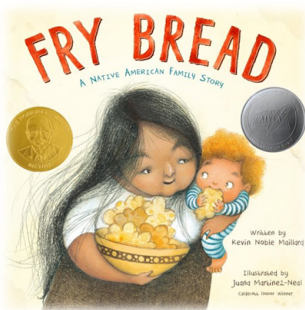




by [Dr. Latisha Smith](#), Educational Services Director

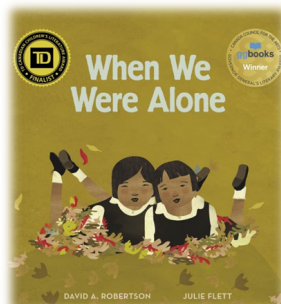
November marks the beginning of the holiday season and the opportunity for families to come together and celebrate. This month is also a special time to recognize and celebrate Native American Heritage. With young children, a developmentally appropriate way to learn about other people and cultures is the use of children's literature. Here are some books to look for at your local library. I also included a link for you and your child to access an online read aloud.



<https://www.youtube.com/watch?v=s1jNGBb4VvU>



<https://www.youtube.com/watch?v=QIA4QAAGXY4>



<https://www.youtube.com/watch?v=gWP9V0YBlrQ>

Another idea is to recognize the importance Native Americans placed on nature and their love for the land. Take your child for a walk, play in the leaves, clean up your local park, or look at the stars. Showing appreciation of the natural world

is a simple and respectful way for young children to honor Native American culture.

Sources:

<https://www.connecticutchildrens.org/diversity-equity-and-inclusion/ways-to-celebrate-native-american-heritage-month-with-kids/>

<https://www.pbs.org/parents/thrive/childrens-books-to-celebrate-native-heritage>

Tri-County Calendar

- November 3, 2023
 - *No School - Teacher Workday*
- November 23 - 24, 2023
 - *Closed for Thanksgiving Holiday*
- December 22 - 26, 2023
 - *Closed for Winter Break*
- December 27-29, 2023
 - *WRAP care available for eligible families*

Welcome

Hello! My name is LaJuana Scott-Hicks. I am a new teacher at Tri-County Head Start! I grew up in the area and attended the Waterloo Schools. I love spending time with my family and taking care of my plants. I enjoy traveling, shopping, and anything outdoors. I graduated from Hawkeye Community College in 2013, and received my AAS in Early Childhood Education. I am very excited to be a part of the Tri-County team!





CHRISTMAS SIGN UP
TIME

St. Vincent de Paul of
Waterloo

St. Vincent will begin the sign up for food boxes and the toy giveaway at the St. Vincent de Paul Outreach Center at 320 Broadway in Waterloo.

- November 1st and 3rd from 9:00 am - noon
- November 4th from 10:00 am - noon
- November 6th, 8th and 10th from 9:00 am - noon
- November 11th from 10:00 am - noon
- November 13th, 15th, and 17th from 9:00 am - noon
- November 18th from 10:00 am - noon
- November 20th, 21st, and 22nd from 9:00 am - noon
- November 27th and 29th from 9:00 am - noon
- December 1st from 9:00 am - noon
- December 2nd from 10:00 am - noon

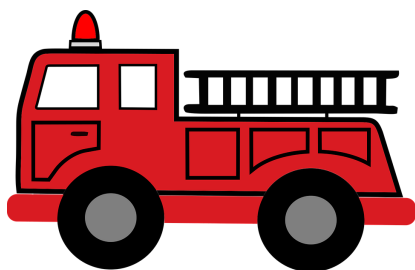
At sign up, you must provide your name, address, two working phone numbers, birth certificates or form from school with name, address, and birthdate for each child. You must also provide proof of income for the entire family.

- Food boxes will be distributed Dec. 4th - 8th at 320 Broadway in Waterloo from 9:00 am - noon by appointment received at sign up.
- Toys will be distributed Dec. 11th - 18th by appointment received at sign up.

Please see St. Vincent de Paul Facebook page for additional information and eligibility guidelines.



Tri-County would like to say thank you to the Waterloo firefighters for visiting the children at Lily and the Learning and Community Center in October. We appreciate our community helpers and thank them for teaching our children about the important topic of fire safety!



Waterloo Schools

by [Ashley Caldwell](#), Program Manager

Highlights & Happenings

Classrooms have been busy with many exciting things going on this month! Special guests such as Mindfulness Yoga, the Waterloo Public Library, and Service Learning have been giving children opportunities to see how learning can be meaningful and fun. Literacy lessons around beginning and ending letter sounds, emergent writing, and letter/sound blends, are the building blocks for the children to identify and learn sight words. Mathematical development with patterns, quantifying, and numeral identification are lessons being taught as well.

Ms. Heinen's classroom at Lowell participating in Challenge for Good Yoga.



