

# Head Start HAPPY NEWS!

Calendar at a glance:

- Tues, Oct 4: Teacher's Night, 5:00-7:00 PM
- Wed, Oct 5: Volunteer Substitute Training, 10 AM
- Thurs, Oct 6: Tyhee Parent Committee Mtg. 5:30 PM
- Fri, Oct 7: No Head Start classes
- Wed, Oct 12: Health Advisory Comm. Mtg. 6:30 PM
- Thurs, Oct 13: Lincoln Parent Committee Meetings
- Wed, Oct 19: Picture day at Lincoln
- Thurs, Oct 20: Policy Council 5:30 PM

McTeacher's Night

Tuesday, October 4th, from 5:00-7:00 PM is our 5th annual McTeacher's Night! Please support our Reading is Fundamental program by joining us at McDonald's across from Fred Meyer. A portion of the sales will be donated by McDonald's to our Head Start's RIF program. The Bannock County Sheriff's Deputies Association is holding a raffle to help RIF that night too, so don't miss your chance to win a Bike, A Night for 2 at a Hotel, Meals, Movies, and MORE!



Volunteer/Substitute Training

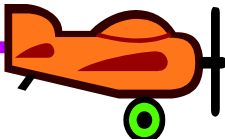
Our first Volunteer/Substitute Training for parents and community members, who want to volunteer and/or be paid as substitutes in our classrooms, will be held on Wed., Oct. 5th at 10:00 AM, upstairs in room 8. Please come so you can be an excellent volunteer or substitute.

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 10 & 11 of the Bright Pink booklet.



**Friday, October 7—  
No Head Start classes**



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.

Parent Committee Night, at Lincoln, on Oct 13th, at 5:30 PM, in your child's classroom. 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! If you are interested in a classroom leadership position, please let your teacher/teaching assistant, or family advocate know! See you there!



Health Fair Report:

66 volunteers from ISU and Southeastern District Health Department participated in Head Start's annual Health Fair. A total of 170 children received Health Screenings along with fluoride applications in a two days period - Great Job! Special thanks to all of our volunteers, parents, teaching assistants, teachers, advocates, managers, Kuhlana Hudson, Jordahn Denny, Margaret Bradshaw, and Maike Baumgart.

Prevent Child Abuse

- Take a deep breath ... and another. Then remember you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10 . . . or better yet, to 20.
- Put your child in a time-out chair (remember this rule: one time-out minute for each year of age.)
- Put yourself in a time-out chair. Think about why you are angry: is it your child, or is your child simply a convenient target for you anger?
- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow
- Turn on some music. Maybe even sing along.
- Pick up a pencil and write down as many helpful words as you can think of . Save the list.



Next week's Menu	Tuesday, 10/4	Wednesday, 10/5	Thursday, 10/6	Friday, 10/7
<b>Breakfast With milk</b>	Breakfast Ham Fruit & Grain Bar Mandarin Oranges	White Gravy over Whole Grain Bun Sausage Patty & Orange Pineapple Juice	Scrambled Eggs w/Cheese English Muffin w/Jam Banana	No Head Start classes
<b>Lunch With milk</b>	Galaxy Pizza-1 each Beets Pineapple Tidbits Jello Cup	Taco Burger Shredded Cheese & Lettuce Grape Tomatoes Peaches	Sliced Turkey Mashed Potatoes & Gravy Whole Wheat Crackers Grapes	No Head Start classes
<b>P.M. Snack With milk</b>	Breakfast Ham Fruit & Grain Bar Mandarin Oranges	Fresh Baked Bread Jam	Scrambled Eggs w/Cheese English Muffin w/Jam Banana	No Head Start classes

