



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER - DR. NOLANA NOBLES



Hello Head Start families and friends,

I wanted to take moment and say thank you. We know that navigating this pandemic has come with many challenges. As we all know, pandemic related workforce shortages have changed our day to day experiences. Early childhood is no exception to the rule. Thank you for working so closely with your Head Start team- teachers, family advocates, bus drivers and health staff to assure the health and safety of our community. Thank you for having back up plans for days when school is closed. Thank you for continuing to be active in sharing your suggestions and voicing your concerns.

You are most valued partners.

I also encourage you to check out our social media pages and our website for news you can use, such as supports for rent, utilities, home weatherization and employment opportunities. Again, thank you for continuing to partner with Head Start; we are proud to be at your service!

~Dr.Nolana Nobles



MIGUEL RODRIGUEZ EXECUTIVE DIRECTOR



Dear Head Start Families, Friends, and Community Partners,
As we begin the upcoming holiday season, I want to thank you all for the support you have given our program so far this year; it has been a trying one at that. Please know that our staff is working to make sure that your child's environment is a positive and safe one. Our Board of Directors did approve the implementation of a mask-wearing requirement. You may have also heard that a vaccination requirement is on the horizon. We will continue to follow the guidance we receive from our Federal, State, and local partners. I want to again share that if you are having difficulty paying your bills or are struggling financially, you should contact your Family Advocate or one of our various service centers to inquire about help that might be available to you.

Have a great day! 😊

HEAD START ALUMNI

Do you know anyone who attended Head Start as a preschooler? We are looking for you, our Head Start alumni. Alumni identify themselves as Head Start graduates.

Did you know that Deion Sanders, Shaquille O'Neal and Chris Rock, politicians such as U.S. Rep. Loretta Sanchez (D-Calif.) and Angel Taveras, the mayor of Providence, R.I. were Head Start alumni?. Danny Glover sent his children to Head Start. Do you remember going to preschool in Head Start? We want to hear your stories, what you remember about Head Start, and how it helped you and your family to move forward in life. Join our search for past Head Start students – where are they now. If you or your child are past students, send us your story and you may see you story on our website or in our newsletter. Please go to www.cacs-inc.org to register as an alumni. You may email your story to Sharon Rogers at sharon.rogers@cacsheadstart.org.

EDUCATION CONNECTION

Hello from the Education Manager. For those of you who do not know me, my name is Bethany Griffin. I am the Education Manager/Compliance Specialist for CACS Head Start. I started my career as a teacher, then moved to an Education Supervisor and now I serve as the Education Manager. I am passionate about Early Childhood Education, supporting our education teams, and working with children and families to promote success in school and in life.

We are one month in and it is wonderful to be surrounded with children and watching them learn and grow. We continue to practice the rules and routines of the classroom while engaging in play based learning. We expose the children to letters and numbers throughout their play.

Please remember that we go outside everyday unless it is raining or the temperature drops below 20 degrees. Please send your child prepared for the cold weather with a hat, boots, gloves and warm coat. If you need resources to obtain any of these materials, contact your Family Advocate.

Are you interested in being part of your child's school day? We are looking for parent volunteers in the classroom and bus riders!! Let your child's teacher know if you are interested.

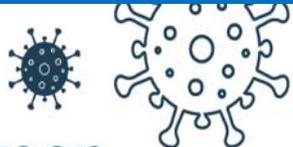


What is WIC?

- ◇ WIC is a nutrition program that helps women, infants and children through an important time of growth and development.
- ◇ WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to other community programs to improve and support health and well-being.
- ◇ Women receive support and education to have healthy pregnancies and get breastfeeding off to a good start.
- ◇ Parents and caregivers learn about feeding and caring for their infants and young children.

Contact your Family Advocate to complete a WIC application or visit michigan.gov/WIC

What's the difference between a COVID-19 vaccine booster dose and an additional dose?



An **additional dose** is sometimes needed for people who are moderately to severely immunocompromised because they were likely unable to build enough protection after the initial primary vaccine series.

A **booster** is the next dose in a vaccination series to likely boost immunity that has waned over time.

The risk of severe illness from COVID-19 increases with age, and can also increase for adults of any age with underlying medical conditions. Please contact your primary care provider to see if you need an additional or booster dose.




booster dose


additional dose

For

People aged 65 years and older, residents aged 18 years and older in long-term care settings, and people aged 50-64 years with certain underlying medical conditions **should get a booster dose**.

Based on individual benefits and risks, people aged 18-49 years who are at high risk for severe COVID-19 due to certain underlying medical conditions and people aged 18-64 years who are at increased risk for COVID-19 exposure because of occupational* or institutional setting **may get a booster dose**.

People who are moderately to severely immunocompromised **should get an additional dose**.