Reminders & Important Dates

- *As the weather is changing, please remember to send a jacket with your child(ren).*
- *Wednesday, November 22nd - Friday, November 24th there is no school in Waterloo due to the holiday break.*

At Home Opportunities

With the fall season in full swing, take a nature walk with your child and talk about the leaves. Ask questions about why they think the leaves are changing, and what happens to trees as the leaves fall. Even collecting leaves to take home and observe will open more opportunities for conversations around weather and science.



Learning and Community Center

by [Haley Bradford](#), Program Manager

Monthly Highlights

- November 6th - 10th will be our agency's Spirit Week! Stay tuned for updates on these days.
- Our first GOLD checkpoint is this month and teachers will be reaching out to plan conference dates with families in the weeks to come.

Center Happenings

- We continue to have Dawn Best from Traveling Tales and Nancy Macomber from our community read with our children on a bi-weekly basis.
- We are cleaning out our Garden Carts from Maywood and getting them ready for our winter growing season in the center!
- We are trying to get photos of families in our classrooms! Please text your family photos to 319-429-9678 or send them via email to hbradford@teamtricounty.org.

At-Home Opportunities

- [Here](#) is a resource to help with teaching young children how to take turns and work with others! This skill may seem minimal, but this is an important skill that they can learn with just a little bit of play every day!
 - Example - Build a tower with your child. Give your child 2-3 blocks and give yourself 2-3 blocks. Verbalize that it is your turn to stack a block and then follow it up with the action of setting the block up. Then verbalize the child's name and tell them it is their turn to stack a block. Continue this pattern in a calm voice until the tower is complete and then have your child knock it over and you both build it again. Repeat this activity 2-3 times everyday to see results in your child's sharing/turn taking skills!

Reminders

- With the weather getting colder, reach out to your Family Service Worker if you or your child need clothing items.
- The alley between our building and playground is very busy. Please take care when driving through it so we can keep all young children, families, staff, and community members safe!

Lily

by [Dusty Olson](#), Program Manager

The children at Lily enjoyed a visit from local firefighters!





It is getting colder with Autumn moving by quickly. We will continue spending time outside before the winter cold and snow limits our time. We will soon be scheduling conferences to share what we have been doing in the classrooms

and what your child is learning. We also will be celebrating Tri-County Spirit Week the first week of the month. More information to come!



At-Home Opportunities

Family-style meals are practiced at our center and are encouraged in the home. This involves passing food around the table, allowing the child to choose how much food is put on their plate, involving them in healthy eating habits and self-help skills, and focusing on meals as family-time without the use of devices or television.

Reminders

- Please follow your schedule for drop-off and pick up. This is important for establishing routines for your children and to ensure we are covered with staff to provide excellent services.
- When appropriate, we will be using our outdoor playgrounds for learning, so make sure your children are dressed for cooler weather.
- It is very important for children to have a change of clothes available at the center in case of accidents.
- Please make sure to use your access cards whenever you can and sign your child(ren) in and out on our tablets in the classrooms or the Great Room.



Home-Based Program

by [Sarah Ross](#), Program Manager

Greetings from the Home-Based team! Last month was full of celebrations for our Home Visitors. We experienced exciting milestones for children with their families, we celebrated alongside families that achieved their goals, and we continued to grow our connections through home visits and socializations. As always, we are thankful to the families that participate in the Home-Based program for welcoming us into their homes and trusting us to share in their lives.

We have a few reminders for the month of November. First, November 3rd will be an agency-wide Professional Development Day, which means that no home visits will be scheduled on this day. If Friday is your normal day for a home visit, please talk with your Home Visitor about rescheduling your visit during the week. We thank you for your cooperation as we take the time we need to ensure we provide excellent services to the children and families we serve. Secondly, please mark your calendars for our monthly socializations that will take place on Friday, November 10th and Wednesday, November 29th for Early Head Start in Black Hawk County. A socialization for Grundy County will be held on Tuesday, November 21st. We hope these scheduled dates and times will accommodate as many families as possible, and we look forward to the opportunity for our families to connect and enjoy time together. Lastly, our program will be closed November 24th and 25th for Thanksgiving Break. We wish everyone a happy, healthy, and safe holiday break.



Cedar Falls Schools, Rural Partnerships, ECC Partnerships

by **Angie Barth**, Program Manager

Hello families! My name is Angie Barth and I am the Program Manager for Tri-County Head Start. I have been with Tri-County for a total of 13 years. I was a teacher for the first five years and then a Center-Based Program Manager for the last eight years. This year I am shifting into the role of the Program Manager for some of our partnership sites. My role will be to work with your child's teacher and Family Service Worker to ensure we are supporting your family and giving your child the tools to be successful. I also monitor attendance, educational services, and compliance of the Head Start Performance Standards.

