



Capital Area
**Community
Action**
Agency

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Head Start Monthly

Fall Holiday

November 2020

It's not happy people who are

THANKFUL

It's thankful people who are

HAPPY

Head Start is



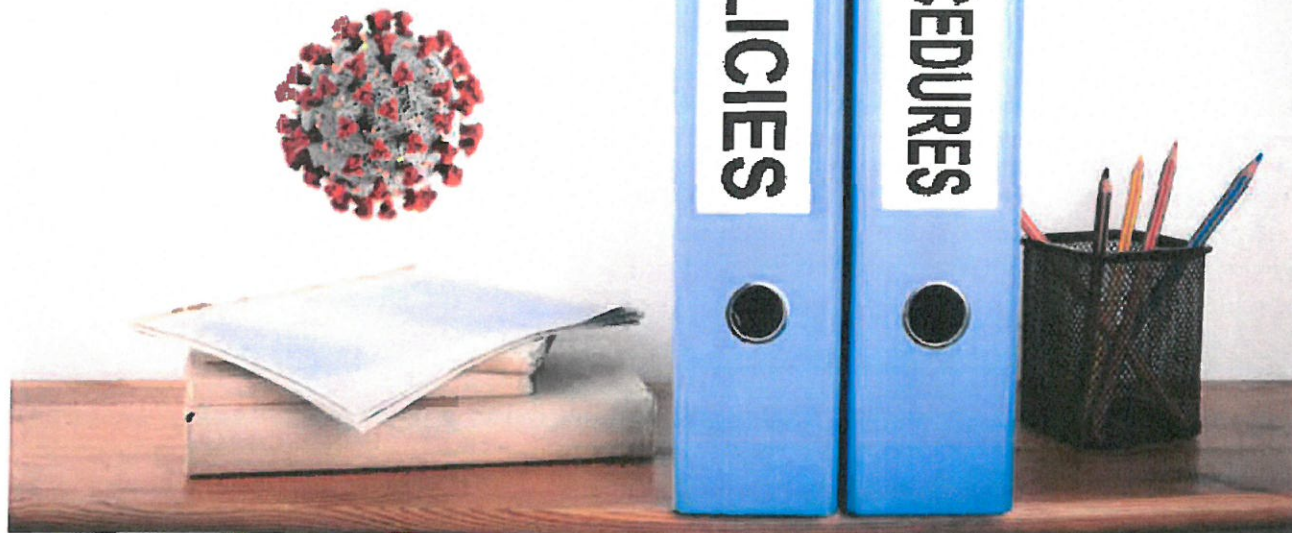
REMINDER
NO SCHOOL

NOVEMBER

24, 25, & 26



**Capital Area Community
Action Agency
Head Start
COVID-19**



Capital Area Community Action Agency Head Start has provided Policies and Procedures in response to the COVID-19 Pandemic. The Policies and Procedures can be found on our website

- ⇒ Go to www.CapitalAreaCommunityActionAgency.com
- ⇒ Click on the Head Start tab
- ⇒ In the drop down box click News and Reports
- ⇒ To view the Policies and Procedures click on COVID Policies

Link: <http://capitalareacommunityactionagency.com/head-start-news-and-reports/>

Capital Area
Community Action
Agency



PREVENTATIVE MEASURES

- Face coverings for children and staff
- Decrease in Class size to promote social distancing
- Daily temperature checks for children and staff
- Enhanced cleaning and sanitization
- Frequent hand washing for children and staff
- No parent access to classrooms and playground areas
- No family style dining (Teachers will serve all meals)
- No field trips
- Pick up & Drop off will take place outside of the build-

©The
Incredible Years® 

Tired of tantrums? Need Support? Want to improve you parent-child relationship?

***The Incredible Years Parenting Series* is a 14-week parenting program designed to strengthen connections between home and school, increase parents' effectiveness, and promote competent, well-adjusted children at home and school. It will take place once per week for 2-hour sessions via Zoom**

**** Next Classes Will Begin February 2021****

To sign up for this exciting opportunity speak with your Family Advocate or please contact

Fatima (850) 222-2043 ext. 145

Nichele (850) 222-2043 ext. 226

Jason (850) 878- 2320



5 COVID-19 PARENTING

Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone.

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break.

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids.

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

Take a Pause.

1-minute relaxation activity that you can do whenever you are feeling stressed or worried.

- 1 **Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- 2 **Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.

