

# OKALOOSA COUNTY HEAD START



## NEWSLETTER SEPTEMBER 2009

### Message from the Director:



Greetings to Parents, Families and Friends,

Welcome to Okaloosa Head Start/Early Head Start Program 2009 - 2010.

It is indeed an honor and pleasure that you allow us to serve you and your children.

This year the program will once again focus on a number of special services for families.

We will be continuing to develop and implement initiatives involving fatherhood involvement, Grandparents Raising Grandchildren, Senior Citizen Program and other very special programs.

We will be using the child outcome data to design special projects for the children.

The program is going to spend this year addressing the true needs of our children and families.

Sincerely,

*Ms. Janet Anderson Clark, Executive Director*

### MENTAL HEALTH & DISABILITIES

Sharon Farrow will be available on Mondays, Wednesdays, and Fridays from 7:30 to 4:30 at the McGriff center. And on Tuesdays and Thursdays from 7:30 to 12:00 at the Edney center and 1:00 to 4:30 at the McGriff center.

She will be available if there are any questions concerning Mental Health/Disabilities or if any staff or parents have a concern with their child. Speech/Language screens for our Head Start children, which are being conducted by the speech therapists with the school district, are currently underway. For the Early Head Start children, the teachers will do the Ages & Stages.

Any parents or staff members that have concerns with their child's speech/development or behavior can contact her at 244-2606 or 682-2912. For children in Early Head Start, referrals will be provided to Early Steps for further evaluations. For the child in Head Start, we refer to Child Find. For children with behavior problems or Mental Health issues, we have a licensed mental health counselor that can assist you. Please contact Ms. Farrow at the above phone numbers for more information.

There is a support group that will be starting on September 29. It's a support group for parents of children with special needs. The first meeting is on September 29 from 6:00 to 7:30 at St. Mark's United Methodist Church in Crestview, located off of PJ Addams, just off of HWY 85-contact Roxanne Rice at 682-4460 or Amanda Watson at 368-9273 for more information.

Submitted by: Sharon Farrow, Disabilities/Mental Health Specialist



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### What is In Kind or Match and Why is it so Important to Head Start?

"In-kind contributions" refers to non-cash transactions in the form of goods or services donated by third parties.

"Matching" is generally used to refer to a percentage of program or project costs that must be contributed by a grantee in order to be eligible for Federal funding.

Okaloosa County Head Start is required to "match" every four dollars the Federal Government provides the program with one dollar of 'match". This means that every year from July 1 through June 30, the program needs to match twenty percent of the awarded Federal dollars or approximately \$737,000 in order to receive the entire grant award provided by the Federal Government for servicing the children and families.

A primary source of In-Kind is volunteering. It is very important to document the time spent on parent activities with your child or the time you provide services related to the program in the classroom. If the information is not documented, it cannot be included as In-Kind.

Submitted by: Luci Kounlavong, Fiscal Manager

### THE OPPORTUNITY HEALTH CLINIC

OUT PATIENT PRIMARY CARE  
AT THE OKALOOSA COUNTY HEALTH  
DEPARTMENT IN FORT WALTON BEACH...  
OFFERING AFFORDABLE HEALTH CARE TO  
OKALOOSA COUNTY  
RESIDENTS WHO QUALIFY

CALL (850) 833-9240 AND ASK TO SPEAK TO  
AN OPPORTUNITY REPRESENTATIVE

**Clinic Hours: Opportunity Health Clinic at  
Okaloosa County Health Department 221  
Hospital Dr. NE, FWB, FL 32548 (850) 833 –  
9240 ext. 2305 or ext. 2175**

**Monday, Wednesday & Thursday –  
7:30AM—4:30PM**

**Tuesday – 7:30AM – 6:00PM**

**Friday - 7:30 –3:00PM**

**Saturday clinic hours as announced: Clinic  
closed every third Friday of each month for  
training.**

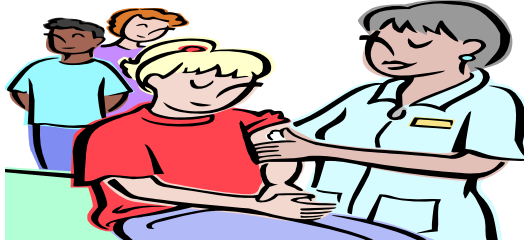


Submitted by: Hester C. Roberts Health Service  
Specialist

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### Children Flu Shot Schedule

