



# Badlands Head Start:

## PRENATAL TO FIVE



### September/October 2018 Newsletter

#### *Activity:*

*Help your child identify what kind of tree each of these leaves come from*



#### Upcoming Dates

<b>September 4th</b>	<b>First Day of Centers</b>
<b>September 18th</b>	Buffalo Screening
<b>September 19th</b>	Policy Council Meeting
<b>September 20th</b>	TREC Board Meeting
<b>September 25th</b>	Dental Mobile in Kyle
<b>September 25th</b>	Kyle Screening
<b>September 26th</b>	Oglala Screening
<b>September 26th</b>	Dental Mobile in Oglala
<b>September 28th</b>	Bison Preschool Screening
<b>October 8th</b>	Native American Day <b>NO CENTERS</b>
<b>October 17th</b>	Policy Council Meeting
<b>October 18th</b>	TREC Board Meeting

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<http://www.badlandshs.org/>

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Family Community Specialist: [wdunn@badlandshs.org](mailto:wdunn@badlandshs.org)

Health, Nutrition, Safety Specialist: [mwilbur@badlandshs.org](mailto:mwilbur@badlandshs.org)

Mental Health Specialist: [rfunk@badlandshs.org](mailto:rfunk@badlandshs.org)

Belle Fourche Office: 605-723-8837  
or 800-598-5859

Bison Office: 605-244-5500

Kyle Office: 605-455-2799

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134



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# Message from the Executive Director

*Friends,*



Wow! What a year it has been. The last year in our Head Start Community has been marked with change, new beginnings, and tons of happenings! We have kept busy this summer getting ready for the upcoming year. This means maintenance on sites, planning, and taking care of other items to make sure we are ready for the upcoming school year. I want to offer a recap of the past program year and give you a little insight as to what we should expect in the upcoming year.



Over the last year we have been busy implementing pieces to our program that increase the quality of learning and instruction that your children and families receive. We feel like by adding these pieces, such as coordinated coaching with staff, it will only increase our effectiveness and quality. This is a primary goal of our organization, and it is wonderful seeing the hard work pay off.

In addition to implementing new processes to increase our quality, we are working towards a couple new items in Lemmon, Belle Fourche, and Buffalo. Generous donations from family trusts allowed us to purchase new picnic tables and a bench for the Early Head Start socialization site in Buffalo. These items will be a nice addition to the site. In Lemmon, a gift from an estate has us planning to build an outdoor shelter area/classroom to conduct lessons and outdoor play in. We are currently working with contractors to get the project started. Last, TREC is working to purchase a building in Belle Fourche, as a permanent home for our center-based classrooms in Butte County.

2018 was also a year for Federal Reviews in our organization. We received two reviews last spring. Our Classroom Assessment Scoring System (CLASS) review was conducted in March, 2018. The review netted us scores that affirmed, by Teachstone standards, that TREC is operating high-quality classrooms. Complementing the CLASS review, TREC also received a comprehensive services review, known as a Focus Area 2 (FA2) review. This review was positive and yielded no findings or concerns from the Federal Review Team.

Scanning ahead, we are preparing for another busy school year. TREC is excited to work with families who have been in the program for a number of years and embrace those who are joining the Head Start family for the first time. I would encourage you to be active and participate in the program because, as with most things in life, you will get out of it what you put into it.

I look forward to meeting your families and hope we can provide the education and care to help your child become school ready when they reach Kindergarten.

