



KICKAPOO HEAD START NEWSLETTER

DECEMBER FESTIVITIES

December will be a busy, short month for the Kickapoo Head Start.

On December 1, the children will visit Van's Electric's train exhibit in Fairview. The exhibit is open to the public during the holidays and visitors may also drive through the exhibit.

November 7 the children will visit the Hiawatha library for story time.

School will be dismissed at 11:00 a.m. on Thursday, November 8 so Head Start staff can participate in review training for the Office of Head Start on-site review of the Kickapoo Head Start program. Training will be held for the Kickapoo Tribal Council, Kickapoo Head Start Policy Council and Kickapoo Accounting Office during the morning. Children will be

sent home with sack lunches. Policy Council will meet at noon on Thursday, Dec. 15 at the Head Start Building. Interested parents are invited to attend and participate.

Parent Night is also on Dec. 15 from 6:00 p.m. to 8:00 p.m. at a location to be determined. This is our annual Christmas Dinner for Head Start families and staff. We hope Santa will be there to hear what the children and parents want for Christmas. The children will also be providing a short Christmas program.

On December 21, school will be dismissed at noon for the Christmas holiday break. Classes will resume on Tuesday,



January 3, 2012.

New staff should be reporting when school resumes in January.

Cheryl Simon & Jonnah McKinney were selected as the Child & Family Advocates for the Early Head Start Program. Jaime Terry is the Child Development Specialist and Gerald Wahwahsuck is the Bus Driver/Maintenance/Custodian person. Miss Jaime and Miss Jonnah will not start their new positions until their current positions are filled.

Persons interested in the Lead Teacher or Associate Teacher positions should contact Bertha Lieb at the Kickapoo Tribal Human Resources office.

CLASSROOM CONNECTION

Themes for this month include:

1. Letters M, N, O
2. Opposites
3. Review 5 senses

The Kickapoo Fire Department will start visiting the classes on the 2nd Tuesday of each month beginning Dec. 6.

We will be reading different

versions of the Gingerbread Man Story and comparing and contrasting settings, characters and acting out the stories. We will also be making and decorating gingerbread boys & girls and houses. We plan to have these on display at the December parent night.

The students will be performing

a short program at Parent Night on December 15. We hope you are planning to attend. Students will be working hard this month making ornaments and gifts to share with their families. We hope you enjoy.

Happy Holidays!!

KICKAPOO HEAD START

211 S. WEST STREET,
POWHATTAN, KS 66527

DECEMBER, 2011

Special December Days

1-Van's Electric Train Exhibit

7-Hiawatha Library

8-DISMISS @ 11:00 W/SACK LUNCH PROVIDED

15-Parent Night/CHRISTMAS W/ SANTA

21-SCHOOL DISMISSED @ NOON

22-30-No School-Holiday

DECEMBER BIRTHDAYS

12/7 DALTON NIOCE

12/10 JOLYNN SIMON



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SERVICES AVAILABLE TO PARENTS

The Salvation Army is currently accepting applications for Heating Assistance from their "Share the Warmth" program. Assistance is available one time during the program period which is November 15 thru April 30. The Share the Warmth program will provide financial assistance for heating or utilities including natural gas, propane, electric, fuel oil, heating oil or firewood.

Applications may be obtained from the Salvation Army at their toll-free telephone no. : **877-566-2769, ext. 402**. The Head Start office also hopes to have application forms available soon. The billing has to be in the applicant's name and the applicant has to be a permanent resident of the home they are applying for.

Income guidelines for this program are as follows:

<u>Family Size</u>	<u>Annual Income</u>	<u>Monthly Income</u>
1	\$21,780.00	\$1,815.00
2	\$29,420.00	\$2,452.00
3	\$37,060.00	\$3,088.00
4	\$44,700.00	\$3,725.00
5	\$52,340.00	\$4,362.00
6	\$59,980.00	\$4,998.00
7	\$67,620.00	\$5,635.00

The following required documents must be submitted with your application:

Photocopy of applicant's state issued photo ID/driver's license.

Photocopy of current heating utility bill or disconnect notice in applicant's name

Photocopy of proof of income for all household members.

FLUORIDE VARNISH AND EARLY CHILDHOOD CAVITIES

Fluoride varnish is used to prevent tooth decay. Fluoride enters the tooth enamel and makes the tooth hard and prevents new cavities and slows down or stops decay from getting worse. Fluoride varnish has been found to reduce decay on tooth surface between 50% and 70%.

A small piece of gauze used to dry the teeth and the varnish is painted onto the front, back, top and bottom of the teeth with a tiny brush. It takes less than two minutes. Fluoride varnishes are safe. It is used on babies from the time they have their first tooth.

Your child should receive four fluoride treatments per year or every three months.

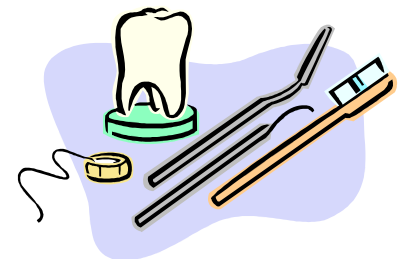
Early Childhood Caries (ECC) is a pre-

ventable disease that occurs soon after a baby tooth erupts. Native American children have a **400%** higher rate of ECC than any other race in the United States.

ECC is not only painful for your infant and child; it can destroy the teeth, the oral bone structure and even harm their permanent teeth. Additional side effects: poor eating habits, social problems, slowed growth, speech problems, low weight, irritability and low self-esteem.

Causes of ECC are frequent and long exposure of teeth to sugary liquids (soda `pop, formula, milk, fruit juices) which causes destruction of the enamel and nerve infection. Dental cavities are

also an infectious disease. Mothers can transfer decay-causing bacteria from their mouth to their children by sharing silverware, drinks or even by kissing. Your child should see a dentist when



they get their first tooth or by age one at the latest.

