

HeadSUp



SUMMER 2020 NEWSLETTER

TRADUCCIÓN EN ESPAÑOL INCLUIDA - PAGE 5



DIRECTOR'S CORNER

Since our last newsletter, we have experienced an unprecedented event, the COVID-19 pandemic. Every part of our lives has been affected in some way during this world-wide pandemic. By the time you receive this newsletter, we may have moved towards some type of new normalcy. My hopes and prayers are that this is the case. As with all challenges, we will come out a little wiser and stronger, and I hope with deeper and closer relationships with those who have shared in our quarantine.

Throughout our Stay Home, Work Safe campaign, HCDE Head Start has continued to move forward with the work of our Head Start program. We have provided Because We Care Packages to our Head Start families and implemented outreach to our students and families through our teaching and family services staff. We are also planning for Early Head Start at the Tidwell and La Porte campuses and seeking creative ways to recruit for the 2020-21 school year.

Prior to COVID-19, a research team was scheduled to visit two campuses in April to observe the classrooms and survey staff, as part of a two-year study known as FACES (Family and Child Experiences Survey). The survey — started in 1997 as a longitudinal study of program performance — is a research initiative designed to collect information about the experiences of Head Start children and their families. Our program is one of 180 from around the country that is participating in the study. Data was supposed to be collected in the spring of 2020 and spring of 2022. While we aren't sure when the visits will be rescheduled, we are glad to be part of the study.

We were very excited about our revamp of the Self-Assessment process but that will have to go on hold for now. However, we have located the appropriate site for Coolwood Head Start campus and have the approval to move forward with the purchase of the property.

Finally, I'd like to thank our parents and family members who have taken on the role of teacher in partnership with our staff. I have been inspired by the pictures and videos that I have received of home activities that families have been doing. Thank you for being your student's first and most important teacher.

Keep singing, dancing, exploring and reading. Have a safe and wonderful summer!

— VENETIA L. PEACOCK

Slow the spread of COVID-19

The uncertainty of COVID-19 still hangs over us all, and now is not the time to let down our guard. Public health experts agree everyone should continue to be vigilant in helping to slow the spread of the virus.

To help keep yourselves and others safe, follow these guidelines from the Centers for Disease Control and Prevention (CDC), the nation's leading national public health institute.

Wash your hands often with soap and water for 20 seconds or more.

Clean and disinfect frequently touched objects and surfaces.

Practice social distancing by staying at least 6 feet apart from others when out in public.

Avoid close contact with people who are sick.

Avoid touching your face.

Cover coughs and sneezes with a tissue and then throw it away in the trash.

Wear a mask when going out in public.

For more information, visit [cdc.gov](https://www.cdc.gov) or call 211.





Check-ups vital for health and learning



If they haven't done so already, parents should communicate with their child's doctor about scheduling a virtual well-child check-up to prepare for school in August. Keeping up with check-ups is beneficial for many reasons, even during uncertain times. They ensure any concerns affecting a child's health and learning are detected early, prompting early interventions; they ensure consistent and personalized care; they protect the child and the community; and they help shape good health habits. Regular check-ups also reduce the need for urgent care visits and dental emergencies that may cause children to miss school.

"Parents need to know you don't just take kids to a doctor when they are sick, you take them when they are well too," said Shannon Jones of the Texas Health Steps program.

Check-ups encompass immunizations, developmental assessments and vision and hearing tests. New and returning students must provide a current record of immunizations or an exemption waiver in order to enroll. Students must have documentation of their hearing and vision screenings by the 45th day of their enrollment and their well-child checkup and dental exam by the 90th day. Routine dental exams are not being done at this time. However, parents should check with their child's dentist for updates on when they can schedule an appointment.



"This is the key to ensuring children come to Head Start in the fall healthy and ready to learn," said Ashlyn Allison, Health Services Coordinator for Head Start.

Allison and Jones also recommended parents find a "medical home" to provide continuity of care.



