



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER - DR. NOLANA NOBLES



Welcome back!

I hope that you and your family have been healthy and safe since we last worked together.

I want to thank you for your continuing support of our early education services and trusting CACS to partner with you in preparing your child for kindergarten. In the coming weeks you will be involved in school operations orientation and other opportunities to inform you of our health and safety protocols. The health and safety of children and staff is our priority; we ask you to be intentional along with us in our efforts to protect one another. Also know that CACS will comply with all mandates issued to address the pandemic. This may look different for you depending on the service area where your learning center is located. We encourage you to share with your team, your site supervisor, family advocate and teacher how we can support you in any way.

We are so excited to see you and your child back in our classrooms! I personally am looking forward to watching your child excel and succeed as they grow in their love of learning. As always, my door is open for you. I'm looking forward to hearing your voice too!

Best wishes for an awesome school year,
~Nolana Nobles, PhD



MIGUEL RODRIGUEZ - EXECUTIVE DIRECTOR



Welcome Back Parents!

We are glad you are back and look forward to all the good things that will be happening this school year.

Please know that staff have been, and will continue to work to ensure a successful and safe school year.

If you have any questions about what we are doing to address COVID, please don't hesitate to ask our staff. If you are facing difficulties or hardships with finances, health, or other issues, we have resources available that might be able to help. Reach out to your Family Advocate for help with resources.

Best wishes for a great 2021-22 school year!

~Miguel



**2021-2022
School Year**

Complete an application at:

www.michiganpreschool.org
for Clinton, Eaton and Ingham
counties

(517) 482-1504

www.cacs-inc.org
for Shiawassee county
(989)723-5849

EDUCATION CONNECTION

A huge THANK YOU to all of our education staff who pulled together to provide a wonderful 1st week of school for the children. We appreciate each of you for going the extra mile to bring children back to school safely. The excitement of children being back in school was evident. There are smiles, laughter and learning in our classrooms again.

In the preschool classrooms, we are focusing on the "Beginning of School" study. During the first six weeks, we will be creating routines, schedules, and classroom jobs within our classroom communities. In the Early Head Start classrooms, we are focusing on "Getting to Know You". In all classrooms, we will explore the learning materials intentionally while children are gaining knowledge and learning through play. Here are some ways to promote a successful start of the school year at home.

- Follow set routines and bedtimes
- Talk to your child about their teacher and friends they are meeting
- Practice handwashing
- Complete LINKS sheets and Parent Connections from teacher
- Communicate with Teachers and Family Advocates



We are looking for bus riders for many of our preschool classrooms, so please let your Family Advocate or Bus Driver know that you are interested in helping out.

Thank you for allowing your child to share their first day of school with us. We look forward to a safe and healthy year of learning and growing together!

DUAL LANGUAGE RESOURCE COORDINATOR



My name is Leeni Shrestha and I am the new Dual Language Resource Coordinator for CACS.

I live in the Greater Lansing area with my family. I love traveling, learning about different cultures, trying new food, and enjoy hiking, camping, reading, cooking.

I emigrated from Nepal when I was 16 years old. I, along with my siblings and parents, have experienced how and what life can be for an immigrant and Dual Language (DL) speaking family in school, at work, and in a community. I have continued to learn about barriers faced by DL families as I have had opportunities to work with Refugee families, migrant families and other immigrant families. I also appreciate how our rich and diverse customs, cultures and backgrounds help us become who we are in life. Prior to this role, I was a Family Advocate for Head Start and immensely enjoyed connecting with the families. Therefore, being part of the Head Start/CACS and working with DL families to support the children is a perfect fit for me!

I have a Bachelor's degree in Middle Grade Education from Eastern Kentucky University and Master's degree in Social Work from Michigan State University. I can speak Nepali, Hindi, Newari, Urdu, English and limited Spanish.

EARLY INTERVENTION SERVICES

The Head Start Early Intervention Services Department supports staff, children, and parents by providing services, early identification, and referrals to school districts and other community agencies. In partnership with other program staff, we help build knowledge and skills through trainings and workshops.