At this time a booster dose is not recommended if you have already received a third dose. There is no authorization for use of the COVID-19 vaccines for a fourth dose.

Minimum time after 2nd dose

6 months

28 days

Initial vaccine

Pfizer

Pfizer or Moderna

Plan to get the same type of vaccine for all doses.

*Per CDC, occupations at increased risk for COVID-19 exposure and transmission include frontline essential workers and health care workers.

Limiting Sugar-Sweetened Beverages

Why is it important to avoid sugar-sweetened beverages?

- Drinking **one** sugar-sweetened beverage per day often meets or exceeds the recommended added sugar limit for the **WHOLE** day
 - Kids should have less than 25 grams of added sugar daily. This is the same amount as 6 teaspoons of sugar
- Regularly drinking them can lead to weight gain, type 2 diabetes, heart disease, other chronic diseases, and dental problems

Fun Fact: The electrolytes in sugary sports drinks like Gatorade and Powerade are also found in cucumbers, lemons, green vegetables, watermelon, and coconut water



If water doesn't satisfy you on its own...

- Add ice or frozen fruit to your glass. This keeps it cold and refreshing
- Add fruits in for flavor
 - Cut up lemon, strawberries, cucumber, or oranges and add it to a water bottle or pitcher
- Use fun straws or a special cup for water
- Keep a cold pitcher or water bottle in the fridge for convenience

It is important to hydrate with water!

- Water is an essential nutrient we all need every day
- It's perfect for hydration
- It's not expensive, you can save some money by not buying sugary drinks





Apply on our website

www.cacs-inc.org

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

BUS DRIVERS

CDL and S Endorsement required but WE WILL TRAIN YOU!

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.



When Should My Child Stay Home or Go to School?

It is very normal for children to get sick. However, sometimes it is not clear if we can send our children or keep them home. When in doubt, look at the table below.

متى يجب ان يبقى طفلي في المنزل او يذهب إلى المدرسة؟

من الطبيعي جداً، ان يمرض الأطفال. ومع ذلك، ليس من الواضح في بعض الأحيان ما اذا كان بإمكاننا ارسال أطفالنا للمدرسة او إبقائهم في المنزل. عندما تكون في شك / او في حيره، انظر إلى الجدول ادناه:

¿Cuándo debería mi hija/hijo quedarse en casa o ir a la escuela?

Es muy normal que las niñas/niños se enfermen. Sin embargo, a veces no está claro si podemos enviar a nuestros hijos o mantenerlos en casa. En caso de duda, consulte la siguiente tabla:

Je! Ni Lini Mtoto Wangu Anapaswa Kubaki Nyumbani au Kuenda Shuleni?

Ni kawaida sana watoto kupatwa na magonjwa. Walakini, wakati mwingine haijulikani ikiwa tunaweza kutuma watoto wetu shuleni au kuwaweka nyumbani. Unapokuwa na shaka, angalia meza hapa chini:

Stay Home	School	Quedarse en Casa	Preescolar
<ul style="list-style-type: none"> Fever Nausea and vomiting Diarrhea A rough night and very little sleep No appetite Pink eye 	<ul style="list-style-type: none"> If child is fever free for 24-hours without medicine If your child has not vomited or had diarrhea in 24-hours If coughing or cold symptoms are improving 	<ul style="list-style-type: none"> Fiebre Náuseas y vómitos Diarrea Una noche difícil y muy poco sueño Sin apetito Ojo rosa 	<ul style="list-style-type: none"> Si el niño no tiene fiebre durante 24 horas sin medicamento Si su hijo no ha vomitado ni ha tenido diarrea en 24 horas Si los síntomas de la tos o el resfriado están mejorando
<p>إبقاءهم في المنزل</p> <p>-حما</p> <p>- استفراغ وغثيان</p> <p>-اسهال</p> <p>- ليله متعبه وقليل من النوم</p> <p>-عدم الشهية</p> <p>-التهاب العين</p>	<p>ارسالهم الي المدرسة</p> <p>إذا كان الطفل خالي من الحمى لمدة ٢٤ - ساعة بدون دواء</p> <p>إذا لم يتقيأ طفلك أو يعاني من الإسهال - خلال ٢٤ ساعة</p> <p>إذا تحسنت أعراض السعال أو البرد/ - الزكام</p>	<p>Baki Nyumbani</p> <ul style="list-style-type: none"> Homa Kichefuchefu na kutapika Kuhara Usiku mbaya na us-ingizi mdogo sana Hakuna hamu ya kula Jicho kubadili rangi 	<p>Shuleni</p> <ul style="list-style-type: none"> Ikiwa mtoto hana homa bure kwa mda wa masaa 24 bila dawa Ikiwa mtoto wako hajatapika au kuhara kwa mda wa masaa 24 Ikiwa kukohoa au dalili za mafua zinapungua