Head Start Food Science Fair promotes healthy eating

Alexander Ramirez and mom Valerie Aparicio of Channelview were this year's winners of the Food Science Fair with their healthy Spinach Oat Pancakes recipe. Kennedi Welch was second with her broccoli rice casserole and Zari Cerf was third with her favorite banana pudding.

Early Head Start winners include Ziya Williams with No Bake Peach Yum Yum, Joseph Castorena with The Broccoli Dish, Axel Silva with Pineapple Bouquet and Jose Gonzalez with Strawberry & Cream Parfait.

In an effort to promote healthy eating, each center held a friendly contest for families to devise a recipe using a vegetable or fruit. Winners from each center competed at the Policy Council meeting.

Recipe for Alexander's Spinach Oat Pancakes (serves 6)



- 1 ½ cups quick-cooking oats
- 2 cups fresh baby spinach
- 2 over-ripe bananas
- Dash vanilla extract
- Dash ground cinnamon
- 100 percent organic natural honey
- Water as needed
- Dab of butter

Blend oats to powder.
Preheat butter in pan for cooking pancakes.
Wash spinach leaves.
Add spinach and remainder of ingredients to blender and pulse for a smooth batter.
Cook pancakes in pan with butter.

Preparation key to transitioning out

Baytown mom Maria Ochoa isn't particularly worried about her 5-year-old son Jonathan's transition out of Head Start. She said Head Start has prepared him well for kindergarten, and she has started the conversation about what to expect in elementary school. "He's ready," she said. "He's learned a lot. He's writing his name, and we do a lot of things with him at home."

Donna Thomas has started a similar conversation with her 5-year-old son John, who will transition out of Compton. "I want him to understand from the start why he's in school," Thomas said. "And I'll take him to visit the school."

Education and Special Services Coordinator Ramona Burton said it's important to prepare children and parents for the change of schools to create excitement and reduce any stress and anxiety. Burton had these tips for parents to smooth the transition out.

Talk to your child about the transition.

Take your child to visit the new school.

Maintain routines and academic activities over the summer.

Create set mealtimes and bedtimes.

Reduce nap times to quiet time activities.

Centers also have a School Readiness Checklist to help parents.

Summer routines prevent learning loss

Now that summer is here, families may still be spending more time together if the threat of COVID-19 persists. Keeping up a routine that includes academic activities that parents can do with their children is important during this time.

Education and Special Services Coordinator Ramona Burton suggested 15 to 20 minutes a day of activities like reading, writing and arts and crafts so that children maintain what they learned during the school year and continue to acquire knowledge and skills.

"Students work best with routines," Burton said. "I advise parents to create a summer routine, which will allow students to learn while still enjoying their summer."

Burton listed a host of activities to enhance and enrich learning. She said parents shouldn't feel the need to cram the day with activities, though reading daily is essential. Activities include playing games, journaling, gardening, creating a scrapbook, play dates, exercise, nature walks and online learning resources such as Starfall, Letter School and ABCYA. Burton also urged parents to limit screen time.



Benefits of Head Start extend beyond preschool

When 4-year-old Jayceon Barnes started at the Baytown center almost two years ago he had minimum social skills, limited verbal skills and could do very little for himself. Jayceon has come a long way since then thanks to Head Start's support services. As a special needs student, Jayceon was able to remain at Baytown and access speech therapy through the school district.

Meanwhile, Jayceon's 2-year-old brother Jayveon, who is in Baytown's Early Head Start program, also was able to access interventions for his special needs. Jayveon has delayed speech, is hearing impaired and has autism. He too has improved greatly

thanks to the services and interventions he has received through Head Start.

"Head Start has given me a lot of information and support and really helped us out," said grandmother Nadra Lloyd, who is raising the boys. "It's given me hope that they are getting better and getting what they need."

Head Start not only offers much needed intervention services and support for special needs children, it also offers screenings and developmental check-ups, healthy meals and snacks, school supplies and support for the whole family. The same goes for the Early Head Start Child Care Partners, where Head Start children receive individualized care; there is additional

teacher development; and assistance with diapers and wipes is available.