#### FORT WALTON BEACH LOCATIONS

221 Hospital Drive NE  
Fort Walton Beach, FL 32548

#### Hours for Shots

- Thursday : October 1, 2009 9:00AM – 12:00 Noon
- Thursday : October 8, 2009 9:00AM – 12:00 Noon
- Monday : October 13, 2009 1:00PM – 5:00PM
- Thursday : October 22, 2009 9:00AM – 12:00 Noon

#### CRESTVIEW LOCATION

810 E James Lee Blvd.  
Crestview, FL 32539  
(850) 689-7808

- Monday : October 6, 2009 9:00AM - 12:00 Noon
- Monday : October 13, 2009 1:00PM – 3:00PM
- Monday : October 20, 2009 9:00AM – 12:00 Noon

**If Your Kids are size  
*Small, Medium, or Large*  
Then they need a flu  
vaccine.**

**Flu protection is  
recommended in sizes 6  
months to older.**

**Influenza (the “flu”) can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC recommends flu vaccination for all children from ages 6 months of age or older, including healthy people and those with chronic medical conditions (such as asthma, diabetes, or heart disease).**



Submitted by: Hester C. Roberts, Health Service Specialist

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### Infants and Toddlers

#### **Birth Through Age 2**

#### **What to do at home.**

*The Partnership for Reading*

**Produced by RMC Research Corporation,  
Portsmouth, New Hampshire**

Authors

*Bonnie B. Armbruster, Ph.D., University of Illinois at  
Urbana-Champaign*

*Fran Lehr, M.A., Lehr & Associates, Champaign,  
Illinois*

*Jean Osborn, M. Ed., University of Illinois at Urbana-  
Champaign*

**Talking to and reading to infants and toddlers are  
two good ways to prepare them for later success in  
reading.**

#### **Talk to your child**

#### **Begin talking and singing to your child from birth.**

Your baby loves hearing your voice. Play peek-a-boo and pat-a-cake. Recite nursery rhymes or other verses that have strong rhythms and repeated sounds. Sing lullabies and other songs.

**Let your baby know that you hear her babbles, coos, and gurgles.** Repeat the sounds she makes. Smile back. When you respond to her sounds, she learns that what she "says" means something and is important to you. Sometimes, you can supply the language for her.

#### **Parent Talk**

**When your baby stretches her arm toward her bottle and says, "ga-ga-ga," say, "Oh, you're ready**

**for some more milk? Here's your milk. Isn't it good?"**

#### **Play simple touching and talking games together.**

These games help a child learn what different parts of the body are called.

#### **Parent Talk**

**Ask "Where are your toes?" Then touch your child's toes and say, "Here are your toes!"**

**Repeat several times, and then switch to fingers or ears or eyes or the nose.**

**Point to familiar objects and name them.** When a child hears an object called the same name over and over, he learns to connect the spoken word with its meaning.

#### **Parent Talk**

**"Here's your blanket. Your very favorite blanket.**

**What a nice, soft blanket!"**

When your child begins to speak, build his language. A child starts talking by using single words and short sentences. You can help by filling in missing words and using complete sentences.

#### **Parent Talk**

**Child: "Cookie." Parent: "Oh, you want another cookie? OK, you can have just one more."**

**Child: "Go car."**

**Parent: "Yes, we're all going to go in the car. But first, you have to put on your coat."**



**Encourage your child to talk with you.** Ask questions that show you are interested in what she thinks and says. Ask her to share ideas and events that are important to her. Ask her questions that require her to talk, rather than just to give yes or no answers. Listen carefully to what she says.

#### **Parent Talk**

**"What would you like to do next?"**

**"What do you suppose made that big noise?"**

**Answer your child's questions.** Listen to your child's questions and answer them patiently. Take time to

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explain things to him as completely as you can. Keep answering questions that your child asks again and again, because children learn from hearing things over and over.



### Read to your child

**Make reading a pleasure.** Read to your child in a comfortable place. Have her sit on your lap or next to you so that she can see and point to the print and the pictures. Show her that reading is fun and rewarding.

**Show enthusiasm as you read with your child.** Read the story with expression. Make it more interesting by talking as the characters would talk, making sound effects, and making expressions with your face and hands. When children enjoy being read to, they will grow to love books and be eager to learn to read them.

**Read to your child often.** Set aside special times for reading each day, maybe after lunch and at bedtime. The more you can read to him, the better--as long as he is willing to listen. Reading times can be brief, about 5 to 10 minutes.

**Talk with your child as you read together.** Comment about what's happening in the story. Point to pictures and talk about what's happening in them. When your child is ready, have him tell you about the pictures.



