

CHILD CARE FOOD PROGRAM ROUNDTABLE HIGHLIGHTS  
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the child can be counted into the meal count, if: 1) child is **sitting at the table** and accepts one or more components, or; 2) child is **sitting at the table**, but refuses any food after active encouragement to accept at least one component.

- **Snack Demonstration.** Andrea Blackman shared an exciting idea from the workshop, "Making Parent Involvement in Nutrition FUNtastic!" Trainer and Head Start Nutritionist Miriam Cheung suggested that a staff member demonstrate a healthy snack or meal at the start of the Center Committee meeting and that this meal can then be the snack or meal for the meeting. This is a wonderful way to convey the message of great tasting, healthy choices. Staff members can hand out the recipe following the meeting. Miriam gave the example of demonstrating how to make yogurt parfaits. Another example is to demonstrate preparing a healthy, colorful salad!

"DEMONSTRATE  
A HEALTHY SNACK  
OR MEAL AT THE  
START OF A  
CENTER  
COMMITTEE  
MEETING."

## AGE ELIGIBILITY REVISITED—THE THREE YEAR OLD RULE

By now, most staff is aware of the age eligibility requirement that says that children must be at least three years old at entry into the program and their birthday must occur before the December 2nd public school cut-off date. In effect, this means that we **do not** take children who are older twos and whose birthday will occur before the cut-off. This has been a hot topic with many parents who want to enroll their two year old children because their child's birthday will occur before the cut-off and they would get two full years in Head Start—as has been CRIHB's previous practice. We are now enforcing the correct age eligibility requirement, as first stated. In response to concerned staff and parents, we have actively been researching the issue to ensure our compliance and understanding of the requirement. We have received a firm answer in writing from Valerie Pels-Kohout, our Program Specialist, that states: "Children who are **not yet three years of age cannot be enrolled in Head Start**. You can take an application on that child, and the minute he/she turns three and there would be a vacancy and they otherwise are the next most eligible while meeting age requirement, they could then be enrolled. But the answer long and short is that a child must be three years of age prior to starting Head Start. If a child is two year what ever months, they must wait until their third birthday to enroll".



## ANNUAL AWARDS

The following CRIHB Tribal Head Start employees were honored at the 38th Annual CRIHB Board of Directors' meeting for their continued service with the California Rural Indian Health Board:

- Five Years—Cynthia Ford, Elk Valley Rancheria Head Start
- Five Years—Andrea Blackman, CRIHB Central
- Ten Years—Kathleen Silva, Elk Valley Rancheria Head Start
- Fifteen Years—Mike Melendez, CRIHB Central

*Andrea Blackman, Education Coordinator, was recognized as the 2007 CRIHB Employee of the Year.*



## DON'T FORGET!

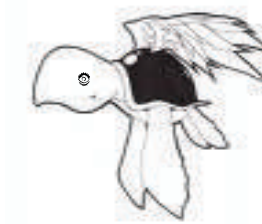
- November— Complete Parent Training: "Increasing Parents' Role in their Child's Learning".
- 11/19-23— Cold Springs Closed.
- 11/21-23— All Other Centers Closed.
- 11/28—"Safe Environments" Checklist due in office.
- 11/30—Outlook Training.

**Have a great holiday season!**

NOVEMBER IS NATIONAL AMERICAN INDIAN AND ALASKA NATIVE HERITAGE MONTH.  
THIS YEAR'S THEME ADOPTED BY INDIAN HEALTH SERVICE IS  
"A NATIVE PRESCRIPTION: BALANCING MIND, BODY, & SPIRIT"

## CRIHB TRIBAL HEAD START PROGRAM

# THE FLYING TURTLE



VOLUME 2, ISSUE 1 NOVEMBER 2007

## MANAGEMENT MUMBO-JUMBO

During the first week of October, senior staff for the House Education & Labor Committee, under the leadership of California Congressman George Miller, as well as senior staff for the Senate Health Education Labor and Pension Committee, under the leadership of Massachusetts Senator Ted Kennedy, worked to resolve the remaining differences to prepare their committees and work toward a final Head Start reauthorization bill this month. Senator Kennedy commented on the status of the legislation at a reception in his honor late last week. The Senator stated that he expected resolution quickly and had directed staff to move forward.

More immediate concern arose last week as President Bush has threatened to veto the federal spending bill for FY08 that includes Head Start. Currently the House of Representatives spending plan includes a \$75 million increase, the US Senate plan provides for \$200 million and the President's proposal from last February called for no increase, or flat funding for FY08. Head Start funding is appropriated under the labor HHS Education bill (S. 1710 & HR 3043). The President's recent veto of Children's Health Insurance Program (S-Chip) reinforces this concern. Mr. Bush had stated "Congressional leaders have put forward an irresponsible plan that would dramatically expand this program beyond its original intent." Both Head Start's reauthorization and appropriations may be caught in this crossfire. Clearly the threat to veto Congressional authorizations and spending bills with increased spending no longer can be taken lightly.

