



# DELTA HEAD START

Sponsored by Delta Community Action Foundation, Inc.

September 2012

Karen Nichols, Executive Director

Sharon Horton, Head Start Program Director

## Beat The Morning Rush

Tired of rushing around in the mornings pulling together your kid's backpacks, lunches, permission slips, jackets, etc.? Work out a plan so your mornings are easier and calmer. The night before each school day, implement a five to ten-minute routine to reduce everyone's morning anxiety.

Have your child make sure that everything she/he needs for school the next day is in a backpack— especially any home work .Getting everything ready the night before will help your child avoid leaving anything important at home. Then, place the back pack (s) near the door. By placing his/her backpack in the same spot every evening, your child will be less likely to forget it when leaving for school the next morning. With this routine in place, you may even get to have a cup of coffee before heading off to your own destination.



## Head Start Locations

### Blanchard

401 NE 5th  
405-485-3947

### Duncan-Cornerstone EHS

804 Ash  
580-470-8471

### Duncan - Irving HS/EHS

211 W. Beech  
580-255-5571

### Duncan - Will Rogers

1413 N. 13th  
580-255-2460

### Lindsay HS/EHS

14027 E County RD 1518  
405-756-3513

### Marlow Elementary

408 S. 7th  
580-658-5331

### Maysville Elementary

600 1st  
405-867-1297

### Pauls Valley- Jefferson

500 E. Garvin  
405-238-3400

### Purcell Early Learning

715 S. 4th  
405-527-5551

### Stratford Elementary

241 N. Oak  
580-759-2382



## Delta Community Action offers ACCESS

Delta Community Action is excited to offer a new service to citizens of Garvin, McClain, and Stephens counties.

Internet accessible kiosks have been installed in each CAP office allowing public access to information about programs offered through Delta Community Action and the Oklahoma Department of Human Services (OKDHS).

Users will be able to search for state and federal program eligibility as well as conduct online job searches.

Kiosks are set up in the following locations:

### Administrative Offices

308 SW 2nd Street  
Lindsay, OK 73052 405-756-1100

### Pauls Valley CAP Office

225 W. McClure  
Pauls Valley, OK 73075 405-238-3838

### Duncan CAP Office

921 Maple  
Duncan, OK 73533 580-255-3222

### Purcell CAP Office

223 W. Washington  
Purcell, OK 73080 405-527-6537

Business hours are 8:00 am - 5:00 pm, Monday - Friday. For more information, please contact (405) 756-1100 or visit [deltacommunityaction.org](http://deltacommunityaction.org).

## Delta Encourages Volunteers

In 1964 when Head Start was founded congress required programs to "provide for the direct participation of parents in the development, operations, and overall program direction at the local level". This was a revolutionary concept back then and since, has been proven thru research to raise the success level of children throughout the life of a child.

What can volunteers gain from these experiences? A few benefits from past parents are:

- ♥ The feeling of making a difference in the life of a child.
- ♥ Motivation to achieve personal goals
- ♥ Experience for future jobs
- ♥ Increased commitment to the program
- ♥ Learned developmentally appropriate child activities.
- ♥ Communication skills with children and adults.

Another way that we recruit volunteers is through the Foster Grandparent program. This program offers seniors age 60 and older opportunities to serve as mentors, tutors, and caregivers. Foster Grandparents volunteer a minimum of 15 hours a week and share their love and wisdom with our children. They receive a small stipend and a meal on the days they volunteer as well as a travel allowance. Your child may come home and talk about having a "Grandpa or Grandma" at school, currently we have Grandparents at Duncan, Marlow, Pauls Valley, & Purcell. This program has been very successful for many years and we look forward to working with them.

There are many ways to become involved in the Head Start program. Head Start has an open door policy parents can come into the classroom anytime. There are also things that can be done at home, such as cutting things out, making folder games and a variety of other activities. Each of you have special skills or talents to offer. Would you be willing to share that with your child's class? Teachers are required to have parent input on their lesson plans. This is one way that you can have input into your child's learning experiences. Have an idea? Let us know about it, we love to hear from you!

To Whom It May Concern:

I will begin my letter with this familiar statement, For the sake of a child. I am not sure if I first heard this at the beginning or the end of a statement, but it is very true that we (adults) will do many things for the sake of a child. I sit here in my classroom, at my desk, inside my school typing a letter to a group of people who may only know me statistically. I am a fourth generation single mother. I am an African American female. I lived on government assistance for many years. I gave birth to both of my children out of wedlock. My salary was well below the poverty level most of my life. I grew up in the inner city of Milwaukee, WI. I was bused in to my high school from the low rent district. I was pregnant at the age of nineteen with no intentions of getting married.