### Parent Talk

"See the cat under the tree?"

"Look, the family is getting into a car. I wonder where they're going?"

"What's happening on this page?"

**Encourage your child to explore books.** Give your baby sturdy books to look at, touch, and hold. Allow her to turn the pages, look through the holes, or lift the flaps. As your child grows older, keep books on low shelves or in baskets where she can see them and get them herself. Encourage her to look through the books and talk about them. She may talk about the pictures. She may "pretend" to read a book that she has heard many times. Or, she may pretend read based only on the pictures.

**Read favorite books again and again.** Your child will probably ask you to read favorite books many times. You might get tired of reading the same books, but children love hearing the same stories again. And it helps them learn to read by hearing familiar words and seeing what they look like in print.



Submitted by: Nicole Hardin, ECE Manager, Edney, Bay, Kennedy, Lakeview & Laurel Hill

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### PARENT INVOLVEMENT

Welcome to all the returning parents and all of the new parents starting at Head Start for the year 2009-2010. Okaloosa County Head Start has an outstanding program for the whole family. We want parents and children to be richly rewarded while in The Head Start Program. Parents can access a wide world of parenting ideas such as: Continuing Education, Parenting Ideas, Budgeting, Stress Management, Housing, Citizenship, Health/Nutrition, and Depression.



### WE WELCOME PREGNANT MOMS

We offer training, comfort and help to make them feel secure during their pregnancy. We can also help them to prepare for labor and delivery, by referring them to different resources that are available. We also try to include the father as he is the partner to Mom.

### FATHERS

We love fathers in our program. We welcome all fathers to volunteer in the classroom with their child. This would be a great role model for children of a single parent, when both parents are involved in their children's education.



### EARLY HEAD START/HEAD START

Head Start emphasizes on child services, family services, community collaboration and staff development. We help shape children's attitudes and health habits with a curriculum that prepares the children for kindergarten. We help children grow socially, physically and emotionally. We help parents that need services and enrich their relationship with their children, by providing medical, dental, vision, hearing screenings. Children receive

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health/nutrition and services for the diagnosed disability.

Children are provided fun and educational activities along with education and training for all parents.



### PARENTS CAN VOLUNTEER IN THE HEAD START PROGRAM

Volunteer in the classroom, office, and kitchen and even on the playground. There are many things they might like to do, such as: work with the children, read a book, do an art activity, make a snack with children, assist the teacher, go to the dentist with their child, go on field trips, do the cut outs for the classroom, help brush teeth, set table, attend parent meetings or become a committee officer. It would be great to have you as a representative for your center.

You would then be able to help govern the program by voting on Policies and Procedures.

Families are very important part of the Okaloosa County Head Start.

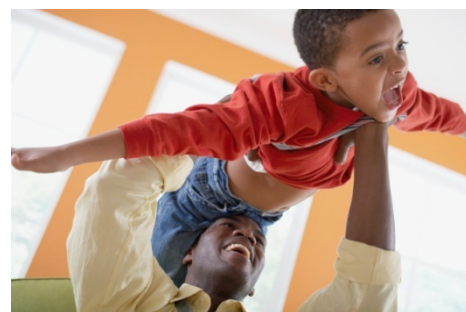
This agency is here to help the whole family have a great year!

If you need us we are here to assist you in any way we can.

**“YOU ARE YOUR CHILD’S FIRST AND MOST IMPORTANT TEACHER, EVERY DAY YOUR CHILD IS LEARNING AS YOU TALK, PLAY, AND WORK TOGETHER”**



Submitted by: Jo Rita Thompson, Parent Involvement Specialist



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### Monthly Parent Meetings:

All parents/guardians are encouraged to attend!!!!



#### Edney

September 21<sup>st</sup> @ 8:30 am

#### Lakeview/Kennedy

September 22<sup>nd</sup> @ 8:15 am

#### Chester Pruitt

September 14th @ 8:30 am

#### McGriff

September 11th @ 8:30 am

#### Niceville

Already occurred this month

#### Bay Street

September 25<sup>th</sup> @ 1:45 pm

#### Laurel Hill

September 17<sup>th</sup> @ 9 am

### Policy Council Meeting:



**September 15, 2009 @ 10:30 am**

at the Administration Office in  
Shalimar

### Board of Directors Meeting:



**September 24, 2009 @ 4:30 pm** at

the Administration Office in Shalimar

REMEMBER.....

DON'T WORRY.....

BE HAPPY!!!!!!