- We observe children in classrooms to identify who may need additional support.
- We communicate with staff and parents so everyone can work together in the child's best interest.
- We partner with school districts and community agencies for further evaluations and services.
- We educate on child development, family development, and mental health topics.
- We promote wellness for all through program-wide goals of "Be safe, Be kind, Be healthy".

If you have any questions about Early Intervention Services, you may call us at

517-482-1504

Reducing Screen Time during Meals

What can you do to reduce screen time at meals?



Lots of kids want to eat meals and watch TV at the same time. Doing this can be very distracting and lead to missing fullness cues. This can make them eat too much or too little, which can cause health problems later in life. It is important to create healthy eating habits early in life.

Some days will be harder than others, but working towards limiting screen time is the ultimate goal.



Make mealtime fun! Let your kids be a part of cooking their meal. Sit together and let everyone taste test different foods and share opinions. Have your child pick a recipe to try. Pick a theme night- choose a cuisine, holiday, season, ingredient, or anything your child enjoys. Let your child be your produce picker at the store and then they can see what they choose on their plate.

Try not to use TV time as a reward or punishment. This can cause kids to want screen time even more. It makes TV more important to your child.

Eat meals at the dinner table. If a child eats in front of the TV, it will be very frustrating not to have it on, especially if they are eating alone. Sit away from the TV, iPad, computer, game, or phone.

Eat Together! This allows for conversation and bonding between family members, gives kids the opportunity to talk about their day, try new foods, and teaches social skills and table manners. We serve meals and snacks family-style in our Head Start classrooms.

Studies show that children who have family mealtimes at least 3 times a week are more likely to be within a normal weight range and have healthier eating habits.



Silver Diamine Fluoride Project

We are partnering with the University of Michigan School of Dentistry on the Silver Diamine Fluoride Project. This project will test the effectiveness of a simple, non-invasive, and inexpensive strategy to treat cavities in young children.

What is Silver Diamine Fluoride (SDF)? SDF is a liquid solution being investigated to see if it stops cavities from growing, particularly in young children that have baby teeth.

Tooth decay (cavities) is a common and harmful disease, which affects many young children in the U.S. This project will test an investigational treatment option for cavities, and it is being funded by the National Institutes of Health.

This project runs throughout the school year for every participating child (approx. 8 months). The participating children will continue to receive oral health screenings, fluoride treatment, and oral health education that they normally receive through activities in their school or through health care providers. Monetary compensation will be given to parents/guardians for their time.

We will be visiting schools in October. Be on the lookout for more information.

**For additional questions, contact Oral Health Specialist, Brandy Sandifer
(brandy.sandifer@cacsheadtart.org) or 517-482-1504 ext. 128**

Simple Steps to Stay Healthy

Use these seven strategies to reduce the spread of COVID-19

Wash your hands



Wear a mask



Stay physically distant and socially connected



Increase fresh air



Clean and disinfect



Check for symptoms daily and stay home if you're sick



Get vaccinated



National Center on
Health, Behavioral Health, and Safety

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Join Our Team!

NOW HIRING

EDUCATION SUPERVISORS

Bachelors Degree with a major in Early Childhood Education, Child Development, or related field. Two to five years of classroom teaching experience.

TEACHERS

Associates or Bachelors Degree in child development, early childhood education or related coursework

TEACHER ASSISTANTS

CDA credential, or enrolled in a program that will lead to an Associates or Bachelors, or are enrolled in a CDA program

CLASSROOM ASSISTANTS

High School Diploma required. Part time positions (20 or 28 hours). Open positions for both Head Start and Early Head Start.

BUS DRIVERS

CDL and S Endorsement required but
WE WILL TRAIN YOU!
NO EXPERIENCE NECESSARY!

APPLY ON OUR WEBSITE AT
WWW.CACS-INC.ORG

FREE UBER RIDES

CACS Early Childhood Programs has partnered with Uber to provide FREE rides to those families interested in getting the COVID vaccine.

This service is available to any Head Start or Early Head Start family (and anyone in the household).

For more information on how to take advantage of this great opportunity, please contact Leeni Shrestha at 517.614.4748 (call/text).



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Official Social Media

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twitter.com/CACSmI_org



instagram.com/cacsheadstart

For more information go to cacs-inc.org