



# Worcester Community Action Council Southbridge HEAD START

## December Newsletter

### Family Advocate News

Dear parents,

Thanks to all the parents who attended the parent-child breakfast.

Without your support these activities would not be possible.

We hope you continue to participate in these center activities.

Our next **Parent Workshop and Parent meeting** will be held on December 3, 2015 at 4:00pm

#### Policy Council

Meeting will be on January 19, 2016.

Child care and dinner will be provided!

#### No School Reminder

From December 24, 2015 to January 1, 2016

\**Vacation for classroom 1,2,3,4,5,6,9,10 & 11.*

\**Children will be back to school on January 4, 2016*

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\**Children from classroom 7 and 8 will have the following days off*

\***December 24-25, 2015 and January 1, 2016 (Closed)**

These classrooms will have school from December 28-31st.

**December 31 school will be closing at 3:00pm**

*Winter*



#### GED and ESL Program

*GED and ESL program is available in Southbridge. Sign up date is on Thursdays at 4:30pm here at our site.*

*Please let your family advocate know your interest for further information.*

*This is only for Southbridge residence.*



***Please dress your child for the weather. The EEC regulation requires children to play outside. Please refer to the colored weather chart in your child's classroom for more information. Outside time may be modified for inclement weather.***

#### Parent Center Corner

Thank you all so much for participating in the Uncle Jerry's T's Fundraiser. We are well on our way to earning funds for our children activities.

Thank you!

#### Education Corner

Thank you to all the parents that attended the parent-teacher conference. Those who couldn't make it, please see your child's teacher to schedule a meeting.

Thank you!



[www.WCAC.net](http://www.WCAC.net)

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# Worcester Community Action Council Southbridge HEAD START

## Diciembre 2015

### Boletín Informativo de las Orientadoras Familiares

Estimados padres,

Le queremos dar las gracias por haber asistido a nuestra actividad de centro.

Esperamos sigan participando en nuestras actividades.

Nuestra próxima reunión para los padres será el 3 de diciembre de 2015 a las 4:00 de la tarde.

#### Reunión de Normas y Procedimiento

Será el 19 de enero de 2016

Habrà cuidado de niño y comida.

#### Recordatorio

Del 24 de diciembre al 1 de enero de 2016

**\*Vacaciones de diciembre para los salones 1,2,3,4,5,6,9,10 & 11.**

**\*Los niños regresarán a la escuela el 4 de enero de 2016.**

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**\*Los niños de los salones 7 y 8 solo tendrán los siguientes días libres ....**

**\*24-25 de diciembre de 2015 y el 1 enero de 2016 (Cerrado)**

**Estos salones estarán abiertos del 28 - 31 de diciembre.**

**El 31 de diciembre de 2015 se cerrara a las 3:00pm.**



#### Programa de GED y ESL

Programa de GED y ESL está disponible en Southbridge. El día de registraci3n son todos los jueves a las 4:30pm aqu3 en la escuela. Para mas informaci3n favor de ver a su orientadora familiar. Esto es s3lo para los residentes de Southbridge.



**Favor de vestir a su ni3o de acuerdo al clima. Las regulaciones del EEC requiere que los ni3os jueguen afuera a diario. Para mas informaci3n sobre cuando los ni3os pueden salir afuera a jugar, referirse a la tabla en color en el sal3n. Las salidas afuera depende de las condiciones del tiempo.**

#### Rinc3n de Padres

Gracias a todos por participar en la recaudaci3n de fondos. Estamos trabajando muy duro para obtener fondos para nuestras pr3ximas actividades.

Gracias!



#### Rinc3n Educativo

Gracias a todos los padres que vinieron a las conferencias de padres. A los padres que no pudieron venir, favor de preguntar a la maestra de su hijo (a) por una cita.



