

HEAD START HAPPENINGS NEWSLETTER

WEST CENTRAL COMMUNITY ACTION

APRIL 2025

A word from the Director (just Jill 😊)

Hello April! Hard to believe we are winding down the 2024-2025 School Year! I know with the crazy ups and downs of the weather this year, summer feels far off, but it will be here before we know it! Check out our classroom countdowns!



Huge Congratulations to our very own Danni Segebart for being selected as the Iowa Head Start Administrator of the Year! Danni's outstanding leadership makes the success of our program possible, and we could not be more thankful to have her lead our WCCA Head Start Program.

In other news and congratulations—Danni and her family also welcomed this adorable bundle, Wade Nicholas! Congrats, Danni!



Education News...

As you know, April is a busy month with both Week of the Young Child and Child Abuse Prevention Month. We would love to hear and see how your classrooms/offices celebrate these two occasions! Please submit stories/pictures for the May newsletter to Jill Willenborg. For more information on Child Abuse Prevention Month visit:

<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

Week of the Young Child will be celebrated April 7th-11th. Here is the link <https://www.naeyc.org/events/woyc/plan-your-event> to the NAEYC website with lots of ideas/lessons that you can incorporate into your week to celebrate the importance of education in the young child's life. The Week of the Young Child is a time to recognize that the opportunities provided to all young children are the responsibilities of all Early Childhood Educators. It is also a time to recommit ourselves to ensuring that each and

every child experiences the type of early environment—at home, at childcare, at school, and in the community—that will promote their early learning. Please see WOYC's "themes" of the week for 2025 on the flyer that was sent out in mailboxes last week and below. Be sure to share your creativity and celebrations with all of us😊

Monday: Music Monday

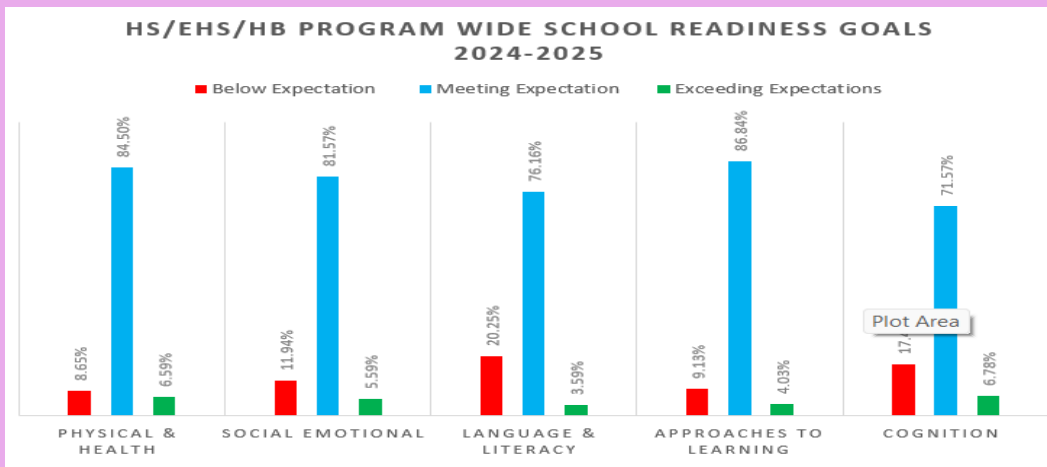
Tuesday: Tasty Tuesday

Wednesday: Work Together Wednesday

Thursday: Artsy Thurs day

Friday: Family Friday

***Just a reminder: our Family Friday will be 4-4-25 due to PD Day 4-11-25.**



As you can see the children are meeting and/or exceeding expectations for our School Readiness Goals in most areas of development. Great work everyone! Thank you for all that you do, you are all Head Start Heroes to the families, children, and communities that you serve each day.

Jennifer Duff, Education Manager

From the Nurse's Desk...

Feeling anxious about your yearly physical?

If you're feeling anxious or nervous leading up to your yearly physical exam, you're not alone. Both Dr. Heather Viola, an assistant professor of medicine and primary care physician at Mount Sinai Doctors Ansonia in New York City and K Dr. Erika Kalabacas, a family-medicine physician at Northwell Health Physician Partners in Huntington, N.Y. share that it's common to be

nervous about visiting your doctor, especially a new one. "But remember, they are here to help you," says Viola.

To quell nerves, Kalabacas says having a list of questions to "direct the appointment towards your needs," bringing a friend or family member for support, and choosing a primary care physician that you are comfortable with can all help. (To that last point, Kalabacas says some of the best referrals for primary care providers come from loved ones; Zocdoc is another great option to find a local physician that accepts your insurance.)

"The most important thing is to show up. We know it's hard, and we do our best to make you feel comfortable," says Kalabacas. "We are here to educate and guide you; you ultimately make the decisions."

The goal is to become more proactive about your health instead of reactive. "You should feel empowered by knowing more about your health, because then you can control your health outcome," Kalabacas says.

Dianne Blum, Health & Wellness Coordinator

A word from your Wellness Team...

Tips for staying hydrated in April:

1. Drink Water Regularly: sip water steadily throughout the day, even if you don't feel thirsty. Carry a reusable water bottle: This makes it easier to stay hydrated on the go.

Start your day with a glass of water: This helps rehydrate after sleeping without drinking water. Drink water with meals: Aim for a glass or two with each meal.

