



Oregon Head Start Association Newsletter

Head Start Legislative Update

November 2011 finds the Oregon Head Start Grantees busy serving additional children as Federal Funding remained relatively stable in the short term and state funding increased by \$16.5 million. This state funding increase restored approximately 600 slots that had been lost last year and funded approximately 740 new slots. Sites expanded and added new staff as additional children were enrolled. This is a cause for celebrating but not for relaxing our efforts.

At the Federal level, at the end of September, the House released their proposal for the Labor HHS bill which includes \$8.1 billion for Head Start/Early Head Start. If funded at this level the budget would support previously funded ARRA slots. This is the same as the President's and NHSA's request and is higher than the Senate's number. We now have to work to increase the Senate's number and to keep the White House commitment so that the \$8.1 billion is there when the bills get into conference. The NHSA website is always your source for information and advocacy opportunities.

<http://www.nhsa.org/>

Oregon Head Start PreK funds were awarded at this higher level for the 2011-2012 program year. February of

2012 will find our Legislature back in session and actively considering the implementation of Governor Kitzhaber's plans and the 2012-2013 budget for Early Childhood Programs as developed and proposed by the new Early Learning Council. Members of the Oregon Education Investment Board and the Early Learning Council have been appointed and begun their deliberations. You can follow the work of the Investment Board and the Early Learning Council at the Governors' website.

<http://governor.oregon.gov/Gov/OEITOregonEducationInvestment-Team.shtml>

Scroll down to "Early Learning" for updates and meeting information.

To keep you informed and actively involved, the Oregon Head Start Association plans to develop an interactive and integrated social media program. We will develop media materials to strengthen our web presence and provide multi lingual outreach materials that can be shared with legislators and advocates. A Head Start Advocates Facebook page will allow us to build an online community of supporters who are engaged, informed and interacting with each other online. We plan to have these in place prior to January of 2012. Stay tuned so you can join.

Oregon Head Start Association
805 Liberty St NE St #2
Salem OR, 97301

Volume 8, Issue 1

November 2011

OHSA Vision

To be a dynamic organization with a diverse membership with strong leadership in early childhood issues.

and

To be active educators and communicators about early childhood education.

Inside this issue:

Community Head Start of Washington County	2-3
Focus on Healthy Eating	4
Stop and Lock at 4 Inches	5
Read for the Record Campaign	6
Mark Your Calendar	7
Organization Listing	8

Community Action Head Start of Washington County

Since 1965, Community Action, located in Hillsboro, Oregon, has helped low-income families in Washington County to live with dignity and security and to achieve self-determination. We are the largest nonprofit organization serving Washington County, responding each year to over 30,000 calls for assistance.

Our Head Start and Early Head Start programs serve 887 Washington County children in a variety of program options. Each day 776 children arrive in our Head Start classrooms, where they receive individualized education informed by our research-based curriculum and made possible by our highly qualified teaching staff and dedicated volunteers.

We also serve 111 infants and toddlers in our Early Head Start center-based, home-based, and combination program options, including our innovative Early Head

Start program at Coffee Creek Correctional Facility, established through a partnership with the Oregon Department of Corrections.

Early Head Start - Parents as Teachers

This year Community Action Early Head Start introduced the *Parents as Teachers Born to Learn*® curriculum into our Home Based and Combination programs. Parents as Teachers and Early Head Start share the mission of educating parents about their role as their children's first teachers. Born to Learn has been a wonderful fit for our program.

Penny Kellogg, Early Head Start Education coordinator, describes why we chose Parents as Teachers. "The *PAT* curriculum makes sense for teachers who work simultaneously with parents and children - it

serves as a parent partnering guide to encourage strong parent-child relationships. It's intentional work - working in baby steps to build on what parents already know.

The *PAT* curriculum promotes the idea that parents are their children's first, most influential teachers, both in the home and during classroom experiences. Teachers model appropriate parent-child interactions, they teach parents the 'how and why' of child observation, and they follow up with reflection.

"As their children grow, parents gain confidence in their knowledge and skills of different or more difficult ages and stages. The *PAT* curriculum helps parents maintain realistic and appropriate expectations of their child's development and behavior."

The *Tools of the Mind* curriculum, designed by Russian researcher Dr. Lev Vygotsky and introduced to American schools by Dr. Elena Bodrova and Dr. Deborah Leong, aims to develop executive function in preschool-age children, preparing them for success in school and in life. Executive function is the ability to order one's thoughts, to sort information and determine what is most important, and to control one's impulses while focusing on a task or goal - is extremely important to academic success.

