

**NOVEMBER
2022**



Holiday Schedule (Administrative Offices)

Veterans Day
November 11th

Thanksgiving
November 24th & 25th

Christmas
December 23rd, 26th & 27th

Program Mission

Educating children and
empowering families.



Red Hill Creek Head Start welcomed Sargent Wyse from the Surry County Sheriffs Office to talk with the children about safety at school, in the car, and at home. Since the class is studying about clothing, he showed his uniform and his special belt that helps him carry things.



August 22, 2022
Hadleigh started back to school today! She is in the NC Pre-K program with Head Start and she is so excited to be back with all her friends and teachers.



Head Start Announces Retirement

Susan Yow, Teacher at Jonesville Head Start, has retired from the Head Start program. Rhonda Wrenn, Head Start Director, celebrated Susan and thanked her for her 10 years of service during the End-of-the-Year celebration in June at Lila Swaim Park. Head Start wishes Susan the best in her retirement!

Recruitment

YVEDDI Head Start is still accepting applications for the 2022-2023 school year!

If you know of a family who has a child that turned 3 or 4 years old by August 31st please refer them to a Family Advocate.



Danbury students went on a playground nature hunt for pine needles and pine cones, and then made paintings for the classroom using what they found. ❤️



Do you have a child with disabilities?



IDEA - the Individuals with Disabilities Education Act (p. L. 102-119) was passed by Congress and requires that all states and territories provide a public school education to children with disabilities from ages 3 to 21, no matter how severe their disabilities are.

This law promises to children with disabilities a “free appropriate public education” at public expense, that their educational placement is based on an evaluation of each child’s own special needs and that an Individualized Education Program (IEP) is planned for your child and states the services they will receive.

If you have a child with disabilities be sure they are receiving the special education they deserve. If you need further information, please call the Head Start Office at (336) 367-4993 and we will be glad to help.

If you or someone you know is in crisis, call or text 988 to reach the Suicide and Crisis Lifeline, chat with them online via their website, or text HOME to 741741 (multiple languages available). If this is an emergency, call 911.

Speak to a Licensed Clinician:
1-888-235-4673
(HOPE)

Oak Grove Nutrition Activities for the week:
The class read Crazy Pizza Day, then made a crazy pizza craft, and for the finale, the children got to make their own pizzas for lunch!



Boonville Head Start receives a visit from the friendly folks of Boonville Community Fire Department. Thank you for all that you do for our community!



Paynetown conducted an experiment with milk, food coloring, dish soap and Q-Tips. Mrs. Light asked them what would happen when two different liquids met? The class got really excited when dipping their Q-Tip dipped in dish soap then into the colored milk....It exploded!



The Paynetown students created a beautiful pumpkin patch!



The Jonesville classroom is busy studying pets and the children experienced their own veterinary clinic. Ms. Hiatt and Ms. Richards also introduce counting with pumpkins!



Newsletter Editor:
Donna Rutledge, Communications Specialist



NCWorks Online is a one-stop online resource for job seekers and employers in North Carolina. Job seekers can search for jobs, create resumes, and find education and training. Visit the website today www.ncworks.gov or stop by one of the office locations listed below.

<p>Surry County NCWorks Career Center 541 West Pine Street Suite 300 Mount Airy, NC 27030</p>	<p>Phone: (336) 786-4169 Email: ncworks.6200@nccommerce.com</p> <p>Days/Hours of operation: Monday-Friday 8:30 AM-5:00 PM</p>
<p>Yadkin County Workforce Center 1001 College Dr. Yadkinville, NC 27055</p>	<p>Phone: (336) 386-3580 Email: ncworks.9000@nccommerce.com</p> <p>Days/Hours of operation: Monday 8:30 AM-5:00 PM</p>
<p>Davie County Workforce Center DDCC Library 1205 South Salisbury Street Room #115 Mocksville, NC 27028</p>	<p>Phone: (336) 934-3286 Email: ncworks.5800@nccommerce.com</p> <p>Days/Hours of operation: Monday-Friday 8:30 AM - 4:30 PM</p>
<p>Forsyth County-NCWorks Career Center 2701 University Parkway Winston Salem, NC 27105</p>	<p>Phone: (336) 464-0520 Email: ncworks.9800@nccommerce.com</p> <p>Days/Hours of operation: Monday-Friday 8:00 AM-5:00 PM</p>