I was a promiscuous teenager. I was involved with several gang members during my adolescent years. I was every bit the stereotypical Black/African American teenager raised in a one parent home by a mother who had a serious drug addiction. Statistics show that I never should have made it out. Statistics show that my two sons should be gang members, in prison, or dead. That's it. That is all I get, all I had to look forward to in life. What could possibly change all of this? Why would I possibly have reason suddenly to want out?

For the sake of a child I wanted out. On November 3, 1994 I decided to leave it all behind and go for something better. I had no idea how many would protest this decision made by a nineteen-year-old single mother. Support came to me four years later, September 1998, when I received the call that my four-year-old son would start his first day of Head Start. Now, I could finally share a happier place and time of my life with him. I too had attended Head Start as a child. It had been a safe place for this former abused child. I had no way of knowing this place would show up again in my life at a time when I needed them most. Of all the people in my family and community, these ladies have kept up with us and encouraged us in ways they are not even aware of.

Head Start is not merely a safe place to take your child. Nor is it just a place to get a top rate education. Head Start is a place for families to get the support they need emotionally, physically, financially, and mentally. I received tips on being a better parent, a long-term parent. I did not have that motherly example growing, and the parenting magazines I read only shared wonderful ideas. I however, am a visual learner. I got to see "count to ten" put to action. I got to see adults use their authority without demeaning the child. I was there a lot as a volunteer. I was able to see "time-out" demonstrated appropriately. I was being educated while my child was being educated. I also received the encouragement and support from the Head Start teachers throughout my child's education.

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Newsletter articles can be submitted at your center or by e-mailing them to: [angie\\_burk@windstream.net](mailto:angie_burk@windstream.net)

## Delta Head Start Mission

*Our mission is to teach and reach  
Children and families by working together  
With families, communities ,  
and creative partnerships  
through comprehensive high quality services,  
thus, Empowering families to shape their future,  
One child at a time.*

## Toddler E-

Your toddler doesn't have to use the computer to send an e-mail.. Just print a large **E** on a page and have your toddler color it. Then let your toddler help to stuff them in envelopes after you cut them out. They can put a stamp on each envelope and decide who he wants to send the E-mail to! Help them with the addresses. Take the envelopes to the mail box or take a trip to the post office!! You can send these to some other toddler friends also, or grandma & grandpa would love this creation!. Talk about the letter E while doing this activity.

<b>Supplies</b>	Paper
Scissors	Crayons or markers
Postage stamps	Envelopes

## Dollar Per Child Campaign

NHSA's goal is to raise \$1 for every child enrolled in Head Start. The Dollar Per Child campaign specifically supports the National Head Start Association's advocacy activities. This year's campaign runs until October 2011.

### How are annual Dollar Per Child funds spent?

- ♥ Operates [www.IGotAHeadStart.org](http://www.IGotAHeadStart.org), a Web site that mobilizes the more than 22 million Head Start alumni.
- ♥ • They attracted hundreds of news stories across the country through rallies and media tele-conferences.
- ♥ • They organized a national call-in day which produced thousands of calls to congressional offices.
- ♥ • They funded [www.SaveHeadStart.org](http://www.SaveHeadStart.org) through which supporter shave sent nearly 200,000 e-mails and letters to members of Congress.

### What can you do to help make Head Start voices heard? •

- Parents can collect personal donations at parent meetings.
- Invite friends and families to contribute. No amount is too small!

## Hand Washing Habits

Experts have found that one of the best ways to cut down on the spread of germs and illnesses is by washing hands often as a regular part of each day. In our program we make sure that children wash hands when needed – before eating meals and snacks, before helping to prepare foods or set the table, and after they use the toilet or wipe their nose. Adults are sure to wash their hands at these times, too. Parents and other family members can help children make regular hand washing a habit at home. For proper hand washing, children need to be able to reach the water, soap and towel safely and easily. Children should use soap and running water, rubbing their hands together.

They should be taught to wash the front and back of hands, between fingers and under fingernail. After washing , they should be taught how to rinse and then dry hands on a clean towel. Your child may need to be reminded to turn off the water and to manage hot water safely, too. If your child forgets to wash hands, remind him to do so. Tell him why it 's important to wash his hands. Make sure that all family members wash their hands before meals or meal preparation, too. When other family members set a good example, it is easier for the child to make hand washing a habit.

## Fruit Smoothies

### Ingredients:

2 C. Any Fruit Juice  
5-6 Ice Cubes  
1 t. Vanilla  
2/3 C. Non-fat dried milk powder

Directions: Crush ice in blender. Add ice, juice, vanilla, and milk powder to blender container.

Shake or blend well.  
Pour into glasses and serve!