## STRESS-FREE HOLIDAY SEASON

The holidays can be a stressful time for both adults and children, especially if we cannot even meet our basic needs. As a program that supports Native families, we should be on the look out for signs of stress in the parents and children we serve, and respond to those signs. The pile-up of stressors can lead to crisis if we do not take action to manage our stress. During the holidays, be aware of the added stress that the season brings. Here are some ideas on how to manage holiday stress:

- **Be realistic:** Put the holiday in perspective and avoid trying to please everyone.
- **Visualize:** Think about how you might handle unpleasant family interactions more positively. **Use moderation:** Don't go overboard on holiday spending and entertaining. Overspending during the holidays can lead to added post holiday stress.
- **Have a sense of humor:** Avoid taking the small things seriously. A burnt holiday pie doesn't mean the dinner is ruined.
- **Help others:** Take time to do something for someone else. The holidays are a time for giving and doing so can put your own stresses into perspective.
- **Manage the holiday "hype."** If you are feeling overwhelmed by the holiday season, avoid watching holiday programs on television or listening to holiday music.

## HEALTH & DISABILITIES SKINNY

For those who are unfamiliar, or those who need to be reintroduced, I would like to present the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) website. The CSEFEL project is designed to strengthen the capacity of Head Start and child care programs to improve the social and emotional outcomes of young children. The Center develops training and technical assistance (T/TA) materials that reflect evidence-based practices for promoting children's social and emotional development and preventing challenging behaviors. The Center also works with professional organizations and Head Start and child care T/TA providers to ensure the use of the evidence-based practices in local demonstration sites.

The CSEFEL project offers training modules, practical strategies, lessons and periodic chat sessions on topics of social/emotional health and challenging behaviors. I urge you to explore the website because I have no doubt that we will be implementing strategies described on the site into the classroom. My plan is to use the training modules and T/TA provided by the website to individualize for your students' social/emotional needs. Not only does CSEFEL provide valuable and practical strategies to use in the classroom; they also provide us a short-cut to accessing this information. The website is an interactive goldmine, please make a visit: [www.vanderbilt.edu/csefel/index.html](http://www.vanderbilt.edu/csefel/index.html).

## CHILD CARE FOOD PROGRAM ROUNDTABLE HIGHLIGHTS

During the week of October 12, 2007, Michael Melendez, Head Start Director; Andrea Blackman, Education Coordinator; and Jessica Green, Elk Valley Cook; attended the 16th Annual CACFP Conference in Sacramento, California. The theme for this year's was *CACFP: A Capital Idea*. All handouts from all scheduled workshops will be available soon at:

<http://www.ccfproundtable.org/resources.asp#>

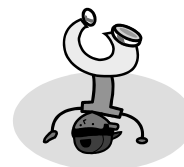
Some highlights from the workshops include:

- *Multicultural Activity Idea*. Jessica Green shared what she learned from a workshop titled, "What A Wonderful Word: Multicultural Foods and Activities". At the beginning of the school year, each child gets a blank passport with their picture. Once a month, a meal is served from a recipe from another country. The teacher can stamp or place a sticker on each child's passport for every meal served. By the end of the year, the child's passport should be full!
- *Tips for Operating the CACFP*. Andrea Blackman shared reminders and clarifications from a workshop titled, "Preparing for A CACFP Review in Centers". Although this training was intended for programs with an upcoming state audit, the information applies to everyday operations to insure compliance at all times. **Tip #1:** A Meal Benefit Form is not required for participation in the food program; if a parent refuses to complete a form, they must be marked as "base" (or "paid") and the child participates in meal service. Nevertheless, we must actively encourage them to complete the form, informing them that the CACFP helps CRIHB to cover the cost of the children's meals. **Tip #2:** Similarly, if a parent refuses to give the SSN, they are marked as "base". Parents who have an SSN must indicate their number on the form or they cannot be considered "free" or "reduced", regardless of income. This is different from parents who do not have a SSN, who have the option to check the box marked "Check Here if No SSN" and can be "free" or "reduced". This is the household member's responsibility to indicate; we must not check this box for them. **Tip #3:** We are required to disseminate WIC information to families and must be able to show evidence that this was done annually for all families. Stacey Kennedy, CRIHB Nutritionist, and Andrea have collected WIC information from the communities in which we are located. Handouts should go to centers in the next two weeks for distribution to families. **Tip #4:** Regarding meal counts, pre-counting, back counting, or reporting counts based on attendance records are not acceptable meal counting methods. **Tip #5:** For family style meal service, meal is only reimbursable, meaning that  
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## INDIVIDUALIZATION NUGGETS

Indicator # 40—Understands and follows oral directions.