FAMILY ENGAGEMENT AND SCHOOL READINESS

Research shows that when parents are doing well, their children are happier and more successful in school. To help families achieve success, we team each family with a Family Advocate. Because each family has different strengths and needs, the support your advocate provides will vary to suit your needs. There are countless ways in which Family Advocates can be a resource. Some of them include:

- Connecting you to services and resources you need, such as food, housing, medical assistance, or counseling services
- Providing information and support to help you meet your goals for education, job skills, housing, etc.
- Helping you understand and complete paperwork
- Support you in reaching personal and family goals and outcomes as well as during Parent Meetings.

Your Family Advocate is working with you to complete a Family Partnership Agreement. This is a plan you develop together that describes the goals set for your child and family, as well as the steps to meet your goals.

Center Arrival/Departure Time

Head Start arrival time is from 8:00 AM – 8:30 A.M. No child will be accepted after 8:30 A.M. for any reason other than a doctor's appointment. Please bring a doctor's note to ensure proper documentation of absence.

If your child has an appointment, you will need to inform the teacher the day before or by 8:30 the morning of so that lunch can be ordered for your child. If, after the appointment your child cannot arrive by 10:30, you will need to make other arrangements for the day.

Departure is between 2:20-2:30 PM. In the event that an emergency arises and you cannot pick up your child by 2:30, you must immediately call the center to inform the teacher. We will attempt to contact your emergency contacts. Emergency contacts must be up to date and will be verified by staff. Chronic or repeated incidences may result in a report being made to the Department of Social Services.



www.NC211.org

Need Help, But Don't Know Where To Turn?
DIAL 2-1-1

Free ▪ Confidential ▪ 24 Hours a Day ▪ Any Language

Your connection to:

- Basic Needs (food, clothing, shelter)
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities

MEDICATION SAFETY



We want to encourage our kids to explore and discover their world, so it's especially important to include medicine safety when childproofing your home. Here are a few tips on how to keep kids safe around medicine.

Hard Facts about Medication Safety

Medicines are the leading cause of child poisoning.

In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning. That's one child every ten minutes.

Top Tips about Medication Safety

Keep medicine up and away, out of reach and sight of children, even medicine you take every day. Kids are naturally curious and can easily get into things, like medicine, if they are kept in places within their reach. Put all medicines and vitamins at or above counter height where kids can't reach or see them.

Consider places where kids get into medicine. Children often find medicine kept in purses or on counters and nightstands. Place bags and briefcases on high shelves or hang them on hooks, out of children's reach and sight.

Remember products you might not think about as medicine. Health products such as vitamins, diaper rash creams and even eye drops can be harmful if kids get into them. Store these items out of reach and sight of children, just as you would over-the-counter and prescription medicines.

Give medicine safely to children. Use only the dosing device that comes with liquid medicine, not a kitchen spoon. When other caregivers are giving your child medicine, write clear instructions about what medicine to give, how much to give and when to give it. Using a medicine schedule can help with communication between caregivers.