Dramatic play is the most important element of *Tools of the Mind* curriculum ~ the ability to sort information and determine what is most important, and to control one's impulses while focusing on a task or goal. As Paul Tough writes in the *New York Times*, "When a young boy is acting out the role of a daddy making breakfast, he is limited by all the rules of daddy-ness. Some of those limitations come from his playmates: if he starts acting like a baby (or a policeman or a dinosaur) in the middle of making breakfast, the other children will be sure to steer him back to the eggs and bacon. But even beyond that explicit peer pressure, Vygotsky would say, the child is guided by the basic principles of play. Make-believe isn't as stimulating and satisfying - it simply isn't as much fun - if you don't



Community Action Head Start of Washington County

stick to your role. And when children follow the rules of make-believe and push one another to follow those rules, he said, they develop important habits of self-control."

Michael Conner, a Community Action Head Start teacher at Cedar Mill Elementary School in Beaverton, has been using *Tools of the Mind* in his classroom, and is always happy to discuss the experience. "We use *Tools* to help children develop literacy and self-regulation," he says. "Children learn to plan their play, spending time before open play talking about and drawing what they hope to do. We arrange the classroom so that children get a lot of non-verbal messages about routines; for example, each center has an associated color and icon, and children playing in different areas wear clips with the same color. We play lots of games where children have to concentrate, talk about what they're doing, and switch between activities like freeze tag. This helps children develop the mental tools they need to be successful. We also focus on rich, extended dramatic play; Vygotsky saw that children learn the most through dramatic play. The results are very good for children: they learn to self-manage the classroom, engaging in play for long periods of time, and developing extensive projects."

Children who learn mental organization, impulse control, and self-discipline skills at a young age can apply those skills to academic tasks when they enroll in school. *Tools of the Mind* helps children develop cognitive skills that will help them succeed, which is what Head Start is all about!

Community Partnerships

Head Start classroom staff apply research-based teaching methods each day to prepare children for success in school. As important as this is, it's not always enough. Some children need more resources, more individualized education, or special accommodations to succeed in a classroom. Children with special needs are always welcome in Head Start, and our ability to meet their needs often depends on the strength of our relationships with community partners.

The children enrolled in Community Action Head Start and Early Head Start benefit from our strong relationships with local school districts and community partners such as the Northwest Regional Education Service District (NWRES), the Department of Human Services, the Oregon Department of Corrections, and LifeWorks Northwest. Our partnership with the NWRES has been especially helpful as we serve increasing numbers of children with special needs.

Dolores McNee, Child and Family Services Manager, describes the arrangement: "*The long-term partnership has been strengthened over the years with the increasing numbers of children with special needs serviced in the Early Head Start and Head Start programs. The current agreement is an evergreen agreement, which allows either party to revisit and discuss changes if the need arises. Last year 18 percent of our total enrollment was children with special needs.*"

Good relationships with local school districts also serve children well. Our teachers develop working relationships with the kindergarten teachers in the schools that house our Head Start classrooms.

Solid partnerships with agencies and organizations who can help us meet the needs of the children in our care are incredibly valuable. We are very grateful to have so many .



Metzger Elementary School hosts an annual art show where the art of Head Start students is proudly displayed.

Focus on Healthy Eating with Oregon Child Development Coalition

We all know that it can be challenging to purchase healthy foods and make nutritious meals even in the best of circumstances. If you combine barriers such as 12 hour work days, low income, and shared living spaces, it seems almost impossible to provide healthy meals for a family. At OCDC the families in our Migrant Head Start program have expressed interest in learning how to purchase fresh foods, create healthy recipes and cook in a communal kitchen.

This summer a class was created at OCDC to teach groups of interested parents how to shop for and prepare more nutritious meals. With these family goals identified our team set out to develop a unique delivery of services. Working in collaboration with our community partners at Oregon Extension University and our partners at the Oregon Food Bank we created an onsite parent training which we called "Parent meetings in the Field".

Every week the team traveled to local Migrant camps, with the support and interest of the camp owners, setting up a mobile kitchen. Supported by a donation from the Oregon Food Bank and with Matilde Rodriguez, a bilingual trainer from the OSU Extension pro-

gram, 10-15 parents learned how to make healthy meals. The meals were prepared with locally grown fresh produce, low calorie ingredients, and low fat meats. Taking traditional recipes which were culturally familiar and making a more nutritious version proved to be a win/win for all of the participants. The money donated by the Oregon Food Bank was specifically used for a bag of groceries for each participant that included all of the ingredients to cook the meal again for their family.

