

# APRIL 2014

A Monthly Publication of PCCEO Head Start & Early Head Start

# PCCEO



# A<sup>1</sup>dvocate

## Lincoln Branch Library Reading

The Peoria Public Library Lincoln Branch has received a grant to host a family literacy program.

"The program, Prime Time Family Reading Time, targets children age 6 to 10 who may be experiencing difficulty with reading and their parents in an effort to foster a lifelong love of learning through reading," says Cynthia Smith, Branch Manager.

Prime Time, a six week series of reading and discussion programs, includes sessions on such themes as fairness, greed, courage, cleverness and determination. A discussion leader and a storyteller introduce parents to the benefits and pleasures of reading and discussing stories with their children.

The program aims to expand participants' understanding of reading through the use of children's literature with substantial humanities content. It focuses on expanding the teaching of literature, history and cultural values.

This free reading program is offered to families with children age 6 and older on Mondays at 5:30pm, April 14 through May 19. Prime Time will be held at Lincoln Branch Library, 1312 West Lincoln Ave. in Peoria. Healthy snacks will be provided. Participants must sign up by calling (309) 497-2600.

Prime Time is sponsored by Peoria Public Library, Illinois Humanities Council, Louisiana Endowment for the Humanities, National Endowment for the Humanities and the American Library Association.



## Parent Spotlight

PCCEO Head Start is a children and family oriented program that prepares children for a smooth transition into kindergarten as well as celebrates our parent's achievements. This month we are spotlighting a mother that is taking advantage of the training opportunities that PCCEO Head

Start offers our parents.

Latreeka Davis is a mother of two children, Michole Williams, who is a student at Webster Head Start 10pm and Mi Angel Williams who is currently going through the process of enrollment at Webster Head Start.

Miss Davis is a valued member of our Support Service Clerk Team at Webster Head Start. Her duties include: Bus Monitoring, Kitchen and Dining Room Assistant, Classroom Assistant/Floor Runner, Office Assistant and Maintenance Assistant.

Miss Davis is interested in obtaining her GED, wants to be able to go to Cosmetology School and possibly own her own hair salon one day. She is a strong, present and involved parent in her daughter's life. She is also a great role model for her girls to look up to and help them achieve their highest goals in life.

Miss Davis, keep that positive attitude and smile because we know that you can and will do anything you want.

**HEAD START SALUTES  
MISS LATREEKA DAVIS**

# Fitness for You

## Eat healthy + be active for your best well-being.

Is diet or exercise more important to your health? You may have seen news headlines that declare one or the other a “winner” for certain health goals. A closer look shows that a healthy balance will help you come out on top.

**Control your weight:** It may be easier to cut 500 calories from your daily diet than to burn 500 calories on the treadmill, but it’s the bottom line that counts. Eat fewer calories than you burn each day and lose weight. Experts agree that a healthy diet and exercise are important to maintaining a healthy weight.

If you’re trying to lose weight, be careful not to overestimate the calories a workout burns and/or overeat as a reward.

**Feel energetic:** Physical activity can quickly boost your energy level and your mood. Good nutrition and well-timed meals provide you with a steady supply of energy all day.

**Prevent disease:** Both healthy eating and exercise can help prevent diabetes, heart disease and some cancers.

## Help sleep with diet + exercise.

Feeling hungry? You might need more sleep instead. Not getting enough sleep can increase your appetite, while healthy eating and exercise habits can help you sleep well.

Adults need about 7 to 9 hours of sleep each night. For sweet dreams:

- Avoid caffeine in the late afternoon and evening.
- Fit in your workout three hours or more before bed so your body has time to cool off.

Source: CDC, EatingWell, USDA, Mayo Clinic, Women’s Health, Real Simple, New York Times, Shape.

# Tornado Safety

## IF YOU ARE

## THEN:

In a structure

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck.
- In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- Put on sturdy shoes.
- Do not open windows.

