We want to take this time to honor Lucy McClintic, our Head Start Director, who will be retiring later this month after 37 years with Head Start.

Lucy began her career with Head Start in 1984 as a Home Base Teacher. She talks about how different things were then. Teachers were given few supplies and supplemented teaching materials from their own children’s toys.

In 1985, Lucy became Home Base Supervisor. In those days, CACS had a large home base program for preschool-aged children. We employed approximately twelve home base teachers, two of which were dedicated to serving children of Hmong refugees who settled in the Lansing area.

Lucy was promoted to the position of Head Start Director in 1995. Under Lucy’s leadership, the program has grown. When Lucy became the Head Start Director in 1995, CACS was serving 1,260 children with a $5.7 million dollar budget. Today, CACS serves 1,635 children, and the program’s operating budget is over $20 million dollars.

Some of this growth is due to partnerships Lucy has forged over the years with various partners in the community. We have a strong relationship with Michigan State University and Lansing Community College. CACS had benefitted by being a part of many research projects, hosting student interns, and having university professosors and staff engage with us in many ways over the years. We also partner with the Intermediate School District in each of the four counties in our service area and with many of the forty-eight local school districts. Lucy worked diligently to secure GSRP slots for Head Start, and pioneered blending Head Start and GSRP funds to provide a full day of service for children. Lucy is an active member of the Great Start Coalitions, the Michigan Head Start Association, and numerous other community organizations.

We will miss her wisdom, foresight, and leadership. Thank you, Lucy, for all you have given to CACS Head Start. We know that you can retire with confidence that you have truly paid it forward.
LUCY LOGS IN ONE LAST TIME

To Head Start parents and community partners: It is time to say goodbye. I have worked for CACS Head Start for over 37 years starting first as a home visitor, becoming the education manager and then the director for the past 25 years. I have been humbled and honored to work with such dedicated and compassionate staff. I leave the program in good hands.

Capital Area Community Services has hired Dr. Nolana Nobles as the new Director of Early Childhood Services. She comes to Head Start with over 20 years of Head Start experience beginning first as a Head Start child, a Head Start parent, and then serving in several administrative positions for the Head Start program in the Detroit area. Welcome Nolana!

To Head Start and Early Head Start parents: This has been a stressful year. You are your child’s first and most important teacher. I applaud you as you navigate Zoom meetings, the closing of school and programs, and the struggles you face as you cope with COVID-19. Please know that we are here for you. As we say to staff, give yourself grace, know that you are doing the best you can at the particular moment.

Happy Holidays!

~Lucy McClintic

Miguel Rodriguez, Executive Director

I want to wish all of you a great upcoming holiday season.

Having just returned to work after having had COVID, I want to again share that if there is any way our programs and staff can help you should your family be impacted by COVID, please don’t hesitate to ask for help. Many of our staff have themselves been challenged dealing with COVID. I hope all of you stay safe and continue following best practices to avoid contracting/spreading COVID.

On a positive note, I want to welcome our new Director of Early Childhood Services, Dr. Nolana Nobles. I look forward to you being able to meet and interact with her. I want to also acknowledge Lucy’s upcoming retirement. There will be various acknowledgement of Lucy’s work that will be happening. Please join me in wishing Lucy the best as she moves into this next chapter of her life. Thank you Lucy for all your work and effort over many years, looking out for the interests of everyone in all our Head Start Programs.

Thank you to all parents who joined Policy Council this year. I want to congratulate Jennifer Flanders-Shouse who was elected to serve as the Head Start Policy Council representative on our agency Board of Directors. Jennifer provides a voice for Head Start on this leadership group. Congratulations also to the other officers serving on Policy Council.

~Miguel Rodriguez

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU
GROWING HEALTHY
There are lots of ways to grow healthy but you don’t have to do them all at once.

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

1. Eat at least 5 fruits and vegetables a day.
2. Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
3. Get 1 hour or more of physical activity every day.
4. Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.
I CAN HAVE 2 FEELINGS AT ONCE

Can you have 2 feelings at the same time? Definitely! Preschoolers are working hard to learn words that describe how they feel. As they continue to grow, it’s another level of brain development that allows them to hold two different feelings or ideas in their head at the same time. This is a common skill preschoolers are working on and takes lots of practice! Here are some ways you can help:

- When reading stories, ask children how they think the character feels
- Play "Make a Face" with your child. Practice making faces in the mirror. Start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying, “That’s right! Do you know what makes me feel that way?” Then describe something simple that makes you have that feeling (e.g. “Going to the park makes me happy.” “I feel sad when it rains and we can’t go to the park.”)
- Share an example of how you are feeling two different feelings at the same time (e.g. Disappointed you can’t play longer because you have to go to the store, but happy you will have food in the house)
- Teach other feeling words besides happy, sad, and mad (see examples)

Remember - practice, practice, practice! Adults AND children need practice. Positive encouragement goes a long way!

