



May 2011

Androscoggin Head Start and Child Care

Head Start Happenings

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
- Washburn Early Head Start
- Washburn 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
- Family Child Care
- 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.

Maclsaac and Moore are new Site Supervisors

Androscoggin Head Start and Child Care Executive Director Estelle Rubinstein is pleased to announce the hiring of Anneke Maclsaac and Tekia Moore as Site Supervisors. Maclsaac will be supervising Head Start classrooms at the FDC, River Street, and Walton locations. Moore is in charge of classrooms at AHSCC's Coburn building and Lisbon center.

Maclsaac has previously worked as a pre-kindergarten teacher at various Head Start programs in New England. She has been employed by Androscoggin Head Start and Child Care for the last three years as the Literacy Specialist for the

Early Reading First Grant, assisting teachers to implement "Opening the World of Learning" curriculum in the classrooms at Androscoggin Head Start and Child Care. Anneke has a Bachelor's Degree in Early Childhood Education.

Moore, a new hire to Androscoggin Head Start and Child Care, previously was employed as a Children's Case Manager with Tri-County Mental Health Services. Before her employment at Tri-County, she worked as a preschool teacher for the University of Maine Children' Center. Tekia obtained a Bachelor's Degree in developmental and social psychology focusing on child development from the University of Maine.



Anneke Maclsaac and Tekia Moore

CLASSROOM HAPPENINGS

HILLVIEW 2 OPENS A SCHOOL OF VETERINARY MEDICINE

Do you have a pet who is sick? Other vet clinics think your animal is too strange? Send them on over to The Hillview Vet Clinic where our Vets In Training will nurse your loved one back to health in our state of the art dress up area. No animals will be turned away, our specialties range from Anteater to Zebra and everything in between. Our Vets In Training



have been doing hands on learning in the area of checking for fevers, giving shots and putting on band aides as well as listening for heart beats. Your pet will be in the great hands of our wonderful Vets In Training.

Below: Dr. Yusuf is examining Derek Duck and Dr. Zakaria is listening to Romeo Rabbit's heart beat

Above: Nurse Lilian is checking to see if Anthony Anteater has a fever



Children at Walton Head Start Pre-K do a "Dragon Dance" to celebrate spring

WALTON CELEBRATES SPRING

The kids at the Walton Head Start have been busy gearing up for the coming of spring. In February kids learned about Chinese New Year. It is an all East and South-East-Asia celebration and the correct naming is hence "Asian New Year". In China it is known as "Spring Festival," It marks the end of the winter season. The Chinese New Year tradition is to reconcile, forget all grudges and sincerely wish peace and happiness for everyone.

The children at the Walton Head Start participated in a spring festival of their own design, inviting parents to enjoy a luncheon and a spring dragon performance. The children constructed a Chinese dragon head made out of a cardboard box and decorated themselves with scarves and tassels. They march around the room chanting, 'I want to be a dragon, I don't want to be a worm.' The children laughed and played happily as staff noted the abundance of smiles that filled the room from parents and children alike. It was a great day and a warm feeling of community developed despite the fact that we live in Maine and there was still 102 feet of snow outside.

GETTING INVOLVED IN YOUR CHILD'S EDUCATION

Whether your child is new to school this year or getting ready to graduate, participating in their education is one of the most important things you can do to ensure their academic success. This fact sheet will define Parent Involvement, tell you what the research says, and give you some tips that can help you work more effectively with your child's school.

What is Parent Involvement?

The Federal Department of Education says that Parent Involvement in education is the participation of parents in regular, two-way, and meaningful communication involving student academic learning and other school activities. Schools with a strong commitment to involving families ensure that:

- parents play an integral role in assisting their child's learning
- parents are encouraged to be actively involved in their child's education at school
- parents are full partners in their child's education and are included in decision making
- parents are represented on school advisory committees

Why is Parent Involvement Important?

