

Parent Pioneer

Connecting Parents to the Classroom and Community

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Volunteer/Substitute Training January 12th

Would you like to be a classroom volunteer or become a paid Head Start substitute? If you answered yes, please plan on attending a Head Start volunteer/substitute training at Madison. Here is your opportunity to learn how to work with children in the classroom and how to navigate the application process. Free childcare is provided at the training.

Training will be held on Thursday, January 12, 2012 at Madison from 4:00pm - 6:00pm.

To attend, **you must call and RSVP** to Joann Martin, Head Start Secretary, at (253) 571-1900. You must RSVP by Wednesday, January 11, 2012.

Head Start Child Outcomes

Each month the newsletter will share different outcomes for your children. These goals & objectives reflect the federal requirements for what children should learn while in Head Start so they are better prepared for kindergarten. We need you to help support the growth and development of your child at home.

This month's focus: Language Development

1. Uses language to express thoughts and needs

- Uses an expanding expressive vocabulary
- Speaks clearly
- Uses conventional grammar
- Tells about another time or place

2. Listens to and understands increasingly complex language.

- Comprehends language
- Follows directions

3. Uses appropriate conversational and other communication skills

- Engages in conversations
- Uses social rules of language

Source: Creative Curriculum GOLD: Objectives for Development and Learning



2009-2010 Annual Report Released

TPS Head Start's Annual report for 2009-2010 is now posted on the district web page. To view the report, go to Tacomaschools.org, then click on Departments and Programs, then click on Head Start.

Flip to the other side for more news!



12/21- 1/1
Winter Break—No School

1/2
School resumes

1/11
Family Advocacy
Subcommittee
5:00 p.m.—6:30 p.m.

PC Executive Board
6:30 p.m.—8:00 p.m.

1/12
Sub/Volunteer Training
4:00 p.m. -6:00 p.m.

1/16
Martin Luther King Jr. Day
No School

1/17
No Head Start Classes

1/25
PC Meeting
5:00 p.m. - 7:30 p.m.

Head Start
3101 S. 43rd St.,
Tacoma WA 98409
Phone: (253) 571-1900

Director
Leslie Meisner

Assistant Director
Angela Hawkins



Head Start



Expand your Computer Skills (source: Pierce County Library)

Almost everything involves using a computer these days. If you need to learn or improve your basic computer skills, there are several free programs offered in the community.



- ▶ **Centro Latino** - Free basic computer classes in Spanish
Address: 1208 S. 10th St., Tacoma WA 98409 Phone: 253-572-7717
- ▶ **Pierce County Library** - Free computer classes
Call the Pierce County main phone number at 253-548-3300 for more information or visit their website at www.piercecountylibrary.org
- ▶ **Goodwill** - basic computer classes are offered for free every Monday and Friday morning from approximately 9:50 to 11:30. No registration required; classes are first come first served.
Address: WorkSource, 1305 Tacoma Ave. S. Suite 201, Tacoma WA 98402 Phone: 253-272-5166
- ▶ **Washington Women's Employment & Education (WWE)**
Offers classes (for a fee) in Access, Excel, Outlook, PowerPoint, and Word. These classes are open to beginners or those wanting to improve on their current skill level. Admission to classes requires a typing speed of 25 words per minute. Address: 3516 South 47th St., Suite 205, Tacoma, WA 98409 Phone: 253-474-9933

Catch Them Being Good...

Catch your child doing good. Sounds simple, but yet many parents focus on "bad behaviors". Believe it or not, **every child does something good everyday!** The best way to motivate your child to be good is to reward the good actions.

Want your child to behave good all the time? Try the following:

- **Be specific in praising your child.** "I am pleased you put your toys away today" or "you are sharing your toys with your brother, and that makes me happy".
- **Offer occasional rewards.** There is a difference between reward and bribery. Rewards happen after the fact, after the good deed is completed. "Since you listened well today at the store I am going to let you choose a treat". This is a REWARD, "if you follow the rules today at the store I will buy you a treat" is a BRIBE. Bribes teach children to behave for a reward. Reward-based parenting tends to help children become more confident, secure, responsible and creative.



- **Children become what you tell them they are.** If you tell your child she is good, she will behave that way, if you tell your child she is a brat, **she will prove you right!**

Taken from Puget Sound ESD, Family Friendly Handouts

Flu Vaccine: Now's the Time!

Flu activity has been low in Washington in the early part of this season, so there's still time to get vaccinated before illnesses start to mount. It's vital to get immunized well before disease increases in the community because it takes two weeks for vaccine to be effective.



The flu vaccine is recommended for everyone six months and older. Everyone needs to get a flu shot this season even if you got vaccinated last year because immunity decreases over time. It's also important to be vaccinated every year since flu viruses can change.

"Influenza is a serious disease that hits some people harder than others and can be fatal," says Secretary of Health Mary Selecky. "The flu vaccine is one of the best ways to protect against the flu and has a long safety record. It protects you, your loved ones, and your community. It's also important to use good health habits—washing your hands, covering your cough, and staying home when you're sick."

Taken from www.doh.wa.gov/Publicat/2011_news/11-173.htm

You are your child's first and most important teacher!