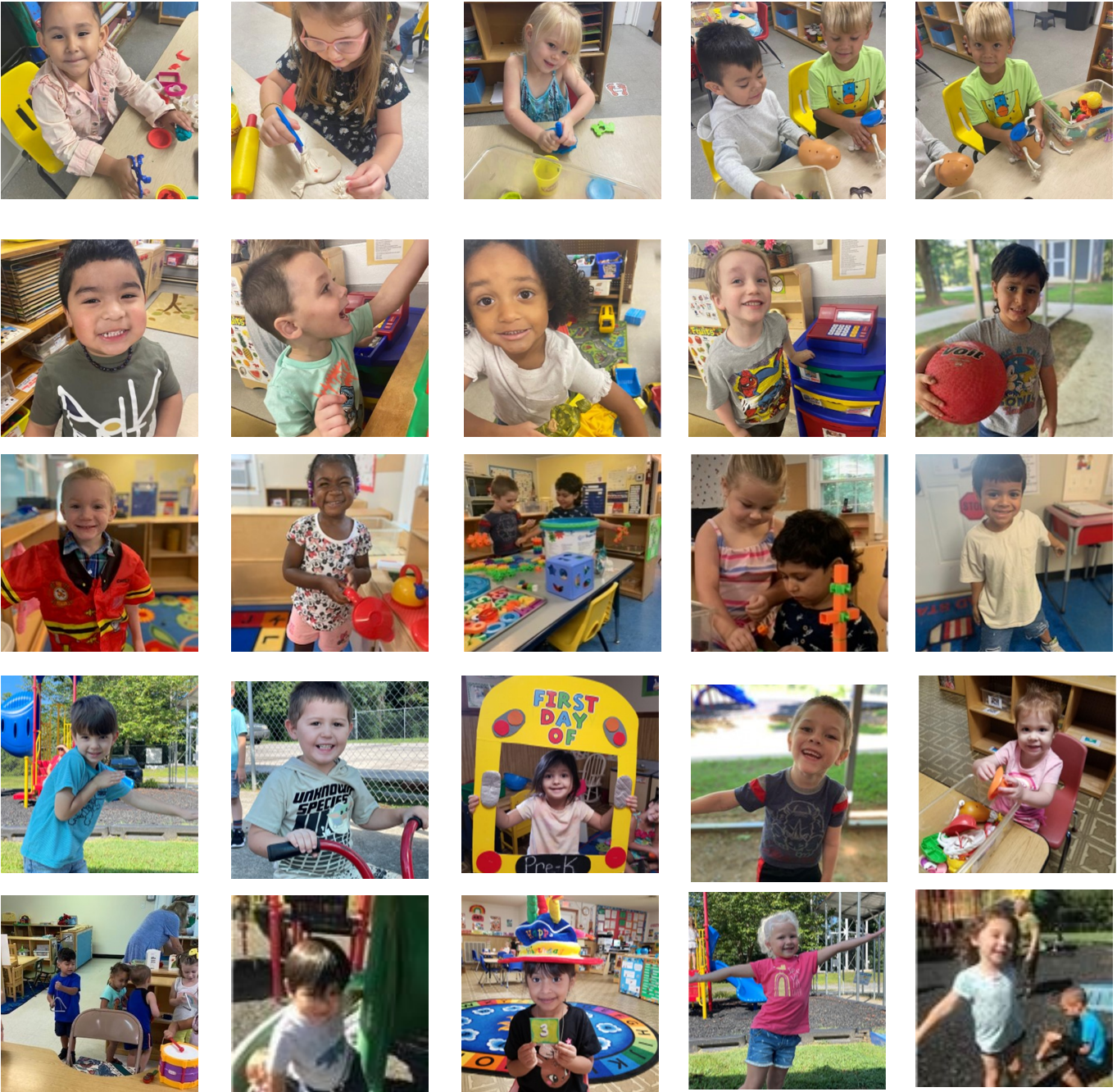
Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They can answer questions about how to give or take medicine and help with poison emergencies.

Share medicine safety information with family and friends. Teach other caregivers such as family members, babysitters and friends about medicine safety and make sure they know the Poison Help number.