- 3 **Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- 4 **Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- 5 **Step 5: Reflecting**
 - Think, do I feel different at all?
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is bothering you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



unicef
for every child



End Violence
Against Children



CDC



CHILDPREP



INTERACT
and TALK

OXFORD

USAID

UNODC

The COVID-19 Parenting Strategy Resource is supported by the L2019 Foundation, the foundation of the U.S. Department of Health and Human Services. The L2019 Foundation is a 501(c)(3) nonprofit organization that supports the U.S. Department of Health and Human Services in its mission to improve the health and well-being of the American people. The L2019 Foundation is a 501(c)(3) nonprofit organization that supports the U.S. Department of Health and Human Services in its mission to improve the health and well-being of the American people. The L2019 Foundation is a 501(c)(3) nonprofit organization that supports the U.S. Department of Health and Human Services in its mission to improve the health and well-being of the American people.

Parenting During The Pandemic

Notice What's Going Well



We could all use a little extra encouragement

High fives and praise go a long way

Plan (a little)



Make transitions easier by talking together about what's happening next

Get Down On Their Level



Sit on the floor and let yourself play / be goofy

Imagination can be a mini-vacation for you too

Give Good Directions



What can my kid actually do in their current mood?

Doing it with them or giving choices might help

Take a Step Back



It's OK to take a few minutes when you're feeling overwhelmed

Choose Non-Reactivity



Notice your emotions before responding

Practice coping-thoughts for when things get hectic

Reset & Move On



We're all going to mess up.

RESET & Move on!

Be Generous With Affection



Give more hugs, kisses, lap sits, & squeezes

Physical touch helps little humans manage stress

ParentingDuringThePandemic.com

Integrated by Jessica Eganery & Lauren E. Rose

ADDITIONAL RESOURCES

Disaster Distress Helpline:

1-800-985-5990

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

SAMHSA

Substance Abuse and Mental Health
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |
info@samhsa.hhs.gov | <https://store.samhsa.gov>

PEP20-01-01-013

Nutrition Nuggets™

Food and Fitness for a Healthy Child

November 2020

Capital Area Community Action Agency, Inc.

Head Start

BEST BITES

Festive cornucopias

This Thanksgiving, let your child add healthy mini cornucopias to your holiday table. He could fill waffle cones with plain non-fat Greek yogurt and add fruit and nuts (perhaps grapes, cut-up oranges, and walnuts). He can tie a colorful ribbon around each cone—the decorations will make a perfect appetizer or dessert.



Strike a pose!

Your youngster can use her own body weight to hold poses that will build strength in her arms and legs. Challenge her to do a handstand against the wall, get into a plank position, or balance on one foot. Make it a family contest to see who holds each pose the longest.

DID YOU KNOW?

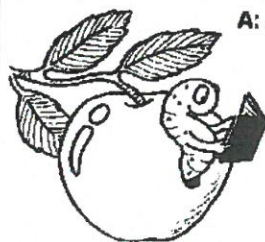
Nearly two-thirds of children drink a sugary beverage every day.

Instead of buying soda or sports drinks, fill a pitcher with water each morning, and ask your youngster to decide on a healthy add-in (cucumber slices, frozen strawberries). Refrigerate, and have him fill a water bottle, then keep it with him to drink and refill throughout the day.

Just for fun

Q: What reads and lives in an apple?

A: A bookworm.



Turn the tables on picky eating

"Mac and cheese again? You had it yesterday and the day before—and the day before that!" Sound familiar? Encourage your youngster to eat a wider variety of foods with ideas like these.



Be matter-of-fact

Your child may need to be exposed to a new food 10–20 times before she'll accept it. Keep trying! Have her put a small serving on her plate every time you serve a food. If she says she won't like it, tell her that's okay—she might change her mind later. She'll be more likely to take a bite (or two) if there's no pressure.

Appeal to her senses

"This lentil curry is delicious!" Let your youngster see you enjoying a new dish, and invite her to get to know it. Ask her to think of foods she likes that are the same color or that have a similar

smell or texture. Maybe she'll say lentil curry looks similar to Grandma's baked beans. She'll be more comfortable tasting the food if it feels a little more familiar.

Find winning combinations

Pair food your child loves with one she's not crazy about or hasn't tried. The combination of flavors may turn her into a fan. For example, top fish with sweet pineapple rings. Or offer her just about any vegetable with melted cheese, and watch her dig in. ♦

Add learning to family walks

Turn an ordinary walk around the neighborhood into a learning adventure for your child. You'll all get exercise—and he'll explore math and science. Here's how.

