



Head Start Happenings

February 1, 2007

HEAD START STAFF HONORED FOR YEARS OF SERVICE

At a recent staff training day, several staff were honored for their many years of service to Androscoggin Head Start and Child Care.

5 years

- ✧ *Mary Ross*, Teacher Assistant, Livermore Falls
- ✧ *Tracy Polisky*, Family Service Advocate, Tri-Town

10 years

- ✧ *Lori Ann Milbert*, Food Service, Coburn
- ✧ *Darcy Woodward*, Head Teacher, Tri-Town

25 years

- ✧ *Patricia Bellegarde*, Family Service Advocate, Walton
- ✧ *Lois Stanley*, Food Service Coordinator, EHS
- ✧ *Dorothy Crowley Noel*, Program Manager



Photo provided by W. Berube-Gamache

ABOVE: 25 years of service honorees (left to right) Patricia Bellegarde (Ms. Pat), Lois Stanley, and Dorothy Crowley Noel (Nurse Dot)
(Additional photos on page 7)

POLICY COUNCIL APPOINTS NEW EXECUTIVE COUNCIL

Androscoggin Head Start and Child Care is pleased to announce the appointment of new Policy Council Executive Committee members. Policy Council is a formal governing body made up of current parents, past parents, and community representatives. Through monthly meetings, Policy Council empowers its members to have a direct voice in program policy. The Council gives Head Start parents the opportunity to make decisions that affect their children's growth and development.

New Executive Committee members are: Chairperson, Trinette Ward of Lisbon; Vice Chair, Christine O'Donnell, Poland; Treasurer, Lynn Bulmer, Auburn; and Secretary, Candice Northrup, Auburn.

If you are interested in becoming a member of Androscoggin Head Start and Child Care's Policy Council, please call 795-4040. Volunteers are always needed and welcome.



Photo provided by S. Bell

RIGHT: Androscoggin Head Start's newly appointed Policy Council Executive Committee:
(Back, left to right) Trinette Ward, Chairperson and Lynn Bulmer, Treasurer.
(Front, left to right) Candice Northrup, Secretary and Christine O'Donnell, Vice Chair.

CLASSROOM HAPPENINGS

MECHANIC FALLS FIRE DEPARTMENT VISITS TRI-TOWN

Photo and story provided by W. Grandmaison

To celebrate October's Fire Prevention Month, Androscoggin Head Start and Child Care's Tri-Town Center, located at 14 Androscoggin Avenue in Mechanic Falls, had a visit from the Mechanic Falls Fire Department. Children, ages three to five years old, enrolled in Androscoggin Head Start's Pre-School program, were able to meet firemen, learn about fire fighting, and see how the fire truck fights fires. The firemen dressed in all of their gear to teach the children not to be afraid of a fireman during a fire. Children learned about fire safety procedures, how to crawl under smoke, and to "Stop, Drop and Roll" if their clothing catches on fire. The children and their parents were taught that firemen are friends and protectors. The Staff at Androscoggin Head Start and Child Care's Tri-Town Center would like to thank the Mechanic Falls Fire Department for this important demonstration for the children.



HILLVIEW ROOM 1

Story provided by A. MacIsaac

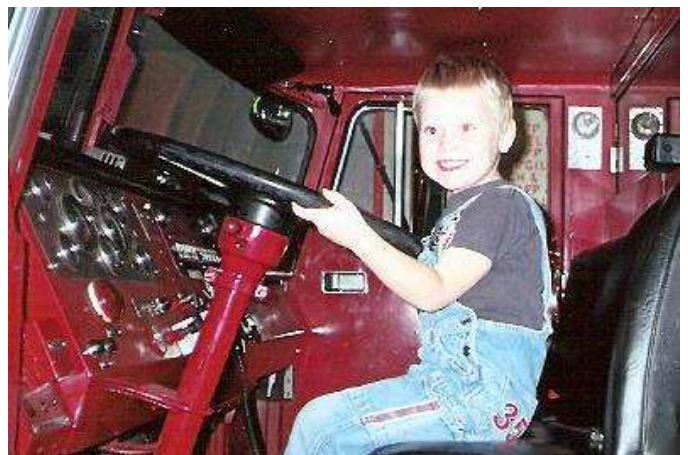
The children have settled into the classroom and are getting along famously. They have even made friends in the other classroom. We have been having tons of fun in Hillview 1 with dinosaurs. The children did graphing, measuring and writing stories about what we would do with a pet dinosaur. We even built a volcano! They also pretended to be junior archeologists and go on a fossil dig on the playground. All in all the children are having a wonderful time getting to know each other, playing, laughing and learning together.



