

WCAC Early Head Start Newsletter



September/October 2017

Welcome Back!

Welcome Back! We here at EHS are excited to start the 2017-2018 school year. We have already begun to plan some fun activities in the next few months.

SEPTEMBER IS SAFETY MONTH so here are some Back to School Safety Tips to get you started:

Walking to School

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones

Riding the Bus

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers

Autumn is the start of flu season, and it's recommended that everyone 6 months and older gets vaccinated against the flu. Learn more about flu prevention and the flu vaccine.

Hand Washing : Clean hands save lives

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.

Visit <https://www.cdc.gov/handwashing/when-how-handwashing.html> for more information

October: Fire Prevention Month/Domestic Violence Prevention Month

Fire Prevention Week October 8th -October 14th 2017

In a fire, seconds count. Seconds can mean the difference between residents of our community escaping safely from a fire or having their lives end in tragedy.

That's why this year's Fire Prevention Week theme: "Every Second Counts: Plan 2 Ways Out!" is so important. It reinforces why everyone needs to have an escape plan. Here's this year's key campaign messages:

Draw a map of your home. With all members of your household, marking two exits from each room and a path to the outside from each exit.

- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

For more information on Fire Prevention Week, including coloring sheets please visit:

<http://www.nfpa.org/public-education/campaigns/fire-prevention-week-2>

10 Ways You Can Help Prevent Domestic Violence Where You Live

Want to do something to help, but not sure what? Start here.

More than one-third of women and one in 12 men have experienced intimate partner violence in their lifetime, according to the National Intimate Partner and Sexual Violence Survey. Anyone would agree that's too many. If you're asking yourself what you can do to help, read on. Below, 10 steps you can take to help stop domestic violence in your community.

1. **Know the signs.** Domestic violence can happen to anyone—white, black, young, old, rich, poor, educated, not educated. Sometimes violence begins early on in a relationship and other times it takes months or even years to appear. But there generally are some warning signs. Be wary of the following red flags an abuser may exhibit at any point in a relationship:

Being jealous of your friends or time spent away from your partner

*Discouraging you from spending time away from your partner

*Embarrassing or shaming you

*Preventing you from working

*Controlling all financial decisions

*Intentionally damaging your property

*Making you feel guilty for all the problems in the relationship

*Threatening violence against you, your pets or someone you love to gain compliance

Domestic Violence Prevention Continued

*Pressuring you to have sex when you don't want to

*Intimidating you physically, especially with weapons

2. **Don't ignore it.** Police officers hear the same thing from witnesses again and again—*I heard/saw/perceived domestic violence but didn't want to get involved*. If you hear your neighbors engaged in a violent situation, call the police. It could save a life.

3. **Lend an ear.** If someone ever confides in you they are experiencing domestic violence, listen without judgment. Believe what they are telling you and ask how you can help.

4. **Be available.** If someone you know is thinking about leaving or is in fear the violence will escalate, be ready to help. Keep your phone with you and the ringer on, make sure you have gas in your car and discuss an escape plan or meeting place ahead of time.

5. **Know the number to a nearby shelter.** You never know who might need refuge in a hurry. Keep numbers to local shelters and the National Domestic Violence Hotline in your phone (800-799-7233).

6. **Check in regularly.** If a loved one or friend is in danger, reach out regularly to ensure his or her safety.

7. **Be a resource.** Someone experiencing violence may not be able to research shelters, escape plans or set up necessities like bank accounts and cell phones while living with his or her abuser. Offer to do the legwork to help ease stress and keep things confidential.

8. **Write it down.** Document every incident you witness and include the date, time, location, injuries and circumstances. This information could be very useful in later police reports and court cases, both criminal and civil.

9. **Get the word out.** Assist a local shelter or domestic violence organization in their efforts to raise awareness in your community. Or use your personal connections to start a grassroots campaign. Organize talks at your workplace wellness fair, HOA meetings and church groups.

10. **Put your money where your mouth is.** Use your power as a consumer and refuse to support the culture perpetuated in music, movies, television, games and the media that glorifies violence, particularly against women.

For more information and resources

<https://www.domesticshelters.org>

2016-2017 Transition Dinner



Over the summer we held 2 very important events at EHS. We had an end of the year lunch for all the families that are staying in the program for another year.

Later that same day we had our Transition Dinner for the 23 children graduating from EHS and heading to either Head Start or another Preschool program.

Miss Evelyn made us a wonderful food which was served for both meals.

Mr. Kim provided entertainment for our Transition Dinner.

To see all of the pictures from these events and many others, please visit our website:

<http://www.wcac.net/youth-and-family-services/early-head-start/>



Upcoming Events & Important Dates

September 2017

September 4th: CLOSED for Labor Day **September 8th:** CLOSED for Staff Day

September 14th: Dental Van at Early Head Start & Head Start

September 18th: Socialization **10:30 - 12:30** and Parent Meeting **11:00**

September 26th: Policy Council 5-7 p.m. Dinner and child care provided

September 27th: Field Trip *Apple Picking @ Breezeland Orchards (More info to come)*



October 2017

October 2nd: Socialization 10:30-12:30 ****Meet the Tooth Fairy**** Parent Meeting 11:00

October 9th: CLOSED for Columbus Day

October 18th: Socialization @ Southbridge Public Library 10:00-12:00

October Policy Council Date TBA

