

WCAC Early Head Start Newsletter



Home Based Herald

September/October

Early Head Start Celebrates Transitioning Students

On August 17, 2016 Early Head Start (EHS) hosted their annual transition dinner. This 2015-2016 school year EHS transitioned 26 children to Preschool. The largest amount in years. The activities included, family and individual photo shots, entertainment by Mr. Kim Webster from Apple Tree Arts. The performance was engaging and interactive. Mr. Kim delighted everyone with his songs, instruments, puppets, and magic.

The families also had an opportunity to spend time in a Head Start preschool classroom. They met some of the teachers and potential classmates. All the families were invited to come out to a week long "meet & see" Head Start class. This essential part of the EHS program introduces transitioning children to the order, routine and structure of the preschooler's day.



The evening ended with a delicious five course meal prepared by Mr. Norman and his staff. The menu consisted of; roasted chicken, mashed potatoes, mixed veggies, hot rolls, a green salad and fresh fruit.

A special thanks to all the families who participated in this year's transition dinner.



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A Message From Your Policy Council Rep

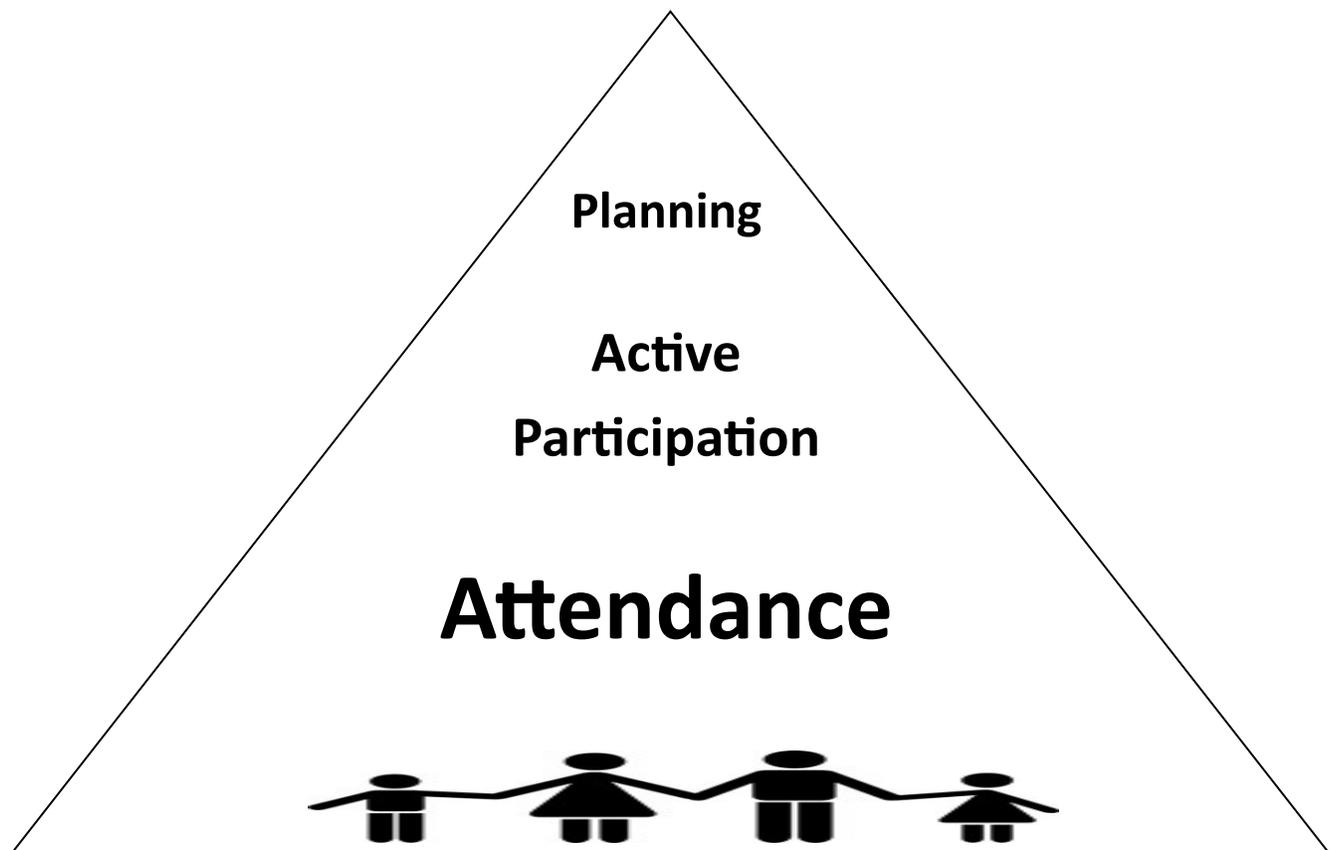
This Head Start/ Early Head Start Policy Council was created to serve as a link between public and private organizations, the grantee board of directors of Worcester Community Action Council, the communities served and the parents of children enrolled, in the planning and coordinating of the Head Start/ Early Head Start program.

The functions of the policy council are to initiate suggestions and ideas for program improvement; to receive periodic reports on actions taken by the agency with regard to its recommendations plan; to coordinate and organize agency-wide activities for HS/EHS parents with the assistance of staff, to administer the parent activity fund, to recruit volunteer services from parents, community residents and community organizations, to communicate with all parents and encourage their full participation, to approve locations of HS/EHS centers, to assist in developing a plan for recruitment of eligible families and approve such a plan, to approve and disapprove policies , grants, personnel procedures(hiring and termination criteria) and so much more. We are the voice for our children and community and all committed participation is welcomed. Come in and join as a guest and see what you think and if it is something you want to be a part of we will gladly vote you in. Childcare and food will be provided.

Thank you,
Lateasha Vidal



What is family engagement?



**“EASY DOES IT”
Low Cost Cooking
By Kristina Sulkoski**

Super easy recipe, all cooks in one pan, no peeling potatoes, easy clean up!



Italian Chicken Bake

What you Need

3 Chicken Breasts
4 Medium Red Potatoes
2 Cans Green Beans
(or 1 bag frozen, thawed)
½ Stick of Butter, Melted
Italian dressing mix packet

What You Do

Preheat the oven to 350*

**Cut the chicken breasts into 3 pieces each
cut the potatoes into small chunks
drain/thaw the green beans

**Spray the bottom of a 9X13 pan with cooking spray. Put the chicken in the middle, potatoes on one side and green beans on the other.

**Sprinkle Italian seasoning over the top and then pour melted butter over it.

**Back to School
Parenting Tip**

**Boost your child's
self-esteem!**

- ◆ Praise accomplishments, however small it will be make them feel proud
- ◆
- ◆ Letting children do things independently will make them capable and strong
- ◆
- ◆ Choose your words carefully, the tone of your voice, your body language and expressions are absorbed by your children
- ◆
- ◆ Let your children know that everyone makes mistakes and that you still love them, even when you don't love their behavior



September 2016

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4	5 Labor Day	6	7	8	9	10
11	12	13	14 First Day for Head Start	15	16	17
18	19	20	21 United Way	22 Socialization	23	24
25	26	27 Policy Council	28	29	30 Breezelands Orchards	

October 2016

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