"We improve the quality of care overall at our child care partner centers," said Cesilia Pereira, EHS CCP Family Services Coordinator.

For Pugh parent Jazmin Jaimes, Head Start helped her find work at a community center and a diploma course in child development, while her sons Leonel, 5, and Abelardo, 3, are thriving.

"They gave me a lot of opportunities that people don't even know about," said Jaimes, who served as chair of the Parent Committee.

Head Start continues to hire

Despite the cloud of coronavirus, HCDE Head Start continues to accept applications for job postings. Currently, there are openings for Teachers, Teaching Assistants, Cooks and Family Services Providers.

Human Resources Coordinator Laura Nilon said they are looking for people who love educating children and are motivated, enthusiastic and team players who want to grow within the Head Start program. In particular, she said they like to recruit parents and people who live in the community.

"It is very beneficial to recruit parents because they understand how the program works," Nilon said.

She added it's the same for people who live in the community, because they understand the needs of the community.

Nilon touted the benefits of working in the Head Start program: a flexible academic calendar, ongoing professional development, and the possibility of career advancement.

To apply, visit www.hcdetexas.tedk12.com/hire/index.aspx to find job listings and requirements.

Applicants should apply online and create a login, then fill out an application, and attach a resume and any certificates, transcripts or other helpful documents.

Once a qualified applicant has submitted their application they should expect to hear back from Head Start personnel within a couple of weeks.



MARK YOUR CALENDAR

JUNE

1-25Baytown EHS summer schedule (closed Fridays)

29-30.....Baytown EHS is closed

JULY

1-2Baytown EHS is closed (closed Fridays)

6-23Baytown EHS summer schedule (closed Fridays)

27-30.....Baytown EHS is closed

AUGUST

7-9Tax Free Weekend

24First day of school

Check with each Center Manager for details of these and other happenings, as dates may vary for each center



What makes a center unique?

Though they are different models of childcare, two centers in Channelview have a common purpose when it comes to serving Head Start families. Purpose Kids, an Early Head Start Child Care Partner, and Channelview Head Start center strive to provide continuous, affordable, high quality child care for the community.

Purpose Kids owner Marcella Murray said the partnership has been beneficial, because it provides additional expertise, guidance and support to help them provide quality childcare. Murray opened Purpose Kids, located at 846 Ashland Blvd., in 2013 with just 15 children. Today, she and a staff of 22 serve a total of 135 children, including 16 Head Start infants and toddlers. Purpose Kids offers before and after school care, daycare for children six weeks through prekindergarten and a summer program.

"Every year we have gotten better and stronger in our commitment to provide affordable, academically rich, quality childcare to our working class families," Murray said. "Our goal has always been to prepare children for kindergarten and beyond."

Head Start's Channelview center serves some 97 children ages 3 to 5, some of whom aged out of the Purpose Kids-Head Start partnership. The partnership provides the opportunity for continuity of care and education under the Head Start umbrella.

The Channelview campus, 16102 Ridlon St., is very much a neighborhood center. Center Manager Cynthia Johnson said she and her staff of 19 go out of their way to make parents feel welcome and include them in everything they do. Johnson said it helps too that most of her staff is bilingual, which makes the mostly Spanish speaking parents feel empowered in their children's education.

"We sit, and we talk, and we listen," Johnson said.

Heads Up



SUMMER 2020 NEWSLETTER

ESQUINA DEL DIRECTOR

Desde nuestro último boletín, hemos experimentado un evento sin precedentes, la pandemia COVID-19. Cada parte de nuestras vidas se ha visto afectada de alguna manera durante esta pandemia mundial. Para cuando reciba este boletín, es posible que hayamos avanzado hacia algún tipo de nueva normalidad. Mis esperanzas y oraciones son que este sea el caso. Como siempre, saldremos un poco más sabios y fuertes, y espero tener relaciones más profundas y cercanas con aquellos que han compartido nuestra cuarentena.