In the first couple of months of school, your child's teacher will have already met for a conference/home visit with your family, completed educational screens with your child, and began establishing a routine within their classroom. You are your child's first and most important teacher, so if there is anything that we can do to help your child succeed, please make sure to share it with us!

If you have any questions or concerns please don't hesitate to contact your Family Service Worker or you may also contact me by phone (319-320-4796) and/or email (abarth@teamtricity.org).

Health

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

Head Start is a school readiness program. The health-related activities required by the Head Start Program Performance Standards (HSPPS) are designed to ensure that every child who enters the program achieves his or her optimal development. Healthy children are ready to learn.

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/link-between/docs/link-health-and-school-readiness.pdf>

Immunizations

Did you know that our centers are licensed by the Department of Human Services? There are two rules for children getting shots. One is child care rules and the other is elementary and secondary school rules. Head start must follow the child care rules. When you take your child to the doctor for shots, please let your doctor know your child will need to follow the “licensed child care rules.”



Licensed Child Care Shot Requirements

2-5 Months	1 dose Diphtheria/Tetanus/Pertussis 1 dose Polio 1 dose Hib
6-14 months	2 doses Diphtheria/Tetanus/Pertussis 2 doses Polio 2 doses Hib
15-18 months	3 doses Diphtheria/Tetanus/Pertussis 3 doses Polio 3 doses HIB with the final dose ≥ 12 months of age, or 1 dose ≥ 15 months 1 dose Measles/Rubella ≥ 12 months of age
19 months & older	3 doses Diphtheria/Tetanus/Pertussis 3 doses Polio 3 doses HIB with the final dose ≥ 12 months of age, or 1 dose ≥ 15 months 1 dose Measles/Rubella ≥ 12 months of age 1 dose Varicella ≥ 12 months of age if born on or after 9/15/97, or history of chickenpox

Physicals

Having an updated physical exam (also called well-child or EPSDT Care for Kids exam) is required for all children in our center-based program. Head Start would like all children to be up-to-date with the EPSDT Care for Kids schedule of preventative health care. You will receive an email and text message that will ask you to turn in an up-to-date exam based on the schedule below. Please contact your Home Visitor, Family Service Worker, or the Health Coordinator with appointment dates.

Babies need exams at: <ul style="list-style-type: none">• 1, 2, 4, 6, 9, and 12 months	Toddlers need exams at: <ul style="list-style-type: none">• 15, 18, 24, and 30 months
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After 30 months, children need an EPSDT Care for Kids exam at ages 3, 4, 5, 6 and then every two years up to age 21.

Dentals

If your child is 12 months or older and has not been to the dentist in the last 6 months, please make an appointment. Up-to-date dental exams should be turned in 90 days from your child's start date.

Health Team Contact Information

If you have any questions or concerns please reach out to the Head Start Health Team.

- Head Start Health Coordinator, Pauline Jones
 - 319-320-4762
 - Email: pjones@teamtricity.org
- Head Start Nurse, Darcie Stone
 - Serving Lily, Cedar Falls, Waterloo (Highland, Kittrell, Cunningham, Lincoln), Buchanan County, and Grundy County
 - 319-231-0626

- Email: dstone@teamtricity.org
- Head Start Nurse, Shana Smith
 - Serving the Learning & Community Center, Waterloo (Lowell, Orange, Becker, & Poyner)
 - 319-404-1548
 - Email: ssmith@teamtricity.org

Nutrition

by [Tracey Sauke](#), Dietitian and [Kailey Jacobs](#), Student Dietetic Intern

Happy November! In November, we will learn about the Three Sisters. The Three Sisters are the three main agricultural crops of various Indigenous peoples of North America: squash, maize ("corn"), and climbing beans. To learn more, check out the video in our [November Nutrition Newsletter](#).

November 26th is National Iron Deficiency Anemia day. Iron deficiency anemia is a condition of too little iron in the body. It happens when the body either does not absorb enough iron or it loses iron through blood loss.

All children need iron. It is important at all stages of your child's development. Talk to your child's doctor about your child's iron needs and about iron supplements at his or her next check-up.

Serve iron-rich foods with foods containing vitamin C (such as oranges, strawberries, broccoli, and tomatoes). Vitamin C improves the way the body absorbs iron.



Tri-County Clothes Closet

The weather is changing and winter weather will soon be on its way! Be sure to visit the Tri-County Clothes Closet for your family's clothing needs. Men, women, and children's clothing is available. We also have a wide variety of shoes. The closet is open Monday- Friday 9 am - 5 pm. Please see your Family Service Worker or Home Visitor if you would like to stop in!



The Salvation Army will hold a Thanksgiving Dinner on Thursday, November 23rd from 11:30 am - 1:00 pm. The dinner is free for all community members.