

Second Quarter - 2019

A Quarterly Publication of PCCEO
Head Start & Early Head Start

PCCEO



Advocate

PCCEO Head Start Has A New Program Manager

Mr. Charles T. White is excited to become the new Program Manager for PCCEO Head Start. Born and raised in Peoria, IL. Charles attended Peoria High where he excelled at sports. He then attended Bradley University with a degree in Criminal Justice/Sociology and a minor in History.



"I am grateful for the opportunity to work for PCCEO and its Head Start program. We have a great group of educational and social service leaders that will increase the educational and economic opportunities for families. I know one thing for sure, Great Things Done In Anything Are Never Done By One Person"!!!

Keep Kids Safe This Summer

Everyone loves summer; however, it often brings with it a greater risk of physical danger. In addition to these tips, parents and caregivers should actively supervise children when engaging in summer activities, especially when swimming and enjoying the playground

Water Safety

Supervise swimming pools - 9 out of 10 fatal accidents occur during a brief lapse in supervision, so limit children's unsupervised access to swimming pools and spas.

Bike Safety

Wear a helmet - A helmet is the single best way to reduce the severity of a head injury and the likelihood of death. In fact, helmets have been shown to decrease the risk of injury by 85 percent.

Sun Safety

Sunscreen for all skin types - Even if a child doesn't burn easily, applying sunscreen is still important. Sunburn is an immediate reaction, but sun damage occurs over a lifetime. Although skin cancer is more prevalent in people with lighter skin, it does not discriminate and can still affect those with darker skin.

Extreme Temperature Safety

Keep water on hand - No matter how long you plan to be outdoors, pack water to reduce the risk of heat-related illness.

Bug Safety

Utilize bug repellent - Insect repellent with either DEET or Picardin as an active ingredient will last the longest, but you can also utilize a natural insect repellent, such as citronella.

Healthy Habits Start Early

Good Eating Habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help him/her to eat healthy, try to do the same too!

Healthy Feeding and Eating....

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him/her stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. Your toddler may need to try a food 10 to 15 times over several months before he/she will eat it.
- Try giving your toddler a choice between two healthy options. He/she will be more likely to eat healthy food if he/she gets to pick it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sports drinks add extra calories to a diet and can harm teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. He/she will be more likely to try healthy foods if he/she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sports drinks add extra calories and harm teeth.

Parent Policy Council

The next parent Policy Council meeting will be on June 19th from 5:30 - 7:00 PM at 711 W. McBean St, Peoria, IL 61605. The Parent Policy Council is a shared decision making cornerstone of Head Start and Early Head Start. The Parent Policy Council is a formal structure of parents who participate in policy making and other decisions about your child's Head Start or Early Head Start program.

Learning Corner: iStartSmart Preschool Elite Computers

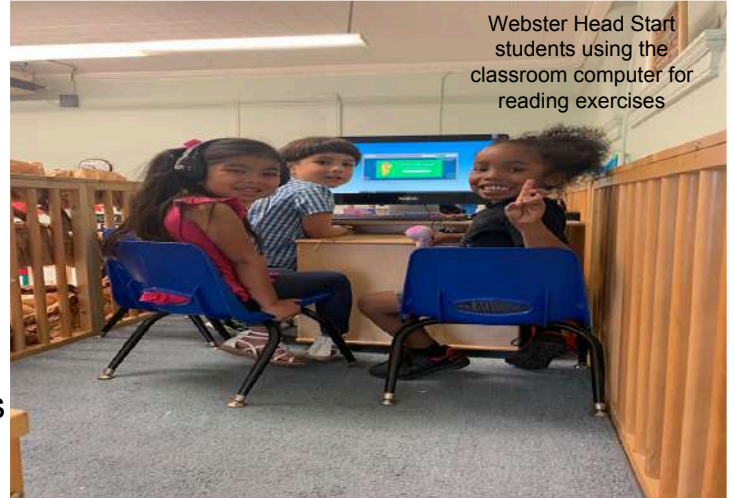
In our program, we are delighted to announce the purchase of iStartSmart Preschool Elite Computers for all class rooms at Head Start as learning tools for the children. When they use computers, children:

- Become comfortable with technology
- Develop reading and writing skills
- Learn to express themselves creatively
- Solve problems and begin to do research
- Understand math concepts such as counting and numerical relationships

We encourage children to work with computers in pairs or small groups. This helps them learn from each other and supports social skills. We

also ask a lot of questions to help them think through what they're doing. This also helps prepare them for a future in which they will need to know how to use computers.

iStartSmart Elite also allows teachers to monitor each child's progress. Each time children log-in, web-based progress data is summarized in easy-to-understand reports that support informed instructional decisions leading to improved outcomes.



Webster Head Start students using the classroom computer for reading exercises

Job Openings at Head Start/Early Head Start

If you are interested in applying for any of the positions listed below, please go to PCCEO.org and click on Employment Opportunities or Contact the HR Department at 309-671-3900 for instructions.

Job descriptions are listed on the PCCEO website.

- **Bus Drivers**
- **Early Childhood Teacher**
- **Early Childhood Assistant Teacher**
- **Early Childhood Teacher Sub**
- **Family Development Specialist**
- **Support Service Clerk**

Parent Spotlight

Jasmine Lollar



Jasmine Lollar has faced her share of challenges. She was involved in a car accident which caused her to go through the windshield. The accident has caused her to go through many surgeries and physical therapy.

As a result of this accident she was forced to move back in with her parents to care for her children. Despite the many challenges, Jasmine never gave up on her goals.

Her two main goals were to get a place of her own and to start school. Even as she dealt with health issues she chose to believe in her and her future by remaining focused on her goals.

In February, she signed paperwork for an apartment that she shares with her children. She is currently enrolled at Ashford University and working toward her degree. Her progress has been outstanding and she will continue to grow.

Join the Head Start/Early Head Start Family

PCCEO Head Start and Early Head Start Programs are accepting applications. If you or anyone you know is interested in enrolling in Head Start or Early Head Start, you can start the process online by going to <https://www.pcceo.org/head-start-application/>

The intake process will be completed when, you provide the following information:

Certified Birth Certificate

Current Physical no older than 6 mos (including immunizations, lead, T.B. & Hemo)

Proof of Income (past 12 months or last calendar year)

Proof of Residency (piece of mail with current address)

Child's Social Security Card

Medical or Insurance Card

Head Start Administrative Office

923 W. Millman
Peoria, IL 61605
309-671-3960

[facebook.com/PcceoHeadStart](https://www.facebook.com/PcceoHeadStart)

Early Head Start Administrative Office

616 Abington Street, Suite G
Peoria, IL 61603
309-495-5254

[facebook.com/Pcceo.EHS](https://www.facebook.com/Pcceo.EHS)



*A NIGHT
WITH OUR STARS*

*PCCEO HEAD START
PARENT AWARDS
BANQUET*

*THURSDAY
JUNE 13TH 2019
5:30PM-7:30PM*

*GATEWAY BUILDING
INVITATION ONLY!!!*