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# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Parent Meeting 4:00pm	4	5
6	7	8	9	10	11	12
13	14	15	16 Dental Van	17 Dental Van	18	19
20	21	22	23	24 No School All Students	25 <b>No School</b> All Students Holiday Recess for Class- rooms 1,2,3,4,5,6,9,10 & 11 Will be back to school on January 4, 2016	26
27	28 Classrooms 7 & 8 are open	29 Classrooms 7 & 8 are open	30 Classrooms 7 & 8 are open	31 Classrooms 7 & 8 are open Will close at 3:00pm		

**Worcester Community Action Council**

**Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738**

**Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994**

**Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176**

**Call (508)765-4738 ext. 300 for Storm Announcements/Closures**

# Diciembre 2015

Dom	Lun	Mar	Miér	Jue	Vie	Sab
		1	2	3 Reunión de Padres 4:00pm	4	5
6	7	8	9	10	11	12
13	14	15	16 Van Dental	17 Van Dental	18	19
20	21	22	23	24 No habrá Clases Para todos los estudiantes	25 <b>Feriado</b> Para todos los estudiantes Receso de invierno para los salones 1,2,3,4,5,6,9,10 & 11 Regresaran el 4 de enero 2016	26
27	28 Salones 7 & 8 Estarán abiertos	29 Salones 7 & 8 Estarán abiertos	30 Salones 7 & 8 Estarán abiertos	31 Salones 7 & 8 Estarán abiertos Cerramos a las 3:00pm		

**Worcester Community Action Council**

**Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738**

**Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994**

**Oficina Central—484 Main Street, Worcester, MA 01608 (508) 754-1176**

**Llama (508)765-4738 ext. 300 Para el mal tiempo/escuela cerrada**

# COAT DRIVE



WCAC's annual coat drive was once again a huge success! With incredible support of the local community, we were able to provide a new winter coat to all of the children enrolled in our Head Start and Early Head Start programs, as well as for our Healthy Families program and children of young parents enrolled in the agency's Job & Education Center. **National Grid** and **Commerce Bank** once again led the way with their generosity, with the two combining to provide more than half of the donated coats! Additional coat donations were gratefully accepted from **PENTA Communications**, **Southbridge Savings Bank**, **AllCom Credit Union**, and the **City of Worcester** employees, **Family Services of Central Massachusetts**, **Knights of Columbus of Auburn**, **Webster Five Cent Savings** and countless individual donations. Additionally, the **Creative Hands group of the Worcester Senior Center** donated more than 200 hand-made hats and mittens. Generous financial contributions to support the purchase of new winter coats were received from **Worcester Rotary Club**, **Bay State Savings Bank**, **Harvard Pilgrim Health Care** and **Dr. Satya Mitra**. Thank you to all those who helped to keep our children warm this winter! View a photo album of the 2015 Coat Drive on WCAC's Facebook page.



Number in Household	Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704
5	\$73,897
6	\$84,089

\*add approximately \$1,911 to income for each additional person in household

Having trouble keeping up with home heating expenses? WCAC's Fuel Assistance Program is designed to provide relief to those households that are most vulnerable to high home heating costs. Massachusetts' Low Income Home Energy Assistance Program (LIHEAP) is intended to help defray the cost of heat during the winter months, November 1 – April 30 of each year. Visit [www.WCAC.net/fuel-assistance](http://www.WCAC.net/fuel-assistance) for information about how to apply.



Parent Page in WCAC's website... Parents' can see the list of important dates as well as links to newsletters and photos of recent happenings. Visit us at [www.WCAC.net/parent-page](http://www.WCAC.net/parent-page)



# Toy Safety Awareness

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. 72% were to people less than 15 years of age. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets.

When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, *especially for infants and children under age three.*

**This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:**

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.

When purchasing *toys for children with special needs* try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it. Consult the “AblePlay” website at <http://www.ableplay.org/> for more information.

- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Keep kids safe from *lead in toys* by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.
- Do **NOT** give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do **NOT** give toys with ropes and cords or heating elements
- Do **NOT** give crayons and markers unless they are labeled “nontoxic”.



# Proper Handwashing Tips

**Did you know that December 6th through 12th is National Handwashing Awareness?**

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

**When should you wash your hands?**

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats

After touching garbage

**How should you wash your hands?**

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.

**Dry** your hands using a clean towel or air dry them.

About 1.8 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world .

Handwashing with soap could protect about 1 out of every 3 young children who get sick with diarrhea and almost 1 out of 5 young children with respiratory infections like pneumonia .

Although people around the world clean their hands with water, very few use soap to wash their hands. Washing hands with soap removes germs much more effectively .

Handwashing education and access to soap in schools can help improve attendance ..

Good handwashing early in life may help improve child development in some setting.

