



Hidalgo County Head Start Program



Message from the Executive Director: Teresa Flores

Many great accomplishments were achieved during the 2018-2019 program year. Thanks to the entire staff, parents and partners for their active role as members of the Head Start Team!

- There were no findings reported by the Office of Head Start Federal Review Team and several areas of commendation including:
 - Staff Training and Professional Development
 - A Comprehensive Governance Institute and Effective Communication
 - Family Engagement Focus on Strengthening Child/Parent Relationships and Training Parents to Read
 - Dual Language Program
- We continue to expand public school partnerships location of classrooms in public school campuses:
 - PSJA ISD –Farias, Palacios, Carmen Anaya, Longoria (21 Classrooms)
 - McAllen ISD –Navarro and Theodore Roosevelt (16 Classroom)
 - Hidalgo ISD –Hidalgo Elementary (2 Classrooms)
 - Mission ISD –Castro Elementary (3 Classrooms)
 - Mercedes ISD–Mercedes Early Childhood (8 Classrooms)
 - Weslaco ISD –North Bridge Elementary (7 Classrooms)
 - Edcouch ISD –JRG Early Childhood Center (7 Classrooms)
- Classroom staff transitioned to the use of only one assessment tool to measure children's progress – CLI Circle Progress Monitoring.





Health Department



As of April 12, 2019, Hidalgo County has received six confirmed cases and fourteen probable cases of Mumps. In addition, Hidalgo County Health and Human Services is investigating an additional six reports of parotitis, with suspicion of Mumps.

Background

Mumps is a contagious viral illness. Mumps symptoms include parotitis (swollen or tender salivary glands), orchitis (swollen or tender testicles), low grade fever, malaise (tiredness), and/or myalgia (muscle aches). Nevertheless, some individuals do not exhibit any symptoms.

Mumps is spread through respiratory droplets (created when you cough and sneeze) and saliva. Sharing cups and utensils may also spread the virus. The time from being infected with the virus to developing symptoms can be as long as 25 days, but is typically 14-18 days. People with mumps are infectious three days before to five days after the onset of parotitis. Infected people without symptoms of mumps may still be able to transmit the virus.

Recommendations

Children usually receive the first mumps, measles, and rubella vaccine (MMR) at 12-15 month of age and the second dose at 4-6 year of age. MMR vaccine is not recommended for children under 1 year old. Adults who have not had two doses of MMR vaccine can receive the vaccine. However, pregnant women or people that are immunocompromised should not receive the MMR vaccine. If you are unsure of your/your child's vaccination status or if your child has not received the vaccine or has only received one dose, consult your healthcare provider. If symptoms consistent with Mumps are present, please stay home, refrain from community activity, and do not return to school or work until cleared by a healthcare provider.

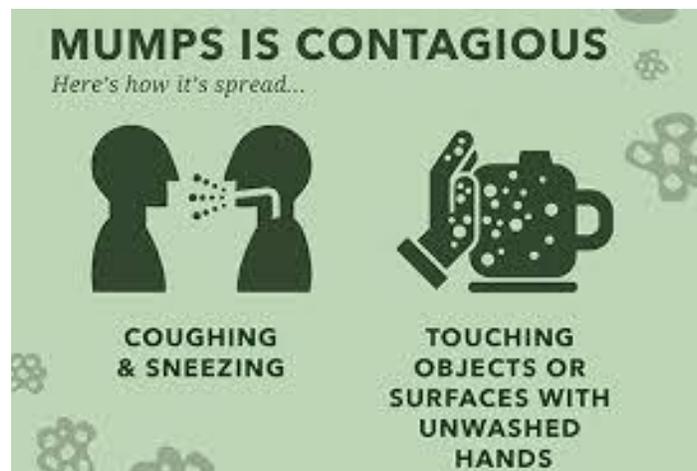
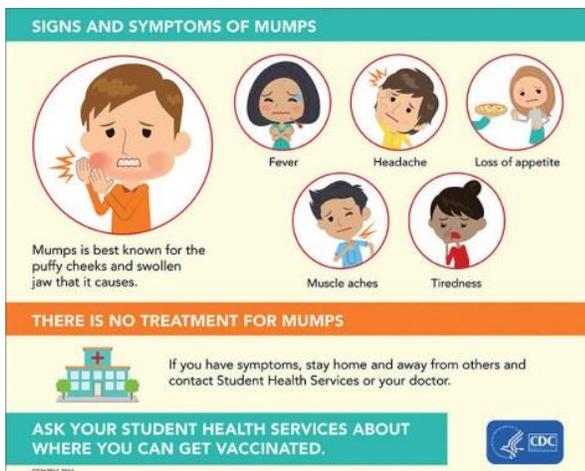
Laboratory Testing

If you or your child presents with parotitis, primary care physicians (PCPs) can test utilizing either PCR and/or serology (IgM/IgG) methods.

