



Worcester Community Action Council Southbridge HEAD START



Advocate News



Newsletter 2016

We thank all the parents that in one way or another participated in the school activities this school year. We had a great year!

We are at the end of the school year, advocates will continue to schedule final home visits.

For those children that will be going to kindergarten, we would like to say, Thank you for being part of Head Start Program and good luck in Kindergarten!

If you are interested in the Summer program, Please bring in a new work verification form as soon as possible. See your Family Advocate if have any questions.

Have a great Summer and remember to use sun block on your children to protect them from the sun.



Main Number 508-765-4738

- Millie Vazquez ext. 307 Family Advocate for Classrooms 1, 7 & 8
- Sonia Morales ext. 306 Family Advocate for Classrooms 2, 9 & 10
- Francisca Okyere ext. 303 Family Advocate for Classrooms 2, 4 & 5
- Neidy Laza ext. 305 Family Advocate for classroom 3
- Theresa Johnson ext. 326 Family Advocate for Classrooms 1,6 & 11
- Carmen Altiery ext. 310 Site-Supervisor
- Brenda Polleys ext.. 327 Assistant Site-Supervisor
- Barbara McGrail ext. 325 assistant Site-Supervisor

Events for the Month of May

May 4th -5th

Kindergarten Registration

May 12TH - Nutrition/Credit scoring Workshop

May 17th - Policy Council at 5:00pm

May 30th -No school

June 1st Certificate day

June 3rd last day of school for school year classrooms



Noticias de las Orientadoras

Noticias 2016



Agradecemos a todos los padres que de una forma u otra participaron en las actividades de la escuela este año escolar. Tuvimos un gran año!

Estamos al final del año escolar, las orientadoras de familias, estarán programando visitas a sus hogares de fin de año.

Para aquellos niños que van a ir para kindergarten, nos gustaría decir gracias por ser parte del Programa de Head Start y buena suerte en su nuevo embarque!

Si usted está interesado en el programa de verano, por favor traer una nueva forma de verificación de trabajo tan pronto como sea posible. Consulte a su orientadora de la familia, si tiene alguna pregunta.

Que tengan un buen verano y recuerde usar bloqueador solar en sus hijos para protegerlos del sol.



Main Number 508-765-4738

- Millie Vazquez ext. 307 Family Advocate for Classrooms 1, 7 & 8
- Sonia Morales ext. 306 Family Advocate for Classrooms 2, 9 & 10
- Francisca Okyere ext. 303 Family Advocate for Classrooms 2, 4 & 5
- Neidy Laza ext. 305 Family Advocate for classroom 3
- Theresa Johnson ext. 326 Family Advocate for Classrooms 1,6 & 11
- Carmen Altiery ext. 310 Site-Supervisor
- Brenda Polleys ext.. 327 Assistant Site-Supervisor
- Barbara McGrail ext. 325 assistant Site-Supervisor

Eventos para el mes de mayo

El día 4 y 5 de mayo serán las registraciones de Kindergarten

El 12 de mayo tendremos un taller para todos los padres May 12TH - Nutrition /Credit scoring and

May 17th - Policy Council at 5:00pm

May 30th -No school

June 1st Certificate day

June 3rd last day of school for school year classrooms

Informational Corner

National Safety Month - Be Safe!

JUNE

June is National Safety Month. Your Kids Care Club can learn and teach others tips on safety and emergency preparedness with the **Kids Care Clubs Be Safe, in the Know and Ready to Go** project.



Make First Aid Kits for families in shelters, Emergency Preparedness Kits, or teach others about

safety by making posters and flyers with safety tips on bicycling, getting to school safely, playground safety, preventing poisoning or age appro-



prate toys. Check out the following Kids Care Clubs Projects to help keep families in your community safe!

Policy Council Meeting

May 17, 2016 at 5:00 pm

Dinner and childcare will be provided



Boletín Informativo

Mes Nacional de Seguridad - Manténgase Seguro!

JUNE

Junio es el Mes Nacional de Seguridad. En el Club de Niños pueden aprender y enseñar a otros, consejos sobre seguridad y preparación para casos de emergencias.



Hacer kits de primeros auxilios para las familias en los refugios, kits de preparación para emergencias, o enseñar a

otros acerca de la seguridad en la realización de carteles y folletos con consejos de seguridad en bicicleta, ir a la escuela con seguridad, seguridad del patio, la prevención del



envenenamiento o la edad de los juguetes apropiados.