WASHBURN ROOM 2

Information provided by M. Blair

Miss Becky, Miss Melinda, Miss Jen and the class of Washburn, Room 2, are having a wonderful time welcoming the winter weather, with lots of valuable assistance from substitute Sandra LaBossiere! We began by learning about the letter "S" and read the story *Snowmen at Night* by Caralyn and Mark Buehner in our group circle. Our bulletin board is now home to several snowmen who have survived a long winter night just like those in the book. We have made snowflakes out of popsicle sticks and glitter and while learning about the letter "B" we discussed bears and other animals who sleep through the winter. We plan on continuing the theme of winter fun throughout the season!



LIVERMORE FALLS CLASSROOM AND HOME BASED PROGRAMS TAKE FIELD TRIP TO LOCAL FIRE STATION

Photo and story provided by M. Dube

The children in the Livermore Falls Head Start classroom recently took a walking field trip to the Livermore Falls Fire Station. They were joined by the families and children in the Home Based program. The firemen demonstrated all of the gear they have to wear, and the children were allowed to try on the helmets. They learned fire safety, and were able to demonstrate the "Stop, Drop and Roll" technique. Each child received a fire hat and coloring book. Thanks to the Livermore Falls Fire Department for an enjoyable and educational field trip!

CLASSROOM HAPPENINGS

MULTI-PURPOSE CENTER CLASSROOM

Photos and story provided by H. McKay

At MPC, Ms. Heidi contacted Mr. Bernard's School of Hair Fashion, located in Lewiston, to inquire about some props for our hair salon. Bernard's was extremely generous, and donated



mannequin heads, brushes, hair clips, and aprons for the children to use. The children had a fabulous time playing hair dresser. Not only did they style the mannequin heads, they also styled their peers. The children would come to the "salon", sit down, be offered magazines, and talk on the phone while getting

their hair done. We had many props thanks to Mr. Bernard's School of Hair Fashion. When we were finished with the hair salon, we created a post office. The children made a card, signed their names, and sent Bernard's several pictures expressing how much fun they had. Thank you Mr. Bernard's School of Hair Fashion for helping us to have fun while exploring careers!



**ADVANCED DENTISTRY'S
3RD ANNUAL**

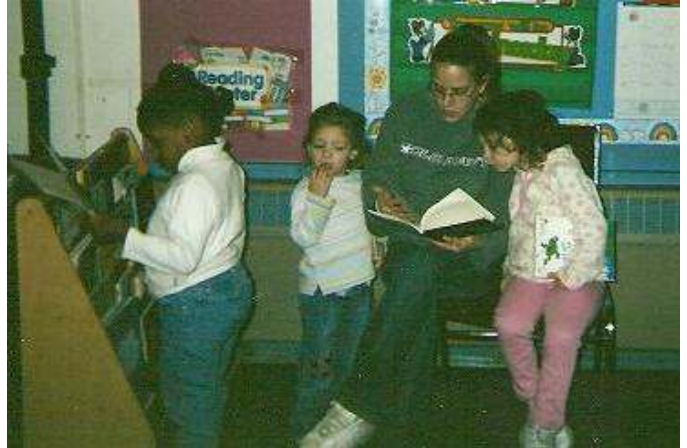
DENTISTRY WITH A HEART

Friday, February 9, 8:00 to 4:30
220 Main Street, Auburn

FREE DENTAL CARE!!!!