- PCR Testing (buccal swab) within 5 days of symptoms onset.
- Video on PCR specimen collection: <https://www.youtube.com/watch?v=ThvoJBjsUvQ>
- Both PCR and IgM testing for patients within 6 to 9 days of symptoms onset.
- IgM testing for 10 or more days since symptoms onset.

Reporting

Mumps is a reportable condition, as stated by the 2019 Texas Notifiable Conditions List. Please fax reports within 1 business day to Hidalgo County Health and Human Services at (956) 318-2431. For questions please contact (956) 318-2426. For additional information visit: www.cdc.gov/mumps.





Human Resources Department



Positions available:

Teachers
Assistant Teachers
Disability Classroom Assistants
Support Service Assistants
Substitute Teachers
Custodian

Other available positions include:

Bus Drivers

6 Positions Available

Requirements include:

- CDL License
- Background Check
- TB Test
- Health Appraisal
- Drug Test
- Medical Certification
- Region One Training

JOIN OUR



How to Apply

Applications can be submitted online at
www.co.hidalgo.tx.us/jobs.

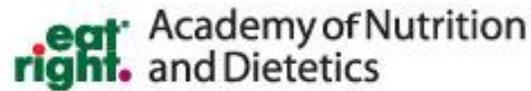
Contact the Human Resources Departments for
more information at (956) 383-0706.



Nutrition Department



National Nutrition Month®



NATIONAL NUTRITION MONTH® MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Hidalgo County Head Start 2019 NNM Campaign

Here in Hidalgo County Head Start we promote health and well-being by eating right and getting everyone involved in our annual Nutrition Contest. We would like to thank every Head Start center for making this year's National Nutrition Month Contest a big success!



Nutrition Department



Center Activities!



Food and Decorations!



Parent Involvement!



Congratulations to all the contest winners!

CATEGORY	FIRST PLACE	SECOND PLACE	THIRD PLACE
Two - Three Classroom Centers (Group A)	La Herencia	UTRGV	Progreso
Two - Three Classroom Centers (Group B)	San Juan I	Western Rd.	Mission IV
Four - Five Classroom Centers	Pharr	Sullivan City	La Joya
Six - Seven Classroom Centers	Alton	Palmview III	T. Roosevelt
Eight - Ten Classroom Centers	Edinburg V	Mercedes I	Navarro



Special Services Department



The Special Services Department continues to ensure that our children with special needs receive the quality services they require. Please be reminded that there are community organizations that can provide services, information and trainings in the area of disabilities for families of children with special needs. In our area there are two Early Childhood Intervention (ECI) programs, Region 1 ESC and Easter Seals.

These are programs that provide direct services to children with disabilities birth to three

(0-3). The Easter Seals ECI program can be reached at (956) 631-9171 and the Region 1 ECI program can be reached at (956) 984-6000. Another resource agency that Advocates for the legal rights of persons with disabilities is Disability Rights Texas you may reach them at (956) 630-3013. This agency also provides support and information for families.

We want to remind you that Hidalgo County Head Start Program accepts children with disabilities to include children with Autism, Intellectual Disabilities, Cerebral Palsy, Down syndrome, etc. All children however, need to qualify under the Head Start guidelines of age and income. We ask that you invite your family, friends and neighbors to come into our centers and apply for their children to enroll in our program.

May is Better Speech and Hearing Month, the following page has some information for parents to refer to in the event they have some concern.

Please feel free to call the Special Services Department at 380-4164 for any assistance.





Special Services Department



What to do if there are concerns

Some children struggle with understanding and speaking and they need help. They may not master the language milestones at the same time as other children, and it may be a sign of a language or speech delay or disorder.

