
KHSA Newsletter, Fall 2009

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As you may know, Aubrey Nehring and I have been serving on the Governor's Task Force for Early Childhood Education since March of this year. For the first several meetings, we listened to presentations from many different groups with a vested interest in early childhood, and of course an interest in any funds that may be attached to the results of the task force. At the last meeting on October

28, 2009, the group finally got to do some work in developing ideas about what it means for a child to be ready to begin kindergarten.

After reading "school readiness" definitions from other states and organizations, I was both encouraged and alarmed by the vast differences that some take on a child being "ready". For example, Virginia states "ready children are those who, for example, play well with others, pay attention and respond positively to teachers' instructions, communicate well verbally, and are eager participants in classroom activities".

I thought of children that I had seen in our program that wouldn't fit any part of that definition. I even thought of my own strong willed children

at times. It seemed to me to be a cookie cutter definition for the middle of the road child, not those who come to us with special needs or behaviors or even those who just like to have their own opinions – even at three years old!

Thankfully, our group talked about words and phrases that were important to us, including developmentally appropriate, individualized, partnering, resources, parent education, healthy, and whole child. There is still much work to be done, but I think we are at least on the right track.



Head Start Expansion Award

Community Action Council for Lexington-Fayette, Bourbon, Harrison, and Nicholas Counties operates Head Start, Early Head Start, Migrant Head Start services in various counties across the state. The Council is pleased to announce the award of additional slots for the Head Start, Early Head Start, and Migrant Head Start programs.

The Head Start Program was awarded 40 additional slots for Fayette, Harrison, Nicholas and Scott Counties. The Early Head Start Program was awarded 114 additional slots for Bourbon, Fayette, Harrison, Nicholas, and Scott Counties. The Migrant Head Start

program was awarded 84 additional slots to expand service in Casey, Daviess, Fayette, Madison, Pulaski, and Webster Counties.

Child development between birth and age two involves the greatest opportunity for children to acquire language, and develop fundamental relationships contributing lifelong patterns of emotional regulation, communication, and trust (Raikes, Chazan-cohen, and Love, 2004). We know children receiving Head Start services develop significantly faster than children not receiving services. Head Start parents report healthier outcomes for their children and their

families and children perform at age level norms (Abbott-Shim, Lambert, and McCarty, 2003).

The Council is pleased to be able to serve an additional 238 children across Kentucky. We know this additional funding will work toward meeting the needs of thousands of unserved but eligible children to receive quality child development services preparing them to succeed in school

Inside this Edition...

- ◆ President's Letter
- ◆ Audubon
- ◆ Ashland
- ◆ Bell- Whitley
- ◆ Big Sandy
- ◆ Bourbon County
- ◆ Boyd County
- ◆ Breckinridge County
- ◆ Carroll County
- ◆ Breckinridge -Grayson
- ◆ CAC Lexington

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Points of Interest...

- ◆ Grants Awarded
 - ◆ NAEYC
 - ◆ Family Involvement
 - ◆ Community Partners
 - ◆ Literacy
-

Health Literacy Project

On October 15-16, 2009, a team of six staff attended the Health Care Institute Train the Trainers Workshop in Atlanta sponsored by Johnson & Johnson, UCLA Anderson School of Management, and the Office of Head Start. *Audubon* Area Community Services Head Start Program was one of 23 programs selected from 119 applicants from Head Start programs from four regions along the East Coast.

Dr. Ariella Herman (pictured above), a professor at UCLA Anderson School of Management, is the founder of the Health Care Institute. Professor Herman was awarded the 2009 Health Literacy Award by the Institute for Health Advancement for her extensive research and her efforts to advance health literacy in America. It has been through her efforts that the program she founded is being expanded across the country through a \$1.1 million dollar grant from the Office of Head Start. Mernell King (pictured above) worked with Dr. Herman in implementing the first Health Care Institute in Missouri in 2001. To date, the program has reached nearly 27,000 families nationwide. Through this new project, over 14,000 additional families will be trained.

