



Sarpy County/ESU #3 HEAD START

Family Newsletter January, 2022

Dear Families:

We are starting to think about plans and applications for the 2022-2023 school year. Once we have new income guidelines from the federal government, we will start accepting applications for the new year. If your family needs to re-apply for the fall, you will be contacted by your Family Advocate or Home Visitor.

We still have several job opportunities available within our agency. If you know of someone who is looking to make a difference in children and families lives, please have them look at our employment website:

<https://esu3.tedk12.com/hire/index.aspx>.

Sincerely,

Audra Oestreich

Director

Sarpy County/ESU #3 Head Start

Runza Temperature Tuesdays – Tuesdays in January and February

- Each Tuesday in January and February, the temperature at 6 a.m. is the price of an Original Runza® Sandwich with purchase of a medium Fry and Medium Drink! Additions and substitutions are extra.
- Learn to: Ice Fish – Jan. 15 (1 – 3 p.m.), \$5/person [REGISTER]
- Join avid fisherman Bob Hladik at Arrowhead Park to learn the basics of ice fishing, then try your hand at it yourself. Cost covers park entry fee and equipment is provided. Children ages 4 and under are free. Open to all ages, but only those ages 5 and older may fish. Ages 16+ must have a valid fishing license to participate.
- Location: Arrowhead Park, 29357 310th Street, Neola, Iowa.
- The Durham Museum Offers FREE ADMISSION on Martin Luther King, Jr. Day – Jan. 17 (10 a.m. – 4 p.m.), FREE [RESERVATION REQUIRED]
- The museum will be open with free admission to celebrate Martin Luther King, Jr. Day.
- Ticket Information: There is no fee for admission, but **advanced registration is required, and space is limited**. Each person visiting must reserve a ticket in advance online or over the phone. This allows us to

safely welcome guests and keep within our guidelines for capacity of our venue. This is the only method for admission at this time. Location: The Durham Museum, 801 S. 10th St., Omaha

Financial Education through Family Housing Advisory -

Topics covered in the workshops include: Make your money work for you, Investing, How credit affects your life, How to maximize your tax refund, How to set up a spending plan, Consumer Rights and Responsibilities, Psychology of spending, , Identity theft, Benefits of banking, and Predatory lending.

January 22, Sat. 9:00am to 3:30pm Zoom Presentation (link will be provided upon registration)

February 10 & 17, Thurs. 6:00 pm to 9:00 pm-Zoom Presentation (link will be provided upon registration)

March 19, Sat. 9:00am-3:30pm Zoom Presentation (link will be provided upon registration)

May 21, Sat. 9:00am-3:30pm Village Empowerment Center Omaha Home for Boys Campus 5190 Sprague Plaza

Contact to register - Family Housing Advisory Services, Inc. **(402) 934-6431**

FIND THOSE TEACHABLE MOMENTS

By: Robin Kolumban, Assistant Director Sarpy County/ESU #3 Head Start

In a classroom, we look for “teachable moments” all the time. Teachable moments are defined as “unplanned moments where a teacher has an ideal opportunity to offer insight to his or her students.” You cannot plan on these moments...they are a fleeting moment that must be sensed and seized upon by the teacher. I remember as a first year teacher planning the most awesome math lesson. I had the manipulatives in little portion cups ready to use on a tray. I set the tray on a chair and then as I was talking forgot it was behind me and sat down on it, flipping it high into the air. As I watched the manipulatives fall like rain to the floor I almost cried, but then began laughing...we ended up having a scavenger hunt to see who could find the most, finding ways to sort what we found, and learning lessons on helping each other...it truly was the most awesome lesson I ever taught and it didn't look at all like the one I planned! Some of the best learning at home will be based on “teachable moments” too. You won't need a worksheet or the latest app! Let's imagine your child spills a cup of milk. What opportunities can your child learn from an accident? First, empathy as you maintain your calm and model how to problem solve. Next, problem solving and planning. Ask your child what could they do? Brainstorm what supplies they might need. If they need assistance give prompts like “maybe we should spray the spot with cleaner so it won't be sticky.” “What could we do to make sure every spot is clean?” (prompt to help them move things around to clean under etc.). There are so many opportunities for learning in a day...from a bug that shows up on your wall to the car that stops working. Seize

the moment, ask questions and have conversations and make every day a learning opportunity

FOOD BANKS Tri City Food Pantry, 302 American Parkway, Papillon, NE.

Service hours: Mon: 5:30 p.m. – 7:00 p.m.* Tue: 11:00 a.m. – 3:00 p.m. Wed: closed
Thur: 5:30 p.m. – 7:00 p.m.* Fri: 11:00 a.m. – 3:00 p.m.* Sat – Sun: Closed
Please call your Family Advocate or Home visitor for a referral if you need food assistance or diapers/wipe. The

food banks below do not require any documentation.

Tues. Jan. 11 5-6 pm Ralston High school, 8969 Park Drive.