Echa un vistazo a los Club de niños en tu comunidad para ayudar a mantener a las familias en la seguridad de su comunidad!

Reunión de normas y procedimiento

17 de abril 2016

Hora 5:00 pm

Cena y cuidado de niños se ofrece este día



Food Allergy Action Month

Every May, FARE hosts a nationwide Food Allergy Awareness Week to shine a spotlight on the seriousness of food allergies and to improve public understanding of this potentially life-threatening medical condition. By increasing awareness, we can encourage respect, promote safety, and improve the quality of life of the 15 million Americans affected by food allergies and anaphylaxis.

Created in 1998 by the Food Allergy & Anaphylaxis Network, now FARE, this year's Food Allergy Awareness Week will be held on May 8-14, 2016. Additionally, we will have activities and ways to get involved throughout the entire month of May for Food Allergy Action Month.

2016 Theme: "Food Allergies: React with Respect"

A food allergy reaction sends someone to the ER every 3 minutes. Your friends, family and coworkers can experience severe reactions to every day foods like eggs, milk, shellfish or nuts. Symptoms can include trouble breathing and low blood pressure; the most severe reactions can result in death.

We've seen food allergies mocked or made light of in the media and in real life. The goal of Food Allergy Awareness Week is to help inform the public about the serious consequences of food allergy reactions, as well as how to identify symptoms and respond in case of an emergency.

As FARE continues to advance research toward future treatments for food allergies, this awareness campaign is critical to supporting the ability of individuals with food allergies to live safe, productive lives with the respect of others.

We encourage you to "react with respect" the next time someone tells you about their food allergies or the allergies of someone they love. Please take a few minutes to learn the facts about food allergies and anaphylaxis, and then help bring understanding and education to others.

What Can You Do to Help?

First, pledge to react with respect to food allergies. Then consider ways you can help educate and raise awareness in a school, online, or in your community. Here are things you can do to get involved!

2016 Awareness Poster

This educational poster is perfect for raising awareness in schools or other community buildings. We have a number of versions available to meet your needs:

- Premium Glossy 11x17 Full Color Youth Poster, available for purchase
- Youth 11x17 Poster, Print-at-Home
- Youth 8.5x11 Poster, Print-at-Home
- Teen 11x17 Poster, Print-at-Home
- Teen 8.5x11 Poster, Print-at-Home

Action Heroes Awareness Poster

This colorful and action-oriented poster can help educate kids about food allergies. We have a number of versions available:

- Premium Glossy 11x17 Full Color Poster, available for purchase
- 11x17 Full Color Poster, Print-at-Home
- 8.5x11 Full Color Poster, Print-at-Home
- 11x17 Reduced Color Poster, Print-at-Home
- 8.5x11 Reduced Color Poster, Print-at-Home
- Black and White Poster for Coloring

Additional Posters Available From FARE

In addition to our 2015 poster, FARE has a number of awareness and education posters available to purchase (premium, glossy 11x17 posters) or download for free on our site to print at home.

- Common Symptoms of Anaphylaxis (Premium and Free Download)
- 1 in 13 Kids Has a Food Allergy Awareness Poster (Free Download)
- Sports-Themed Awareness Poster (Premium and Free Download)
- Be a PAL: Protect a Life From Food Allergies (Premium and Free Download)
- For Restaurants: Keep Your Guests Safe (Premium English, Premium Spanish, Free Download English, Free Download Spanish)

Special Thanks to our Food Allergy Action Month Official Partners, Chex™, Enjoy Life Foods and Skeeter Nut Free™!

CDC - Healthy Vision Month - Vision Health Initiative **(VHI)**

May is Healthy Vision Month: You can have a comprehensive dilated eye exam to check for common eye problems. If you haven't had an exam in a while, schedule one now.

Doctor giving eye exam to patient Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

Vision Health for All Ages

You can have a dilated eye exam regularly to check for common eye problems. If you haven't had an exam for some time, schedule one this month.

CDC's Vision Health Initiative partners with the National Eye Institute to encourage all Americans to make vision a health priority this Healthy Vision Month.

- Although older adults tend to have more vision problems, preschoolers may not see as well as they can.
- Just 1 out of every 7 preschoolers receives an eye exam, and fewer than 1 out of every 4 receives some type of vision screening.
- The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to find conditions such as amblyopia, or lazy eye, which can be treated effectively if caught early.

