

# Newsletter

February 2023



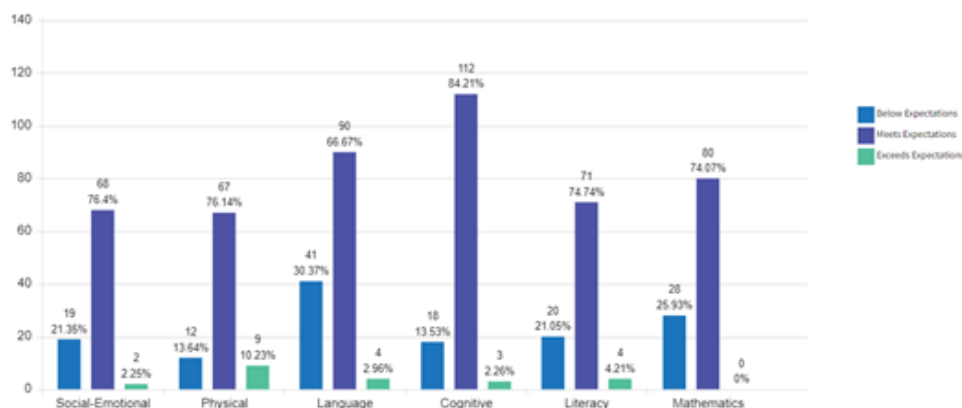
by **Dr. Latisha Smith**, Educational Services Director

Hello, families! This month I want to share the results of our Fall GOLD Checkpoint data for our various sites and partnerships that serve Early Head Start and Head Start children. You might be thinking, what is GOLD? Teaching Strategies GOLD focuses on 38 objectives for development and learning that indicate what children need to know and do to be ready for school. It is research-based and observations take place during everyday experiences in the classroom. All teachers in our agency assess children three times per year using these objectives. The overall data from Fall is shared and discussed below. Your child's teacher will share individual GOLD data, including areas of strength and areas of need, at your child's conference. If you have questions at any time, please be sure to reach out to your home visitor or your child's teacher!

***For fall agency-wide Early Head Start, the area with the highest percentage of children meeting expectations was cognitive. The area with the highest percentage of children not meeting expectations was language. See below.***

## Iowa DE - Tri-County Child and Family

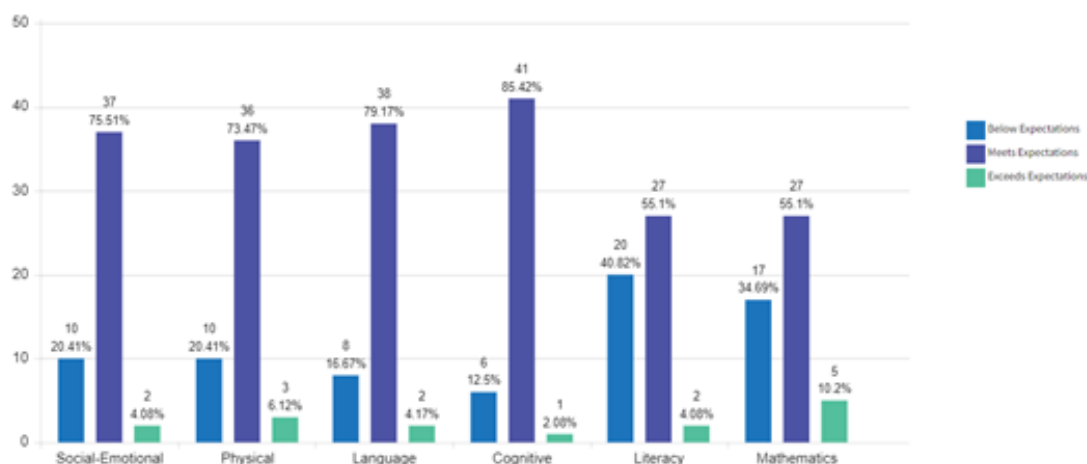
Fall 2022/2023 - Widely Held Expectations



For fall agency-wide Head Start, the area with the highest percentage of children meeting expectations was cognitive. The area with the highest percentage of children not meeting expectations was literacy. See below.