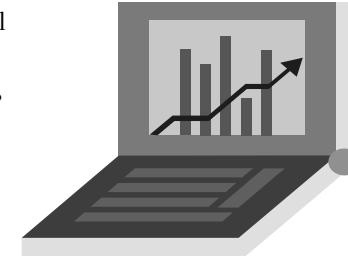
1. Play "Simon Says" with children. Explain to children how to play the game. Tell the children that you will give them directions to follow. If you do not say "Simon says" first, then they should not follow the direction. If you do say "Simon says" first, then they should follow the direction. Tell children to "listen carefully".
2. Start the game with, "Put your finger on your chin". Model for children on the first few instructions by doing the action yourself.
3. Once children are comfortable with one-step directions, you can move on to two-step directions, like "Simon says, stand on one foot and hop in place" or "Simon says, clap your hands and stomp your feet".
4. When children slip up by doing the action when you did not say "Simon says", teachers have the choice of simply informing them playfully ("Johnny, I didn't say Simon Says") or asking them to step out of the circle (continuing this until you find a winner). Eliminating children is probably more appropriate for playing with older children and later in the school year.



## ACCESS DATABASE: WHAT WILL IT DO FOR YOU?

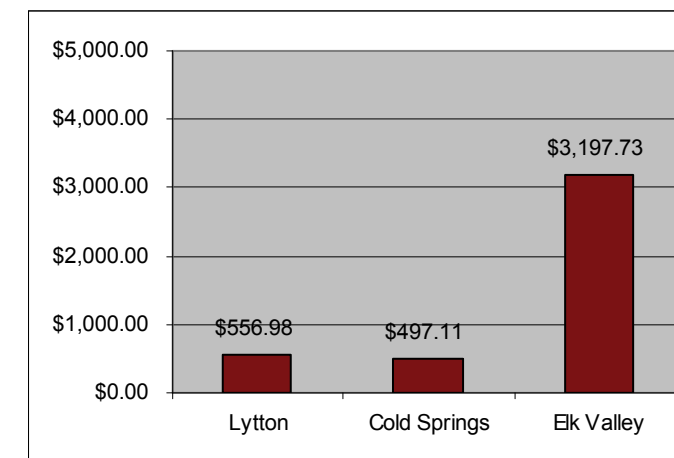
As most staff members have already heard, CRIHB Central Head Start Department has created several databases in ACCESS to be able to centralize program information, including demographics, services, and follow-up, and to complete the annual PIR process.

The largest database tracks PIR information similar to software like ChildPlus, HSFIS, and PROMIS; although, our database is much smaller. CRIHB Central staff have also created other databases for special needs services, outcomes, and family services. All of the databases will help to track services and outcomes from CRIHB central as well as provide reports and feedback to site staff and other stakeholders (e.g. Board of Directors, Tribal Leaders, Policy Council, etc.). What can the databases do for you?



- Provide you with reports. Examples of reports include Outcomes Report, Child and Family Snapshot, Family Strengths and Needs Topics, Parent Education and Information Topics, FPA Summary, and more. The Outcomes Report is to be used just as in years past with the reports generated by the CC-Port. Andrea Blackman, Education Coordinator, elected this year to design an outcomes database in ACCESS because the CC-Port was always very cumbersome and inflexible in the type of reports that can be generated. The other above listed reports (Child and Family Snapshot, etc.) should be used for program planning and in providing family support. Most of these reports have already been provided to you and updated reports will go out following entry of monthly report information.
- Compiles PIR data so that you do not have to do it. In years past, teachers were instructed to individually gather PIR information for their own class; after submission to CRIHB Central, individual class reports were compiled manually to create a program report. This was not the most accurate or efficient process for compiling the data. This year, all of the information provided through enrollment applications, family needs surveys, and monthly reports goes into the ACCESS database. The database can easily generate the PIR data as long as all paperwork submitted to CRIHB central is complete and accurate.
- Allows you quick access to classroom or center data. If you want to know, for example, the percentage of over-income children in your center, you can call Andrea or Jennifer to do a query in the database; it would take no longer than two minutes to provide you with this answer. Other queries that may interest you include demographic information (e.g. ethnicity, race, age, etc.), health tracking information, and more.

## IN-KIND UPDATE



The in-kind total as of November 1st is \$4,251.80. The required in-kind share for PY2007 is \$211,904. Listed below are reminders from in-kind training at the PY2007 Pre-Service:

- Use Committee Sign-In Sheet for all Center Committee meetings and submit as in-kind.
- Use Multi-Volunteer forms to capture all volunteering at the centers and on field trips rather than individual (single volunteer) forms.
- No transportation is to be used as in-kind.
- Use identified parent strengths as in-kind opportunities. If a parent noted that they are skilled at typing, use them to type your newsletter or meeting notes!