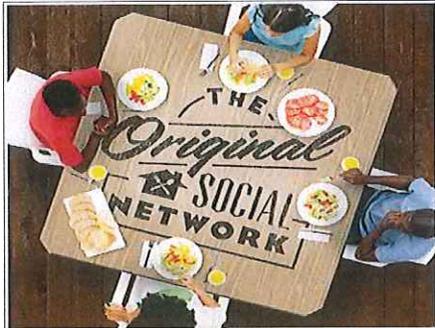




CONNECTING

NEWSLETTER FOR PARENTS AND FAMILIES

FALL 2015



Stand Up For Sitting Down Dinner

Did you know that children who eat dinner with their families at least four(4) times a week are less likely to engage in substance abuse? Miami- Dade HS/ EHS joined families on September 28, 2015 throughout the nation eating meals together at the dinner table.



For a successful family dinner night, families were encouraged to do the following:

- Mark Sept. 28 on their calendar and communicate with all family members their expectation of eating together on this night.
- Clear any clutter off the dining room table and plan to eat around the table; not on the couch or elsewhere.
- Turn off the TV and other electronics to create a peaceful environment.
- Not allow any cell phones or toys at the table, and do not leave the meal to answer the phone.
- Encourage everyone to slow down and enjoy the time together.
- Keep the meal healthy, but simple. Prepare something that doesn't require too much time in the kitchen while others are at the table.



"Family dinners are so important! Everyone is always so busy. But, it's important families create time to regroup and build unity in the family".—Ms. Gerda Surprise, Mother, Our Little Ones Head Start



Father Engagement



931 HS and EHS fathers participated in the 2015 Dads Take Your Child to School Day. Fathers/ father figures escorted their children to school and

participated in engaging activities such as arts and craft, story telling, outdoor games and many more.



Dads Take Your Child to School Day is an event that promotes father involvement by encouraging fathers and significant male

figures of all kinds to take their children to school. Schools use this opportunity to get to know the fathers of their students, and encourage them to be involved in their child's education throughout the school year.



As one father stated, *"It was an awesome experience to bring my child to school and participate in the activities. It's important fathers get involved by taking their child to school, it's a way to show that their education matters".—Mr. Josue Lopez, Le Jardin Head Start*

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HEAD START BLOCK PARTY!

50 Years of Serving CHILDREN AND FAMILIES

The Office of Head Start (OHS) and Head Start programs throughout the nation celebrated 50 years of Head

Start. As a part of the festivities, Miami Dade County's Head Start/Early Head Start program coordinat-

ed a Block Party on October 14th at the Overtown Transit Building to spread Head Start awareness.

Miami-Dade Head Start continued its celebration with Spirit Week that launched Monday, Oct. 19,

2015. Activities at Head Start/EHS centers included



storybook day, red, white & blue day, chef day, arts & crafts, crazy hat day and many more. Celebrations concluded with recognizing and honoring community partners and volunteers.



Abstract by Natacha Janac M.S.,

Head Start/Early Head Start Program Policy Council Chairwoman

“Eliminating the Generational Poverty Cycle through Head Start”

The purpose of this post is to provide an insight on the economic hardships “Head Start” parents are facing and to determine how to end the inter-generational poverty cycle. The Head Start program was developed under President Lyndon B. Johnson’s administration as a strategic plan to end poverty. Head Start is a two generational program designed to help impoverished parents receive early education for their preschoolers. Head Start’s focus is to eliminate generational cycles of poverty by helping children get a fair chance at early education. Head Start students are provided the same opportunities that their middle class counterparts have received for years. Head Start was initially also designed to help parents get better education and job training to fulfill the economic well-being of their family. The Head Start community is made up of low income families with little to no means of income for early education for their children, 90% of the families that receive assistance from the Head Start program are living under the poverty line.