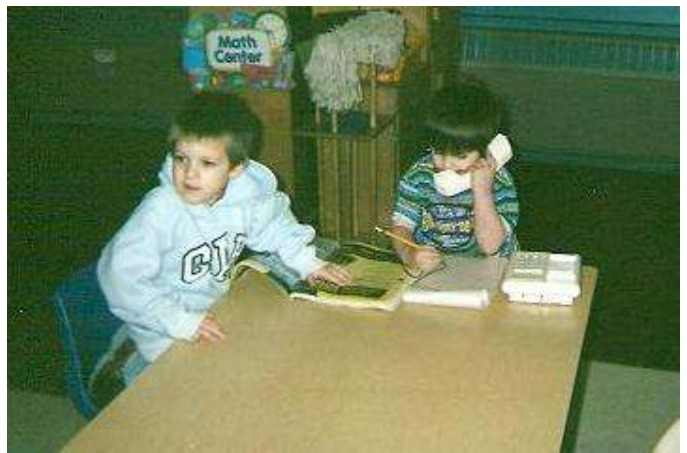
COBURN 3

Photos and story provided by A. Levesque



Above: Sarah Berry, Parent Volunteer, reads to Lul B., Shakira G., and Kaylee E. after our recent field trip to the Planetarium.

Below: Two future businessmen, Gabe G. and Ryan G., set up an office.



**Advocates for Children
Presents the 16th Annual
Parenting Matters Conference**

"Peaceful Parenting"
by Keynote Jane Katch

*Keynote Address:
"Bang, You're Dead! Dealing with
Children's Violent Fantasy Play"*

Saturday, March 10, 2007
Central Maine Community College
7:30 AM to 12:15 PM

Contact your FSA for more information.

COUGH SYRUPS

The Centers for Disease Control (CDC) issued a recent warning about using cough syrups for young children. Cough syrups should never be given to children under 2 years of age without advice from a doctor. The cough syrup could be toxic for them. Emergency rooms have seen quite a high number of young children who became very ill (and some died) after being given cough syrup. For older children, carefully follow the recommended dosages.



Photo at left: To teach the children proper brushing technique, every classroom now has a "Tooth Brush Buddy". Ask your child's teacher to show you our new friends!

ORAL HEALTH

What is the most common chronic childhood disease in America? What disease is five times as common among children as asthma? What disease affects half of all first graders and nearly 80% of 17-year-olds?

The answer to these questions may surprise you. The answer is – TOOTH DECAY OR POOR ORAL HEALTH. Oral health is now being recognized as an important part of everyone's overall health. If your mouth is not healthy, neither is your body.

If you are interested in finding out how you can join the effort to make children's oral health a priority in our community, visit Watch Your Mouth's website at www.WatchYourMouth.org or toll free, 1-866-WYMOUTH (1-866-996-6884).

Head Start has recently received instructions from the Office of Head Start regarding Oral Health. Our program is already doing most of what they are instructing us. The one change that we have to implement beginning in February is to use a small smear of toothpaste instead of a pea size portion. You might ask your dentist what he or she recommends for brushing at home.

GOOD INFORMATION AT THESE SITES

For those of you with internet access (our public libraries have this if you do not), I have some good sources to share with you if you are looking for health and safety and growth and development information for your family.

KidsHealth.org

www.cdc.gov/actearly

MEDLINEplus.gov

www.cdc.gov/pronto

HEALTH SERVICES ADVISORY COMMITTEE

Our Program is fortunate to have an outstanding Health Advisory Committee. We met early in January. (We meet twice a year.) Our meeting highlights were reported to the Policy Council by Debbie Reed, one of our parents who is a member of the HAC. The notes from this meeting go to all sites for staff and parents to read. I hope that you will read them. I will tell you a little more about our committee in another issue.

WINTER SAFETY TIPS

(From the American Academy of Pediatrics)

What to Wear

◆ Dress infants and children warmly for outdoor



Photo provided by W. Berrube-Gamache

activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.

◆ The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

◆ Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred. If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding.

Cooking Basics

HOW TO BAKE A POTATO

From www.HowToBakeAPotato.com

So you want to know the best way to bake a potato? Golden, crispy brown skins and soft, tasty potato-goodness inside? It's quite simple and easy to do, and if you follow along with me I will show you how to do it every step of the way.