Collect (free) math supplies. Your youngster can carry a bag for gathering acorns, colorful leaves, pinecones, and other natural objects from the ground. Then, he could sort, count, and graph the items.

Observe nature. Encourage your child to carry a notebook and look for animals and plants on your walk. He might sketch and jot down notes about spiders, chipmunks, pine trees, and chrysanthemums. ♦



Nutrition Nuggets™

November 2020 • Page 2

Aim for more whole foods

A whole food is one that's found in nature, such as a banana or a carrot. We can eat it without adding ingredients like sugar, salt, or fat. Teach your child to eat more whole foods—and fewer processed ones—with these activities.

Rank foods. Ask your youngster to pick a dozen foods from your kitchen. Then, help him line them up from least to most processed. For instance, fresh fruits and vegetables could come first. In the middle, he would put foods that have been changed a little but are still good for him (applesauce with no



might make a sandwich with last night's leftover turkey and sliced avocado. ●

added sugar, plain popcorn, and whole-wheat bread). Finally, he can add any highly processed items like chips, cookies, or sugary cereals.

Make smart swaps. Together, create closer-to-whole versions of processed foods your child enjoys. Rather than eating toaster pastries for breakfast, he could toast whole-wheat bread and top it with peach slices and cinnamon. Instead of processed deli meats and cheeses, he

PARENT TO PARENT

Books about healthy eating

My son John's class is doing a nutrition unit. The teacher emailed a list of books about healthy eating, and we got a few from the library.

First, John and I read *To Market, To Market* by Nikki McClure about a boy and his mom at a farmers' market. We learned how foods like honey and goat cheese get from farm to table.



Then we read *Coro Cooks Pancit* by Dorina K. Lazo Gilmore about a girl who helps her mother make a traditional Filipino dish.

We made pancit using the recipe in the book. John discovered that he likes rice noodles, so now we have a new option for when we make noodle dishes.

Reading seems like an easy way to teach John about healthy eating—and the books are inspiring us to cook together. ●

ACTIVITY CORNER

Sidewalk games

Your youngster can turn your driveway or a playground blacktop into a game board. Here are two she can choose from.

Bull's-eye

Have your child use sidewalk chalk to draw a target with five rings labeled 1–5 (5 goes in the bull's-eye). Take turns standing six feet from the target and tossing five small rocks at it. Add the numbers your rocks landed on, and pick up your rocks. The player with the highest score after five rounds wins.



Chutes and Ladders

Make a life-sized version of this classic game. Your youngster can draw a grid with boxes, number them 1–16, and add several chutes (slides) and ladders. Start by the 1. Take turns rolling a die and hopping the number of squares rolled. Land at the bottom of a ladder, and hop to the top. Land at the top of a chute, and you must hop to the bottom! Win by being first to reach the last box (by exact count). ●

IN THE KITCHEN

Tasty tortilla roll-ups

Keep a package of whole-wheat tortillas on hand for healthy meals and snacks. With just a little slicing-and-dicing help from you, your child can make and roll up her own creations.

Barbecue chicken. Cover a tortilla with a thin layer of low-sodium barbecue sauce. Top with cooked chicken and shredded carrots and cabbage.

Egg salad. Stir a few drops of mustard into nonfat plain Greek

yogurt and spread on a tortilla. Add diced hard-boiled egg, chopped celery, and sliced scallions.

Southwestern. Spoon refried beans (canned, low-sodium) onto a tortilla. Add shredded low-fat pepper jack cheese, diced tomatoes, and diced green bell peppers.

Fruity breakfast. Cover a tortilla with low-fat cream cheese. Arrange frozen (thawed) blueberries and sliced strawberries on top. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • resources@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

Attention: **Head Start Parents**

DUE IMMEDIATELY

RE: Medical Records

Children must have up-to-date shot and physical examination records in order to attend Head Start throughout the school year.

If your child's hemoglobin/ hematocrit, blood lead testing, or blood pressure results are not documented on his or her physical examination, have your doctor's office provide you with written documentation of this information.

RE: Dental Services

All children attending Head Start must receive a dental examination and cleaning. All initial dental exams must be completed by a dental clinic, along with a signed "Verification of Dental Services" form.