Audubon, as a participant in this project

had to identify a team of key individuals to be trained as trainers. Pictured above are the six team members that included Aubrey Nehring, the Head Start Director, Terry Green, the Team Manager for Child Development and Health, Dinah Tichenor, Health Specialist, Mary Lester, Community Partnership Specialist, Gladys Williams, Local Area Manager for the pilot site in Christian County, and Mary Beth Pool, the Program Assistant for Health at Christian County Head Start. This team will be the key trainers for the Health Care Institute that will be conducted at Christian County Head Start in Hopkinsville in January, 2010.

The training is designed for Head Start parents to enable them to become better caregivers by improving health care knowledge and skills. The training seeks to empower parents in decision-making and enhance their self-esteem and confidence. In addition, extensive research has demonstrated that this project can contribute to reducing escalating health-care costs. Research has shown that implementation of this project has significantly reduced doctor and emergency room visits. Total annual savings per family trained is equal to \$554.74 resulting in a \$11.1 million savings for every

20,000 families trained.

Audubon plans to train over 200 families this year including extensive follow-up. Through the project all families participating in the training will receive an easy to read book, "What to Do When your Child Gets Sick" by Gloria Mayer and Ann Kuklierus and a number of health related products including thermometers, measuring spoons, and first aid supplies. In addition, extensive follow-up by staff will assist families in implementing the health knowledge they gained through the training



PICTURED LEFT TO RIGHT

Mary Lester, Aubrey Nehring, Mary Beth Pool, Gladys Williams, Mernell King, Terry Green, Dinah Tichenor, and Dr. Ariella Herman

NAEYC Accreditation

Carroll County Head Start and Preschool has earned accreditation from the National Association for the Education of Young Children (NAEYC) – the nation's leading organization of early childhood professionals.

"We're proud to be recognized for our commitment to reaching the highest professional standards for our young children," said Pam McNeal, Head Start Coordinator. "NAEYC Accreditation lets our families know that children attending Carroll County Head Start are getting the best care and early learning experiences possible.

To earn NAEYC Accreditation in the new system, Carroll County's Head Start program went through an extensive self-study process, measuring the program and its services against the ten new NAEYC

Early Childhood Program Standards. The program received NAEYC Accreditation after an on-site visit by NAEYC Assessors to ensure that the program meets



each of the NAEYC program standards.

In the 20 years since NAEYC Accreditation was established, it has become a widely recognized sign of high-quality early childhood education. More than

11,000 programs, serving one million young children, are currently accredited by NAEYC. "The new NAEYC Accreditation system raises the bar for preschools, child care centers and other early childhood programs," said Mark Ginsberg, Ph.D., executive director of NAEYC. "Carroll County Head Start and Preschool's NAEYC Accreditation is a sign that they are a leader in a national effort to invest in high-quality early childhood education, and to help give all children a better start."

The NAEYC Accreditation system was created in 1985 to set professional standards for early childhood education, and to help families identify high-quality preschools, child care centers and other early education programs. Programs are accredited by NAEYC for a five-year period.

Going 'WILD' with Head Start Families

As educators at *Bourbon County*, we know how important the role of a child's family is in their overall development, so each year we try to find new and fun ways to get our families involved. These events are always informative and a lot of fun, but by far the most anticipated and memorable event is the one that we have done for 29 years. Each year in May we end our school year with a trip to the Cin-



cinnati Zoo. We plan the zoo trip well in advance so that our parents have ample time to secure a day off from work and spend it with their child.

The teachers prepare the children for all they will see by using 'Zoo Animals' as one of their theme units. They use prediction charts, graphs, books, rhyming games and many other activities to study the habitats of the zoo animals they will discover. On the day following the trip, the children are anxious to share their stories of what they saw and which animals were their favorite!