Some eye conditions can cause vision loss and even blindness. These include

- Cataracts, a clouding of the eye.
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, damage to the optic nerve, often with increased eye pressure.
- Age-related macular degeneration, which gradually affects central vision.

Other eye conditions, such as refractive errors, which happen when the shape of your eye doesn't bend light correctly, are common problems easily corrected with glasses, contact lenses, or laser surgery. An estimated 11 million Americans aged 12 years and older could see better if they used corrective lenses, or eye surgery, if appropriate.

Photo: couple with child Nine ways you can help protect your vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.

6. Quit smoking or never start.

7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.

8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.

9. Practice workplace eye safety.

Photo: Person on dirt bike with protective goggles
Eyes and Overall Health

Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor. Just 21.5 percent of older Americans without vision problems reported fair to poor health.

In addition to your comprehensive dilated eye exams, visit an eye care professional if you have

- Decreased vision.
- Eye pain.
- Drainage or redness of the eye.
- Double vision.
- Diabetes.
- Floaters (tiny specks that appear to float before your eyes).
- Circles (halos) around light sources; or
- If you see flashes of light.

Photo: Man trimming shrubs
For this Healthy Vision Month, take care of your eyes to make them last a lifetime.

More Information

- Vision Health Initiative
- Extra Eye Health Tips
- Answers to Frequently Asked Vision Questions
- Keeping Your Eyes Healthy if you Have Diabetes
- Healthy Contact Lens Wear and Care
- Check Out Those Eyes
- Preserving Vision in Patients with Diabetes [04:16:00 minutes]

Mental Health Month

Since 1949, Mental Health America and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. We welcome other organizations to join us in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities.

May is Mental Health Month 2016

This year's theme for Mental Health Month is - *Life with a Mental Illness* - and will call on individuals to share what life with a mental illness feels like for them in words, pictures and video by tagging their social media posts with #mentalillnessfeelslike (or submitting to MHA anonymously). Posts will be collected and displayed at mentalhealthamerica.net/feelslike.

Posting with the hashtag will allow people to speak up about their own experiences, to share their point of view with individuals who may be struggling to explain what they are going through—and help others figure out if they too are showing signs of a mental illness. Sharing is the key to breaking down negative attitudes and misperceptions surrounding mental illnesses, and to show others that they are not alone in their feelings and their symptoms.

The toolkit includes:

- Media Materials including key messages, drop-in article, sample press release, and MHM Sample Proclamation
- Infographic Fact Sheets that incorporate plain language explanations of diagnostic criteria for mental illnesses, first person accounts about how it feels, a breakdown of common myths and misperceptions, screening data from mhascreening.org and coping skills on the topics of Depression, Anxiety, Bipolar Disorder, Psychosis and Recovery.
- Three worksheets that individuals can use to make a mental health plan to help them work through symptoms and challenge intrusive thoughts
- Goodies for social media including sample posts and images
- Banner images for the web

31 Mental Health Tips (Also known as the Calendar-Poster)

The primary call to action for the month will be for people to share what life with a mental illness feels like for them using #mentalillnessfeelslike, and the secondary call to action will be for people to take a screen at mhascreening.org if they think they are showing signs/symptoms of a mental illness. B4Stage4 will be a part of the messaging that is included throughout the materials.

Please note: MHA does not provide printed copies of the materials included in the toolkit; however they are all designed to be easily printed on an office printer/copier.

Is there something specific that would help you with your awareness efforts this May? Contact [Danielle Fritze](#)

For Individuals

How does it feel to live with a mental illness? That (#mentalillnessfeelslike) is what we're focusing on during Mental Health Month in 2016.

Clinical terms are the words used by doctors and other professionals to describe the symptoms of a disorder, but often times those words don't do justice to what life with a mental illness feels like.

We know that two people with the same diagnosis can experience the same symptom and describe it in very different ways. Let's take fear for example: one person might describe fear as being scared to the point of feeling paralyzed, while another might describe fear as an overwhelming urge to run away. It can be confusing to align your personal experience with mental illness to clinical criteria, and sometimes contributes to ongoing silence or hesitation to get help. It's important for people to talk about how it feels to live with a mental illness.

This May, MHA is calling on you to share what life with a mental illness feels like

we want you to speak up, to share your point of view with people who may be struggling to explain what they are going through—and help others figure out if they too are showing signs of a mental illness. Sharing is the key to breaking down negative attitudes and misperceptions surrounding mental illnesses and to showing others that they are not alone in their feelings and their symptoms.

