

Androscoggin Head Start and Child Care

Head Start Happenings

November 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.



2011-2012 Policy Council

At the November Policy Council meeting, the Executive Committee and Center Representatives were voted in. If you are interested in participating in Policy Council, please see your child's Teacher, Family Educator, or Family Service Advocate.

Executive Committee

Chair	Shanna Rogers
Vice Chair	Meaghan Tolman
Secretary	Eileen Pelletier
Treasurer	Heather Beverage

Center Representatives

B Street 1	Shanna Rogers
B Street 2	Nicole Ponce
Coburn 2	
Coburn 3	Tasha Tardiff
Coburn 4	Janice Lashua
Home Based	Heather Beverage
	Kelly Coffin
EHS 1	Meaghan Tolman
EHS 2	
EHS 3	Eileen Pelletier
Early Home Based	Kassy Thibodeau
	Jessica Splude
FDC	Becky McKinney
Hillview 1	
Hillview 2	
Lisbon	
Livermore Falls	Nicole Gardner
	Melody Wing (Alt.)
	Carrie Walker (Alt.)
Walton	Richard White
Webster HS	
Webster EHS	

CLASSROOM HAPPENINGS

FDC ENJOYS LEARNING

Submitted by B. Perry

FDC Head Start and Pre-K staff and children have experienced a very busy start for the 2011-2012 year. The classroom is in the fourth year of the Early Reading First Grant. The children are enjoying the stories and activities in the family unit 1 of the OWL curriculum. A new math curriculum, Building Blocks, has also been introduced to the children. The curriculum includes group math activities, small group activities, and computer math activities.



Wyatt (*photo above*) enjoys a Building Blocks math activity on computer. Each child is able to advance at their own pace while playing the computer math games.

COBURN ENJOYS A FIELD TRIP!

Submitted by D. Woodward

Coburn classrooms 2, 3, & 4 went on our first bus field trip to Wallingford's Fruit House on October 5th. We had many parents from each room attend with their children. We were also blessed with several nursing student volunteers who attended with us. The children were able to explore the outside play yard, and feed the goats and sheep with grain provided by the owners. The families and children were able to enjoy some apple cider and donuts as well. They took a tractor ride into the apple fields, where they picked a small bag of

apples each to take home. The children had many photos taken in the photo stands and were pulled around in wagons by the parents. Teachers brought back some apples to explore in the classrooms. We are planning on doing taste testing and have discussions around the different kinds of apples that grow on trees. Classroom 3 has already made their own applesauce and enjoyed eating it hot from the pot. This was an exciting adventure that all the children and families really enjoyed. We are looking forward to our next adventure!



WMTW DAY OF CARING VOLUNTEERS DONATE TO HEAD START

Androscoggin Head Start and Child Care was the beneficiary of volunteer time from staff at NEWS 8 / WMTW-TV on the United Way's Annual Day of Caring, held September 9. Peter Magee, John Gregory, Bill Greep, Amy Beveridge, Dave Guthro, Matt Earl, Donna Rideout, Raechel Gregory and Dave Abel spent their morning painting, clearing debris from the recent hurricane, and cleaning playgrounds at Androscoggin Head Start and Child Care's Early Head Start Center on Bartlett Street and the Coburn Center on Bates Street in Lewiston.

Estelle Rubinstein, Executive Director of Androscoggin Head Start and Child Care said "These nine volunteers gave their time to help the children at Head Start have safe playgrounds. With the recent destruction from Hurricane Irene, our very small facilities staff had not been able to catch up with some of the projects that needed to be finished before winter. The volunteers from NEWS 8 were wonderful help for our staff to be able to winterize the Early Head Start playground, painting, and clearing the remains of the hurricane. Every year the United Way assigns a local business team to volunteer with us, and every year the people who spend their time with us do amazing things. We are so grateful to the United Way of Androscoggin County and NEWS 8."



Photo Above: Head Start teacher Miss Darcy has fun on the playground with her students.

OPENINGS IN FULL DAY PREKINDERGARTEN AND CHILD CARE PROGRAM AVAILABLE

Openings are available in Androscoggin Head Start and Child Care's Pre-Kindergarten and Child Care classrooms. We are accepting applications for children, ages 3 to 5, with families who live or work in Androscoggin County. Full day, full year centers are located in Lewiston and Auburn.