Teaching Feeling Words

We often only think of teaching common emotions like happy, sad, mad, etc. But there are many other feeling words that children should learn to express, such as the following:

- Brave
- Cheerful
- Confused
- Surprised
- Curious
- Proud
- Disappointed
- Frustrated
- Embarrassed
- Silly
- Excited
- Uncomfortable
- Fantastic
- Worried
- Friendly
- Stubborn
- Generous
- Shy
- Ignored
- Satisfied
- Impatient
- Safe
- Important
- Relieved
- Interested
- Peaceful
- Jealous
- Overwhelmed
- Lonely
- Loving
- Confused
- Tense
- Angry
- Calm

Segmento Informativo en Español

Formas Eficaces de Disciplinar a un Hijo

Separación: Haga que el niño descance o juegue solo durante un tiempo cuando él o ella continúe irritando a los demás, pelea, busca pleitos y pega y patea. Estar apartado durante un rato le permite al niño calmarse.

Manejo del Comportamiento: Hable con el niño calmadamente para enterarse de lo que sucedió y por qué y como el mismo niño lo ve. Luego hable sobre formas diferentes de manejar esto. Llegue a una solución que sea aceptada tanto por usted como por el niño. Esto ayuda a que el niño aprenda a ser responsable de su comportamiento.

Redirección: Cuando los niños pequeños se ven en problemas, deténgalos, explíquenles por qué los está deteniendo y sugiéreles otra actividad. Cuando rayan la pared, proporcioneles papel y crayones. Cuando corren peligrosamente dentro del hogar, llévelos afuera para jugar a un juego donde puedan correr.

Ignorar: Una buena forma de manejar una situación de mal comportamiento que apunta a obtener su atención es simplemente ignorarla. Sin embargo, asegúrese de darles atención cuando sus hijos se comporten bien.

Sea Firme: Diga de un modo claro y firme, o incluso oblique que el niño haga lo que se necesita hacer. Hable en un tono que le permita a su hijo saber que usted está segura de lo que dice y que espera que el niño lo haga. Ser firme no significa gritar, amenazar, razonar o quitar privilegios.

Manténgase en control: Actúe antes de que la situación se salga de control, antes de enojarse o sentirse demasiado frustrado y antes de que el comportamiento del niño se vuelva irracional.

Sea Imparcial: En otras palabras, “mantenga la calma.” Si su hijo hace algo que usted no aprueba, o que esta mal, suponga que su hijo es el hijo de su vecino y pregúntese, ¿Qué haría? O imagínese que usted es el maestro de su hijo. ¿Cómo manejaría esta situación el maestro? Esta es la forma en la que usted podría manejarla también.

(Producido por el programa educativo de Extensión Cooperativa)
IF YOU TEST POSITIVE FOR COVID-19

With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

Start isolating yourself right away. Stay home except for medical care. Let your employer know you have COVID-19.

Notify your close contacts so they can start to quarantine themselves.
• Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
• Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

You can resume normal activities when
• 10 days have passed since symptoms started (or test date if no symptoms),
• you are fever-free for 24 hours, (without fever-reducing drugs) &
• your symptoms have improved.

If you need an isolation or quarantine letter for your employer, you can call the health department @ (517) 887-4517.

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

You cannot test your way out of quarantine, however. Because the incubation period of this virus is long, close contacts need to stay home 14 days from your last contact, even if you receive a negative test result. Close contacts of the quarantined person do not need to quarantine. For example, if a child was exposed at school, the child’s parents do not need to quarantine unless their own child tests positive for COVID-19.

Isolation vs. Quarantine
Isolation is for people with COVID-19. It lasts for at least ten days since symptoms started.

Quarantine is for people who have not tested positive for COVID-19. It lasts for 14 days since the person was in close contact with someone who has COVID-19.

Adapted with permission from Barry-Eaton Health Department
Created 11/4/2020. Information is subject to change at any time.
LANSING PARKS AND RECREATION PRESENTS

HOLIDAY NIGHTS OF LIGHTS

DRIVE-THRU AT FRANCES PARK

WEEKENDS:

DECEMBER 4-6
DECEMBER 11-13
DECEMBER 18-20
DECEMBER 24-27

6-9PM

LANSING