#### Iowa DE - Tri-County Child and Family

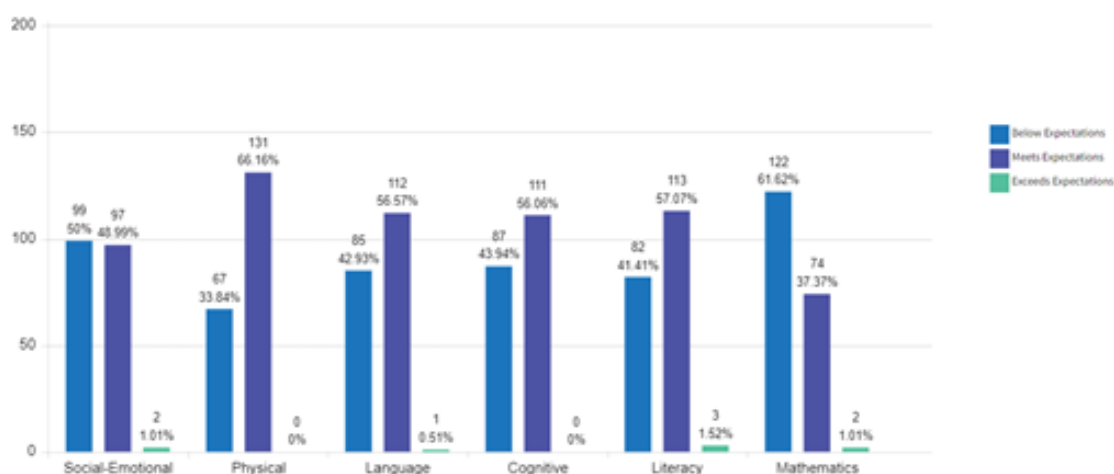
Fall 2022/2023 - Widely Held Expectations



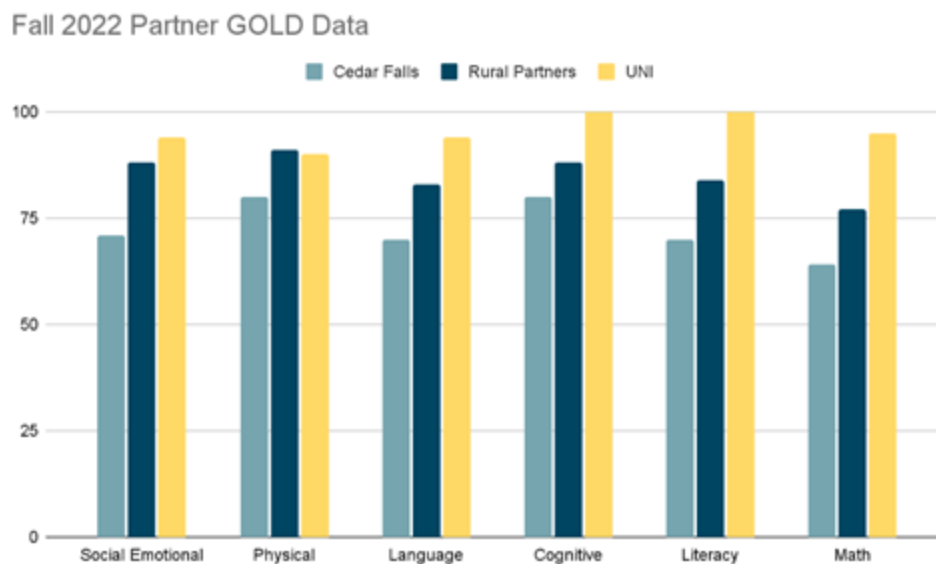
For fall Head Start Waterloo only, the area with the highest percentage of children meeting expectations was physical. The area with the highest percentage of children not meeting expectations was math. See below.