If you have previously applied to our program, please contact the Enrollment Office to update your information. If you have never applied, please contact Enrollment at 795-4040 to schedule an appointment. Fees for our full day Pre-Kindergarten and Child Care program are low and are based on monthly gross income and family size. Breakfast, lunch and snacks are included. All programs emphasize physical, cognitive, social-emotional and educational development, with specific emphasis placed on preparing children to begin kindergarten. Children receive health and social services, and services for children with special needs are available if required. Full day, full year classrooms open at approximately 6:30 am and close at 5:30, Monday to Friday.



Photo, left: Volunteers from NEWS 8 / WMTW-TV on the United Way's Day of Caring volunteer at Early Head Start (front, left to right) Peter Magee, Amy Beveridge, Dave Guthro, and Dave Abel. (Middle) Bill Greep, Matt Earl, and Raechel Gregory. (Back) John Gregory and Donna Rideout

The Flu: A Guide For Parents

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is the Flu?")
- Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and may

prevent serious flu complications like pneumonia, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's

A list of current flu clinics is available at www.211maine.org/flu-clinics/
Click on Androscoggin County (or the county nearest you) for more information.

very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

Throw tissues and disposable items used by sick persons in your household in the trash.

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be

examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever / cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

What should I use for hand washing?

Washing hands with soap and water (for as long as it takes to sing the “Happy Birthday” song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

NUTRITION WITH NORMA

TURKEY SAFETY TIPS

Thawed turkey may be kept in the refrigerator up to 4 days before cooking. Use paper towels, not cloth, to wipe off turkey and clean up juices. Combine stuffing ingredients and stuff turkey just before roasting, not the night before.

THAW

Whenever possible, refrigerator thawing is best. However, if you are short on time and need a speedy method, try cold-water thawing. Do not ever thaw a turkey at room temperature, as this allows for bacterial growth and is never recommended.

FROZEN WHOLE TURKEY, WHOLE TURKEY BREAST, BONELESS ROASTS

Refrigerator Thawing:

Thaw breast side up, in unopened wrapper, on a tray in the refrigerator. Allow for at least 1 day of thawing for every 4 pounds of turkey.

Cold-Water Thawing:

Thaw breast side down, in unopened wrapper, in enough cold water to cover it completely. Change the water frequently to keep the turkey chilled. Estimate a minimum thawing time of 30 minutes per pound for a whole turkey.

TRIED AND TRUE GUIDELINES FOR STUFFING YOUR TURKEY

Prepare your stuffing right before you place it in the turkey. Use only cooked ingredients in stuffing (i.e., sautéed vegetables, cooked meats or seafood, etc.). It is also important to remember to use pasteurized egg products instead of raw eggs. Place the prepared stuffing in the turkey just before roasting. Do not stuff the night before, as it could cause food-borne illness. Stuff both neck and body cavities of a completely thawed turkey, allowing 1/2 to 3/4 cup of stuffing per pound. Do not pack stuffing too tightly, as it may promote uneven cooking.

When preparing a whole turkey for the oven, return legs to the original tucked positing if

they were untucked for stuffing. Turn wings back to hold the neck skin in place. Tucking the wings helps to stabilize the turkey in the pan and while carving. Note: If you are stuffing a whole breast of turkey, you can eliminate these steps.

Do not stuff turkey if cooking on an outdoor grill or when using a water smoker. Additionally, do not stuff your turkey if you are using a fast-cook method in which the turkey will be done before the stuffing.

From [www. ButterBall.com](http://www.ButterBall.com)

APPLE PIE PARTY DIP

Enjoy the flavor of a classic holiday dessert -- minus the baking! -- with this tasty fruit dip.

Ingredients:

- 1 1/3 cups peeled, cored, and diced apple
- 1 teaspoon fresh lemon juice
- 2 teaspoons brown sugar
- 2 teaspoons apricot preserves
- 1/8 teaspoon cinnamon

Instructions:

Combine all the dip ingredients in a bowl, then cover and refrigerate the mixture until chilled. Serves 4 to 6.