Firearm Safety for Parents and Caregivers

- Did you know...
- Guns are in more than one third of all U.S. households? They're a very real danger to children, whether you own one or not.
- Of the 192 million firearms owned in the United States, 65 million are handguns. Research shows guns in homes are a serious risk to families.
- A gun kept in the home is far more likely to kill someone known to the family than to kill or injure a household member than kill or injure an intruder.
- A gun kept in the home triples the risk of homicide.
- The risk of suicide is five times more likely if a gun is kept in the home.
- Use these tips to ensure that you and the children in your care are safe from firearms:
- Children should not have access to firearms.
- Even if you don't own a gun, chances are your friends or neighbors do. That's why it's important to talk to kids about the potential dangers of guns, and what to do if they find one.
- Gun owners should always store firearms (including BB or pellet guns) unloaded and locked up, out of reach of children. Ammunition should be locked in a separate location, also out of reach of children.
- Quality safety devices, such as gun locks, lock boxes or gun safes, should be used for every gun kept in the home. Keep gun storage keys and lock combinations hidden in a separate location.
- Parents should talk to children about the hazards of gun use.
- Teach them never to touch or play with guns, and to tell an adult if they find a gun.
- Check with neighbors, friends and relatives or adults in any other homes where children may visit to ensure they follow safe storage practices if firearms are in their homes.

The first day of school was a success!



"Measure your success, not by money, but by the number of faces you bring a smile upon each day."
~Unknown ~

INCLEMENT WEATHER



Please note that Head Start delays and closings due to inclement weather will follow their local school system unless otherwise contacted. *When Head Start is closed due to inclement weather, all Head Start activities are cancelled including Parent Meetings, Policy Council meetings and workshops.*

E-Cigarette Facts



Photo by CDC

Electronic cigarettes (e-cigarettes or e-vaporizers) are battery-operated devices that people use to inhale nicotine or flavorings into the lungs. When you puff on it, the e-cigarette makes vapor from the liquid in the cartridge. You then inhale this vapor. People call this "vaping."

Some slang names for e-cigarettes are:

- e-cigs
- vapes
- vape pipes
- vape pens

Signs of Cigarettes Use

The nicotine in e-cigarettes can make you feel good. It can also raise your blood pressure. Your heart might beat faster. You might breathe faster. And it can make you not want to eat. E-cigarettes don't smell like the smoke from cigarettes and might not have an odor. But the cartridges might have flavored liquid that can smell like fruit, mint, or candy. If you smell these scents and don't see any of these items around, it could be an e-cigarette.

Some e-cigarettes look like everyday items, like pens or USB drives. If you see someone holding these items a lot, you can take a closer look to see if they are actually e-cigarettes.

One important part of an e-cigarette is called the atomizer. This turns the liquid in the product into a vapor. After a while, these burn out. If you find an atomizer in the garbage, someone in your house might be using e-cigarettes.

Effects of E-Cigarettes on Brains and Bodies

Inhaling Chemicals

Some people think that because e-cigarettes don't use tobacco, they are not bad for you. But the vapor that goes into e-cigarettes and vaporizers can have chemicals that might hurt you. These chemicals can be very dangerous when they are inhaled. Researchers are studying the effects of these chemicals.

Health Problems for Babies

If a pregnant woman uses e-cigarettes that contain nicotine, her baby might be born too early or too small. Nicotine can cause health problems for the baby.

Health Problems for Teens

The teen years are important for brain growth. Your brain grows until you're about 25 years old. Therefore, using nicotine products in any form, including e-cigarettes, can change the way the brain

grows.

Nicotine Poisoning

Nicotine poisoning often happens when young children chew nicotine gum or patches that people use to quit. Or they might swallow e-cigarette liquid that contains nicotine.

Signs of a nicotine poisoning are:

- having trouble breathing
- throwing up
- fainting
- Headache
- heart beating really fast or really slowly

If a child has any of these signs after eating or drinking nicotine, you should call 911 right away.

Addiction

You can become addicted to the nicotine in e-cigarettes just like other drugs. When you smoke e-cigarettes, the nicotine quickly gives you a small rush of pleasure and energy. But it soon goes away. This makes you want to use e-cigarettes again and again throughout the day.

Over time, nicotine can change the way your brain works. If you stop using it, your body can get confused and you can start to feel really sick. This makes it hard to stop. This is called addiction.