Thurs. Jan. 13 5 pm to 6:30 pm Ron Witt Support Services Center, 13737 Industrial Road.

Wed. Jan 19 5 pm to 6:30 pm Mission Middle school, 2202 Washington St. Bellevue, NE.

Sat. Jan 22 8 am till out All Saints Episcopal Schools, 9302 Blondo Street.

DIAPERS/WIPES-If you need diapers or wipes be sure to contact your Family Advocates or Home visitors to make that request.

COVID-19 STUDENT VACCINE by Adama Sawadogo Health Specialist

The Sarpy/Cass Health Department is partnering with school districts in Sarpy and Cass counties to offer vaccinations for **ALL students**. The vaccination clinics offer: Vaccinations for students ages 5-11, Vaccinations for middle school or high school students., Booster shots for students 12 years or older. *At least 5 months after completing the primary COVID-19 vaccination series.

Click here to schedule an appointment: <https://vaccinate.ne.gov/en-US/>

COVID-19 GUIDELINES

New CDC recommendations for Quarantine and Isolation for COVID-19 was released. Please visit <https://sarpycasshealthdepartment.org/novel-coronavirus> for more information.

In brief, here are the new recommendations:

✓ COVID-19 positive or symptomatic: Isolate in your home for a minimum of 5 days. No fever and your other symptoms have improved on day 5 = you can leave your home and continue to wear a mask for 5 additional days. Fever on day 5 = continue to stay home until your fever is gone.

✓ COVID-19 exposed and you are up to date on your vaccine: monitor yourself for symptoms and wear a mask for at least 10 days. Test if possible after day 5.

✓ COVID-19 exposed and you are not up to date on your vaccine: Quarantine in your home for a minimum of 5 days. Test if possible after day 5. Negative test = resume normal activities and continue to wear a mask for 5 additional days. Positive test = start isolation guidance.

FREE TAX PREPARATION

EITC is taking appointments now. This is a free

tax preparation service. They do have Spanish speaking tax preparers as well. Please click on for more details: <https://www.fhasinc.org/tax-services.html>

For the coming tax season, appointments will be made available on our website (www.OmahaEITC.org) beginning January 5th, 2022. In preparation for this, we have created a video showing how to use our online appointment making system. Click the link below to view the video: <https://youtu.be/Gzw1RKdJteY>



2022 Omaha EITC Coalition Appointment Information

Tax Services will be on an appointment-only basis. We are NOT accepting walk ins

To make an appointment, visit our website, www.OmahaEITC.org and click the "in-person" button or you can call 2-1-1 and speak with an operator who will set up an appointment for you. Instructional Videos on how to make an appointment are on our YouTube channel: www.youtube.com/OmahaEITC

Due to the pandemic we are strongly encouraging our customers to use our secure and easy online method, SecureDrop, to get your taxes done from home! Go to our website and click "Online" to get started! Instructional Videos on how to use SecureDrop are also on our YouTube channel

Site Locations & Hours

We will NOT accept Walk-Ins. You MUST have an appointment

South Omaha Office
3605 Q St. Omaha, NE 68107

- Tuesdays: 1 PM-8 PM
- Wednesdays: 9 AM-12 PM
- Thursdays: 1 PM-8 PM
- Saturdays: 9 AM-3 PM

Council Bluffs Library
400 Willow Ave, Council Bluffs, IA 51503

- Mondays: 9:30 AM-12:30 PM

Council Bluffs Habitat for Humanity
1216 S Main St, Council Bluffs, IA 51503

- Wednesdays: 3 PM-8 PM

FEBRUARY ONLY

Omaha Habitat for Humanity
1701 N 24th St, Omaha, NE 68110

- Fridays
 - February 4: 9 AM-12 PM
 - February 11: 9 AM-12 PM
 - February 18: 9 AM-12 PM
 - February 25: 9 AM-12 PM

Douglas County Housing Authority
5449 N 108th St. 68164

- Tuesdays
 - February 1: 9 AM-12 PM
 - February 8: 9 AM-12 PM
 - February 15: 9 AM-12 PM
 - February 22: 9 AM-12 PM



Heart Ministry Center
2222 Binney St, Omaha, NE 68110

- Monday, February 28th: 3 PM-7 PM



Transition Smoothly Between Places and Activities Alyson Jiron,

Brooke Brogle & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



noise to give your child advance warning of routine transition events. If possible, ask him to help “alert” everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child’s backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.



The Pyramid

Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child’s individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org. This and other topics are available on our website, ChallengingBehavior.org.

Try This at Home

- ④ Use a timer, an instrument or a funny

- ④ Let your child pick out a special object or toy to transition with to the next activity or place. “Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?”

- ④ Use a visual schedule to show your child the plan for the day. “First, you have school and then we are going to take Aunt Rachel’s gift to the post office and mail it to her.”

- ④ Make the transition a game or activity where the child has the opportunity to move around. “I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?” If possible, let him think of the game. “I wonder how we could get to the car today?” You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.

- ④ Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.

- ④ Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.