Research has shown that parent involvement in education is a more important predictor of student success than family income level or the how much education the parents completed. In fact, kids are most likely to succeed when their families:

- create a home environment that encourages learning
- communicate high, yet reasonable, expectations for the child's achievement and future career
- become involved in the child's education at school and in the community

When parents are involved, children are more likely to:

- get better grades and test scores
- graduate from high school at higher rates
- go on to higher education
- be better behaved and have more positive attitudes

Family involvement in education impacts more than grades. Research has shown that:

- alcohol use, violence and antisocial behaviors tend to decrease as parent involvement increases
- educators tend to hold higher expectations of students whose parents talk regularly with teachers
- when parents are involved, students usually have better attitudes, are more motivated toward school, and have better self-esteem

How Can I Get Involved?

Here are some simple, research-based activities to develop strong family involvement:

Communicate

- find out the best way to contact your child's teacher
- tell your child's teacher the best way for them to contact you
- let your child's teacher know right away when you have questions or concerns
- send notes, emails, or call the school
- attend open house and parent-teacher conferences
- ask for an interpreter and translated materials if you need them

Ask Questions

- talk to other parents in your neighborhood
- prepare for meetings with teachers by bringing a list of questions
- ask about your child's achievement
- find out about extra support that might be available
- ask your child about his/her day
- enjoy a family meal at least three times a week

Show your child education is important

- know what your child is learning at school
- make homework a priority, and provide a comfortable space for your student
- limit television viewing during the week to 1 hour a day or less
- volunteer for after-school activities
- attend school events
- offer to serve on school advisory boards
- help your high school student with course selection
- talk about your student's future

Learn More

- attend parent workshops and informational meetings
- attend School Board meetings (some communities air them on cable TV)
- volunteer at the school regularly, or for special events
- join parent groups at the school like the PTA
- call Maine's Parent Information and Resource Center (Maine State PIRC)

Maine PIRC is a nonprofit project of Maine Parent Federation. We provide free help to parents who want to learn more about the school system and how to be involved in their child's education.

Information based on the research of Joyce Epstein, et al.

State of Maine, Department of Education. September 2010 <<http://www.maine.gov/education/nclb/index.html>>

For more information on this and other educational topics, contact Maine State PIRC.

Maine State PIRC (Parent Information and Resource Center)

A Project of Maine Parent Federation

PO Box 2067, Augusta, ME 04338 * 1-800-870-7746 * 207-588-1933

Website: www.mpf.org / Email: parentconnect@mpf.org

Funding provided by the U.S. Department of Education, Office of Innovation and Improvement.

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HEALTH WITH NURSE DOT

PRACTICE SUN PROTECTION AT HOME!

Spring is here and warm and sunny weather is on the way. It always feels so good to be out in the sun, but – do be careful and protect yourself and your family. Protecting young children from the sun is not always easy, but there are a few simple things you can do while at home or on vacation to lessen his or her amount of sun exposure. **Even one sunburn during this part of a child's life can do enough damage to the skin to lead to skin cancer as an adult.**

Wearing sunscreen SPF 15+ is a bright idea, but wearing sunscreen AND using another form of sun protection is BRILLIANT!

- **Block with shades!** Wearing sunscreen 15+ and sunglasses that protect against both UVA and UVB rays is the best way to protect little eyes from the sun.
- **Block with a hat!** Wearing SPF 15+ and a wide brimmed hat is the best way to protect little ears, faces, and necks from the sun.
- **BLOCK with a shirt!** Wearing SPF 15+ and sun protective clothing is the best way to protect little shoulders, backs, tummies, arms and legs from the sun.
- **BLOCK with a shadow!** Wearing sunscreen SPF 15+ and doing your best to avoid the sun during peak sun hours (10 a.m.–4 p.m.) is the best way to protect little ones from the sun.

It is important to practice sun safety everyday.

SUN PROTECTION GLOSSARY

Ultraviolet (UV) Index: The UV index is a measure of the risk for sunburn on a given

day. The UV index ranges from 1-11+ with 1 being the lowest sun intensity, and 11+ being the most dangerous.

The UV Index can help you determine how much protection your child might need for a given day.



UVA Rays: UVA radiation comes from sun lamps, tanning beds or booths, and most directly from the sun. These rays go most deeply into the skin, and since the ozone absorbs very few UVA rays, most of a person's sun exposure comes from UVA rays.

UVB Rays: UVB radiation also comes from the sun, but it is more dangerous than UVA radiation. These rays are less often absorbed by the ozone and are the cause of most sunburns.