A lo largo de nuestra campaña Stay Home, Work Safe, HCDE Head Start ha seguido avanzando con el trabajo de nuestro programa Head Start. Hemos proporcionado Paquetes de Cuidado a nuestras familias de Head Start y hemos implementado actividades de divulgación para nuestros estudiantes y familias a través de nuestro personal docente y de servicios familiares. También estamos planeando Early Head Start en los campus de Tidwell y La Porte y buscando formas creativas de reclutar para el año escolar 2020-21.

Antes de COVID-19, un equipo de investigación estaba programado para visitar dos campus en abril para observar las aulas y hacer encuestas al personal, como parte de un estudio de dos años conocido como FACES (Encuesta de Experiencias de Familias y Niños). La encuesta, que comenzó en 1997 como un estudio longitudinal del desempeño del programa, es una iniciativa de investigación diseñada para recopilar información sobre las experiencias de los niños de Head Start y sus familias. Nuestro programa es uno de 180 de todo el país que participa en el estudio. Se esperaba que los datos se recopilarían en la primavera del 2020 y la primavera del 2022. Aunque no estamos seguros de cuándo se reprogramarán las visitas, nos complace formar parte del estudio.

Nuestra renovación del proceso de autoevaluación tendrá que esperar. Sin embargo, hemos localizado el sitio apropiado para el campus de Coolwood Head Start y tenemos la aprobación para seguir adelante con la compra de la propiedad.

Finalmente, quiero agradecer a nuestros padres y familiares que han asumido el papel de maestros en colaboración con nuestro personal. Las fotos y videos que recibí de las actividades en el hogar que las familias han estado haciendo son de inspiración. Gracias por ser el primer y más importante maestro de su hijo.

Sigan cantando, bailando, explorando y leyendo. ¡Que tengan un verano seguro y maravilloso!

— VENETIA L. PEACOCK

Disminuya la propagación de COVID-19

La incertidumbre de COVID-19 todavía se cierne sobre todos nosotros, y ahora no es el momento de bajar la guardia. Los expertos en salud pública están de acuerdo en que todos deben ser cuidadosos para ayudar a frenar la propagación del virus.

Para mantenerse salvos, sigan estas pautas de los Centros para el Control y la Prevención de Enfermedades (CDC), el principal instituto nacional de salud pública del país.

Lávese las manos con frecuencia con agua y jabón durante 20 segundos o más.

Limpie y desinfecte objetos y superficies que se tocan con frecuencia.

Practique el distanciamiento social manteniéndose al menos a 6 pies de distancia de los demás cuando esté en público.

Evite el contacto cercano con personas enfermas.

Evite tocarse la cara.

Cubra la tos y los estornudos con un pañuelo desechable y luego tírelo a la basura.

Use una máscara cuando salga en público.

Para obtener más información, visite [cdc.gov](https://www.cdc.gov) o llame al 211





Chequeos vitales para la salud y el aprendizaje



Los padres deben comunicarse con el médico de su hijo para programar un chequeo virtual en preparación para empezar la escuela en agosto. Mantenerse al día con los controles es de mucho beneficio por muchas razones inclusive durante tiempos de incertidumbre. Esto asegura que cualquier inquietud que afecte la salud y el aprendizaje de un niño se detecte temprano. Esto induce a proveer intervenciones tempranas; protección al niño y a su comunidad; atención constante y personalizada; y a formar buenos hábitos de salud. Los controles regulares también reducen la posibilidad de atención urgente y emergencias dentales que pueden hacer que los niños falten a la escuela.



Los controles incluyen vacunas, evaluaciones del desarrollo y pruebas de visión y audición. Los estudiantes nuevos y los que regresan deben proporcionar un registro de vacunas o una exención para poder inscribirse. Los estudiantes deben tener documentación de sus exámenes de audición y visión durante los primeros 45 días de inscripción. El chequeo y examen dental de niño deben ser suministrados durante los primeros 90 días. También se aconseja a los padres que busquen un "hogar médico" para brindar atención continua.

Los exámenes dentales de rutina no se realizan en este momento. Sin embargo, los padres deben consultar con el dentista de su hijo para obtener una actualización.