People who are trying to stop nicotine use might:

- be cranky
- have problems paying attention
- have trouble sleeping
- eat more
- crave nicotine

Fortunately, there are many ways to quit using e-cigarettes. Some examples are:

- counseling
- nicotine replacement therapy, like chewing gum and patches
- medicines

Some people think that using e-cigarettes will help them quit smoking regular cigarettes, but there is no proof that e-cigarettes help people stop smoking. Also, studies have shown that teens who use e-cigarettes are likely to start smoking cigarettes in the future.

The phone number 1-800-QUIT-NOW will connect you with people that can help you quit.



Photo by ©Shutterstock.com/Pedro Bento

Disclaimer: The information in this article does not replace going to your healthcare provider for any illness or injury to you or your child and not all medications or treatments are safe for everyone.

What is respiratory syncytial virus (RSV) and what does it cause?

RSV is a viral infection that can cause bronchiolitis (inflammation and congestion in the small airways (bronchioles) of the lungs) fever, cough, runny nose/stuffy nose, decreased appetite and other symptoms. It usually affects children younger than 2 years old but can also infect young children.

As RSV progresses, other symptoms can start, including:

- Breathing faster than normal
- Pauses between breaths – Sometimes, a pause in breathing can last more than 15 or 20 seconds.
- Wheezing – This is a whistling sound when breathing. It usually lasts about 7 days.
- A severe cough – The cough can last for 14 days or longer.
- Trouble eating and drinking – Other symptoms can make a child less interested in food. In babies, a stuffy nose or fast breathing can make it harder to breastfeed or drink from a bottle.

Most children get over RSV on their own and do not need to see a doctor.

But you should watch for some important symptoms and call your child's doctor or nurse if you have any questions or concerns about your child, or if:

- The skin and muscles between your child's ribs or below your child's ribcage look like they are caving in
- Your child's nostrils flare (get bigger) when they take a breath
- Your baby is younger than 3 months and has a fever (temperature greater than 100.4°F or 38°C)
- Your child is older than 3 months and has a fever (temperature greater than 100.4°F or 38°C) for more than 3 days
- Your baby has fewer wet diapers than normal

Call for an ambulance if your child:

- Stops breathing
- Has blue-looking lips, gums, or fingernails
- Has a very hard time breathing
- Starts grunting
- Looks like they are getting tired from working so hard to breathe

How is it diagnosed?

There are tests for RSV.

What is the treatment?

The main treatments for RSV are aimed at making sure that your child is getting enough oxygen. To do that, the doctor or nurse might need to suction the mucus from your child's nose, or give your child moist air or oxygen to breathe.

The doctor will probably **not** offer antibiotics. That's because antibiotics **do not work** on RSV.

Here are some things you can do to help your child feel better:

- Make sure your child gets enough fluids. Call the doctor or nurse if your baby has fewer wet diapers than normal.
- Use a humidifier in the room where your child sleeps
- If your child is uncomfortable because of fever, you can give over-the-counter medicines, such as acetaminophen (sample brand name: Tylenol) or ibuprofen (sample brand names: Advil, Motrin). Be sure to read instructions carefully.

Never give aspirin to a child younger than 18 years old.

- Remove the mucus from your child's nose with a suction bulb
- If your child is older than 1 year, feed them warm, clear liquids to soothe the throat and to help loosen mucus
- Prop your child's head up on pillows, if they are over 1 year old. (Do not use pillows for a child younger than 1 year.)
- Sleep in the same room as your child, so that you know right away if they start having trouble breathing
- Do not smoke or allow anyone else to smoke near your child

How is it spread?

RSV is spread easily from person to person. These viruses live in the droplets that go into the air when a sick person coughs or sneezes.

How do we prevent the spread?

There are ways to reduce your child's chances of getting sick with RSV. These things also help prevent other illnesses, like colds, the flu, and coronavirus disease 2019 (COVID-19).