UVC Rays: UVC rays are not a danger to a person's skin. These rays are absorbed by the ozone layer before they have the chance to reach the earth.

Androskoggin Head Start and Child Care this year will:

1. Provide sun screen for all of our children if parents sign a consent form.
2. Provide sun glasses for our full year children.
3. Provide shaded areas on all playgrounds.
4. Work with parents and children to keep children "Safe From the Sun".

LYME DISEASE

The number of cases of Lyme disease continues to increase in Maine each and every year. This is my annual reminder for you to learn as much as you can about how to avoid this disease that can become very serious if not diagnosed early on. This disease is carried by deer ticks that are very tiny (at the beginning of spring), and so can be distinguished from other ticks that do not carry this disease.

The important thing is to check your children (and yourself) every day – especially when you have been in an area of high risk) for ticks and remove them immediately. They must feed on someone for 24 to 48 hours to transmit Lyme disease.



To remove a tick, grasp it with fine tweezers as close to the skin as possible. Pull gently, but firmly. It could take several minutes. Do not handle ticks with your bare hands.

If infected, symptoms often begin within days or weeks and sometimes with a red rash that can look like a bulls-eye. Treatment is a course of antibiotics. The sooner treatment starts - the better for a good outcome!

WATER SAFETY

SUPERVISION REMAINS THE NUMBER ONE WAY TO PREVENT CHILD DROWNINGS!

Parents and supervises should maintain eye contact when children are near or in the water. **There is no substitute for supervision.** Do not take your eyes off your children when they are near the water. **DO NOT FORGET THE DANGER OF PAILS AND BUCKETS OF WATER LEFT WITHIN**

THE REACH OF YOUNG CHILDREN. Accidents happen. Most can be prevented. Think prevention...for the safety and the life of your children.

FREE HEALTH SCREENINGS

For a limited time, **Take Charge! is offering FREE health screenings.** Take Charge! is a comprehensive screening program that helps you learn about your health and how you can reduce the risk of cardiovascular heart disease (CVD), stroke, and diabetes and improve your overall well-being. These screening usually cost \$25 and take approximately 15 minutes per person. The screening includes: A lipid profile, measuring your total cholesterol and good cholesterol (HDL), Height & weight measurements, Blood pressure, Physical activity level, Body mass index. A health professional will review your results and will discuss your results with you, offering health education accordingly. All results are strictly confidential and with your permission, a copy of your report can be provided to your primary care physician. If you schedule an appointment in the months of April, May, or June, your screening will be free!!!! Please call 777-8898 for an appointment.

The above information was provided by the Androscoggin County Chamber of Commerce.

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. *(All e-mail addresses are private and used only to e-mail the quarterly Head Start Happenings and yearly Annual Report.)*

You can also read it online at www.AndroscogginHeadStart.org

Select Head Start Happenings on the left hand side. Past issues are also available.

THANK YOU!

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

NUTRITION WITH NORMA

HOW TO SPRING INTO ACTION AND SPROUT NEW FITNESS HABITS

Written by Marilyn Preston

PLANT NEW FOOD-GATHERING HABITS

This spring, make up your mind to eat smarter, lighter, cleaner.

- Cut back on packaged, processed foods, and shop instead at your local farmer's market, where the fruits and vegetables are plentiful, seasonal and packed with flavor.
- Join a CSA (Community Supported Agriculture), and enjoy weekly baskets of fresh, mostly organic food from local farmers. One of many sites to help you connect to the sustainable food producers in your community is www.localharvest.org.
- Grow some of your own food, in window boxes or community gardens. Urban sharecropping is a new idea that is catching on across the country. It teams you with a partner who has the time and desire to farm your backyard, and you split the bounty. Check out www.urbangardenshare.org for more info.
- And one more thing: Learn to cook.

CULTIVATE WAYS TO DE-STRESS

Nearly 75 percent of all Americans are overstressed, according to the American Psychological Association's 2010 Stress in America survey. As a result, they have a much greater risk of developing heart disease, diabetes or depression.

This spring, commit to an action plan to manage your own stress in healthier ways. Exercise is one of the great de-stressors of all time. So is meditation and mindfulness training. Yoga and the deep breathing it inspires is another option. Whatever you choose, do something positive, or the negative impact of stress will run you down and make you sick.