Best,

Marcus Bevier

Executive Director



# Parent Committee and Policy Council

## ***What is Parent Committee?***

*A Parent Committee is made up of all the parents in each cluster. A cluster is everyone in the group served by the same home visitor/ teacher.*

*The Parent committee meetings are informal and friendly. They are held each month at a social. Come join us each month and be a part of your child's Head Start program.*

*Each Parent Committee has \$200 to spend for their cluster. In order to receive the \$200, your cluster must have an active Parent Committee and Policy Council Representative attending meetings.*

## ***What is Policy Council?***

*Policy Council is a group of representatives, and a alternate, from each cluster. They are voted in by the parents in their cluster at a Parent Committee Meeting. Policy Council typically meets the 3<sup>rd</sup> Wednesday of the month, unless otherwise specified, at the Belle Fourche administrative building.*

*Consider becoming part of Policy Council:*

- ◇ *Work in partnership with staff and the governing body to develop, review, and approve or disapprove policies and procedures*
- ◇ *Enjoy a nice drive to Bell Fourche, we provide mileage reimbursement*
- ◇ *Get a welcome change in your daily routine, enjoy stimulating conversation with adults, we provide child care reimbursement*
- ◇ *Let someone cook for you, enjoy a free meal*



**Wanda Dunn** —Family and Community Partnership Specialist

# 10 Ways to Be an Effective Advocate for Your Child at School

Submitted by: Wanda Dunn, Family and Community Partnership Specialist

This article was originally written by Amanda Morin for Understood.org USA LLC, a website dedicated to providing information and education for parents.

As a parent, you are your child's best education advocate—until he's old enough and informed enough to speak up for himself. You know your child's strengths and challenges, and you can help identify and push for the resources your child needs to succeed. Here are some tips to help you advocate for your child at school.

## 1. Be informed.

Read more about your child's learning and attention issues, watch videos or attend workshops. It can help you be familiar with your child's specific challenges. Explore your child's strengths, too, so you can work with the school to find ways that best support how he learns.

## 2. Keep and organize paperwork.

Make sure to keep copies of all report cards, progress reports, multidisciplinary evaluations, IEPs, medical records, helpful homework samples and other documents. They can provide insights into your child's learning issues and how much progress he's making. If your child has an IEP, you can create an IEP binder to keep all your paperwork in one place.

## 3. Build relationships.

Get to know your child's teachers as well as the school psychologist, speech therapist and any other providers who are working with your child. Building relationships with the whole team can help keep the lines of communication open. There's less chance of misunderstanding if everyone knows and talks to each other.



## 4. Ask questions.

It's important to make sure you fully understand your child's program and accommodations before you give your consent to services. Don't be afraid to ask for clarification, request further evaluations, or express your disagreement with the school's recommendations regarding services. It's a good idea to get any requests in writing. Keep copies of these requests and use a communication log to keep track of who you spoke to and when.

## 5. Stay calm and collected.

Remember that the teachers and other school staff members involved are there to help, even if you disagree with them. Make a list of the topics you want to cover in important meetings. Learn phrases you can use to redirect conversation and defuse tense situations. And consider bringing a friend or relative who can take notes for you and help you stay organized and on track.



# 10 Ways to Be an Effective Advocate for Your Child at School

Submitted by: Wanda Dunn, Family and Community Partnership Specialist

## 6. Remember that you're part of the team.

Parents shouldn't feel pressured by school staff to make a decision. Keep in mind that you're an equal member of the decision-making team. So, while it's important to be receptive to the school staff's thoughts, you don't have to agree to something you think goes against what's best for your child.

## 7. Know your child's rights.

Learn about your child's rights to a free and appropriate public education (FAPE) under the Individuals with Disabilities Education Act (IDEA). Your child might have the right to extra time on tests and other accommodations or modifications. Stay informed about your school's legal obligations to provide your child an evaluation and other services. You can also speak with your local Parent Training and Information Center about finding a parent advocate to help you during important meetings.

## 8. Talk to your child.

Touch base with your child about how school is going. It's important to know if he's using the accommodations on his IEP or 504 plan or if he's spent time with the speech therapist as planned. This helps you make sure the plan is being implemented. And you can teach your child phrases he can use to self-advocate when you're not there with him.

## 9. Learn the lingo.

Learn terms you may hear from educators, health-care providers and other professionals. It can help you to understand, for example, whether the speech therapist and other service providers are "pushing in" (working with your child in the classroom) or "pulling out" (taking your child to a separate location). This information can guide questions to ask your child. For instance if he says he didn't go to speech class one day, you might ask, "Did the speech therapist come into the classroom?"