How Can You Participate?

Tag your Twitter and Instagram posts with #mentalillnessfeelslike; they will be collected and displayed at www.mentalhealthamerica.net/feelslike.

Submit an anonymous post with images and/or text at www.mentalhealthamerica.net/feelslike

Check out www.mentalhealthamerica.net/feelslike to see what other people are saying about how it feels to live with a mental illness.

Share the www.mentalhealthamerica.net/feelslike page with your friends, family and other members of your social networks to help spread the word that mental health problems are real and common, and people do recover. [Check out images and sample posts we've created to help you share.](#)

- Learn more about how common mental illnesses are, how people describe them, tips for tackling symptoms and the recovery process by checking out our info:

If you or someone you love is dealing with a mental illness, use our worksheets and other [self-help tools](#) to take steps toward recovery

Teen Pregnancy Awareness Month: What can you do?

According to the National Campaign to Prevent Teen and Unplanned Pregnancy, nearly 3 in 10 girls will become pregnant before the age of 20. In 2012, 305,388 teens (ages 15-19) gave birth. Meanwhile, about 18% of women obtaining abortions are teenagers (i.e. about 200,000). Due to these high numbers, many people are rightly concerned about the need for education and resources for these young women. How do we prevent teen pregnancy from happening in the first place? How do we teach teens to be responsible in their relationships so that they may make healthy decisions (for their bodies and their hearts)? How do we provide resources that will support a teen in her decision to choose life for her child?

May is Teen Pregnancy Awareness Month. This month, college students are encouraged to get involved in efforts to educate our younger peers. We encourage you to focus on abstinence education and to teach your younger peers the importance of mutual respect in relationships. Here are ideas for what you can do to raise awareness in your community:

Talk to your younger family members about their relationships. Remember: This doesn't have to be an awkward conversation! They may prefer having this conversation with you than with an adult. Start by asking, "How are you and ____ doing?" and let the conversation flow from there. Encourage them to commit to respecting themselves and their girlfriend/boyfriend. Support them in their good decisions. Offer loving advice for those who may be involved in unhealthy decisions. Last but not least, be a good role model for your younger siblings and cousins.

Educate your younger peers about healthy relationships. Offer to provide an abstinence or healthy relationships presentation at your church's youth group meeting. Teens will appreciate hearing this advice coming from someone closer to their age. Check out our RA programs- Healthy Relationships and Healthy Relationships II-Conflict Resolution— for ideas for your presentation.

Invite a sex education speaker to your local youth group to talk about abstinence and healthy relationships. You can find our recommended speakers here. Contact preferred speakers to learn more about their presentations and to inquire about availability.

Distribute "Dispelling the Myths of Safe Sex" cards at a youth event in the community or at your church. Active pro-life students can email Missy to obtain *free* cards!

Promote pregnancy resources for teens, such as pregnancy resource centers or teen maternity homes. You can do this online, in your presentations, or even by creating flyers to post around your community. Find local pregnancy resource centers at OptionLine.org, and search for local maternity homes in your state or region's 2-1-1 database.

Spread awareness via social media. Use your Facebook, Twitter, and Instagram accounts to spread awareness with a combination of clever and informative posts. (See examples below.) For more information and stats on teen pregnancy, check out The National Campaign to Prevent Teen and Unplanned Pregnancy. For information about STDs/STIs, check out LoveFacts.

By encouraging these conversations and programs, we can do our part to prevent teen pregnancies and to consequently reduce abortions among teenagers. Whatever you do, don't be shy! Get out there and do *at least* 1 thing this month that spreads awareness on this topic. Your efforts could make a difference in the lives of teens in your community.

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Kindergarten Registration	4 Kindergarten Registration	5	6 Parent Meeting	7
8	9	10	11	12	13	14
15	16	17 Policy Council	18	19	20	21
22	23	24	25	26	27	28
29	30 No School	31				

Worcester Community Action Council

Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738

Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994

Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176

Call (508)765-4738 ext. 300 for Storm Announcements/Closures

June 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<i>1</i> Certificate Day	<i>2</i>	<i>3</i> Last Day Of School	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>		

Worcester Community Action Council

Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738

Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994

Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176

Call (508)765-4738 ext. 300 for Storm Announcements/Closures