#### Iowa DE - Waterloo Preschool Programs

Fall 2022/2023 - Widely Held Expectations



***For our partners (Cedar Falls Head Start; Rural Partners Head Start including Jesup, Dunkerton, East Buchanan, and Independence; and UNI Child Development Center Early Head Start) the areas with the highest percentage of children meeting expectations included the following: physical and cognitive for Cedar Falls, physical for Rural Partners, and cognitive and literacy for UNI. The areas with the highest percentage of children not meeting expectations included the following: math for Cedar Falls and Rural Partners and physical for UNI. See below for a graph of children meeting expectations.***



Per our agency's process for GOLD at our sites (Maywood and Lily) and home visitor program, teachers and home visitors completed a Checkpoint Summary & Action Plan to individualize for each child on weekly lesson plans. In addition, teachers and home visitors participated in networking sessions with peers to discuss data and plan for the children in their classroom. Once the Winter checkpoint data is available, comparisons will be made to determine the effectiveness of individualization and next steps for professional development. We appreciate everything our staff and partnership staff do in the classroom and on home visits to support the growth and development of children. We also appreciate what families do. It makes a difference! Everyone's efforts help the children in our programs to thrive and enter kindergarten ready to learn!

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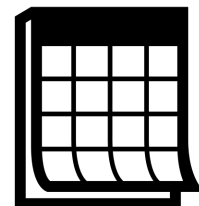
## Important Dates

**February 10**

- ***No School due to Professional Development Day***

**February 20**

- ***Policy Council Meeting, 5:30 - 6:30 pm***
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# Welcome!

Hello! My name is Taylor Hammargren. I was born and raised in Waterloo. I graduated from East High School in 2009. I received my Associates degree in Early Childhood Education from Hawkeye Community College. I have a three year old son named Oaklen. He keeps me on my toes and I love seeing life through his eyes! I am excited to be a part of the team and look forward to getting to know everyone.



Hello! My name is Missie Harshbarger and I recently joined the Home Visitor Team here at Tri County Head Start. I have a Bachelors in Psychology and Communicative Disorders and a Masters degree in Speech-Language Pathology from the University of Northern Iowa. I have been married to my wonderful husband for five years. We both enjoy traveling, especially to Colorado where we love to ski and snowboard. I am excited to be a member of the Head Start team!

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# Toddler Time

*at the Bluedorn Science Imaginarium*

*Time: 11:00 am - 12:00 pm*

*February 16: Space & Stars*

*March 9: Weather      April 20: Pets      May 18: Flowers*

*Bring your toddler and enjoy story time and a themed craft!*

*Toddlers: Free*

*Parents/Guardians: \$6.00*

*Members: Free*



**February is Black History Month.**

**Join the Waterloo Public Library for “Black History Month Storytime” each Saturday morning in February from 10:30 am - 11:00 am. Enjoy a different guest reader who will share their favorite stories each week. This event is for children of all ages and their caregivers. Storytime**

**takes place on the following dates: Saturday, February 4th; Saturday, February 11th; Saturday, February 18th; and Saturday, February 25th.**

**BLACK  
HISTORY  
MONTH  
STORYTIME!**





## Lily

by **Dusty Olson**, Program Manager

We are in the full swing of things here at Lily! We had crazy weather in January, highs and lows with a little snow. Hopefully, this month we will have easier days and the opportunity to experience more winter fun outdoors.

This month we celebrate friendship and Valentine's Day. Please speak with your teachers about activities and fun that you can have at home to celebrate and support what is happening in the classroom.





***Drew, Teagen, and Ka'Mari play and learn with Michele and Ember in our Gentle Giraffes room (Lily A).***



***Zayden from the Furry Friends room (Lily B)  
“dobber” painting on a mitten pattern.***

***Trinity, Leighton, and KamDyn from the Kangaroo Krew (Lily C) experimenting with snow.***



# Waterloo Schools

by **Ashley Caldwell**, Program Manager

February is full of fun, friendship, and lots of learning. Classrooms will focus on friendship skills, discussing similarities and differences with one another, and winter habitats and animals. Teachers will administer assessments with the children to complete their conference data for upcoming parent/teacher conferences.