## 10. Communicate regularly.

IEP meetings and parent-teacher conferences are good opportunities to get an update on your child's progress. But there are also other times and ways to get updates. You can email his teacher with questions. PTA meetings may provide insight into curriculum changes and other resources that could affect your child. It's helpful to fill out a contact list, too. Keep it handy so you know who at school to reach out to about various topics.

This article was originally written by Amanda Morin for Understood.org USA LLC, a nonprofit initiative.

# Harding and Perkins Happenings

Welcome to the 2018-2019 Head Start/ Early Head Start year! I hope you had a great summer and are ready to jump back into routines and beginning services the week of September 4<sup>th</sup>.

Harding County welcomes Cara Lei as the new HS home visitor. Cara will cover home visits in both Harding and Perkins Counties. Cara brings experience, knowledge and creative talents to the team and we are very excited to welcome her.



We are currently seeking an EHS home visitor in Harding County, as Catherine has taken a different job. EHS families will continue to be invited to socials that will be held in Harding County, flyers will be made out monthly.

Bison Center staff, which have remained the same, are Cheri Butsavage (lead teacher), Lisa Harpster (assistant teacher), and Sarah Lemer (nutrition specialist). Bison's September social will be held on the 24<sup>th</sup> from 5-7 pm.

Lemmon Center teachers will see Saydee Cocoran in the lead teacher position and Tracy Karels as nutrition support. We are currently in the process of hiring an assistant teacher. The center social will be held on September 17<sup>th</sup> from 5:30-7:30 pm. Amber Ingles will continue in the role of EHS home visitor and her socials will be on the 13<sup>th</sup> and 27<sup>th</sup> of September at 5:30 pm.

The first several weeks of services are always an exciting and busy time of getting to know new kids and families, familiarizing oneself with returning families, and completing required paper work and screenings. Although it can seem like a lot, home visitors and teachers will continue to support families in completing these tasks.

I look forward to seeing you all at socials and getting to know your kiddos at the center.

Enjoy

Ruth Adams — ASM

## All The Leaves Are Falling Down

By: Diane Chancy

To the tune of: "London Bridges Falling Down"

All the leaves are falling down, falling down, falling down *(Imitate leaves falling down)*

All the leaves are falling down, it is fall.

Take the rake and rake them up, rake them up, rake them up *(Imitate raking leaves)*

Take the rake and rake them up, it is fall.

Song submitted by: Melissa Pickle

# Update from Butte County

A new program year has just started and everyone is excited to try new things. Fall is a wonderful time to get outside and enjoy nature. No matter how young or old, a nice walk in the park or a trip to a farmers market can be fun for the whole family. If you take a walk you can pick up different objects found in nature. You can touch them and describe how they feel. Do they have a smell? If so, compare it to other objects you have found. A farmers market is a great place to explore also, since most have locally grown produce. Your child can explore different textures and smells. You might even find something new to try. The whole family can be involved in the cleaning and cooking process.



Please enjoy the activities listed below and I hope everyone has a great year.



**Michele Kreuzer-Ranken — Butte Co. Area Service Manager**

## Activity Idea - Leaf Lotto

### MATERIALS:

- Clear contact paper
- Matching pairs of leaves, at least three different kinds

Let your child find two each of several kinds of leaves. Sort them in to pairs. Cut contact paper into squares and peel the backing off. Place a leaf on the sticky side of one of the squares, spreading the leaf as flat as possible. Carefully place another square on top, sealing the leaf inside. When you are done doing this with all the leaves, let your child find the matching pairs.

## Activity Idea - Nature Sticky Picture

### MATERIALS:

- Self-adhesive plastic
- Light-weight objects from nature

Take your child on a short nature walk. Let them collect small pieces of grass, leaves, seeds and wildflowers, and put them in a bag. When you get home, peel off the backing of a large piece of self-adhesive plastic and let children put their objects onto the sticky paper.

