

November 2011



CAP SERVICES ECD

For the Love of It

Admin News

Trainings were held with the Early Head Start and Head Start Home Visitors, Family Services Specialists, and Administrative staff on Wisconsin Pyramid Parent Education Module. The EHS –HVs received information on the Parents Interacting with Infants module and the HS staff were trained on the Positive Solutions for Families module. Staff will assist parents with strategies in working with children with challenging behaviors.

The Head Start and Early Head Start semi – annual report was submitted to Region V.

Information was submitted to Susan Henry to include in the close –out report for the ARRA funded Early Head Start program. Sept 30 marked the beginning of the new six month grant period for EHS.

The playground fence was installed at the Oxford center so the move is officially complete!

Admin staff are in the process of completing the T/TA Assessment and Plan, using information from the latest self - assessment. This information will be included in the 2012-13 grant application.

Training for modules III and IV of the Pyramid Model were completed with teaching staff on October 14th. The trainings were facilitated by the program’s external coach – Joan Rice from CESA V. The focus of these two modules was on creating a learning environment and using effective transitions to promote social emotional skills. During the afternoon networking time, three sessions were facilitated by

admin staff – WI Pyramid Q & As, Early Math and Assessment, and Using studies in lesson planning. The program’s updated School Readiness Goals and information on Family Engagement and Child Outcomes were also shared.

Kathy and April attended a mandatory training for the recently approved Wellness grant. Information on completing the budget and the Quality Improvement Process was shared, as were resources on healthy food and physical activity.

The Fall Quarterly meeting of the Wisconsin Head Start Association was held in Green Lake the last week of October. Kristie Strebog attended as the Staff Affiliate, Jill Keenlance (Policy

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Center News



CDC: The October Family Gathering was held at CDC as a joint event between the Head Start and the Children’s Discovery Center Child



Care families. We had a large turnout of approximately sixty people for this first ever combined event. The families enjoyed a fun dinner of



veggie snacks and pizza and then had a creative and fun pumpkin painting activity! Parents and children had a great time!

Center News (cont.)



At **Wautoma ELC** we recently had a three week study on wheels and things with wheels. We were happy to offer exploration of a limousine



and a tractor. Take a look at our photos!

FDC

Classroom 7 completed a four week study of insects. We collected live insects to study and observe.



We made a KWL chart and picture graph to display in classroom that shows how insects move along with classification of types and took a nature walk! We made 2 class books. One was about our insect study and the other was child dictated with pictures displaying what they liked best about our insect study.



Staff News

Kathy S: We were entertained by some raccoons, deer and Mama bear and her cubs at out cabin in the Northwoods. Here are some great shots taken with the infrared camera.



Our CAP ECD family is growing!



Amy K: Amy Koehler welcomed Alaina Marie Koehler this month and stopped by

with husband, James to show her off!

Jenny O: Isabella Grace Osowski was welcomed into the world on Friday, 10/21 at 8lbs1oz. Jenny came to the CAP All Staff that day but was persuaded to leave early or we might have had a bit of excitement at the meeting!



Welcome to **Billie Jo Rosenau** will be the PA in Waupaca, NL and Clintonville..

Billie Jo lives in Manawa with husband and 2 daughters and enjoys camping, reading & scrapbooking.



Jacque Gerritsen (T) joins the EHS team at FDC. A graduate of UWSP

majoring in ECD and Spec Ed., Jacque previously worked in Wood County EHS.



Amy Johnson (LTE-CA) will sub at CDC, FDC, and MELC. Welcome!

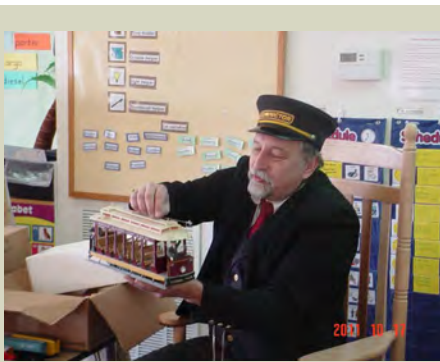
Departing were Bobbie Jo Peterson and Stephanie Gross.



Mary N: My husband Dan and I will be celebrating our 33rd Anniversary on 11-11-11. How cool is that?!



Center News (cont.)



The children at **Waupaca Child Development Center** have been doing a study on trains. We learned the names of the various train cars, counted how many trains go by our center each day and read many train books. To celebrate our pro-



ject on trains we invited Mr. Mike Kirk "The Train Man" to show us some of his model trains. He showed us a whistle from a real



steam engine and talked about the trolley cars that use to run in Waupaca. We learned that some children use to ride the trolleys to school! We had a lot of fun and

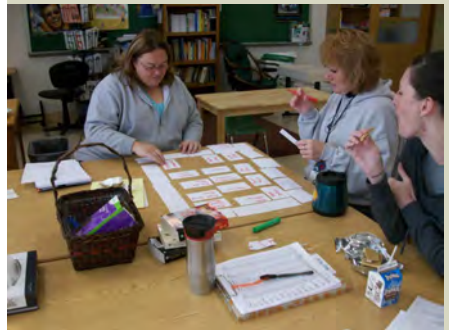


learned many new things about trains.