***Our friends in Ms. Kim's class at Kittrell enjoyed music and movement and learning about bread making this month!***

## **Important Dates & Reminders**

- Waterloo Schools Parent/Teacher conferences on February 21<sup>st</sup> & 23<sup>rd</sup>
- No preschool classes on Thursday, February 23<sup>rd</sup>

## **At Home Opportunities**



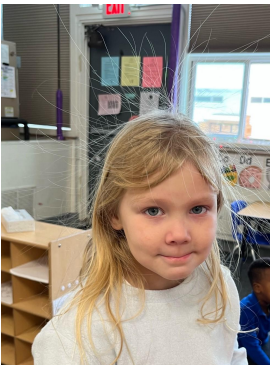
February is Dental Awareness Month. Children love brushing their teeth to music because it is motivating and also enjoyable. Take some time to create a "Tooth Brushing Playlist" with your child's favorite tooth brushing songs. This will help them dance to great dental health!



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## Maywood

by **Angie Barth**, Program Manager



### MONTHLY HIGHLIGHTS

- January's Focus Food was beans. Classrooms used beans to make hummus for snack!
- We had our first inclement weather delay. When inclement weather happens, check our [Facebook page](#) (Maywood or Tri-County), KWWL, or your email for an alert. When delays happen we will open at 10:00 a.m.

### CENTER HAPPENINGS

- Classroom S2 has started growing some plants in our garden cart. Stop and take a look at the progress in the main office hallway!
- Classrooms have been finding creative ways to stay active when it isn't warm enough to go outside. Some activities include hallway jumping, ball bouncing, dancing, and parachute play!
- Staff participated in training for Dental Health, PBIS and CLASS. They learned how cavities and tooth rot can affect a child's behavior, the condition of their future adult teeth and resources for dental referrals. In addition, they reviewed agency data and how to improve classroom interactions through positive intervention supports, facilitating opportunities for exploration, and guiding children's learning through effective questioning.

# Home Base Program

by **Vanessa Mamabolo**, Program Manager

Hello everyone! We hope the month of February has started off on a good note.

## Home Base Team Introductions:

In January 2023, we welcomed four new people to our Home Base Team. Read about Missie, our new Home Visitor, in the welcome section above. Below are short introductions about our three interns so you know a little bit about them too.

### ***Alyssa Guse, Intern from Wartburg College, Class of 2023:***

My name is Alyssa Guse. I am currently studying Social Work and Spanish at Wartburg College. I am from Belvidere, Illinois, which is about three hours away from Waterloo. A fun fact about me is that I train service dogs through Retrieving Freedom in Waverly and just got a new one.

### ***Rachelle Smith, Intern from the University of Northern Iowa, Class of 2023:***

My name is Rachelle Smith and I am a senior Family Services major and Mental Health minor at the University of Northern Iowa. After graduating this spring, I hope to work full-time with an agency that provides support to young children and families. I was born and raised on a dairy farm in Fort Atkinson, Iowa. In my free time I enjoy reading, going on walks, watching college basketball, and spending time with my family, friends, and cat named Junior. I am very excited to be working with Tri-County this semester!

### ***Alenah Rankin, Intern from the University of Northern Iowa, Class of 2023:***

My name is Alenah Rankin (she/her) and I am a 4th-year student studying Social Work at the University of Northern Iowa. I will graduate in May. I am looking forward to applying what I have learned in class to the work I will be doing at Tri-County Head Start. I pride myself on being a big sister to my two younger sisters, ages 19 and 4. I am from Council Bluffs, IA and plan on returning to that area after graduation.

### **Important Dates:**

On Friday, February 10, 2023, the agency will be closed due to staff having a Professional Development Day. No home visits will take place on this day. Your Home Visitor will communicate with you to find another day that week that works for you to meet.

We will be having another socialization event on Thursday, February 16, 2023. It will be a story time event with a craft or activity and a snack for children to enjoy. Please come and join us at the Waterloo Public Library (415 Commercial Street, Waterloo) from 10:00 am – 11:30 am.