You can help prevent infections from spreading by:

- Washing your hands and your child's hands often with soap and water, or using alcohol-based hand sanitizer ([table 1](#))
- Teaching your child to cover their mouth when they cough, or cough into their elbow
- Not sharing glasses, cups, or utensils
- Cleaning things that are touched a lot, such as counters, sinks, faucets, doorknobs, phones, remotes, and light switches
- Staying away from other adults and children who are sick
- Getting a flu shot every year for you and your child

Election Day Polling Place Search: <https://vt.ncsbe.gov/ppkup/>

Who can register to vote?

To register in North Carolina you must:

be a citizen of the United States

live in the county where you are registering, and have resided there for at least 30 days prior to the date of the election

be 18 years old by the day of the next General Election. You may pre-register to vote if you are at least 16 years old. You may vote in a primary election if you will be 18 years old at the time of the General Election

not be in jail or prison for a felony conviction

Can I register to vote online?

North Carolina offers [online voter registration](#).

You should know: you need a North Carolina driver's license or DMV-issued ID number AND a social security number to use North Carolina's online voter registration system. If you don't have these, you can still register by mail to vote. NOTE: Existing DMV customers may register to vote, update their voter registration address, or update their party affiliation. They may not change their name.

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here: 

WEATHERIZATION

The Department of Environmental Quality has designated funds to assist low-income families and individuals to have adequate heat in their homes and to reduce their utility costs by means of weatherization. The Heating Appliance Repair/Replacement Program (HARRP) can repair or replace a heating system that is functioning below the manufacturer's standards. Weatherization includes installing insulation, sealing air leaks, and performing measures that will reduce energy usage. To meet the financial requirements for assistance, the gross household income for the last 12 months cannot exceed 200% of the Federal Poverty Index. To find out more information, call (336) 367-3535.



September 2, 2022

Natalie Williams came to visit Yadkinville Head Start and talk with children about proper handwashing. Natalie also did a tooth brushing activity with the students. She brought goodie bags with a new toothbrush, small tube of toothpaste, a timer and a small package of flossers. Thanks Natalie!



BEE Your Best!

Head Start Pre-Service Training
August 1-5, 2022 and August 8-12, 2022



Head Start Kicks Off the 2022-2023 School Year with 2 Weeks of Training Rhonda Wrenn, Head Start Director, welcomed management and classroom staff back with two weeks of Pre-Service training beginning on August 1. This year our focus is on “Beeing Positive” in all aspects of the school year. There was a lot of information presented about mental health for staff and children in our care. Other training session topics included Health and Safety, Fire Prevention and Safety, and general policies and procedures. Teaching Strategies staff also presented Implementing Studies in the Classroom and information about our parenting curriculum, Ready Rosie. There was a lot of information presented and there were also many moments of fun and laughter, as always when Head Start staff is together. We Are Still Enrolling!



DID YOU KNOW?

Showing up on time every day is important to your child’s success and learning from preschool forward.

Missing 10 percent of preschool (one or two days every few weeks) can

- Make it harder to develop early reading skills
- Make it harder to get ready for kindergarten and first grade
- Develop a poor attendance pattern that’s hard to break

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

Perfect Attendance



September 2022

Boonville:
Ty Judkins

Danbury:
Karleigh Doby
Delanie Rohrbach

Jones II:
Emry Cooper
Avah Graham

Jones III:
Naomi Do
Matthew Burney
Curtis Stallings

Jones IV:
Willa Moore

Jones V:
Jaxon Hernandez
Tymir Little

Jonesville:
Mila Billings
Gray Huff
Sarah Mckoy

London:
Izzac Brooks
Elijah Brown
Shawn Carter Jr.
Kenzley Christopherson
Ahmaury Hairston
Faith Kiser
Marley Teague
Julian Timlick

