



Head Start/Early Head Start Services

> 120 Madison Street
Oak Park, IL 60302
708.434.2525

> 4415 W. Harrison Street, Suite 510
Hillside, IL 60162
708.330.4490

- /eastersealschi
- @eastersealschi
- /eastersealschi
- eastersealschi

eastersealschicago.org

Through supportive collaborations with private early childhood centers, Head Start/Early Head Start teams are integrated to provide hands-on, comprehensive quality services giving children and their families the opportunity for a brighter future and a head start to success.

Throughout all of life's moments – from the ordinary to the extraordinary, and everything in between – Easterseals is here. We're right beside you and your family – listening, understanding, helping in the ways you ask us to, giving support, cheering you on. Easterseals is a team of problem-solvers, skilled practitioners and people committed to sweeping away limitations and shattering stereotypes. We are steadfast partners in your journey. That's our promise to you.

celebrating families

Share your favorite family photo with us. Send it our way. We'll include it in the next issue. headsUp@eastersealschicago.org



Margaret, with her daughters, Rita, Mariam, and Nadeen



Lavina R. ringing jingle bells
Children's Home Center



Georg M. at multicultural event
Academy for Children



Thanksgiving feast at New Generation



Cookie decorating at Cuddle Care



Academy for Children Christmas celebration

quarterly newsletter highlighting head start/early head start programs

heads UP

winter 2017

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Kindergarten screening will be taking place in school districts this winter!

Contact your local school district to find out when the testing/screening deadline is for your child's kindergarten program.



Happy NEW YEAR

from your head start team!

Jasmine Vaughn gets a kiss from daughter Layla Vaughn

promoting school readiness in young children

Start the new year off with a commitment to making attendance a priority!

Our goal this year is to ensure every student attends their Head Start program regularly. Showing up to the program has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and in life.

We realize some absences are unavoidable due to health problems or other circumstances. But, we also know that when students miss too much of the program regardless of the reason it can cause them to fall behind academically. Your child is less likely to succeed if he or she is chronically absent which means missing 18 or more days over the course of the entire program year.

Going to school regularly matters!

In an effort to help support regular attendance, we're rewarding parents and students with monthly certificates. Be on the lookout for your child's certificate starting in January.

We want your child to be successful in the Head Start program! If you have any questions, please contact your center.



Things to do in 2017...

Make health and nutrition an important part of your family's life.

Head Start is not only an amazing educational program for your child but a resource for families in many different ways. One of the valuable resources we provide to parents is making sure your child eats well-balanced meals and stays on top of necessary medical needs. A child's health effects every part of their life so we've made health and nutrition a priority in the Head Start program.



Victoria Canova

Victoria Canova is the Health and Nutrition Manager for Easterseals Head Start/Early Head Start services. She has been a dedicated team member with Easterseals for eight years and has had many different roles within the agency. Health and nutrition is definitely her passion.

Victoria works with family and health advocates to ensure children have up-to-date physicals, dental, hearing and vision exams. She is also responsible for ensuring all children are in compliance with their health screenings and all other necessary health documents. Victoria also works together with the Nutritionist to make sure children are receiving nutritious meals and snacks. Together, they make sure every child gets enough physical activity inside and outside of the classroom. She can be reached at vcanova@eastersealschicago.org.



Katrina Vigsnes

Katrina Vigsnes is the Nutritionist for Easterseals Head Start/Early Head Start services. She is a Registered Dietician who has a Bachelor of Science degree in Biology from Illinois State University and a Bachelor of Science degree in Dietetics from the University of New Haven. Katrina has been a part of the Head Start program for eight years. She prepares nutrition assessments for children, provides nutrition education to parents, plans hands-on food experiences, approves menus, and helps sites with the requirements for the Child and Adult Care Food Program (CACFP). She can be reached at kvigsnes@eastersealschicago.org.

Winter Recipe... A fun activity for families to do together

Cinnamon-Sugar Snowflakes

Ingredients: • tortillas • white sugar • cinnamon • melted butter

Directions:

1. Start by putting the tortillas in the microwave for about 10 seconds. This softens them up so they won't rip.
2. Fold a tortilla in half, and then in half again, and cut it as if you were making a paper snowflake.
3. Place the tortillas on a baking sheet and brush them with melted butter.
4. Sprinkle the snowflakes generously with cinnamon and sugar.
5. Bake the snowflakes at 350 for five to 10 minutes.
6. Let them cool for a few minutes before serving.

Recipe courtesy of <http://happyhooligans.ca/cinnamon-sugar-snowflakes/>



Staying healthy makes everyone happy!

We're making it easy to keep your children healthy.

Head Start and DCFS Licensing Standards require children to stay up-to-date on their health checks. It is extremely important for parents to be up-to-date with their child's screenings and exams to monitor health and ensure a healthy, growing student. Your child's health is very important to us!

Children under age three should be visiting their physician at each milestone, not only to monitor their progress but to build a relationship with a pediatrician/physician.

Children should also have a dental home – a dentist with an accessible dentist office. Mobile dental vans are great for cleanings although mobile dental vans cannot provide treatment or establish a personal history like a dental home can. Make it a priority to get your child in to see the dentist this year!



Listed below are the health requirements according to age.

Under Age 1:

- height & weight
- immunizations
- head circumference
- system review (asthma, hearing, vision, dental)

Ages 1-2:

- height & weight
- immunizations
- head circumference
- hemoglobin
- system review (asthma, hearing, vision)
- lead
- tuberculin test
- dental exam

Ages 3-5:

- height & weight
- immunizations
- hemoglobin
- lead
- system review (asthma, hearing, vision)
- tuberculin test
- dental exam
- diabetes screening
- blood pressure

community resources & information



Visit your local Women, Infants, and Children (WIC) office for services. You can obtain items such as special checks to buy healthy foods and information about nutrition and health to help you and your family eat well and be healthy. Information and help about breastfeeding and assistance in finding health care and other services in your area are also available. Visit www.dhs.state.il.us to locate a DHS Office near you.

Take the opportunity to visit The Kroc Center located at 1250 W. 119th Street Chicago, IL 60643. They provide programs and activities for their community to help children grow their artistic skills and ignite a passion for health and sports. The programs consist of aquatics, arts, family life & education, fitness, sports and senior activities. Call 773.995.0151 to schedule a tour.

Expos in 2017

Bank of America Shamrock Shuffle 8K Health & Fitness Expo

- Friday, March 31: 10:00am- 8:00pm
- Saturday, April 1: 9:00am- 6:00pm
McCormick Place, Hall C
2301 South Indiana Avenue, Chicago, IL

Rock 'n' Roll Health & Fitness Expo

- Friday, July 14: 12:00pm-7:00pm
- Saturday, July 15: 9:00am- 5:00pm
McCormick Place, Hall D1 Lakeside
2301 South Indiana Avenue, Chicago, IL

Health & nutrition websites:

You'll find anything from healthy recipes, managing allergies, and building a healthier lifestyle for you and your family.

www.choosemyplate.gov • www.kidshealth.org • www.kidseatright.org



Things to do in 2017

Parent Teacher Conferences

This is a reminder for parents to ask their teachers and/or education coaches when Parent Teacher Conferences will be held. They will take place during the month of February.

Head Start/Early Head Start involves the whole community! If you would like to collaborate with us and support the children and families attending Head Start programs, please contact headstart@eastersealschicago.org