SET A GOAL

Now is the time to come up with a sport-specific goal that will keep you motivated for all the warm-weather months ahead. So what'll it be: your first triathlon? A 10k run for charity?

Do you want to bike 50 miles, shave 10 strokes off your golf game, learn to scuba dive? Setting goals keep us motivated, focused, engaged. Write it down, make a detailed plan, and take notes on your progress and your backsliding, too. It's all part of the process. Say goodbye to negative thinking and self-blame. They just get in the way of living a happier, healthier life.

RIDE YOUR BIKE

Spring is the perfect season to put your mettle to the pedal. Ride to work, to school or to the store, or just ride for the freewheeling joy of it. You'll burn calories, juice your knee joints, save on gas, spin away stress and build leg strength, and best of all, you'll feel like a kid again.

ENERGY EXPRESS-O! SPEND TIME IN NATURE!

"In the spring, at the end of the day, you should smell like dirt." ~Margaret Atwood

CHICKEN FINGERS ON A STICK

From *FamilyFun Magazine*

Breaded chicken is a good bet for finicky eaters, and this variation, grilled and served on a skewer, makes it even more appealing to kids. Add your child's favorite dipping sauce, and there might not be any left for the adults!



Ingredients

- 4 boneless, skinless chicken breast halves, pounded 1/2 to 3/4 inch thick
- Salt and pepper
- 24 (10-inch) bamboo skewers, soaked in water for 30 minutes
- 3 tablespoons peanut or vegetable oil
- 2 tablespoons barbecue sauce 1 1/4 cups plain dried bread crumbs

Instructions

- Cut each chicken breast lengthwise into 1/2-inch-wide strips and sprinkle with salt

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NUTRITION WITH NORMA

and pepper. Fold the chicken strips slightly and weave them onto the skewers.

- Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot, about 10 to 15 minutes.
- In a small bowl, stir together the oil and the barbecue sauce. Spread the bread crumbs on a sheet of waxed paper. Lightly brush the sauce mixture over the chicken strips and then roll them in the bread crumbs.
- Grill the chicken fingers uncovered until they're no longer pink inside, about 2 to 4 minutes per side on a gas grill.

Serve with the dipping sauce of your choice. Serves 6 to 8.

CORN, AVOCADO, AND TOMATO SALAD

From FamilyFun Magazine



Here's a colorful medley that makes a delicious summer dish. You can serve it as a salad or call it a chunky dip and scoop it up with tortilla chips.

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1/4 cup chopped cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 1/2 cups fresh corn kernels (from about 5 ears)
- 1 1/2 cups diced avocado (1/2-inch pieces)
- 1 pint cherry tomatoes, quartered
- 1/2 cup finely diced red onion

Instructions

- In a large bowl, whisk together the olive oil, lime juice, cilantro, salt, and pepper.
- Add the corn, avocado, tomatoes, and onion and toss to mix. Serve at room temperature. Serves 4 to 6.

Tips: Choose ears of corn with bright green

husks that are tightly closed. The ends of the corn silk should be golden brown, not pale -- an indication that the corn was picked too early.

To easily remove corn silk from the kernels, hold the ear in one hand and rub downward with a wet paper towel.

To remove corn kernels for a salad or salsa, stand an uncooked ear in a shallow bowl and use a sharp, thin-bladed knife. For chowder, add another step: reverse the knife and run the dull side down the ear to press out the rest of the corn and its milk.

CLASSROOM HAPPENINGS

A BUSY YEAR FOR HOME BASED

Submitted by M. Thibeault

Home Based has had a very busy year with lots of changes. Socializations were combined this year to offer families more opportunities to interact with one another. Families with newborns to 5 year olds filled the Coburn Socialization space bi-weekly. Home Based was lucky enough to have visits by the Lewiston Public Library, the Lewiston Community Policy Officers, Maine Cooperative Extension, the Lewiston Fire Department, CMMC Care Seat Program and the Student Nurses from CMMC and many more.

Photo below: David Moorhead (Lewiston Children's Librarian) with John and Jake Manchester looking on.





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
- ☆ Books

Head Start Happenings is edited by
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795-4040

**Androscoggin
Head Start
and Child Care**
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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