If you have any questions or need assistance, please speak with your Family Advocate or call Barbara Evans, Health Services Coordinator, at (850)222.2043 x234

Community Action Agency Can Help

Utility Assistance

Services are provided to households with income at or below 150% of poverty. Only priority clients who have members who are elderly, disabled, or age 5 or under, are seen the 1st fifteen (15) days of the month. All other clients are seen the remainder of the month.

Please apply on our website
www.capitalareacommunityactionagency.com

Click the Crisis Tab and complete the Crisis Application

Weatherization Assistance Program

The Weatherization Program helps low-income individuals and families to permanently reduce their energy bills by making their homes more energy efficient. Weatherization services are provided to households with income at or below 200% of poverty.

Getting Ahead/ Staying Ahead

Tired of struggling to make ends meet? Internationally recognized, anti-poverty workshop led by facilitators in a "kitchen table" format that empowers low-income families with the opportunity to think about and develop their future story.

Contact Melissa Watson at (850) 222-2043 ext. 110 for more information or to apply.

MENU FOR THE MONTH OF NOVEMBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 Orange Juice, Cereals 1% Lowfat Milk	1 Sweet Potatoes, Corn Flakes 1% Lowfat Milk	1 Orange Juice, Rice Krispies 1% Lowfat Milk	2 Sweet Banana, Cereals 1% Lowfat Milk	2 Orange Juice, Corn Flakes 1% Lowfat Milk
LUNCH	Baked Chicken Nuggets w/ Honey Mustard Sauce, Corn, Fruit Cocktail 1% Lowfat Milk	Toasted Cheese WW Sandwich, Sweet Potato Fries, Sliced Bananas, 1% Lowfat Milk	Beef & Spaghetti Casserole, Green Beans, WW Bread, Pineapple Chunks 1% Lowfat Milk	Tuna Salad, WW Bread, Lettuce & Tomato Wedges, Sliced Peaches 1% Lowfat Milk	Hamburger Patty, WW Bread, Peas & Carrots, Applesauce 1% Lowfat Milk
SNACK	Saltine Crackers w/ Lowfat American Cheese	Mandarin Oranges, Lowfat Yogurt	Rice Crackers, Peanut Butter Dip	Orange Juice, Goldfish Crackers Squares	Grape Juice, Goldfish Crackers
BREAKFAST	2 Applesauce, Corn Flakes 1% Lowfat Milk	10 Orange Juice, Rice Krispies 1% Lowfat Milk	11	12 Peaches, Corn Flakes 1% Lowfat Milk	12 Sliced Bananas, Cereals 1% Lowfat Milk
LUNCH	Oven Baked BBQ Chicken, Steamed Broccoli, WW Bread, Peaches 1% Lowfat Milk	Cheese & Vegetable w/ WW Pasta, Tossed Salad w/ Salad Dressing, Fruit Cocktail 1% Lowfat Milk	VETERANS DAY HOLIDAY		
SNACK	Orange Juice, Animal Crackers (gluten)	Saltine Crackers, Peanut Butter Dip		Orange Juice, Hard Pretzels	Grape Juice, Rice Crackers
BREAKFAST	16 Bananas, Cereals 1% Lowfat Milk	17 Mandarin Oranges, Corn Flakes 1% Lowfat Milk	18 Orange Wedges, Cereals 1% Lowfat Milk	19 Apple Juice, Rice Krispies 1% Lowfat Milk	20 Orange Juice, Corn Flakes 1% Lowfat Milk
LUNCH	Chili, Brown Rice, Tossed Salad w/ Lowfat Dressing 1% Lowfat Milk	Grilled Chicken Patty on WW Bread, Mustard Swiss Potatoes, Green Peas 1% Lowfat Milk	Blackeyed Peas, Macaroni & Cheese, Turnip Greens, Cornbread Applesauce 1% Lowfat Milk	Chicken & Yellow Rice, Stir Fry Vegetables, WW Bread, Mandarin Oranges 1% Lowfat Milk	Lasagna, Lettuce & Tomato w/ Lowfat Dressing, WW Bread, Sliced Apples 1% Lowfat Milk
SNACKS	Orange Juice, Goldfish Crackers	Fresh Banana, Lowfat American Cheese	Tortilla Chips, Salsa	Carrot & Cherry Sticks w/ Lowfat Dressing, Rice Crackers	Fruit Cocktail, Lowfat Yogurt
BREAKFAST	21	21	21	26	27
LUNCH	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
SNACKS					
BREAKFAST	19 Orange Juice, Cereals 1% Lowfat Milk				
LUNCH	Baked Chicken Nuggets w/ Honey Mustard Sauce, Corn, Fruit Cocktail 1% Lowfat Milk				
SNACKS	Saltine Crackers, Lowfat American Cheese				

OBESITY

IN INFANTS TO PRESCHOOLERS



American
Heart
Association®

My Heart. My Life.™



1 IN 3 CHILDREN
and adolescents, ages 2-19,
ARE OVERWEIGHT OR OBESE
and nearly **NONE** meet healthy diet
and physical activity recommendations.