### **At-Home Activity Idea:**

#### **Valentine's Day Craft: "Bee Mine"**

Ingredients Needed: Yellow and Black paint

Method: Paint the foot yellow and place it on a blank paper to create a footprint. After the yellow paint dries on the paper, add strips and wigs to the footprint. Then you can decorate the paper and write "Bee My Valentine".



We cannot wait to see all of you! If you have any questions or concerns, please contact me at (319) 429-8918 or send me an email at [dmamabolo@teamtricity.org](mailto:dmamabolo@teamtricity.org).

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## **Health**

by **Pauline Jones**, Head Start/Early Head Start Health Coordinator; Shana Smith and Darcie Stone, UnityPoint Contracted Nurses

### **February is Dental Health Month**

#### **Walker Dental**

Walker Dental continues to partner with Tri-County Head Start to provide dental services to enrolled families



in Early Head Start and Head Start. This month students from the Hawkeye Community College Dental Hygiene program will work with Dr. Walker to complete oral screens and exams at our centers. Contact your Family Service Worker or Home Visitor to sign up for your child's screening or dental exam.

### **Cavities: What do they look like?**

- A cavity may look whiter than the rest of your tooth.
- It may also look like a hole in your tooth that is brown, black or yellow.
- At the dentist they may do an x-ray to see the cavity.
- You may have one if your tooth hurts when you are eating hot, cold, or sweet foods or are chewing any kind of food.
- Cavities may not hurt until they get big so it's important to see your dentist every 6 months so they can take care of cavities before they hurt.



### **What can I do to prevent cavities?**

- You should brush your teeth at least two times a day.
- Flossing between your teeth at least once a day can get rid of germs that cause cavities.
- If you eat food that is good for you it won't cause cavities and will help prevent cavities.
- Germs eat sugar to survive. When they eat sugar they produce acid that eats away at your teeth and makes cavities.

### **Baby teeth are important for children to:**

- **Chew and eat food.** Children need to eat healthy foods every day to grow and be strong. Children with tooth decay are less likely to eat crunchy foods, such as fresh fruits and vegetables. Being able to eat these foods promotes good nutrition and a healthy weight.
- **Speak clearly.** Children who lose baby teeth too early may have trouble making certain sounds. This can make it hard to understand the child. A child may need speech therapy to improve speech problems that may develop because of missing teeth.
- **Keep space for adult teeth.** Baby teeth hold space for adult teeth growing



in the jaw. If a baby tooth is lost too early, other teeth that are already in the mouth will move into the spaces. It can block out the adult tooth trying to come in and cause crowding. The upper and lower jaws may not meet properly because of the crooked teeth.

- **Stay healthy.** Tooth decay in baby teeth can lead to infections that can cause fever and pain. If not treated, the infection from tooth decay can spread to other parts of the head and neck and lead to severe swelling.
- **Have self-confidence.** Children with decayed front teeth tend to not smile or may cover their mouth when talking. Sometimes they stop playing with other children. A healthy smile helps give children the self-confidence needed to have good social experiences.

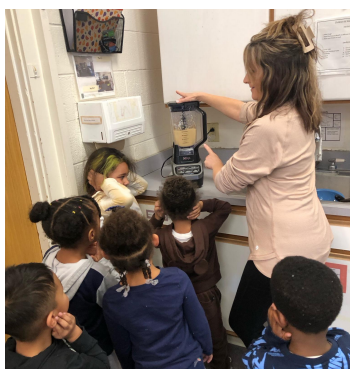
**Source: Information adapted from “What To Do For Healthy Teeth” Sadie S. Mestman, D.M.D. & Ariella D. Herman, Ph.D. and the Head Start ECLKC website**

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## Nutrition

by **Tracey Sauke**, Dietitian

This month we had fun learning all about beans. We even made our own hummus using the recipe at the link below. Some of us thought the blender was a little too loud!



<https://spendsmart.extension.iastate.edu/recipe/after-school-hummus/>

In February, we will be exploring citrus fruits. Citrus fruits are loaded with vitamin C. They are also currently in season so it's a great time to get some tasty oranges when picking up the rest of your groceries. For more information don't miss the [February Monthly Menu and Nutrition News](#).