In A Trailer or Mobile Home

Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes

Outside, with no shelter

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If your vehicle is hit by flying debris while you are driving, pull over and park.
- Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion if possible.
- If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries

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## WANTED FATHERS AND THEIR CHILDREN

*Fashion Show Featuring Men and Their Children  
to be held on April 25, 2014*

Head Start and Early Head Start programs are looking for the sophisticated, debonair, clean as a whistle Dad with swag, to participate in a fashion show. There is but one stipulation for Dads, your child must participate too.

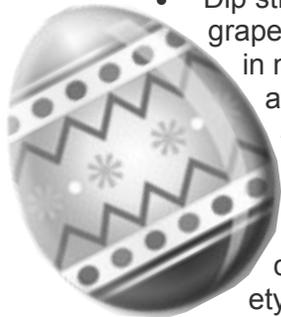
Just imagine the flashing lights going off, people yelling your name and you daughter and/or son sharing that moment with their favorite man – DAD. Here is an opportunity to create a wonderful memory for you and your child. Family and friends will be talking about this event for months.

If you are interested in participating, please phone Vance Jordan at 309-671-3960 or email him at [vjordan@pcceo.org](mailto:vjordan@pcceo.org). You can also stop by Webster Head Start Center located at 923 W. Millman, Peoria, IL.

This event is a benefit for the Head Start and Early Head Start programs. All proceeds will be used to promote parent, family and community engagement activities.

# Have a Healthy and Hoppy Easter Every Bunny!

As Easter approaches each year, children become excited for the fun-filled baskets they know the Easter Bunny will be bringing them. More often than not, Easter baskets are filled to the top with large amounts of candy. While small amounts of candy are ok in moderation, too much candy provides the body with excess sugar which could lead to cavities, weight gain, and diabetes in children. It is important to make your child's Easter basket as healthy as possible, and it can easily be done with the tips below.



- Buy dark chocolate instead of milk chocolate as dark chocolate is heart healthy.
  - Dip strawberries, grapes, and bananas in melted chocolate and refrigerate for a serving of fruit.
  - Purchase Annie's whole wheat bunny crackers in a variety of flavors to fit the Easter theme.
- Put in carrots as they are the Easter Bunny's favorite treat!
- Get non-edible items to encourage exercise such as side-walk chalk or a jump rope.
- Provide other non-edible items such as books, puzzles, stickers, coloring pages, crayons, markers, watercolor paints, small toys, or stuffed animals that can be used on a rainy, spring day.

## Family Resources for Summer

### Peoria Public Library Info

<http://www.peoriapubliclibrary.org/kid-events>

PPL has info about child and family programming opportunities.

### Common Place [www.commonplace.org](http://www.commonplace.org)

Summer youth programs giving neighborhood young people 8-15 years old a chance for study, chores and an allowance.

### Neighborhood House

<http://www.nhpeoria.org/childcare.html>

### **Childcare Programs—Peoria House**

**Licensed center serving 6 weeks through 12 years of age**

**6:30 a.m. to 5:30 p.m.**

- Six classrooms for children to be placed according to age
- Accept Child Care Connection, wards of the state covered by DCFS, and private pay families
- Latch key program for school age children, with ability to get children on and off buses for children attending Harrison and Roosevelt schools
- One Preschool for All state funded preschool classroom with IL certified Early Childhood teacher
- Two separate outdoor play spaces available for children, one infant/toddler playground and one Pre-K/school-age playground
- Full size gym for indoor active play
- Summer camp for school age children during the summer months...field trips, programming, guest speakers, arts and crafts, fun experiments

### YMCA Camp Info

<http://peoriaymca.org/programs/youth-programs/day-camp/>

They have info about their new preschool camp opportunity for 3-5 years olds. They take child care connection assistance, and have scholarships available. The Camps name is called Little Scribblers.