By using a team approach we are able to meet the unique needs of enrolled families. This is a great example of families with an interest, an innovative team who believes in community partnerships, and an individualized approach to parent education. We look forward to providing these classes again next summer as we saw the interest grow from week to week. We encourage you to contact the Oregon Extension University for more information about classes they may be able to teach at your centers. You can reach them at: 503-380-9456.



*OCDC / Washington County
Parent Meetings in the Field!*

Oregon Child Development Coalition Says...Stop and Lock at 4 Inches

Did you know that in Oregon we have had 18 reports of children falling from windows this summer? These are preventable childhood injuries that we can all work together to educate our families about. One simple tip potentially can prevent serious injuries and possibly prevent the death of a child. That tip is: ***Never leave a window open more than 4"***

The Oregon Child Development Coalition (OCDC) of Washington County has joined the Campaign to Stop Window Falls and designed a portable window, complete with appropriate locks to use as a demonstration tool at parent meetings. Parents practiced locking and unlocking, and measuring the small distance of 4 inches (4"), the maximum width a window should be open to prevent falls.



- If you open the window wider than 4 inches install *window guards* that can be removed in case of an emergency.
- When buying new windows ask for built-in **s a f e t y h a r d w a r e .**

- To teach children about window safety:
 - Screens keep bugs out ~ not children in.
 - Play a safe distance from windows (two big steps away from window).
- To reduce the number of children who fall from windows in Oregon by challenging communities and families to install window locks and guards.



Goals of the Campaign to Stop Window Falls is to:

- Educate families about the importance of windows for emergency escape and rescue.
- To educate families about preventing falls from windows.
 - Keep furniture or anything a child can climb on away from windows.
 - Only allow windows to open 4 inches and install *window stops* to keep children from opening more.

Join OCDC in spreading the word about the Safe Window Campaign. Visit [Stop at 4"](http://www.STOPat4.com) web site for more information.



Community Action Head Start of Marion & Polk Counties Read for the Record Campaign

The Community Action Head Start program had a wonderful visit from Oregon's First Lady, Cylvia Hayes. She was able to read to children in two of our classrooms as part of the world wide *Read For The Record Campaign*.

"It was particularly exciting to have Cylvia's participation. It was especially moving that she was able to read at the Center Street Head Start center" reported John Reeves, Head Start Director. The children in the Outreach classroom are a mix of children experiencing homelessness and children with identified special needs. Outreach has 17 children, 3 and 4 years of age, that are currently homeless and 15 children that have identified special needs all receiving quality Head Start services four days per week in two class sessions. The second classroom that Cylvia read with was our Full Day Full Year site that provides preschool and wraparound care to 20 children from working families.

Cylvia helped us kick off the event at our Marion and Polk County locations where all 918 children enrolled were able to have a guest attend to read *Llama Llama*

Red Pajama. In some cases we had the Mayor of the city attend and read, while other areas had parents within the program come to read and model literacy rich story telling with children and families within the program.



Oregon First Lady, Cylvia Hays reads "*Llama Llama Red Pajama*"



Director Jon Reeves joins the group

Many children and staff wore their red pajamas as a way to participate fully in this event. Each of the 60 children in the center received a copy of the book to take home and read with their parents. Some parents were able to see Cylvia read to the children and it was a really great opportunity for the program. Duke Shepard from the Governor's office was also in attendance.