After loading up several school and charter buses our Preschool Head Start families are on their way to a day filled with adventure. A picnic lunch served by the Head Start staff awaits the families upon their arrival at the Zoo. After lunch the

children and their families equipped with a zoo map, head out on their own for the day. When it is time to head back home,



the buses are filled with very tired but happy children and families. The memories of train rides, gorillas, zoo babies and actually feeding a giraffe are ones to be treasured. But more importantly, those memories are made with their families and they will last a lifetime.

Making A Difference

I remember the day when Mrs. Dorton and Mrs. Ratliff came to my home to ask my mom if I could go to Head Start. I was sitting on the couch watching Captain Kangaroo. Mrs. Dorton came over to me and asked, "Hey, would you like to come to school and play games with us?" I smiled and said, "Yes! Can I mom?"

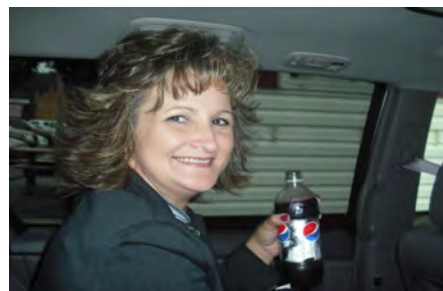
I can still remember the smell of that Head Start room at Meade School. I remember Mrs. Dorton because she always talked to me, not at me. I have six brothers and three sisters, mom didn't have much one-on-one time for us....I was the youngest at that time. Mrs. Dorton always looked me straight in the eyes when she would talk to me

16 years later, I had graduated, gotten married, and had a daughter. She, too attended Head Start when she turned four. I walked into the room of Mrs. Rice, and Mrs. Collins....there it was again, that same wonderful smell as my own Head Start room. My daughter shared laughter, and she always had a funny story to tell at the end of the day.

Growing older, I decided that working in a pre-school setting was becoming harder to do because of having a young daughter and working all year round was hard on Tiffany, too. So....I decided to better

myself and get my CDA certificate.

During CDA class, I met wonderful people who were all in Head Start programs around the area where I was. I thought they were fabulous!! They talked about the children and how structure was so important, kindness was shown by the way they spoke of their children. I decided at that moment that I, too wanted to be a Head Start teacher. I applied constantly with Mrs. Janet Taylor...the Head Start Director of Johnson County at that time. I spoke to her on a daily basis and I finally got the job as Head Start teacher at Meade School. (the school where I went to Head Start). Mrs. Taylor sat down and talked with me



Mrs. Tammy Scarberry
Education Services Manager
Big Sandy Area C.A.P. – Head Start

about the job and she was so happy because I was so ecstatic about the job myself. She hugged me and said, "Girl, I came from a family of nine...."

some people think that people like us can't stand up and be somebody, but we can show them!!! Welcome to Head Start!"

I worked as a Head Start teacher for 7 years. I feel that I passed down to the children in my care, the wonderful and caring attributes that had been passed on to me by my Head Start teacher, Mrs. Dorton. She made a difference in my life, and I wanted to make a difference in the lives of the wonderful children in my care.

During that time, Head Start paid my way through college. (I was the second out of 10 children to receive an Associate degree). I then furthered my education in IECE with only a few more classes to receive my Bachelor degree, which I am pursuing at this time. While at Prestonsburg Community College, I located my Head Start teacher, Mrs. Dorton (by accident). She was as happy to see me, as I was to see her.

I am now the Education Services Manager at *BSACAP* and I feel that I would not have had the chance to better myself and "be somebody", if those wonderful people in Head Start had not have given me the confidence I needed.