## **The Leaves on the Trees**

By: Jean Warren

To the tune of: "The Wheels On The Bus"

The leaves on the trees are yellow and brown,  
Yellow and brown, yellow and brown.  
The leaves on the trees are yellow and brown,  
All through the town.

The leaves on the trees are falling down,  
Falling down, falling down.  
The leaves on the trees are falling down,  
All through the town.

The leaves on the trees make a crunching sound,  
Crunching sound, crunching sound.  
The leaves on the trees make a crunching sound  
All through the town.

Let's rake all the leaves into a mound,  
Into a mound, into a mound.  
Let's rake all the leaves into a mound  
All through the town.

The children in the town jump up and down,  
Up and down, up and down.  
The children in the town jump up and down  
On the leaves on the ground.

Song submitted by: Melissa Pickle

## Activity Idea - Treasure Hunt

### MATERIALS:

- Some treasures to hide. It could be anything your child might like.
- Paper and pencil for clues

Hide a treasure in your yard. Then give your child a series of clues, one at a time, to lead them to the treasure. They have to find each clue, which has directions on where to find the next clue and finally to the treasure.



## Belle Fourche Center Update



*Hello! My name is Judee Wilson. I just joined the Badlands Head Start Prenatal to Five team as the new Belle Fourche Center Area Manager. I have been a substitute teacher at the center for the last couple of years and have enjoyed it very much. I am very excited about the upcoming year and I just know we are going to have an awesome time together!*

*I grew up in this area, on a ranch in Montana and attended a country school until 9th grade. I graduated from Belle Fourche High School. I graduated college, got married, we (my husband and I) began teaching in Newell. We taught in the Newell School over 30 years. We have three grown children and 11 grandchildren. In fact, I have a brand new grandson that is just a few weeks old that lives in Sturgis. I love spending time with my family and friends. My husband and I love watching our grandchildren in whatever activity they are involved in at the time. My husband has coached for many years and is the Belle Fourche Middle School Head Football coach.*

*I look forward to getting to know the children that are coming into the center and I look forward, also, to getting to know their families. As I look back over the years, I realize I have been very blessed to have had the opportunity get to know students and their families, build a relationship, and become part of their lives for always. I find great reward in that.*

**Judee Wilson--** Belle Fourche Center Area Manager

### Little Turtle

I had a little turtle,  
His name was Tiny Tim,  
I put him in the bathtub,  
To see if he could swim;  
He drank up all the water,  
He ate up all the soap,  
And early in the morning,  
There was a bubble in his throat. POP!



### Old MacDonald

Old MacDonald had a farm,  
e, i, e, i, o  
And on the farm he had a chick,  
e, i, e, i, o  
With a peep, peep here  
And a peep, peep there  
Here a peep, there a peep  
Everywhere a peep, peep  
Old MacDonald had a farm,  
e, i, e, i, o



(Repeat verse adding animals as you go)  
Duck, quack; Cow, moo; Pig, oink; Horse, neigh;  
Dog, woof; Cat, meow; Turkey, gobble; Lamb, baa

### Fingers and Toes

Each time you say "fingers," have your child wiggle her fingers. Each time you say "toes," have her wiggle her toes.




Fingers and toes, finger and toes,  
Here are your fingers, and here are your toes.  
Wiggle your fingers, wiggle your toes.  
Here are your fingers, and here are your toes.  
Wave with your fingers, wave with your toes.  
Here are your fingers, and here are your toes.

Song submitted by: Melissa Pickle



# Message from Melissa



Fall is my favorite time of the year. The days are getting cooler, the air feels crisper, and everywhere you look is nearly bursting with color! I hope you take advantage of these changes in the weather to take your child outdoors and to explore all of the learning opportunities that nature has to offer. Here are just a few ideas to make the most of your time with your child outdoors.

**Leaf Art:** Go for a walk with your child to collect leaves of varying sizes, shapes and colors to create a collage. Talk with your child about how the leaves are similar and different from one another, if they feel different from each other, what colors the leaves are, how they are shaped differently, what types of trees they come from, etc. You can use construction paper and glue to create the collages or simply place the leaves on clear contact paper. This activity helps to build your child's vocabulary, to increase your child's understanding of the properties of leaves, and encourages your child's creativity.