Language development has different parts, and children might have problems with one or more of the following:

- Understanding what others say (receptive language). This could be due to
 - Not hearing the words (hearing loss).
 - Not understanding the meaning of the words.
- Communicating thoughts using language (expressive language). This could be due to
 - Not knowing the words to use
 - Not knowing how to put words together
 - Knowing the words to use but not being able to express them

Language and speech disorders can exist together or by themselves. Examples of problems with language and speech development include the following:

- Speech disorders
 - Difficulty with forming specific words or sounds correctly
 - Difficulty with making words or sentences flow smoothly, like stuttering or stammering
- Language delay- the ability to understand and speak develops more slowly than is typical
- Language disorders
 - Aphasia (difficulty understanding or speaking parts of language due to a brain injury or how the brain works)
 - Auditory processing disorder (difficulty understanding the meaning of the sounds that the ear sends to the brain)

If you are concerned that your child may have a problem with speech or language development, talk to a healthcare provider about an evaluation.

<https://www.cdc.gov/ncbddd/childdevelopment/language-disorders.html>





Education Department



Here are some ideas for hands-on activities to do at home with your children. These activities use items and supplies that you can find around the house.

As you know, *concept development* is very important in the education of children with visual impairments. Without vision to draw upon for important information about the world, *concepts* have to be deliberately taught. This includes concepts such as big and little, smooth and rough or bumpy, what makes animals different from one another, what exactly is a tree, etc.

The activities listed here can help develop concepts about the world. Many of them come from the philosophy of *Heuristic Learning*,

or learning by discovery. Remember that young children learn through repetition, so feel free to do these activities many times. You may already be doing many of these activities at home; if so, I hope they spur further creativity!

1. Create a Nature Basket

Find a good sized container—a wicker basket with a handle is great but a box will do. In the box place items that are found in the natural world: pinecones, pieces of bark from trees, rocks of different textures and sizes, a small branch of a pine tree, small twigs that show how branches come out of one another, leaves, sea shells... anything safe and touchable that occurs in nature. Sit with your child and allow them to safely explore each item. Talk about each item and explain where it comes from. If possible, go on a nature walk and touch these items in the “wild.” A local park or backyard will do! Sit with your nature basket whenever you have a few free moments together.



2. Nature Walk and Collection: Make a Collage or Nature Book

Find a park or yard and let your child help make a collection of natural items—twigs, pinecones, leaves, etc. Talk about each item as you find it, and then bring it home to make a collage. Strong white glue such as Tacky Glue is great for heavier items. Once the picture is done, let your child touch it frequently so that you can remember your experiences together. You can also glue each item onto a piece of paper, one item per page. Find an unused binder, punch and insert the pages to make a nature book. The book doesn't have to be long—even 5 items would be great. Sit and read the book frequently with your child, remembering together where you collected the materials. You can make many nature books, or frequently change the pages in your nature book. Seasons change and nature changes!



3. Wooden Things Box or Basket

Find a collection of smooth wooden objects—boxes, clothes pins, coasters, rolling pin, spools, wooden spoons, etc. Anything will do as long as it is not splintery. Sit together with your child and feel and explore the wooden objects—feel free to bang, tap, etc. Wood has a warm and natural feel that is very soothing.



4. Metal Things Box or Basket

As with the wooden things, find a collection of safe metal objects—a ring of unused keys, spoons and utensils of all sizes, whisks, lengths of sink plug chain, strainer, measuring spoons, garlic press, etc. Again, explore these together with your child and feel free to bang and tap and listen to the sounds. Metal is loud, and cool to the touch





Education Department



5. Cloth Textures Box or Basket

Find cloth items around the house with different textures—silk scarf, rough washcloth, ribbons, wool items, fleece, velvet, corduroy. Sit together and feel and enjoy the different textures. Does your child have a favorite one?



6. Mailbox

Cut a slot or hole in the top of a shoebox. Find items that can be “mailed,” such as clothespins, jar lids, old CDs, coasters, pictures you have made and folded to fit, anything that will fit! Dump out and do it again....



7. Carrying Things

An old purse or tote bag is great for this. It is especially good if it snaps, zips, or buttons at the top. Go around the house with your child and collect items. Pick a category such as toys, books, clothing, etc. Help your child open the bag, put the item in, close the bag, and carry it around the house. This is a fun way to clean up after play time.



8. Stacking or Nesting

Find household items that stack or nest, such as measuring cups, small pots, metal bowl sets, etc. Fit the items one inside the other, or stack them on top of each other.



