

Head Start HAPPY NEWS!

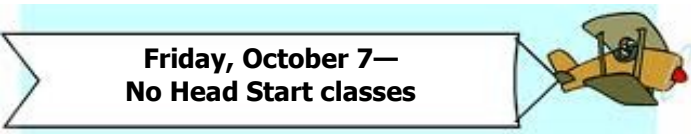
Calendar at a glance:

Thurs, Oct 6: Tyhee Parent Com Mtg. 5:30 PM
 Fri, Oct 7: No Head Start classes
 Wed, Oct 12: Health Advisory Meeting, 6:00 PM
 Thurs, Oct 13: Lincoln Parent Com Mtg 5:30 PM
 Wed, Oct 19: Picture day at Lincoln
 Thurs, Oct 20: Policy Council, Room 8, 5:30 PM
 Thurs, Oct 27: Policy Council Orientation, 5:30 PM
 Mon, Oct 31 : Parent/Teacher Conferences
 Wed, Nov 2: Volunteer Substitute Training, 2 PM



Parent Committee Night, at Tyhee on Oct 6th at 5:30 PM in your child's classroom. Lincoln's is next week, Oct 13th. Don't miss a great dinner and fun activities with your child! We are also

holding classroom elections so be sure to attend and vote for your classroom parent leaders.— Remember, they represent YOU! See you there! If you are interested in a classroom leadership position, please let your teacher/teaching assistant, or family advocate know! Check the "Head Start Program Handbook and Family Activity Calendar" for descriptions of the many ways you can serve in our Head Start Program. See pages 9 & 10 of the Bright pink booklet.



Health Services Advisory Committee

Health Services Advisory Committee will meet October 12 at 6:00. This committee proposes and approves health policies & procedures, provides guidance, and evaluates the program plan and services. Anyone who would like to serve on HSAC is welcome. Dinner and daycare will be provided.

Picture Day at Lincoln

On Wednesday, October 19, the photographer will be at Lincoln to take the children's pictures. An order form will be sent home before that date. You may order pictures if you desire. Please make sure your child is clean & presentable that day, but not dressed up, as they still need to play in the classroom and outdoors. We will need extra volunteers that day. Interested volunteers please complete and return picture form for a chance to receive one of two \$30.00 credit towards your picture package. Volunteers names will be put in a hat for the drawing. Let your teacher know if you can come.



Policy Council

A new Policy Council will be forming soon. Serving on the Policy Council is an opportunity for parents to be involved in the governance and decision making process for our program. Policy Council provides great leadership experience for parents and benefits the children and families of Head Start in many ways. Please let your child's teacher know if you are interested in representing your class. Elections will take place at the October Parent Committee classroom meetings at Tyhee on the 6th & at Lincoln on the 13th. There will be many other positions available within each class and in the program. Check the "Head Start Program Handbook and Family Activity Calendar" for descriptions of the many ways you can serve in our Head Start Program. See pages 9 & 10 of the Bright Pink booklet.

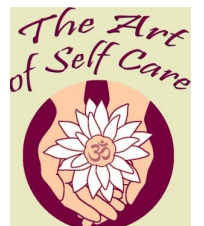


We Need You!

When signing your child into/out of the classroom, please remember to write down every minute you spend helping them- even helping them find their coat, backpack, getting things from their cubby - these are all volunteer time, and we need you to remember to write it down EVERY day! YOU are always welcome to spend as much time as you like in the classroom - whether it is 1 minute, or 4 hours, every minute counts and is appreciated more than we can express. Remember to "pay it forward" so another child can have the opportunity to attend Head Start like your child is doing this year.

Self Care tips:

- Daydream - Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favorite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.
- "Collect" positive emotional moments - Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.
- Learn ways to cope with negative thoughts - Negative thoughts can interrupt your feelings of contentment. Learn to recognize them. Don't try to block them (that never works), but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.



| Next week's Menu | Tuesday, 10/11 | Wednesday, 10/12 | Thursday, 10/13 | Friday, 10/14 |
|-----------------------------|--|--|--|---|
| Breakfast With milk | Yogurt Cup Animal Crackers Orange Smiles | Bagel w/Cream Cheese Banana Half | Combo Bar Wheat Cinnamon Bun Fruit Cocktail | Sausage Patty Fruit Bread Apricots |
| Lunch With milk | Taco Soup - 1/2 Cup Scoop Chips Pears Pudding Cup | Mini Corndogs - 5 each Broccoli & Cauliflower Applesauce | Chicken Noodle Soup - 1/2 Cup Cheese Stick, Tomatoes & Mandarin Oranges | Sloppy Joe - 1 each Cheesy Fries Zucchini Slices Plums |
| P.M. Snack With milk | Cheesy Dipper Marinara Sauce | Bagel w/Cream Cheese Banana Half | Combo Bar Wheat Cinnamon Bun Fruit Cocktail | Chex Mix Apricots |