Head Start, Body Start

Imagine learning while exploring the majestic beauty of the outdoors at *Breckinridge Grayson* Head Start. Children will be able to escape to our new lookout tower and experience nature to its fullest with a bird's eye view through a \$5,000 grant from The National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR) from the Office of Head Start and a \$1,000 grant from Sam's club. In addition to this monetary grant we are privileged to have The Master Garden Club, planting flowers, shrubs, building bird feeders, defining the garden space, adding colorful flags, wind chimes, and rain gauges. Bill Embry and Pat Duvall have volunteered their excellent carpentry skills teamed with our maintenance staff Earl Hack. Future Designs gave out Agency a discount on lumber and other supplies adding to the completion of this



project. This grant will enable our Head Start Center to increase and challenge the physical development, imagination, and curiosity of the young child, by building a "Nature Observatory". This multi-level deck, with handicapped accessible ramps, is surrounded by trees, plants and has an open areas to view the hillside and beyond, extending our usable playground space. By adding telescopes and binoculars, children can look through the second level portals that are in the shape of triangles, squares, circles, rectangles, and hexagons. Wildlife information stations will challenge the children to investigate Kentucky's natural beauty. By providing this opportunity children can expand their learning about science, writing, creative art, taking care of our earth, counting and charting how many steps to the highest point, and measuring rainfall. The teaching opportunities are endless!

Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) is a project of the National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR), which are associations of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Funding for HSBS is provided by the Office of Head Start, Administration for Children and Families,

and the US Department of Health and Human Services. The purpose of HSBS is to increase physical activity, outdoor play and healthy eating among Head Start and



and Early Head Start children, families and staff. HSBS will assist Head Start programs in creating healthy learning environments, both in and outside the classroom, through structured and unstructured physical activity that leads to physical, cognitive, social and emotional development of young children and reduces obesity and its associated costs. HSBS has three main objectives: (1) to inform and assist the Office of Head Start in setting national priorities and developing policies;(2) to provide resources, training and technical assistance to Head Start and Early Head Start Centers; and (3) to administer and support grants for construction or improvement of outdoor play spaces at Head Start Centers.

Two new teachers make the scene...

Boyd County Head Start/Preschool is proud to welcome Karla Conrad and Katie Snyder to our family.

Karla was born and raised in Burnsville, WV-a small town in central West Virginia. She graduated from Braxton County High School in Flatwoods, WV in 1999. She graduated from Glenville State College in Glenville, WV with an Elementary Education degree; specializing in special education and early childhood development. Karla comes to us after teaching five years as a Special Education teacher in an elementary school in Central West Virginia.



Katie was born and raised in Ashland, -a hometown girl. She graduated from Paul Blazer High School in 2002. She graduated from Morehead State University in Morehead, KY with an IECE - Interdisciplinary Early Childhood Education degree in 2006. Katie comes to us from a private preschool where she worked for two years; she also worked for First Steps.

We feel so fortunate to be able to add two new classes with such wonderful, qualified teachers! What a great addition to our Head Start Family!

ARRA funds make it possible...

Children in the Hardinsburg Elementary School Head Start Center are enjoying a new playground this year thanks to the additional Quality Improvement Funds made available through the American Recovery and Reinvestment Act (ARRA).



Michael Simpson, Director of the *Breckinridge County Head Start/Preschool* program stated that the renovation of the playground at Hardinsburg Elementary had been long overdue. The renovation has been a part of the long range plans of the program for several years, but had to be placed on the back burner due to the economic downturn of the past several years.

The infusion of the ARRA dollars presented the best opportunity for this project to be completed. This playground was the last and oldest playground to receive the attention needed, as the other 3 centers had already had their playgrounds upgraded.



Community Partners at work....

Bell-Whitley CAA, Inc., Preschool/Head Start/EHS Program was fortunate to have a local dentist and long time advocate for the Head Start Program, Dr. James Maddox, to visit the classrooms in



Middlesboro to provide dental exams for those children who were in need of the exams. Dr. Maddox provides a great service to our children, and the children

not only have a dentist but a friend as well! We say "thank you" to Dr. Maddox.



Just in time for the holidays. . .

