

Rocky Mountain Development Council Head Start

This and That

RMDC Head Start

Serving Whitehall, Townsend, East Helena & Helena

October 2011

October

Oct 20 & 21—All Classes Closed

Oct 31—All Classes Closed

November

Nov 3—Family Literacy Event, 5:30pm in Helena and East Helena. 12:00pm in Townsend.

Nov 7—Whitehall Family Literacy Event, 12:00 in Whitehall

Nov 23-27—Thanksgiving Holiday. All Classes Closed.

Head Start Family Literacy Event

Thursday, November 3rd

5:30 p.m. in Helena and East Helena

12 in Townsend

(Nov 7 at 12 in Whitehall)

Fun Family Activities!

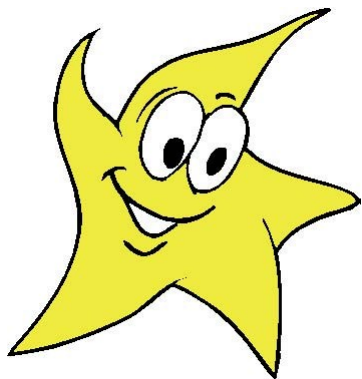
Eat Chili!

Play Jeopardy!

All in your child's classroom.

Every child goes home with a new book!

Call 457-7308 and let us know you're coming by November 2nd!



Launch a Shooting Star!

- Bob, Steve and Don of the Helena Optimists Club volunteered at the Dad's Literacy Build last Saturday.
- Mountain West Bank donated water bottles for the Head Start Classrooms. Thank you, MWB, for your continued generosity.
- Head Start welcomes the AWARE staff as they begin working in the classrooms to provide mental health support.
- Thank you to Helena Kiwanis, for the warm winter coats.
- **A BIG LUMI SHOUT OUT TO THE FAMILIES OF OUR TOWNSEND AND WHITEHALL CLASSROOMS**—All families and children came to their screening appointments at the time they were scheduled and we got to meet everyone! **WOW!**
- Thank you to newly elected Policy Council and Parent Reps! We're looking forward to an eventful year together.

Congratulations to Brenda Elwell, Townsend's Special Services Technician, upon successful completion of her CDA! Way to go, Brenda!

Flu News:

Take everyday preventative actions to stop the spread of germs. Teach young children to cough/ sneeze into their upper sleeve or elbow, not their hands or into the air.



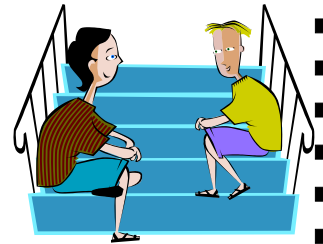
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. (Alcohol-based hand rub is NOT recommended for pre-schoolers.)
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

All people 6 months of age and older should get the flu vaccine, as soon as it becomes available.

Vaccines are available: Mon, Wed & Fri at the L&C County Health Dept at 1930 9th Ave in Helena between 11am and 4:30pm. (443-2584)

Talking + Singing + Playing With Language = LITERACY!

- Oral language is the basis for children's development of reading and writing skills.
- When you talk about what you are doing whether it be the laundry, driving the car, or cooking dinner, your child is learning many, many descriptive words and expressive sentences.
- Teach your child the songs that you sang growing up. Don't worry if you can't carry a tune.
- Try to keep conversations with your child going back and forth at least five times. Asking for more information is a good way to keep the conversation going.



Tips to help you eat vegetables (choosemyplate.gov)

- ◇ Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- ◇ Stock up on frozen vegetables for quick and easy cooking in the microwave.
- ◇ Use a microwave to quickly "zap" vegetables. White or sweet potatoes can be baked quickly this way.
- ◇ Vary your veggie choices to keep meals interesting.
- ◇ Try crunchy vegetables, raw or lightly steamed.



Gross Motor movement is using large muscle movements. Examples include standing, hopping, walking, or running.



Gross motor movements are developed over time. Here are some activities that you could use with your preschooler to strengthen their gross motor:

- Jump Rope
- Hopscotch
- Ball Games: soccer, baseball, or catch
- Walking on a board or a line
- Dancing



October Asset Building Tips

Parents and caregivers seek to provide opportunities for the child to interact positively with other children.