Baking potatoes will take you from 1 to 1.5 hours to do in the oven, which is the method I will be explaining. Microwaves speed it up, but they destroy a lot of the nutrients and you just don't get the same crispy skin in the microwave and everyone knows that the skins are the best part!

First, you need some taters. Russet potatoes are the most popular for baking, either large or small. I like small so I can eat a few. This way I get more tasty, crunchy potato skin in my portion.

You are also going to need some oil (Olive or Canola oil are preferred, but any non-motor oil will work) and some salt. Many people prefer Kosher, I use sea salt. Any will do.

Let's get to work!

1. Clean your potatoes with a stiff-bristled brush and cold water. In a pinch the scouring side of a sponge will work, but be careful not to skin your potatoes!
2. After you've thoroughly cleaned the potatoes, look them over and remove any bruises or discolored spots. I just dig them out with my finger nails.
3. Using your average fork work your way around each potato stabbing deeply into it's flesh. 6-12 stabs should do it depending on the size of the potatoes you are using. This allows steam to escape during the cooking process.
4. Your potatoes have now been cleaned and poked. Dry them off with a paper towel and preheat the oven to 350°F
5. Take a small bowl and add just a splash of your chosen oil, and have a container ready for

the taters once they've been oiled. The objective is to LIGHTLY coat each potato with oil. How you do this is up to you. My method is to lightly dab each potato in the oil and then use my hands to spread the dab around the entire spud.

6. Then lightly salt each one and put aside as you wait for the oven to heat up.
7. Now that you have a container full of cleaned, poked, and oiled potatoes, arrange them in a 350°F oven over a baking sheet to catch any drippings. Cooking time will vary from 1 hour and up depending on the size and quantity of potatoes you cook. The skin should be puffed up, golden-brown and crispy, and the potato should squish easily and be very soft on the inside. **Careful, potatoes retain heat for quite a while!**

To open a baked potato, take your fork and stab a dotted line half way around a potato, then using your thumb and index finger squeeze at both ends of the line. It will pop right open.

There you have it, easy and delicious baked potatoes! Now that you've learned **how to bake a potato**, you get to have fun dressing it with your favorite topping and eating it!

CHEESY CHILI BAKED POTATO

Prep Time: 5 minutes
Total Time: 5 minutes
Makes 4 servings

Ingredients

- ◆ 1 can (15 oz.) chili, heated as directed on label
- ◆ 4 hot baked potatoes
- ◆ 1/2 cup CHEEZ WHIZ Cheese Dip (any cheese will do - shredded or otherwise)
- ◆ 1/4 cup Sour Cream



SPOON hot chili evenly over potatoes.

MICROWAVE CHEEZ WHIZ in microwavable measuring cup or bowl on HIGH 1 minute or until hot, stirring every 30 seconds. Pour over potatoes.

TOP with sour cream.

SEARCH DONATES HATS AND MITTENS

Androscoggin Head Start recently received a donation from the Catholic Charities Maine SEARCH (Seek Elderly Alone, Renew Courage & Hope) Program. Estelle Rubinstein, Executive Director for Androscoggin Head Start and Child Care, accepted hand made hats and mittens, from Phoebe Lowell, Program Director, SEARCH. These knitted and crocheted items were the work of the volunteers in the SEARCH program.

Estelle Rubinstein said of the donation: “Year after year, SEARCH volunteers have taken their time to help the children in our programs. Hats and mittens are always needed, and this donation will help to keep many of the children at Androscoggin Head Start and Child Care warm. Thank you so much for your generosity.”

SEARCH is a non-denominational program in Androscoggin County that promotes independent living for elderly and disabled people in Maine. Their mission is to enable the frail, vulnerable, elderly and those with disabilities to remain independent and in their own homes for as long as possible. Experienced community volunteers are recruited, trained, and supervised by SEARCH staff, to provide services. These services are delivered at no cost and are designed to enhance quality of life. Services include home visitation, telephone reassurance, information and referral, and a range of special services such as assistance with transportation, home and yard chores, and errands. The SEARCH program can be reached at 784-0157. SEARCH is a United Way funded and Lewiston CDBG supported agency.