**Color Walk:** Take advantage of the weather by going on a color walk with your child. Pick a color, such as red, and have your child point out all of the things he or she sees in that color. You can talk about all of the different shades of the color during your walk as well as all of the different animals, plants, and items that come in the color too. This activity will not only help your child learn about colors, but also increase his or her ability to observe the world.

**Raking Leaves:** You can turn the chore of raking leaves into a fun activity for you and your child. Have your child help you rake leaves into various piles. If you don't have a child sized rake, have your child use his or her hands to pick up the leaves and carry them to a pile. Talk with your child about the types of leaves being picked up, their colors, sizes, etc. You can also count how many piles of leaves there are and discuss the sizes of each pile, pointing out which ones are bigger and which ones are smaller. Finally, let your child jump into a big pile of leaves! By doing this activity, you are helping your child to develop his or her large muscles, get much needed exercise, and to increase his or her vocabulary.

***Melissa Pickle - Program Services Director/Education-Disabilities Specialist***





**Misty Wilbur**

**Health/Nutrition/Safety Specialist**

SEPTEMBER

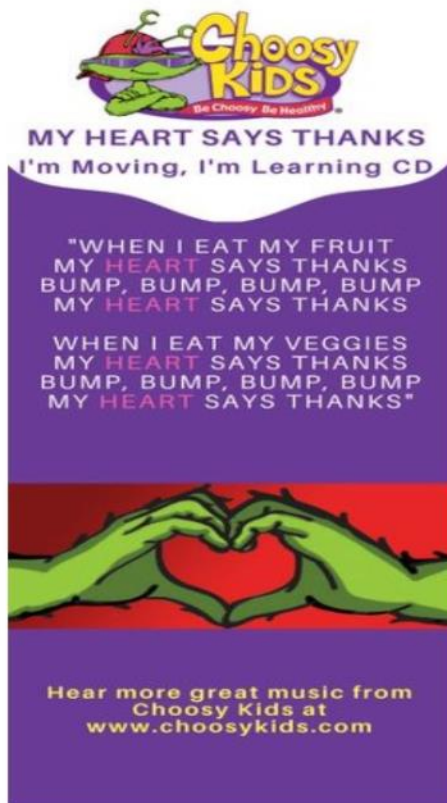


CHILDHOOD OBESITY  
AWARENESS MONTH

One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, we encourage every family to make healthy changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.



- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

### 8 Simple Rules to Build Healthy Food Habits



5. Present food without comment about food likes and dislikes
6. Don't use food as a reward (good food v. bad food)
7. Don't bargain, bribe, lecture, shame, or threaten



I am moving I am learning #

# Your Child's Mental Health

## Welcome!

Please let me introduce myself! I'm Rebecka Funk, your mental health counselor at TREC Badlands Head Start, Prenatal to Five. I'm so excited to start my fourth year with Badlands! I look forward to meeting all of the new children and parents as well as reconnecting with those families from last year! I am a licensed professional counselor of mental health and have been working with children and families for well over 20 years now! Boy has the time flown by! I truly enjoy working with children and have gained so much knowledge over the years. I have three children of my own, two adult children and one 8 year old still at home!

I genuinely believe parents are the expert on their child! As you already know, parenting is a rewarding, yet at times, trying experience. Each child is uniquely different with strengths and challenges. Children can experience mental health issues just as adults can. They can experience depression, anxiety, and can struggle with attention and behavioral issues as well. Yet children may not express these difficulties the same way as an adult would. Because children are still growing cognitively and learning to express themselves, they often act out their feelings. When children are struggling emotionally or behaviorally, parents typically notice significant changes in their child at home, school or both.

My role at Badlands is to be available and accessible to children and their families. I am here to assess troublesome behaviors, to provide short term behavioral and parenting strategies and to assist in referring children and families to further counseling or other outside resources that may be beneficial.