Mocksville:
Camren Caldwell
Jhayla Medlin
Alora West

Mount Olive:
Madilynn Endres
Kimber Grubbs
Alessandra Gutierrez-

Ramirez
Paisley Moser
Silas Rego
Kayden Sanchez

Oak Grove:
Viola Scheiber
Charlie Smith
Jasper Travis

Red Hill Creek:
Nelia Clement

Sandy Ridge:
Landon Bullins Jr.
Leonardo Garcia
Brantley Long
Lathan Throckmorton

Surry:
Zaina Deyab
Ezra Loa
Quang Tran
Ruben Velazquez
Kaeyla Zarco Ruiz

Yadkinville I:
Rosalie Casstevens
Xander Castillo-Patino
Madilyn Cranford
Angeli Periban Pena
Miguel Solano Arroyo

Yadkinville III:
Amara Davis
Azuleyda Hernandez
Sarabia
Isabella Tolentino

October 2022

Boonville:
Ty Judkins
Everly McNaught
Daleyza Sanchez Arroyo

Danbury:
Aiden Breeden
Isabella Collins
Adrian Davis

JK I:
Kamayah Baldwin
Xavier Carter
Noah Pelote

Jones II:
Sophia Tucker

Jones IV:
Heidi-Mae Hicks
Jeremiah Jones
Zayden Linville
Joseph Mijes Valdez
Willa Moore

Jones V:
Tymir Little

Jonesville:
Mila Billings
Gray Huff
Brady Lunsford
Sarah Mckoy
Elijah Van Pelt

Mount Olive:
Anthony Canales
Nicole Canales
Layna Crotts

Oak Grove:
Easton Ayers

Paynetown:
Matteo Ramos Campos
Daniella Richards
Nicholas Richards
Leland Tate
Max Villagomez

Red Hill Creek:
Dayle Tilley

Surry:
Immanuel Bennett
Quang Tran
Kaeyla Zarco Ruiz

Yadkinville III:
Hadley Church
Azuleyda Hernandez Sarabia
Sebastian Nava
Eliel Solano Arroyo
Isabella Tolentino



Prevention of Shaken Baby Syndrome and Abusive Head Trauma

Belief Statement

We, YVEDDI Head Start, believe that preventing, recognizing, responding to, and reporting shaken baby syndrome and abusive head trauma (SBS/AHT) is an important function of keeping children safe, protecting their healthy development, providing quality child care, and educating families.

Background

SBS/AHT is the name given to a form of physical child abuse that occurs when an infant or small child is violently shaken and/or there is a trauma to the head. Shaking may last only a few seconds but can result in severe injury or even death. This policy has been developed and adopted in order to prevent SBS/AHT according to North Carolina Child Care rules and regulations.

Procedure/Practice

How to Recognize Signs and Symptoms:

Children will be observed for signs of abusive head trauma. Some signs and symptoms include: irritability and/or high pitched crying, difficulty staying awake/lethargy or loss of consciousness, difficulty breathing, inability to lift the head, seizures, lack of appetite, vomiting, bruises, poor feeding/sucking, lack of smiling or vocalization, and the inability of the eyes to track and/or decreased muscle tone. Bruises may be found on the upper arms, rib cage, or head resulting from gripping or from hitting the head.

How Staff will Respond:

If SBS/AHT is suspected, staff will:

1. Call **911** Immediately upon suspicion of SBS/AHT and inform the Director and/or On-Site Administrator.
2. Call the parents/guardians.
3. If the child has stopped breathing, trained staff will begin CPR.

How to Report/Local Resources:

Instances of suspected child maltreatment in child care are reported to Division of Child Development and Early Education (DCDEE) by calling 1-800-859-0829 or by emailing webmasterdcd@dhhs.nc.gov

Instances of suspected maltreatment in the home are reported to the county Department of Social Services.

Davie: (336) 753-6250
Stokes: (336) 593-2861
Surry: (336) 401-8800
Yadkin: (336) 679-4210

YVEDDI Head Start Lockdown Procedures

A lockdown is implemented when a situation occurs that may be hazardous to health or is life threatening.

