

## Rocky Mountain Development Council Head Start

# This and That

RMDC Head Start

Serving Whitehall, Townsend, East Helena & Helena

September 2011

### September

**Sept 22**—Family Fall Fair at Neighborhood Center 5-7pm

**Sept 29** —Parent Leadership Elections & Classroom Meeting

### October

**Oct 6**— First PC/Class Rep meeting, at the Neighborhood Center, 5:15 pm

**Oct 8**-Literacy Event—Dad's Step Stool Build in Helena and Townsend

**Oct 10** —Columbus Day, Head Start Open

Welcome to Head Start!

We're so glad to have classrooms and hallways full again.

This newsletter will be coming home monthly and it can be placed in the Family Ed Notebook your family received at the classroom visit.

We highlight some of your accomplishments, our accomplishments, upcoming events, community resources, program and parenting information and lots of other useful stuff.

If your child is sometimes with you and sometimes with another parent, please share this newsletter... or let us know so we can keep both of you involved and informed.

Let's have a fantastic year!



## Parent Leadership Plays Key Role in Head Start

### A message from Patty Dahl, RMDC Head Start Director!

Welcome to Head Start! We are thrilled to have you join our program! I would like to give you a look at parent leadership in the program. Federal rules require Head Start to have a **POLICY COUNCIL** and **CLASSROOM REPRESENTATIVES**...but what we hope is that you will find interest in being involved in the *parent leadership* part of Head Start! Each classroom will elect **ONE Policy Council Representative** and **ONE Classroom Representative** at a meeting in September. The program will then provide training to all those elected so don't feel you have to step into the "job" cold!

The Policy Council Representatives and Classroom Representative meet once a month (rarely two) at 5:15 p.m. on the second Thursday (usually!). *Dinner and Childcare by Head Start Staff is provided.* And.....all your time counts towards program in-kind. (In-kind is how each program meets its non-federal share and our non-federal share is \$493,461.....whew, that's a lot!)

So, I encourage you to consider a Policy Council seat or a Classroom Representative seat. Your child's classroom needs you! You will learn so much and meet lots of fun folks! If you have questions you can call me at 457-7335.



### DADs and DAD Figures!

Welcome to Head Start for a new school year and a new opportunity to be involved in your child's education!

Head Start welcomes all fathers/father figures and your Head Start child to come join us for the Step Stool Build event on

**Saturday, October 8th**

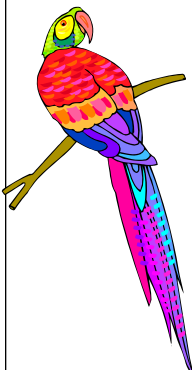
at the Neighborhood Center and in Townsend. We are asking for a \$5 donation and all materials will be provided.

Call 457-7308 to register, as materials will be ordered.



### Game Night for Families at the Parrot Fridays at 6pm

The Parrot Confectionary and Lasso the Moon are bringing parents and children together for affordable fun.



Lasso the Moon is supplying the games and The Parrot is providing the location. Food will not be served, but beverages will be available for purchase.

## Parent Leadership Elections is September 29 in Classrooms!

Children love it when their parents are involved in Head Start!



So... mark your calendar and plan to bring the family for a free pizza dinner!

**A Classroom Meeting will be held on Thursday, September 29th to elect parents to serve as Policy Council Reps and Classroom Reps.**

**Townsend & Whitehall will meet at 12:15 and a snack will be served.**

**Helena & East Helena begin at 5:30 pm in your child's Head Start location. Dinner of Pizza will be served.**

**Look for the flyer with more info!**

Music can change the world because it can change people. -Bono

## Welcome from Special Services

What a busy August for screenings! You may remember coming to our Head Start screening at the Neighborhood Center. In the month of August, we screened over 200 children! If your child has not yet been screened, we will be coming into the classrooms and completing our screenings. If there are any concerns, your child's teacher will be sharing that information with you.

Social/emotional screenings will be from October 3rd through October 19th. The AWARE therapist, Trista Burke, will be in your child's classroom observing. If there are any concerns, your classroom teacher will share that information with you. If you would like more information regarding screenings, you can also contact our Special Services Coordinator, Villette Burk, at 1-406-457-7307.

We are excited to be off and running and looking forward to a great year!



## Winter is coming!

Apply for Low Income Energy Assistance early & get your benefit before the high winter heat bills arrive.

### Need help getting through the process?

LIEAP application assistance is available Saturday, Oct. 8 from 9 to noon at the Neighborhood Center's card room.

We'll have a toy/activity corner and help to watch the kids.

**Reservations not required, but recommended.**

**Call 441-3960.**



## Partnerships—It's What Makes Head Start Work!

RMDC Head Start has a contract with our local Carroll College. Nursing students have been learning, with their instructor, about the 'well child' from observing and screening Head Start children. Seeing children interact and enjoying their day helps the students learn what is normal in a healthy child. Our classes at the Neighborhood Center have been their 'teaching classrooms' for a number of years now.

Partnerships like this are a win/win for everybody. Thank you for being an integral part of this experience.



## Rocky Mountain Development Council Head Start

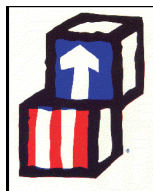
**Main Office:** 200 S Cruse Ave. Helena 59601

**Mailing Address:** PO Box 1717 Helena 59624

(406) 457-7308 Fax: (406) 447-1629 [rmdc.net](http://rmdc.net)



*Of Lewis & Clark County.*



## Job Opportunity!

Looking for a part-time position that offers flexible hours, competitive wages and will give you some great experience?

Consider becoming a paid Head Start substitute.

Call **Patty Dumas** at **457-7330** for more information or to obtain an application.

As hectic as the day may be, please remember to



be respectful to the Head Start Staff and children by not using your cell phone while dropping off and picking up your child.

Don't forget to give your child a hug before you leave and greet them with a warm smile.

## Has Your Child Had Their "Well-Child Check"?

Head Start strives for life-long healthy practices to begin early in your children's lives. Head Start Standards require medical and dental exams every year for your children!

The medical exam required is called a Well Child Check. It is an exam done by your doctor WHEN your child is assumed to be healthy. It is a 'preventative maintenance' type checkup.

A yearly Well Child Check is recommended and the cost of the checkup is covered by Medicaid and most private insurances. If you still need to have your child seen by either your health care provider or your dentist, please make an appointment. Our Health Coordinator, Wanda, is available at 457-7339.



**There is nothing more valuable to you and your children than good health.**

## Before your child goes to school, review your family safety rules!

This is the perfect time to reassess your family's safety plan. Questions to ask yourself include:

- \*Does the school have all your current contact information?
- \*Have you recently moved or changed phone numbers? Does your child have the new numbers memorized?

**Posting emergency numbers in an obvious place and teaching your children who you consider to be safe adults are important first steps.**

Practice getting out of your home without the benefit of lights. Time it and reward your family for a job well done. Make safety fun and it will be easier to remember!

If your family's safety plan requires that a particular person not be allowed contact with your child, be sure to let school officials and other caregivers know who that person is and what they look like.

**Working together as a community will help keep our children safe!**

**RMDC Head Start - Strong Families, Successful Children**