9. Story Book and Story Box (or Bag) Activities

Make story time fun by gathering items mentioned in the story and putting them in a box or bag. Take them out at the appropriate moment as you are reading. When reading, vary your voice by changing volume, pace, tone and pitch. Make your voice different for each character. Express moods with your voice and body. Avoid using a sing-songy way of reading, unless it is bedtime and you WANT your child to become sleepy! Keep books fun and exciting. However, remember that young children learn by repetition so don't hesitate to read the same books over again and again. Check out this article for story box ideas.



10. Math Activities

In our class, we work on early math concepts such as big and little, one-to-one correspondence, matching, counting, sorting, shapes, etc. Any time you can incorporate one of these activities, you are doing math! Some activities to do together are: sorting laundry, sorting and matching socks by size, lining items up by size, singing counting songs like “Five Green and Speckled Frogs.” Compare big and little items. Count all kinds of items into containers. Point out different shapes when you find them—a plate is round, a box is square or rectangular, etc. Go on a shape hunt—go around the house or neighborhood to find all the circles. Play a one-to-one correspondence game: using an egg carton or ice cube tray, help your child place “just one” item in each compartment. Count everything! We always have our fi





Staff Development Department



The Staff Development department takes the lead in planning and carrying out our annual “Week of the Young Child” celebration. This year the event took place during the week of April 15-18, 2019 at the Pharr Development and Research Center in Pharr, Texas.

The children enjoyed the company of characters from “Finding Nemo”. The highlight of the event was the grand parade. There were an array of games such as dinosaur hunt, moon jumps, face painting, building blocks and the involvement of many Community Volunteers committed to reading to our children.

Thank you to all the Head Start Staff in helping make this event an everlasting memory in the lives of the children of Hidalgo County Head Start Program.





Family Services Department



Fatherhood Conference

The Hidalgo County Head Start Program honored Head Start Fathers at our annual Fatherhood Conference conducted on February 21, 2019. This event took place at the Double Tree Suites in McAllen, Texas. Head Start fathers were recognized for their active participation in their children's education as well as their tremendous contributions to the center and community. Over 100+ parents attended sessions on various topics promoting parent engagement and healthy marriages. A total of 47 fathers were recognized and 3 fathers were nominated for Father of the Year.



Father of the year
Carlos Finol,
Farias Center

Volunteer Recognition Assembly

The Hidalgo County Head Start Program recognized its parent and community volunteers at the annual Volunteer Recognition Assembly on May 3, 2019. Volunteers assist in the classrooms and with center activities, making them a vital part of the program. Approximately 100 volunteers were honored at this year's event. The volunteer of the year was Magda Lorena Davila from the Alamo Head Start Center who contributed 1,081 hours.



Volunteer of the year
Magda Lorena Davila,
Alamo Center

Head Start is now enrolling for the 2019-2020 school year!

How to Apply

1. Call a Head Start Center near you
2. Call 956-383-0706 for assistance
3. Log into our website: www.hchsp.org for additional information

Program Guidelines

The Hidalgo County Head Start Program first serves the families whose income falls at or below 100% of the Federal Poverty Guidelines. Head Start Performance Standards also allows us to serve up to an additional 35% of children from families whose incomes are below 130% of the poverty line, and up to 10% of children whose families income are above the poverty lines, after all income-eligible applicants are enrolled. Children in foster care or kinship care; homeless families (as determined by McKinney-Vento guidelines); and families receiving Supplemental Security Income or Temporary Assistance to Needy Families are eligible, regardless of income. At least 10 percent of Head Start's enrollment is dedicated to children with disabilities or other special needs.



Mental Health Department



Fostering Emotional Literacy in Young Children: Labeling Emotions

Emotional literacy is the ability to identify, understand, and respond to emotions in oneself and others in a healthy manner. Children who have a strong foundation in emotional literacy tolerate frustration better, get into fewer fights, and engage in less self-destructive behavior than children who do not have a strong foundation. These children are also healthier, less lonely, less impulsive, more focused, and they have greater academic achievement. The focus is to build an emotional vocabulary. The development of a feeling word vocabulary is considered to be of critical importance in a child's emotional development because it makes it possible for children to better understand their emotional experiences. The ability to name a feeling allows children to discuss and reflect with others about their personal experience of the world. The larger a child's emotional vocabulary, the finer discriminations they can make between feelings and the better they can communicate with others about their feelings.

What Accounts for Variations in Children's Abilities to Label Emotions?