Head Start Food Science Fair promotes healthy eating

Alexander Ramirez y su madre Valerie Aparicio de Channelview fueron las ganadoras de la Feria de Ciencia de los Alimentos de este año con su saludable receta de Tortitas de Avena y Espinacas. Kennedy Welch fue segunda con su cazuela de arroz con brócoli, y Zari Cerf fue tercera con su pudín de plátano favorito. Los ganadores de Early Head Start incluyen a Ziya Williams con su Bake Peach Yum Yum, Joseph Castorena con su Broccoli Dish, Axel Silva con su Pineapple Bouquet y Jose Gonzalez con su Strawberry & Cream Parfait.

En un esfuerzo por promover una alimentación saludable, cada centro organizó un concurso amistoso para que las familias diseñaran una receta con vegetales o frutas. Los ganadores de cada centro compitieron en la reunión del Consejo Político.

Receta de panqueques de avena y espinacas de Alexander

(6 porciones)

- 1 ½ tazas de avena de cocción rápida
- 2 tazas de espinacas frescas
- 2 plátanos maduros
- Extracto de vainilla
- Pizca de canela molida
- Miel natural 100 por ciento orgánica
- Agua según sea necesario
- Un poco de mantequilla

Licúa la avena en polvo. Precaliente la mantequilla en una sartén para cocinar panqueques. Lave las hojas de espinaca. Agregue espinacas y el resto de los ingredientes a la licuadora y pulse para obtener una masa suave. Cocine los panqueques en la sartén con mantequilla.



Clave de preparación para la transición

La coordinadora de educación y servicios especiales, Ramona Burton, dijo que es importante preparar a los niños y a los padres para la transición de Head Start a la escuela primaria para crear entusiasmo y reducir el estrés y la ansiedad. Burton tiene estos consejos para los padres.

Hable con su hijo sobre la transición.

Lleve a su hijo a visitar la nueva escuela.

Mantenga rutinas y actividades académicas durante el verano.

Mantenga horarios fijos para comer y dormir.

Reduzca los tiempos de siesta, y organice más actividades de tiempo tranquilo.

Obtenga una Lista de verificación de preparación escolar la cual está disponible en los centros para ayudar a los padres.

Las rutinas de verano previenen la pérdida de aprendizaje

Ahora que el verano está aquí, las familias aún pueden pasar más tiempo juntas si la amenaza de COVID-19 persiste. Mantener una rutina que incluya actividades académicas que los padres pueden hacer con sus hijos es importante durante este tiempo. La Coordinadora de Educación y Servicios Especiales, Ramona Burton, sugirió 15 a 20 minutos diarios de actividades como lectura, escritura y artes y manualidades para que los niños mantengan lo que aprendieron y continúen adquiriendo conocimientos y habilidades.

Burton enumeró una serie de actividades para mejorar y enriquecer el aprendizaje, además de la lectura diaria la cual es esencial. Las actividades incluyen organizar juegos, escribir un diario, cultivar un huerto, crear un álbum de recortes, hacer ejercicio, caminar por la naturaleza y acceder a recursos de aprendizaje por medio del internet como Starfall, Letter School y ABCYA. Burton también instó a los padres a limitar el tiempo frente a la pantalla.



Los beneficios de Head Start se extienden más allá del preescolar

Los hermanos Jayceon y Jayveon Barnes, de 4 y 2 años respectivamente, tenían problemas de desarrollo cuando comenzaron Head Start. Además, Jayveon tiene autismo. Gracias a las intervenciones y al apoyo que han recibido a través de Head Start, ambos han tenido un progreso significativo.

"Head Start me ha dado la esperanza de que ellos mejoraran y obtendrán lo que necesitan", dijo la abuela Nadra Lloyd, quien está criando a los niños.

Head Start no solo ofrece servicios de intervención y apoyo necesarios para niños con necesidades especiales, sino que también ofrece evaluaciones y controles de desarrollo, comidas y refrigerios saludables, útiles escolares y apoyo para toda la familia. Lo mismo ocurre en Early Head Start, donde los niños de Head Start reciben atención individualizada, tienen docentes adicionales, y reciben asistencia con pañales y toallitas.

