable place to read or draw without distractions.
- ♦ Make time each day to look over school papers with your youngsters. Be on the lookout for notes from their teachers, and mark important dates on the calendar.
- ♦ Sharing at dinner time is an activity that can go beyond passing the platter. Ask your children to think of one new thing they learned during the day. It might spark an interesting conversation among everyone at the table.

BREAKFAST READING

Breakfast time is a great time to work on reading skills. Quiz your child about the sounds of consonants and vowels on his cereal box. Try saying the sound of a letter and asking him to find it on the box.

Call 795-4040 for more information

GIVE YOUR CHILD A HEAD START

Androscoggin Head Start & Child Care
269 Bates Street
Lewiston, ME 04240
(207) 795-4040

WISH LIST

Androscoggin Head Start and Child Care is always in need of equipment and materials for their classrooms and offices. 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 of Androscoggin Head Start and Child Care!

- Gardening tools & Equipment
- Diapers / Wipes / Little Swimmers
- Spring / summer toys
- Summer clothing / bathing suits / hats
- Sneakers / sandals
- 3 twin beds / mattresses
- Floor puzzles
- Puppets & Puppet Theatre

**DO YOU WANT A JOB AT
ANDROSCOGGIN HEAD START?**

Visit www.AndroKids.com
for current employment opportunities.

A United Way funded and Lewiston
and Auburn CDBG supported agency
Dial 211
www.211maine.org



Head Start Happenings is edited by W. Berube-Gamache,
Recruitment Coordinator - 795-4040 ext. 348

NOW ACCEPTING APPLICATIONS

Head Start is currently accepting
applications for children,
6 weeks to 5 years old, pregnant
mothers and families.

We offer eligible children a safe and
nurturing environment, providing
health screenings, dental checks, healthy
meals, and school readiness programs.

Your child can have fun while learning!

Call 795-4040