The ability to label emotions is a developmental skill that is not present at birth—it must be learned. And just as there is wide variation in the point at which children start to demonstrate appropriate use of books, begin writing, and recognize letters, some children's ability to identify, understand, and label their emotions develops at a slower rate than others.

Three variables can underlie a child's growing ability to label emotions: (1) the child's temperament and developmental status, (2) parental socialization and environmental support, and (3) the teacher and child care providers' emphasis on emotional literacy. Indeed, differences in the way adults talk to and teach children about feelings and problem solving are related to children's abilities to label emotions.

What Can Adults Do?

Adults can play a major role in children's ability to identify, understand, and express emotions in a healthy way. The following strategies are key in fostering emotional literacy in young children:

Express Your Own Feelings. One way to help children learn to label their emotions is to have healthy emotional expression modeled for them by the adults in their lives. For example, a parent who just got word that she got a promotion at work can say, "Wow! I am so excited about this! I feel proud of myself for working so hard." Parents, teachers, and child care providers can make a point to talk out loud about their feelings as they experience them throughout the day.

Label Children's Feelings. As adults provide feeling names for children's emotional expressions, a child's feeling vocabulary grows. Throughout the day, adults can attend to children's emotional moments and label feelings for the children. For example, as a child runs for a swing, another child reaches it and gets on. The first child begins to frown. The teacher approaches her and says, "You look a little disappointed about that swing." As children's feeling vocabulary develops, their ability to correctly identify feelings in themselves and others also progresses.

Play Games, Sing Songs, and Read Stories with New Feeling Words. Adults can enhance children's feeling vocabularies by introducing games, songs, and storybooks featuring new feeling words. Teachers and other caregivers can adapt songs such as "If you're happy and you know it" with verses such as "If you're frustrated and you know it, take a breath"; "If you're disappointed and you know it, tell a friend"; or "If you're proud and you know it, say 'I did it!'"





Transition Department



Hello! Head Start Families! As we concluded the first half of the program year, we hope that your parents have taken the time to visit your children's center. We hope you are satisfied with the educational and social services that have been provided to your child. This program is built around wonderful success stories about the children and families that have taken part in it. It is because of the collaboration and partnership between you parents, community partners, staff, and administration that has resulted in a strong and successful program.

The Community Partnership/Transition Department took part in the self-assessment in February, making sure that all of our centers are in compliance with the mandatory requirement as per the Federal government guidelines. Also, in February we assisted in the Fatherhood Conference held in McAllen which was very beneficial to all of our parents. In the last week of April this department was assigned to coordinate the Advisory Committee Meeting. This committee is made up of parents and community partners whom come together to review, recommend, and make any suggestions to our program plans. Also, in April a Community Appreciation Assembly was held in which we all take part in showing our appreciation to all of our community partners for all of their valuable support throughout the program year with a token of appreciation.

The centers will be preparing a packet of information about the child's progress, assessments, academic achievements & other valuable information. The parents will be able to use this information for the children that will be transitioning out of Head Start and into the next school setting. A school trip has been assigned for all centers in late April or early May for all the children transitioning out of Head Start to introduce them to the next school setting.

We would like to thank parents and staff for all your cooperation and support throughout this program year. If we can be of any assistance please call Ramiro Silva or Hermelinda Corona at 956-383-0706, Thank You!





Congratulations to all the Blue Ribbon Centers!



Congratulations to the following Head Start centers for earning
The Blue Ribbon award:

- Sullivan - Head Start Center
- Palmview II- Head Start Center
- Mercedes - Head Start Center
- Mission I - Head Start Center
- Mission III - Head Start Center
- Longoria - Head Start Center
- Edinburg V - Head Start Center
- Monte Alto - Head Start Center
- La Estancia - Head Start Center
- Hidalgo - Head Start Center





2019 National Head Start Conference and Expo



The Hidalgo County Head Start Program attended the 2019 National Head Start Conference and Expo in San Antonio, Texas. The program was recognized for their contribution to the Dollar per Child campaign which helps The National Head Start Association ensure millions of children and families are represented in Washington, D.C. NHSA's advocacy work ensures that every single Head Start child, family, and program has their voice represented in the halls of Congress, before the White House, and in our state capital. Our contributions over past years have enabled NHSA's advocacy to achieve far-reaching success.



NATIONAL HEAD START ASSOCIATION



Thank you!



Visit us at hchsp.org

@hidalgocountyheadstartprogram