Should you have any concerns in regard to your child or family's wellbeing- please do not hesitate to contact me. I am here to help. On the following page, you will find a list of community counselors in our area as well as my own information. I look forward to meeting you and your little ones in the classroom or perhaps at a social sometime!

Happy parenting!



## Counselors and Counseling Agencies in the Area

Rebecka Funk MA., LPC-MH

Mental Health Consultant at TREC Badlands Head Start Early Head Start

Owner and clinical practitioner at Funk Counseling

526 Main Street

Spearfish, SD 57783

722-0795

645-0141 (cell)

Black Hills Counseling

146 W. Illinois Street

Spearfish, SD 57783

722-8090

Behavior Management Systems

623 Dahl Street

Spearfish, SD 57783

Black Hills Psychology

115 North 7<sup>th</sup> Street

Spearfish, SD 57783

645-0100

Northern Hills Counseling

211 Main Street

Spearfish, SD 57783

559-2006

**Suicide Hotline**

**1-800-273-8255**



When scheduling an appointment, please make sure you tell them what insurance you have to ensure they accept your insurance. It's also perfectly normal to ask about their experience in working with children. Again, should you have any questions about play therapy or the counseling process, please contact me. I'd be happy to answer any questions you may have.



## Administrative Staff



**Marcus Bevier**  
Executive Director



**Melissa Pickle**  
Program Services  
Director/Education-  
Disabilities Specialist



**Beverly Smith**  
EHS Fiscal Specialist/  
Facilities/  
Transportation



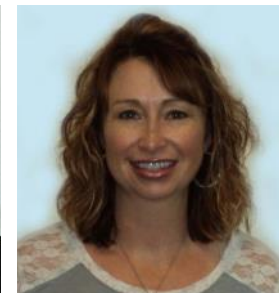
**Dorothy Richards**  
HS Fiscal Specialist/  
Human Resources



**Wanda Dunn**  
Family/Community  
Specialist



**Jessica Cox**  
EHS Data Support

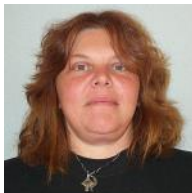


**Misty Wilbur**  
Health & Nutrition  
Specialist



**Amanda Schwend**  
Admin/ HS Data support

## Butte County Home Visitors



**Michele Ranken**  
Area Service Mngr



**Traci Baker**  
HS Home Visitor



**Guadalupe Estrada**  
EHS Home Visitor

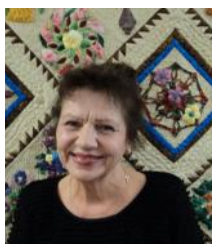


**Rebecca Larson**  
EHS Home Visitor



**Kristi Williams**  
EHS Home Visitor

## Belle Fourche Center



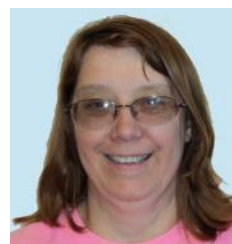
**Judee Wilson**  
Area Service Manager



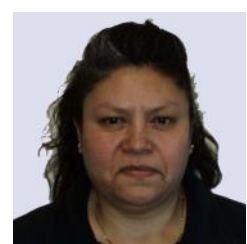
**Jenny Opbroek**  
Center 1  
Assistant Teacher



**Pamela Riesland**  
Center 2  
Teacher



**Shirleen Thomas**  
Center 2  
Assistant Teacher



**Alma Meza**  
Nutrition Services

# Oglala, Lakota, and Bennett Counties



**Sharon Condon**  
HS Home Visitor

## Harding County



**Ruth Adams**



**Catherine White**



**Cara Lei**

## Bison Center



**Cheri Butsavage**  
Teacher



**Lisa Harpster**  
Assistant Teacher



**Sarah Lemer**  
Nutrition Services

## Lemmon Center& Perkins County



**Saydee Corcoran**  
Teacher



**Tracy Karels**  
Nutrition Services



**Amber Ingles**  
EHS Home Visitor