A lockdown is intended to limit access and hazards by controlling and managing staff and students in order to increase safety and reduce possible victimization. A lockdown may be called by school officials, law enforcement agencies, Head Start Administrative Staff, or other emergency responders. A lockdown may be called for a variety of reasons including: weapons, intruders, police activity in or around the school, contamination or hazardous materials, terrorist events, or even weather.

A lockdown means **no one** is allowed to enter the center and **no one** is allowed to exit the center. Children are not permitted to leave the school/classroom during a lockdown. Doors are locked and parents must follow the directions of school/Head Start personnel.

A Lockdown Includes:

- Teacher/Center Director calls the Police immediately and provides as much information as possible
- Fire evacuation alarms must not be sounded
- All doors, windows, and classrooms will be locked
- Blinds will be closed
- No one will be permitted to enter or leave the building.
- Lockdown will continue until the school/HS classroom receives an "all clear" signal from emergency or administrative personnel
- Students and teachers will remain in their classrooms
- Parents will not be allowed to pick up children from school/HS classroom
- Parents must not call the school/classroom as the phone must only be available to emergency personnel
- Emergency Safety Evacuation routes are posted with two exit routes from every location in the building



Family Engagement

It is important for YVEDDI Head Start to create and promote an environment where parents and families feel respected, valued, and encouraged to become involved in their child's school experience. Our hope is that parents are truly partners and are involved in all aspects of the program. We encourage you to participate in activities held in their child's classroom.

Each Head Start Center has a Parent Committee that meets monthly for about an hour. This is an opportunity for parents of the center to get together and share ideas and concerns pertaining to their center and their community.

During Parent Committee meetings, we also provide trainings on topics that parents have suggested. The meeting is held within the first two weeks of every month. Please check with your child's teacher for the specific time and date that was voted on by the class parents/guardians. Your opinion and voice is very important and we hope to see you there.

We also provide opportunities for parents to develop leadership skills, as well as opportunities to advocate within the community. The Policy Council, which meets on a monthly basis, provides opportunities for parents to identify community needs and develop strategies to address those needs.

Parents from each center's Parent Committees are elected to Policy Council and receive training to help them better understand their roles and responsibilities as members.

Policy Council is comprised of parents, staff, and community partners. Parents are elected into the officer positions of Chair, Vice-Chair and Secretary. It is this group's responsibility to oversee all components of the Head Start program including hiring of staff, program budgets, and program policies.

Parents are encouraged to volunteer in the program. Volunteer opportunities include reading to children, helping teachers with activities, and helping during mealtime. To honor volunteers in our program, we elect a Parent of the Year for our program each year. Our Parent of the Year receives the opportunity to attend the annual North Carolina Head Start Association conference.



Child Abuse Prevention Guidelines

Each day more than five children die as a result of abuse or neglect. On average, a child abuse report is made every 10 seconds for a total of approximately 3.3 million child abuse reports annually.

Childhelp has developed the following child abuse prevention guidelines to help keep your child, or a child you care for, from becoming a statistic.

- Never discipline your child when your anger is out of control.
- Participate in your child's activities and get to know your child's friends.
- Never leave your child unattended, especially in the car.
- Teach your child to use their voice to allow them to prevent abuse in their own life.
- Ask questions; for example, when your child tells you he or she doesn't want to be with someone, this could be a red flag.
- Listen to them and believe what they say.
- Be aware of changes in your child's behavior or attitude and inquire into it.
- Teach your child what to do if you and your child become separated while away from home.
- Teach your child the correct names of his/her private body parts.
- Be alert for any talk that reveals premature sexual understanding.
- Pay attention when someone shows greater than normal interest in your child.
- Make certain your child's school or day care center will release him/her only to you or someone you officially designate.

To learn more about child abuse prevention, call the Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD® (1-800- 422-4453). The 24/7 hotline is staffed with professional counselors who offer information about child abuse prevention as well as crisis intervention, literature and referrals to thousands of emergency, social service and support resources.