Some ways to encourage Positive Peer Relationships:

- Help children make friends with their preschool or kindergarten classmates. Let your child invite a special friend over for a play date or dinner.
- Avoid simply instructing a child to say he is sorry. Tell children that an apology involves recognizing what they did wrong, understanding that they hurt someone, and taking actions to make amends.
- Teach negotiation through trading. If your child is playing with a toy that another child wants to play with, encourage them to trade toys for a while.
- Set up play dates with children who are a good match with your child.

<http://www.search-institute.org/content/take-action-assets-ages-3-5>.

CPR/1st Aid

**Attention ALL Head Start Parents!
Protect your children and family!!**

The Head Start Policy Council and the Program have teamed up to offer financial scholarships for a parent or guardian to get CPR/1st Aid certified.

Thirty (30) scholarships will be given on a first come-first served basis. The offer is limited to one adult per household.

Contact your Family Advocate for more information.

2011/2012 Head Start Election Results

Over 200 parents, children & staff came together on September 29th for classroom elections! The following parents will be serving as Policy Council or Classroom Representatives! If there is an opening in your child's classroom and you are interested, please call Patty Dahl at 457-7308. Thank you!

Head Start Classroom	Policy Council Rep	Classroom Rep	Head Start Classroom	Policy Council Rep	Classroom Rep
NC #1	Becky Romero	Aalissa Butcher	Lincoln #9	Ann McMillan	Open
NC #2	Susanne Syness	Josh Schwen	Lincoln #10	Open	Amanda Peterson
NC #3	Natasha Edwards	Bonny Karch	Eastgate #11	Leroy Shoup	Suzanne Cook
NC #4	Open	Ryan McAlpin	Eastgate #12	David Felton	Melissa McCarty
Ray Bjork #5	Heather Duke	Maria Hall	ELC #13	Troy Meskimen	Vanessa Meskimen
Ray Bjork #6	Sharlene Zito	Marjorie Lesh	Townsend #14	Stephanie Brazell	Mary Peterson
Rossiter #7	Open	Marli Vincent	Whitehall #15	Open	Nikki Meeks



Do you have cats or dogs that should be spayed or neutered?

Sat, Oct 29, the Helena Area Friends of Pets is holding a low cost spay and neuter clinic. Clinic vets will spay or neuter adult dogs and cats, puppies and kittens, barn cats and feral/wild cats. Pregnant and nursing pets can also be spayed.

Appointments are required and limited. Leave a message with your phone number and your call will be returned. Be ready to describe the animals (type, sex, age, etc) you will be bringing. **Call 465-0009.**

www.helenafamilyfun.com

Check out this website created by a group of Helena parents and their children who like to have fun together, be supportive of each other and plan community service projects to benefit the Helena area community.

Some activities in September included Toddler Time, a Potluck, Field Trip called: Garbage Trucks Galore, Mom's Night out and Coffee Talk.

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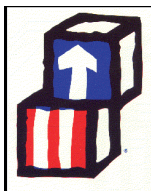
Main Office: 200 S Cruse Ave. Helena 59601

Mailing Address: PO Box 1717 Helena 59624

(406) 457-7308 Fax: (406) 447-1629 rmdc.net



Of Lewis & Clark County.



STRESS Eating...Where's that Brownie?

FREE Lecture at St. Peter's Education Center by Tolly Patten, R.D.,L.N.

October 18 @ 6pm

444-2135 for information

Bountifulbaskets.org.

It's a food coop that pools all of it's money and buys fresh fruit and veggies for really cheap. It's \$15 and you get about two laundry baskets full of produce. Check out the website, payment is on-line only and place your order on Monday for a Saturday pickup. If your county doesn't come up when you order, no more baskets are available that week.

Testimonial from Patty Dumas, HS staff: *Bountifulbaskets.org is a non-profit food co-op for families that want to have more fresh produce for less money. Because it's a co-op, they don't "order" items. They purchase what is fresh& available, the best deal, and then pass the savings on to you. Go to their website (above) and click on Information. That should answer all your questions.*

I've been participating now for about 6 weeks and our family has never eaten better. My daughter and I split a basket (there is LOTS in one basket). I enjoy cooking again and I love saving money. We are eating fruits and vegetables that I normally don't buy at the market and learning new ways to enjoy vegetables.



Have fun with Kids Workshops at Home Depot!

FREE hands-on workshops designed for children ages 5 - 12 offered the 1st Saturday of every month at all The Home Depot stores between 9:00 a.m. - 12:00 p.m.

The next one is on Saturday, Nov 5 and they're making picture frames.



RMDC Head Start - Strong Families, Successful Children