Mark Your Calendar

November 30–December 2, 2011

OHSA Parent Leadership Conference, Red Lion Inn,
Salem Oregon

February 1-3, 2012

OHSA Winter Meeting & Conference, Red Lion Inn,
Salem Oregon

March 13-15, 2012

Region XHSA Conference, Seattle Washington

April 4-6, 2012

Eagle Crest Specialists Conference, Redmond
Oregon

May 2-4, 2012

OHSA Spring Meeting & Conference, Seaside
Oregon



Oregon Head Start Association
805 Liberty St NE St #2
Salem OR, 97301

Contact information:
Judy Miller,
Executive Director

Phone: 503-779-2556
FAX: 503-399-9858

<http://www.ohsa.net>



Board of Directors

Nancy Perin, President, Director at Large

Charlet Gunter, Vice President, Staff at Large

Judy Miller, Executive Director

Susie Bashaw, Secretary, Parent at Large

Anedelia Vasquez, Treasurer

Annie Soto, Director at Large

Chris Cooper, Staff at Large

Pamela Johnson, Friend at Large

Ray Chase, Parent at Large

Ronnie Herndon, RXHSA Director Representative

Esperanza Garcia, RXHSA Staff Representative

Raymond Cline, RXHSA Parent Representative

Rachel Tran Jimenez, RXHSA Friends Representative

Oregon Head Start Programs

<p>ALBINA HEAD START Multnomah County 503-282-1975 www.albinaheadstart.org</p>	<p>CLACKAMAS COUNTY CHILDREN'S COMMISSION Clackamas County 502-675-4565 www.cccchs.org</p>	<p>CLACKAMAS ESD PREKINDERGARTEN Clackamas County 503-675-4102 www.clackesd.k12.or.us</p>
<p>COMMUNITY ACTION HEAD START OF MARION AND POLK COUNTIES Marion, Polk Counties 503-581-1152 www.mwvcaa.org</p>	<p>COMMUNITY ACTION HEAD START OF WASHINGTON COUNTY Washington County 503-648-6646 www.communityaction4u.org</p>	<p>COMMUNITY ACTION TEAM, INC Clatsop, Columbia, Tillamook Counties 503-556-3736 www.nworheadstart.org</p>
<p>COMMUNITY SERVICES CONSORTIUM Lincoln County 541-574-7690 http://www.csc.gen.or.us/</p>	<p>EASTERN OREGON HEAD START Baker, Union Counties 541-962-3409 www.eou.edu/hdstart/</p>	<p>FAMILY BUILDING BLOCKS Marion, Polk Counties 503-566-2132 www.familybuildngblocks.org</p>
<p>HEAD START OF HARNEY COUNTY Harney County 541-573-6461 http://www.harneycounty.org/education.html</p>	<p>HEAD START OF LANE COUNTY Lane County 541-747-2425 http://www.hsorc.org</p>	<p>HEAD START OF YAMHILL COUNTY Yamhill, Polk Counties 503-472-6539 http://www.yahmillheadstart.org</p>
<p>KIDCO HEAD START Benton, Linn, Marion Counties 541-451-1581 www.kidcoheadstart.org</p>	<p>KLAMATH FAMILY HEAD START Klamath, Lake Counties 541-882-5988 www.kfhs4kids.org</p>	<p>MALHEUR COUNTY CHILD DEVELOPMENT CENTER Malheur County 541-889-2393 http://www.mccc.org</p>
<p>MID COLUMBIA CHILDREN'S COUNCIL Hood River, Jefferson, Wasco Counties 541-386-2010 www.mcccheadstart.org</p>	<p>MT HOOD COMMUNITY COLLEGE HEAD START Multnomah County 503-491-6111 www.mhcc.edu/headstart</p>	<p>NEIGHBORHOOD HOUSE Multnomah County 503-432-6773 www.nhpdx.org</p>
<p>NEIGHBORIMPACT HEAD START Crook, Deschutes Counties 541-548-2380 www.neighborimpact.org</p>	<p>NORTH CENTRAL ESD HEAD START Sherman, Wheeler Counties 541-384-3808 www.ncesd.k12.or.us</p>	<p>OREGON CHILD DEVELOPMENT Jackson County—541-488-6919 Klamath County—541-884-8812 Marion County—503-981-3001 Washington County—503-359-0144 www.ocdc.net</p>
<p>OSU CHILD DEVELOPMENT CENTER Benton County 541-737-2516 http://www.hhs.oregonstate.edu/hdfs/osu-child-development-center</p>	<p>PORTLAND PUBLIC SCHOOL HEAD START Multnomah County—Portland Public School Boundaries 503-916-5724 www.headstart.pps.k12.or.us</p>	<p>SALEM-KEIZER HEAD START Marion County 503-399-5510 www.salemkeizer.org</p>
<p>SOUTH COAST HEAD START Coos, Curry Counties 541-888-3717 www.orcea.us/southcoastheadstart.html</p>	<p>SOUTHERN OREGON CHILD & FAMILY COUNCIL Jackson, Josephine Counties 541-734-5150 www.socfc.org</p>	<p>THE CHILDREN'S LEARNING CENTER Jefferson County 541-475-3628 http://www.madrasteic.org</p>
<p>UMATILLA-MORROW HEAD START Grant, Gilliam, Morrow, Sherman, Umatilla, Wallowa, Wheeler Counties 541-564-6878 www.umchs.org</p>	<p>UNITED COMMUNITY ACTION NETWORK Douglas County 541-673-6306 www.ucancap.org</p>	