### Family Core—Heart of Peoria After School and Summer Program

The academically focused after school program operates Monday through Friday during the school year. Children participate in daily tutoring with a focus on reading and math. Additional activities include training in social skills and recreational and educational activities. During the summer, children participate in an 8-week day camp including a variety of recreational and educational activities.

[www.familycore.org](http://www.familycore.org)

### Peoria Parks District Info

CampZone/Early Learners: Ages 4-5 years

Steve Montez, 681-2865 or [smontez@peoriaparks.org](mailto:smontez@peoriaparks.org)

Glen Oak Park (GO), 2218 N. Prospect Rd, Peoria OR

Franciscan Rec Center (FRC), 908 Sterling Ave, W. Peoria

Come join us for Early Learners, a half-day preschool program for 4-5 year olds. Games, crafts, playtime, lead-up sport activities, and new friends make learning fun and natural. Our activities focus on socialization and early childhood motor development. Camp is held half-day, Monday through Friday, 9:00a.m. to Noon Fees-R/NR: \$58.00/\$67.00 (\*week 5 shortened due to holiday \$47/\$54) Camp is held at the following locations (pick one): Glen Oak Park (GO) OR Franciscan Recreation Complex (FRC)

### Crittenton Centers

**The Child Development Centers is currently enrolling!** We have multiple daycare and preschool openings available. Enroll by April 1, and we will waive the \$25 application fee! For more information, contact Sarah Juerjens, Child Development Center Coordinator, at 309-674-0105 x 206 or [sarahj@crittentoncenters.org](mailto:sarahj@crittentoncenters.org).

# April 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dist. 150 Spring Break HS Spring Break	1 Dist. 150 Spring Break HS Spring Break ESL Class 8:30-11:30am	2 Dist. 150 Spring Break HS Spring Break	3 Dist. 150 Spring Break HS Spring Break ESL Class 8:30-11:30am	4 Dist. 150 Spring Break HS Spring Break
7	8 ESL Class 8:30-11:30am	9	10 ESL Class 8:30-11:30am EHS Socialization Cooking Matters @ Hy-Vee 5-7pm	11
14 HS "Donuts With Dads" upon arrival to school (am & pm)	15 HS "Donuts With Dads" upon arrival to school (am & pm) ESL Class 8:30-11:30am	16 HS "Donuts With Dads" upon arrival to school (am & pm)	17 HS "Donuts With Dads" upon arrival to school (am & pm) ESL Class 8:30-11:30am	18 HS "Donuts With Dads" upon arrival to school (am & pm) Professional Development HS Full Day Centers CLOSED EHS Centers Close at 11:30am
21	22 ESL Class 8:30-11:30am EHS Socialization Motor Mites 12-2pm Franciscan Rec. Center	23	24 ESL Class 8:30-11:30am	25 Father and Child Fashion Show 6-8pm @ Manual High School
28	29	30		

## Join the Family

PCCEO Head Start and Early Head Start Programs are accepting applications. If you know someone interested in the quality early childhood education our programs offer please share this information:

### Head Start

- Children Age 3-5
- Must meet income eligibility guidelines
- Full and Half Day Classes available
- Disability Services, including Speech and Language Therapy
- Hearing, Vision and Dental Screenings

#### Contact:

PCCEO Head Start  
923 W. Millman Street  
Peoria, IL 61605  
(309) 671-3960  
[www.pcceo.org/headstart](http://www.pcceo.org/headstart)  
[facebook.com/PcceoHeadStart](https://facebook.com/PcceoHeadStart)



### Early Head Start

- Children Age birth to 3, & expecting mothers
- Must meet income eligibility guidelines
- Monthly Socializations & Educational Opportunities
- Developmental Screenings & Assessments
- Nutrition Education

#### Contact:

PCCEO Early Head Start  
427 W. Main Street  
Peoria, IL 61605  
(309) 495-5254  
[www.pcceo.org/ehs](http://www.pcceo.org/ehs)  
Search for us on Facebook!  
PCCEO Early Head Start