TOYS DONATED FROM CHAMBER OF COMMERCE AND YPLAA

Androscoggin Head Start and Child Care was once again the beneficiary of the Androscoggin County Chamber of Commerce’s generosity at the December 14th Business After Hours, held at Lost Valley. Aided by the Young Professionals of the Lewiston Auburn Area, approximately 150 toys, several packages of diapers, and some children’s clothing was donated by Chamber and YPLAA members and given to Androscoggin Head Start and Child Care, and Advocates for Children.

Androscoggin Head Start and Child Care’s toys will be distributed to the children and families in the program as needed. Estelle Rubinstein, Executive Director of Androscoggin Head Start and Child Care, said: “Since the Chamber’s toy drive began in 2003, Chamber members have been extremely generous. Our children will have a happy holiday season because of the good will of the Chamber, and now also the Young Professionals group. Thank you for your extreme generosity and compassion.”



Photos and articles provided by W. Berribe-Gamache

ABOVE: Chip Morrison, Chamber Director, Betsy Plourde, Director of Advocates for Children, Estelle Rubinstein, Director of Androscoggin Head Start and Child Care, Kristen Cady, Young Professionals of the Lewiston Auburn Area, and Dick Albert, Chamber member and founder of the toy drive, stand in front of the toys donated by generous Chamber and YPLAA members.



LEFT: Estelle Rubinstein, Executive Director, Androscoggin Head Start, laughs as Isaiah T., Ahyanna C., Baylee L., Mikayla T., and Christina H., show off their new mittens and hats donated by SEARCH. Phoebe Lowell, SEARCH Director, stands right.

HAVE YOU HEARD?...



“The single most important activity for building the knowledge required for eventual success in reading is reading aloud to

children.” (Becoming a Nation of Readers, 1983)

Even if you aren't sure about how to go about reading to your child, you may enjoy looking at the pictures and talking together about what is happening. There are many ways to help your child become a reader. Here are some ideas from Literacy: The Creative Curriculum Approach, by Cate Heroman and Candy Jones:

- ✧ Surround your child with books. Help your child get a library card, because borrowing books from the library is free!
- ✧ Choose books that both you and your child enjoy. Tell her how much you enjoy looking at books together. Reread favorite books.
- ✧ Let your child choose which books to read. Letting your child read what interests him is one way for reading to be meaningful and enjoyable.
- ✧ Choose books in your home language if that is what you speak best.

- ✧ If you are not comfortable reading aloud, choose wordless books where the story is told through pictures.
- ✧ Let your child ask questions. Stop and answer, even if it interrupts the story.
- ✧ Let your child tell you the story or take a turn “reading” the book to you.

M.A.I.N. MEETINGS

Are you interested in receiving information about resources and advocacy in areas that affect low-income people in Maine? Would you like to be a voice influencing the political process concerning low-income families?

Maine Association of Interdependent Neighborhoods (M.A.I.N) holds monthly meetings made up of people who share a common interest to learn and share issues that affect low-income families. If you are interested in more information, please talk to your FSA or Home Visitor, call Chris at 1-866-626-7059, or go to the website at www.mejp.org and click on MAIN. You may sign up just to receive monthly newsletters, or get information about attending meetings. Travel to the Augusta meeting and child care reimbursement is available if needed.

The next meeting will be held on **Thursday February 8, 2007** at M.A.I.N. Equal Justice, 126 Sewall St, Augusta from 9:30 to 12:30.

Above information provided by A. Mattson

HEAD START STAFF HONORED FOR YEARS OF SERVICE (Continued from page 1)



Photo provided by W. Berribe-Gamache

ABOVE: Receiving Head Start T-Shirts for their 10 years of service (left to right), Lori Ann Milbert and Darcy Woodward.



Photo provided by W. Berribe-Gamache

ABOVE: Posing with their Androscoggin Head Start coffee mugs for their 5 years of service are Tracy Polisky and Mary Ross.

Give your child a Head Start! Call 795-4040 FMI

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!

- ✧ Plastic playhouse for Early Head Start
- ✧ Collage art materials
- ✧ Uncooked pasta
- ✧ Books
- ✧ Re-sealable storage containers

**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 FMI