FACT

An estimated **12.5 MILLION CHILDREN**, ages 5
years or younger, spend **33 HOURS PER WEEK** in
CHILD CARE SETTINGS where they may
CONSUME MOST OF THEIR DAILY CALORIES.

OBESITY is linked to
MORE CHRONIC CONDITIONS THAN:



SMOKING



POVERTY



DRINKING

increasing the **RISK** of more than **20 PREVENTABLE**
CONDITIONS, including sleep apnea, asthma, heart
disease, Type 2 diabetes, osteoarthritis, high blood
pressure and high cholesterol stroke.

RISK FACTORS

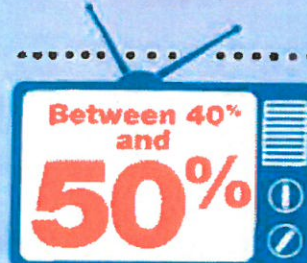
- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.



FRENCH FRIES
are the most common
vegetable that children
eat, making up
25%
of their vegetable
intake.



JUICE
(which may lack
important fiber found in
whole fruit) makes up
40%
of children's daily
fruit intake.



Between 40%
and
50%

OF TODDLERS,
ages 12- to 36-months-old,
watch **MORE** television
than is recommended.

Nearly **1 1/2**

OF PRESCHOOL-AGED CHILDREN
DON'T get enough
PHYSICAL ACTIVITY.

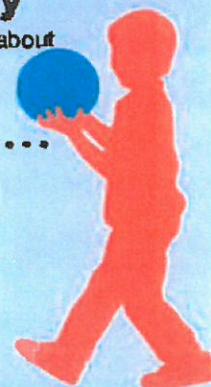
The **COST** of obesity

In the United States is staggering, totaling about

\$147 billion.

Children who **EAT HEALTHY FOODS** and
GET DAILY PHYSICAL ACTIVITY have:

- **FEWER SCHOOL ABSENCES**
- **HIGHER ACADEMIC ACHIEVEMENT**
- **HIGHER SELF-ESTEEM**
- **FEWER BEHAVIORAL PROBLEMS**



OBESITY MAY BE PREVENTED BY



PHYSICAL
ACTIVITY



GOOD
NUTRITION



LESS
SCREEN TIME



MORE
SLEEP

DEVELOPMENTALLY, BIRTH TO AGE FIVE,
is an important time to **TEACH** children to
PREFER HEALTHY FOODS and
DEVELOP GROSS MOTOR SKILLS,
setting positive patterns and habits.

heart.org/healthierkids



*Louise B. Royal:
Natasha Conway*

*Franklin County:
Tammy Williams*



*Jefferson County:
Mary Moore*

*Mabry:
Shenekia Robinson*



*South City:
Thea Clement*

*South City:
Shakari Strawter*






**Head Start Capital Area
Community Action Agency**


**If you are on Facebook be sure
to**


“Like Us!”

@ Head Start Capital Area Community Action Agency. Also like
our other pages @ Capital Area Community Action Agency and @
Getting Ahead In a Just Getting by World by CACAA

**We Would love to share our posts
with you!**

 Find out what's happening at our cen-
ters

 See all the cool and educational things
your child (ren) are doing

 Stay up-to-date on upcoming events

 Read excellent articles

Pics, pics, and more pics!

Never feel left out... Stay in the Head Start
loop



Head Start Parent Hotline

- Tell us how we are doing.
- How can we improve?
- What suggestion can you share?
- Who is awesome at your Center?



You can reach the Head Start Parent Hotline by dialing
850.222.2043 x325 and leaving us a message or emailing us at
HeadStartHotline@cacaainc.org. All calls will be returned
within 24 hours. In the event that you need to speak with someone
immediately, please call 850-222-2043 x100 and the receptionist
will direct your call.