MELC 1&2: The children spent time writing a letter to their families and drawing a picture. Each child put the letter and a picture of themselves at school into an envelope and put a stamp on it. We then took a walk to the post office. At the post office the postal worker let each child stamp their letter and then put it into the big blue mail box. The children were so excited and they can't for their letter to be delivered to their house!



At the center meeting in **Clintonville**, the icebreaker was building our fantasy center. They had great ideas including a spa for staff . Dreaming is always welcome.



Clintonville 1 & 2 took a field trip to Mares Produce Farm. All the children were able to pick out a pumpkin and we were able to bring back gourds, pumpkins, Indian corn, and even a sunflower head back to the classroom.





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Number 261



Fidgets—Tools that Take Away Stress!

by Julie A. Daymut, M.A., CCC-SLP

Fidgets are objects we touch or “play with” when we experience good or bad stress. We also fidget with different items when we have restless or nervous energy. Fidgets can be toys, games, or everyday things such as pens, jewelry, or pocket change. Moving, or manipulating, these objects helps us manage stress from different situations because the movement helps regulate, or balance out, our sensory systems. While it might seem like fidgets are distracting, they actually take care of “antsy” behavior—making us more relaxed and evening out our energy levels.

Fidgeting is a normal behavior for children and adults, and most everyone fidgets to some degree. We often fidget when we are trying to concentrate or pass time, and we may switch from one fidget to another depending on the stress level. Some common examples of fidgeting include biting nails, tapping a foot, twirling hair, and chewing on a pencil. Some common situations for fidgeting include talking on the phone, listening to a presentation, or riding in the car. In school, students may feel stress and fidget when struggling to come up with an answer, when getting ready to accept an award, or after sitting for a long period of time.



Sometimes, individuals show inappropriate or socially unacceptable fidgeting. These behaviors include biting hands, picking the nose, and chewing on clothes. In the school setting, educators may work with students to find more socially-acceptable fidgeting behaviors or *replacement behaviors*. Replacement behaviors often include using objects that are common, less distracting (no lights or noises), and more hygienic. Educators may also use fidgets to help students regulate their sensory systems throughout the day, which can lead to better focus, attention, and listening for tasks. As well, children with certain diagnoses, such as attention-deficit/hyperactivity disorder (ADHD) or autism spectrum disorder (ASD), may especially benefit from the sensory feedback of fidgets.

Examples of Fidgets

Fidgets come in different sizes, shapes, weights, and textures. These different characteristics provide different pressures and sensations to the nervous system. Some fidgets are for the hands. These include stress balls, therapy putty, clay, pencil grips, zippers, beanbags, gloves, bracelets, hand-held games or toys, and drawing/notepads. Other fidgets are for the mouth. These include gum, plastic key chains without the metal ring, chewing tubes, and suckers. Foot fidgets include foot rests/massagers and resistance bands. At school, an educator or therapist, such as an occupational therapist, can help determine which fidget(s) is age-appropriate and effective for an individual. At home, be sure to provide guidance and supervision when using fidgets as tools with your children.

For more Handy Handouts®, go to www.handyhandouts.com.

Helpful Products

The list of Super Duper® products below may be helpful when working with children who have special needs. Visit www.superduperinc.com and type in the item name or number in our search engine. Click the links below to see the product description.

Super Duper® Prize Bucket
[Item #SD-609](#)

Chewy Tubes™ (3 Ea. Red/Yellow)
[Item #OM-414](#)

Super Duper® Treasure Chest
[Item #SDC-33](#)

Webber® Neon Pressure Brushes
[Item #OTS-365](#)

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2011 Annual Report for Early Childhood Development

When we are no longer able to change a situation, we are challenged to change ourselves. ~Victor Frankl

Our annual report explains our



goals, achievements and outcomes from 2010 with an emphasis on how we plan to move our program forward.

As an experienced Early Childhood program, we have learned that we must continue to build upon our

achievements and positive outcomes. Our goal is to provide the most effective child development program with a strong emphasis on parent engagement. Our federal on-site reviews have proven a strong record of being in compliance with all federal, state and applicable regulations. Our annual risk management meetings with the Region V office have also verified the same positive outcome. We should be proud of the reputation that we have created in the communities that we serve and to be under CAP's wing. This fall, we conducted an ECD employee survey which identified CAP's strong community reputation and work with children and families as the top two reasons why you want to work for CAP Services – ECD.

As a program, we see change as an opportunity to grow and develop. Our strategic plan is more than mere words on paper. We put action to our plan and as a team, we achieve our goals.

This year we are working on two issues: "How can we increase public awareness of our Early Childhood Development programs" and "How to attract and retain quality staff?" You will be involved in developing and executing our strategic actions steps. Our early child-

hood advisory committee made up of staff, parents and community member has targeted public awareness as their committee's goal.