Serve with graham crackers or veggie sticks



WINTER NUTRITION GUIDE



Written by [Gloria Tsang, RD](#)
Published in December 2007
([HealthCastle.com](#))

When winter days are cold, and you want to warm up fast, a bowl of cream soup or stew can certainly be appealing. But there is no excuse to throw all your healthy eating habits out the window just because it's dark and cold outside!

Winter Nutrition Guide: 4 Foolproof Steps

1. Eat high-quality carbs

Listen to your cravings - there is a reason for them! In the winter, with fewer sunny hours, your stored serotonin (the "feel-good" brain chemical) starts to decline. Your cravings for carbohydrate-loaded comfort foods are your body's cries for more serotonin. But be careful when choosing [carbohydrates](#) to boost serotonin! Opt for nutritious [whole grains](#) and choose high-quality carbs such as sweet potatoes, pumpkins, and squashes.

2. Love seasonal produce

Winter produce may not be as exciting and colorful as [summer berries](#), but there are still many healthy choices available. Work seasonal produce such as [pomegranates](#), cranberries, citrus fruits, [purple grapes](#), and orange root vegetables into your meals. You'll not only add color to your plate, you'll pack in some serious nutrition punch.

3. Consider Vitamin D supplements If you live in the northern hemisphere or wear sunscreen all the time, consider taking [Vitamin D supplements](#). Numerous studies have shown that oral intake of 1000 IU Vitamin D can reduce the risk of colon, breast, and ovarian cancers by as much as 50 percent. Vitamin D can be found in fortified dairy products, fatty fish, and egg yolks. But reaching the recommended level through food alone is rather difficult. Therefore, the Canadian Cancer Society recommends that all adults take Vitamin D supplements every day during the fall and winter seasons. Be sure to speak to your doctor before starting any supplementation.

4. Nourish your cold Despite numerous claims you may have heard, no diet remedy or supplement has scientifically proved effective at

preventing cold and flu. However, studies have shown that 1,000 mg of [Vitamin C](#) supplements may make your cold milder and shorten it by half a day. In addition, there's a promising perk for [yogurt](#) lovers! A German study found that [probiotics](#) (as found in yogurt with active culture) may shorten your cold episode by almost two days. So keep on eating those "friendly" bugs!

TIME FOR TAILGATING

Keep food safe at a tailgating party by keeping hot foods *hot* and cold foods *cold*. Here's how...

Bring Out the Hibachi!

Grill hot dogs until they're steaming hot and hamburgers until they reach 160° F (71 ° C). Use a food thermometer to check the temperature. Heating foods to the right temperature for the proper amount of time kills harmful bacteria.

Sassy Soups & Cider

Serve up hot soup, chili, or crab dip, but keep it all piping hot by placing these foods in insulated thermal containers. Keep the container closed until serving time. Toast your team's victory with hot apple cider, but make sure the cider is pasteurized or otherwise treated to kill harmful bacteria. Unpasteurized cider may contain harmful bacteria. Be sure to read the label!

The Must-Chill Menu

If shrimp cocktail and cold dips are on the menu, serve them chilled on a bed of ice. Pack perishables, like cold fried chicken, directly from the refrigerator into the cooler - and include a cold pack. Keep all perishables chilled until serving time.

THE BEST THING ABOUT THE HOLIDAYS ARE THE LEFTOVERS!

Here's how to handle them safely...

- Reheat leftovers to 165° F (74° C). Use a food thermometer to check.
- Bring leftover sauces, soups, and gravies to a boil before serving.
- Refrigerate or freeze leftovers within two hours of eating. Remember the **2-Hour Rule**: Don't leave food out at room temperature for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.



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!

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

Head Start Happenings is edited by
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**Androscoggin
Head Start
and Child Care**
269 Bates Street
Lewiston, ME 04240
(207) 795-4040

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.

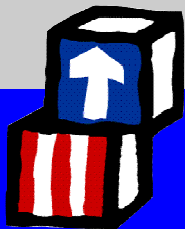
Diapers, wipes and formula are provided at no cost. Our Head Start Pre-K and Child Care centers, as well as Early Head Start, are open from 6:30 am to 5:30 pm.

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