Information by Ocaithb Dental Support Group.

PARENT POLICY COUNCIL

The Parent Policy Council had their regularly scheduled meeting on Thursday, November 17, 2011 at the Head Start Building. Policy Council members in attendance were Gerald Wahwahsuck, Tricia Nioce, Juell Tucker and Joyce Hendrickson. Tribal Council liaisons Bobbi Darnell and Adolph Cadue were also in attendance and LaReece Martinez was a guest.

The December calendar was reviewed with the Policy Council. Policy Council moved to dismiss school at 11:00 a.m. on Thursday, Dec. 8 to allow time for staff to prepare and participate in training for the Office of Head Start's on-site review of the program.

Head Start and Early Head Start are both at capacity. We currently have 15 Head Start eligible children on the waiting list and 8 on the Early Head Start waiting list.

Casey attended training on new Head Start standards for enrollment, recruitment, selection and services. Based on the information she received, we will be revising our forms to meet the new standards. The enrollment process for the next school year will begin in March, 2012.

Policy Council approved the hire of Cheryl Simon and Jonnah McKinney for the Child & Family Advocate positions; Gerald Wahwahsuck as the Maintenance/Custodian/Bus Driver and Jaime Terry as the Child Development Specialist.

The Head Start/Early Head Start grant renewal application was approved by the Policy Council. No major equipment or expenses will be made from these grants.

The Policy Council also approved the submission of a grant proposal to ANA for Social &

Economic Development Strategies for Native American communities which is due Jan. 31, 2012. The grant application will request funding for a new building that will be used for children's activities during inclement weather, open gym for parents and staff, facility for parent night activities and dynamic dining, training and bus storage. The grant does require a 20% match which can be in-kind and/or monetary.

The new lice policy was approved by the Policy Council. This will be distributed to parents and incorporated in the Parent Handbook.

Kansas State standards for physicals was approved by the Policy Council for incorporation in the Kickapoo Head Start performance standards and provides that all standards for physicals and dental be met prior to enrollment.

Next Policy Council meeting will be Dec. 15.

HOW TO BUDGET HOLIDAY GIFT SPENDING

Shopping for gifts doesn't have to lead to financial stress.

Learn how to budget your holiday gift spending. Here's how:

1. List whom you want to shop for, include family, friends, co-workers, teachers, pets, etc.
2. Determine how much you can afford to spend. Review your finances to determine how much you can afford to spend on gifts. Set this figure as your overall (total) budget.
3. Divide your gift budget among the people on your gift list. Look over your gift list and decide how much you would like to spend on each person. Then total up the

amount per person to make sure it does not exceed the gift budget you established in step 2. Rework your figures as necessary.

4. Brainstorm gift ideas. Go through your list again and jot down gift ideas that fall within the budget range that you've set for each person.
5. Track your spending throughout the season. As you purchase gifts, note their cost in the "Actual Spending" column of the worksheet. Then, calculate how much you have spent.
6. Tweak your budget to cover any instances of overspending. Don't panic if you over-

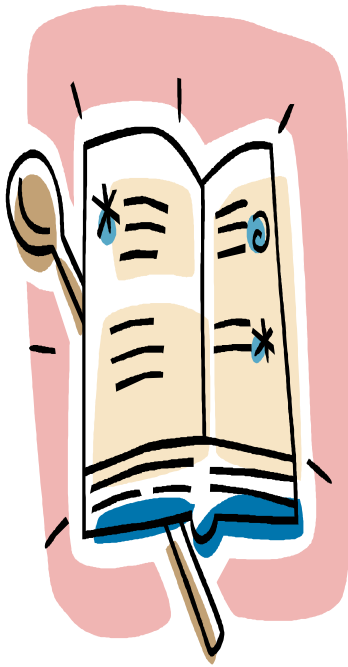
spend on a gift; just scale back your spending on another gift to make up for it.

Don't be afraid to make changes to your budget—a good budget is always evolving.

Hang on to a copy of your gift budget after the holidays are over; it'll be helpful in planning next year's budget.

Use the Holiday Spending Worksheet attached to establish an overall holiday budget.





MONTHLY RECIPE CORNER

Hot Cocoa Mix

3 cups nonfat dry milk powder

1/2 cup sugar

1/2 cup unsweetened cocoa powder

1/2 cup nonfat dairy creamer

Directions:

1. Measure ingredients into mixing bowl, stirring well to combine.
2. Store prepared mix in a covered container or a plastic bag.

To Prepare drink:

1. Fill a microwave safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix, stir into hot water.
3. ENJOY!!!

Remember to always use caution!

NOTES FROM CATHY JUDD, NUTRITION ASSISTANT

It's hard to believe that it is already December 2011. Last month we enjoyed lessons from "Through the Eyes of A Eagle". Pins were given to all students. This is an important time of year to remember that we still need to eat enough fruits and vegetables to stay healthy. Nutrition and health may be reasons you eat certain fruits and vegetables but there are many reasons why we choose the

ones we eat. It could be because of crunchiness, juiciness, or color or just the way it's cooked. Now's a great time to add fruits to salads and vegetables to soups. Everyone needs 5 to 9 daily servings of fruits and vegetables to maintain good general health.

In the month of December our lessons will be from "The Wise Owl". Your child will learn how to be wise like the owl. This is the time of year

that we should reflect on what we have learned. Take the time and ask your child what they have learned. I hope this program has provided positive emotional and nutritional education.

Be sure to try the recipes that are in your parent page. The recipe for December is something your child could make as a gift for others to enjoy on a cold day.