Para el padre de Pugh, Jazmin Jaimes, Head Start la ayudó a encontrar trabajo en un centro comunitario y un curso de diploma en desarrollo infantil, mientras que sus hijos Leonel, de 5 años, y Abelardo, de 3 años, que recientemente comenzaron en Pugh, están prosperando.

"Me dieron muchas oportunidades que la gente ni siquiera conoce", dijo Jaimes.

Head Start continúa contratando

HCDE Head Start continúa aceptando aplicaciones de trabajo. Actualmente, hay vacantes para Maestros, Auxiliares Docentes, Cocineros y Proveedores de Servicios a La Familia.

La Coordinadora de Recursos Humanos, Laura Nilon, dijo que están buscando personas con gran actitud para educar a los niños. También busca personas motivadas, entusiastas, que trabajen en equipo y que quieran crecer dentro del programa Head Start. En particular, Nilon dijo que le gusta reclutar padres y personas que viven en la comunidad. Los beneficios de trabajar en el programa Head Start incluyen: un calendario académico flexible; desarrollo profesional continuo; y avance profesional.



Para postularse, visite el sitio web para encontrar listados de trabajo y los requisitos en www.hcdetexas.tedk12.com/hire/index.aspx.

Los solicitantes deben aplicar por medio del internet e iniciar una sesión luego completar una solicitud, adjuntar un currículum y cualquier certificado, transcripción u otros documentos útiles.



MARQUEN SUS CALENDARIOS

JUNIO

1-25Horario de Verano de Baytown EHS (cerrado los viernes)
29-30.....Baytown EHS estará cerrado

JULIO

1-2.....Baytown EHS estará cerrado
6-23Horario de Verano de Baytown EHS (cerrado los viernes)
27-30.....Baytown EHS estará cerrado

AGOSTO

7-9Fin de Semana libre de impuestos
24Primer día de escuela

Revise con su gerente de centro ya que los eventos y fechas pueden variar para cada centro.



Qué hace que un centro sea único?

Aunque tienen diferentes modelos de cuidado infantil, dos centros en Channelview tienen un propósito en común cuando se trata de servir a las familias de Head Start. Purpose Kids, un socio de cuidado infantil de Early Head Start (EHS-CCP) y el centro de Channelview Head Start proporcionan cuidado infantil continuo, asequible y de alta calidad para la comunidad de Channelview.

A través de EHS-CCP Purpose Kids tiene 16 espacios para bebés y niños de Early Head Start. La propietaria, Marcella Murray, dijo que la asociación ha sido de gran beneficio porque proporciona experiencia, orientación y apoyo, para brindar cuidado infantil de calidad.

Murray empezó el programa Purpose Kids ubicado en 846 Ashland Blvd., con 15 niños en el 2013. Hoy en día, ella y su personal atienden a 135 niños en varios programas que incluyen cuidado antes y después de la escuela, guardería para niños de seis semanas hasta prekindergarten y un programa de verano.

El centro Channelview de Head Start ubicado en 16102 Ridion, actualmente atiende a unos 97 niños de 3 a 5 años, algunos de los cuales comenzaron en Purpose Kids EHS-CCP., Channelview fue construido en el 2013 y desde entonces es un centro de vecindario, donde la Gerente del Centro Cynthia Johnson y su personal hacen todo lo posible para incluir a las familias en todo lo que hacen. Johnson dijo que también ayuda que la mayoría de su personal sea bilingüe, lo que hace que los padres, en su mayoría de habla hispana, se sientan empoderados en la educación de sus hijos.

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AREA I HEAD START

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HCDE Head Start Mission and Vision: To improve school readiness for children, families and the community | To create a learning environment of excellence dedicated to positively impacting our children, families, employees, community partners and society | Para mejorar la preparación para la escuela para niños, familias y la comunidad | Para crear un ambiente de aprendizaje excelente dedicado a impactar a los niños, familias, empleados, socios de la comunidad y la sociedad.

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