Track your water intake: Use a water bottle with markings or a water tracking app to monitor your daily fluid intake.

2. Eat Hydrating Foods:

Choose water-rich fruits and vegetables: Watermelon, cucumber, strawberries, and celery are excellent choices. Incorporate hydrating foods into your diet: These can contribute to your overall hydration.

3. Be Mindful of Dehydration Signs:

Pay attention to urine color: Dark yellow urine can indicate dehydration.

Listen to your body: Signs of dehydration include thirst, fatigue, dizziness, and dry mouth.

4. Other Tips for Staying Hydrated:

Consider electrolytes: If you're sweating heavily, replenish electrolytes with sports drinks or electrolyte tablets.

Take breaks from the sun: Avoid prolonged sun exposure, especially during the hottest parts of the day.

Stay indoors during extreme heat: If temperatures are high, stay indoors in a cool environment.



Staff Shout-out's



Jennifer Tiarks - Jennifer has closed huge gaps that we have previously experienced with our School Partnerships- especially when it comes to health documents. She truly is such a joy to work with and is always willing to go above and beyond in everything she does. She is a huge asset to the Head Start program and we truly are so lucky to have her on the team!

Jenny Armstrong for always being willing to do whatever it takes to help our program, a classroom, a family, or a child. Jenny has been subbing the last few weeks to help fill in and I'm sure is beyond exhausted! Thank you Jenny for everything you do each and every day. There's a whole lot of us that don't know what we would do with out you!!

Shout out to Bridgette for reaching out to families for health requirements so children could remain at school!

We love seeing all the wonderful shout-out's and positive things happening in the program. If you have a shout-out you want to give in the next newsletter, send to jwillenborg@westcca.org.

Work Anniversaries

Michaela Baratta, Mills County - 1 year



Thank you for all your hard work and dedication over the years!

Head Start Happenings

Dr Suess and Read Across America Week





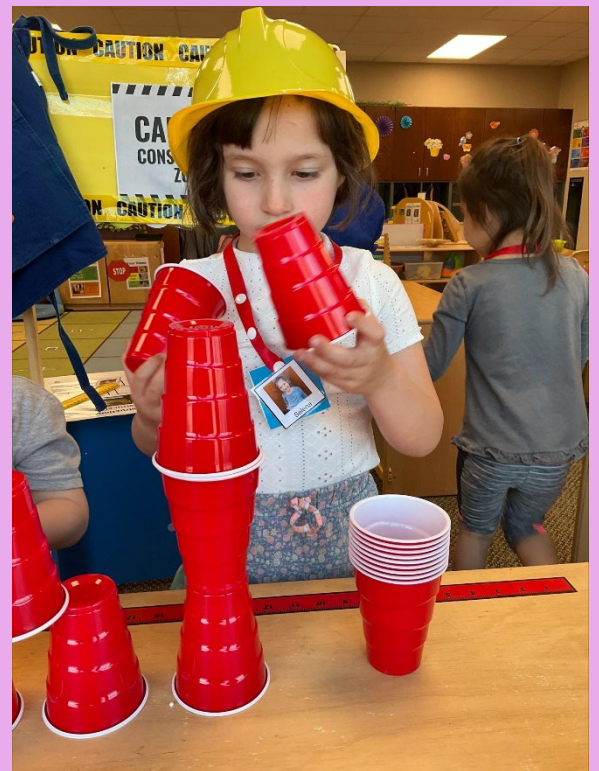


Mapleton Head Start celebrated their learning for their clothing study by hosting a fashion show complete with wearing the t-shirts they made.

Atlantic Head Start used tape to create some hand vacuums!



Mills County's Building Study



Jeanne, Chris, & Urzula getting ready to recruit some families in Crawford County!

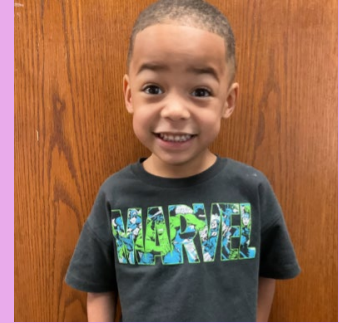


Center play at CB
1 Head Start





And a few more smiling faces!



Events/ Dates to Remember

April 2nd: Early Dismissal

April 9th: Early Dismissal

April 11th: WCCA Training Day – **WEAR BLUE** for Child Abuse Awareness Month

April 16th: Early Dismissal

April 18th: Holiday

April 23rd: Early Dismissal

April 30th: Early Dismissal



Staff Birthdays...

April 4th- Jennifer Armstrong (Support Services)

April 15th- Ana Chan (Harlan)

April 22nd- Nicole Martz (Harlan)

April 26th- Urzula Limon (Denison)

April 29th- Jennifer Orr (Council Bluffs)

Open Positions:

Substitute teachers- all areas

Council Bluffs Family Advocate (school partnerships)

Health and Nutrition Coordinator

Family Advocate- Harlan

Education Support Coordinator for Council Bluffs

Atlantic Assistant Teacher

Council Bluffs Assistant Teacher

****IF YOU KNOW OF ANYONE INTERESTED, ENCOURAGE THEM TO APPLY AT**

[HTTPS://WWW.WESTCENTRALCA.ORG/CAREERS](https://www.westcentralca.org/careers)