One strong promotional tool that we still use today is our Head Start DVD created in 2007. It is used for public presentations and recruitment efforts. To broaden our exposure, the Head Start DVD can be viewed on CAP's webpage and face book page. We are in the process of editing our new Children's Discovery Center DVD. Once it is finalized, our intention is to do the same with Children's Discovery Center's DVD as we do with Head Start's DVD.

If you have any ideas on how we can advance our program and make it stronger, please feel free to contact me. I look forward to hearing your ideas.

Carla Kluz

VP and Director of ECD

The 2011 Annual Report is on the CAP Services website for you to read and share with your families. Go to www.capserv.org, then click on the drop down menu for programs, select Head Start. When you get to the Head Start page, on the right, you will see the link to the Annual Report. Also located there is the HS video link.



20 Ways to Raise a Child's Self-Esteem

By Kristine Wagoner

1. Play the game -"I'm glad to be me because...."
2. Make a "My Favorite Things" book.
3. Keep a growth chart.
4. Pull out old baby clothes and discuss "How they have grown".
5. Hang up old baby pictures.
6. Acknowledge it when child accomplishes a new task, no matter how small.
7. Make hand and foot prints on paper.
8. Let child help make a picture

- album of child doing his favorite things.
9. Set out a scale for child to weigh himself.
10. Encourage child to make a picture journal, illustrating things they enjoyed that day.
11. Let your child make a "Me" puppet using a paper plate, yarn, marking pens and glue.
12. Make a feelings thermometer, to record daily feelings.
13. Let child decorate their own box to store their treasures.
14. Roll play with puppets to help

- child express their feelings about themselves.
15. Let child talk on a tape recorder to hear his own voice.
16. Let your child help create her own special place to play.
17. Allow your child to help you with simple household chores.
18. Help your child learn their own phone number and address.
19. Give your child an "Anger Pillow" to punch instead of others.
20. Display your child's art work or other creative masterpieces.



Admin News (cont from pg. 1)

Council representative) attended as the Parent Affiliate, Carla attended the Director's meetings and Kathy and Shannon attended the Education, Mental Health and Disability session.

The ECD Advisory Committee met during the CAP All Staff Day to continue the discussion on promoting CAPs Early Childhood Development services in the community.

Early Head Start Home Visitors attended the annual NAEYC Conference. There were many sessions related to home visiting in birth - to - three programs.

Administrative staff attended the Head Start Region V conference in Chicago, and although it was a challenge to be away from the office for almost a week, the information received was invaluable. The message in nearly every session is that Head Start is entering into a new reality— things will never be as they have been in the past – in several ways. Some of the hot topic sessions that were attended were: Dialogues with OHS and Region V staff regarding changes; Parent, Family and Community Engagement; 360 degree Monitoring; Re-designation; Funding; Day to Day Risk Management; School Readiness in Head Start and Early Head Start; Child Outcomes; Oral Health; Outdoor Classrooms; Transitions into public school settings; and Competency Based Professional Development Plans. Information from all the sessions will be gathered and shared with staff in the near future.

November Aviation History Month Family Stories Mon



American Education Week Nov 13-

Nov 1	National Author's and Family Literacy
Nov 3	National Sandwich Day
Nov 8	National Young Reader's Day
Nov. 11	Veteran's Day
Nov. 13	World Kindness Day
Nov. 14 & 20	Children's Day (India— Nov 14) UN Children's Day (Nov. 20)
Nov. 15	America Recycles Day
Nov. 17	Home Made Bread Day

The first four words you see describe you.

U U L
 L U U L A Z Y S B
 N D M Q N L M H A P P Y F
 R W T G Y J D I M P A T I E N T G
 C G E N U I N E H E L E G A N T C T G
 P O H E C Y T P R E Y P E A C E F U L C B
 C M K C A X U G S L R E S E R V E D G U Q
 M O P B C L T P O M Z W I T T Y C
 C U A S E C A F B A Y A A O F U A
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 E L O Q U E N T J V W R E S T L E S S
 H E J O U T S P O K E N U F T E X
 O U T G O I N G C N G K L
 E G U O S W E E T
 V L O

Children's Day

Children's Day in India, is celebrated on November 14,^[12] the birthday of Pandit Jawaharlal Nehru. He was the first Prime Minister of India after independence. Nehru worked passionately for the welfare of children and youngsters soon after independence. He was keen about welfare, education, and development of children in India. He was fond of children and thus became popular as "Chacha Nehru" (Uncle Nehru) among his little admirers.

On Children's Day in schools, it's a non-uniform day. Children organize into playing games, the teachers perform dramas, dances, songs and skits. This day reminds to each and every one of us, to renew our commitment to the welfare of all children and teach them to live by their Chacha Nehru's quality and dream.

The United Nations' (UN) Universal Children's Day is an occasion to promote the welfare of children and an understanding between children all over the world. Not generally observed in the US, Universal Children's Day is used as an opportunity to bring awareness to the plight of children around the world who are not fortunate enough to live in countries where the rights of children are well respected.