Boyd County Head Start/Preschool parent volunteers have put together an amazing cookbook with 550 recipes from some of the best cooks in Eastern Kentucky.

This book is truly an original. It was not edited and printed in a big name publishing house. It does not contain fancy charts or celebrity endorsements. What it does contain are recipes from our preschool families. There are duplicate titles of some recipes. But think about it— could you look a three year old in the eye and say "Sorry baby, I know No-Bake cookies are your favorite but we can't include it in the cookbook"?

This cookbook has been a labor of love for its committee members (Jennifer Watts, Head Start Representative, Lani Thacker, Chasity Boyd, Cathy Abney, JJ



Gibson, Stacy Brock and Roxane Gross). Volunteers spent countless hours collecting, organizing, editing and typing the recipes found in this book.

This cookbook is dedicated to the many children who have

passed through this preschool program on their educational journey in years past and to those who

are passing through this year, 2009-2010. The builders of this vision and I expressly desire them to know that they are the inspiration for the project. It is the love for the children that brings us all together with the common goal of insuring support for their success in the journey.

A huge hug and heartfelt thank you is extended to Sandy Spears of TERSAN Photography for providing professional photography services to our cookbook.

Community partners like Mrs. Spears are a valuable and a much needed resource for our program.

Mad Science

Beautiful blue skies, bright sunshine, a few wisps of white cotton clouds with just a slight light breeze in the air provide the right setting for a day to enjoy science at it's best at *Ashland Head Start*. Imagine children exploring and observing a foam tube roller coaster creation with large marbles going through all kinds of twists and turns, up and down, over and around then finally coming to a stop at the bottom. What a ride!

Science is essentially about exploring the world around us. All young children are naturally curious about the world and are eager to explore topics that are relevant to their everyday lives. There is nothing that our teachers need to do to promote wonder and fascination. Our children have a natural keen interest in the earth, the natural environment, the way people live, the physical properties of objects, and the nature of living things. All we had to do was to provide hands-on activities and the opportunities to explore and sit back and watch the fun begin.

Families were invited to attend a day of fun with the focus on "science". The United States Department of Education states, "*Scientific knowledge is cumulative: To learn new things, you must build on what you already know. So, it's important that children start learning early...*"



At Ashland Head Start, we had the winning formula for a day of "Mad Science". Each of our classrooms was responsible for a hands-on activity such as Physics; Make & take mini roller coaster made from foam tubing with a marble. Next we explore Chemistry with all kinds of bubble station; large wands dipped in a small pool of bubbles and small ones from a hand-sized bottles, *bubble toil and trouble*.



Then we explored the air around with pinwheels and kites, anything that is powered by air. The next station involved colors and how they mixed together to make other colors and how they bleed on coffee filters. Music filled the air with sounds from the children's homemade instruments along with parent help. This activity connected home and school while parent and child worked together in creating an original cardboard tube instrument. Then it was on to the chemistry lab to make some ooey, gooey slime while a volcano waited patiently and silently ready to erupt. Some college interns with Marathon Ashland Petroleum Corporation with the watchful eyes of their Supervisor provided these activities. The local tri-state area TV station WOWK provided us with a meteorologist and all the information about upcoming weather reports.



Poage Elementary fifth grade students along with their award winning science teacher, Ms. Tandy Nash gave assistance with many of the hands-on activities of the day.

The list of activities and events goes on and on; discovery bottles, and root view seeds and of course bubbles, bubbles and more bubbles. What respectable science day would not be complete without our resident "Mad Scientist" dad? Equipped with many 2 liter bottles of ginger ale and tubes of mentos with a string attached for easy launching and whoosh, a count down 10, 9, 8, and an explosion of soda into the air and on anyone close enough to assist in the string pulling. How high can it go, maybe to the moon?

At this young age we are building a foundation for future learning and scientific understanding. We at Ashland Head Start are planting the "interest" seed of science so that our children will learn to stewards of their environment