In order to reduce and eventually eliminate this inter-generational poverty cycle, the parents in the Head Start program need to be empowered. Parents must be provided tools to assist their children retain what is learned in school. In order for the parents to do so, they must have a balance in their lives. However most of the parents that are being served in the program are having financial hardships which makes it hard to be involved in their children’s academic needs. Parent involvement in school activities is strongly linked to income. In a national survey, 59% of American parents above the poverty line were involved in three or more school activities on a regular basis; this contrasts with 36% of parents below the poverty line (US. Department of Health and Human Services, 1999). Research consistently report that persistent poverty has detrimental effects on school achievement and socioemotional functioning.

Family Engagement **Success Story**

Being able to accomplish two major goals has not been easy. I have had to overcome a lot of obstacles over the years. I receive the support of my mother, which I thank her in every way possible. I believe that with the support of my mom and Centro Mater, I have been able to accomplish my goals. God has given me the strength to continue with my accomplishments. My routine begins very early in the morning. By preparing lunch, waking up my three little sleepy beauties, dressing one and the other and other and so on. I then take them to school and stay with them to eat breakfast. I try to adjust my schedule to spend time with the kids, especially in the morning. I like to encourage them to eat breakfast with their classmates so they can develop their social interactions.

Later I head to college, where I begin my day. This is my final semester at Miami Dade College where I am taking my last 4 classes. Many say I am crazy because it is a hand full of materials to study. In between breaks, I try to complete and always be ahead on my homework and studying; I do not like to leave anything to the last minute because you rush and they do not come out the way you expect. Another reason why I like to take advantage of my breaks in-between classes is because when I get home it is a different story; from changing diapers, cleaning boogers, cooking, playtime, story reading to helping my oldest with her homework. I comfort my children in every way possible when we are home together. It's a continuous career,



where you learn more and more every day when you have children. Having my children is something that I would not change for nothing in this world. They have become my biggest and wonderful blessings. After graduating, I plan to work as a Registered Nurse, but I would like to continue studying to become a Midwife (OB/GYN). I believe with a lot of determination you could accomplish all the goals you desire in life. It is a matter of time, dedication, patience, and will. My journey is about my children's future and there is nothing more motivating, and trust me, every sacrifice of this lifelong education is worth it. As once said by Nelson Mandela "Education is the most powerful weapon which you can use to change the world" Cindy, Centro Mater East I.

Galileo

Parents can view their child's developmental progress anytime through the Galileo Parent Portal. The At – Home Activity tab allows parents to select educational activities to do with their child. Computer-based activities and Individual Observation Record are additional tabs parents can review.

Galileo Pre – K is a web - based early childhood assessment tool. It is used to assess children ages birth to five (0 - 5). Galileo Pre – K is divided into several learning domains/subjects, which allows teachers to assess each child's growth in a variety of domains/subjects. Examples of the domains include Social and Emotional Development, Literacy, Language and Early Math. Teachers are able to plan individual and group activities for children based on the results. Miami-Dade County Community Action and Human Services (CAHSD) Head Start/Early Head Start uses the assessment results to determine children's areas of growth for the entire program.

CONGRATULATIONS!

2015-2016

Policy Council Officers

Natacha Janac, Chairperson
(YWCA)

Natacha Delisme, Vice-Chairperson
(KIDCO)

Linda Armstrong, Secretary
(Easter Seals)

Tiffany Johnson, Assistant Secretary
(MDCPS)

Sindia Perez, Treasurer
(Catholic Charities)

Tiara Jackson, Parliamentarian
(MDCPS)

Upcoming Events

♦ Calling All Men:

Stand Up Against Violence (Men Only)

Thursday, November 19, 2015

Albizu University 2173 NW 99th Ave. Miami, Florida 33172

Registration: <http://www.eventbrite.com/e/calling-all-men-stand-up-against-violence-for-men-only-tickets-18216565237>

♦ Program Governance Training

Saturday, November 14, 2015

Martin Luther King Office Building
2525 NW 62nd Street Miami, FL 33147

8:00 am – 4:30 pm

TRAINER: Melvin J. Gravely, Sr. MPA

Registration: Please see your family case worker for a registration form and submit to Denise Roux at ddroux@miamidadegov

♦ NHSA Parent Conference

December 1 - 4, 2015

San Diego, CA.