

Heads Up



SPRING 2024 NEWSLETTER

TRADUCCIÓN EN ESPAÑOL INCLUIDA - PG. 9

DIRECTOR'S CORNER

Welcome Back!

I hope you had a fun-filled holiday and are ready to spring into the spring semester!

We had a wonderful start to the holiday season with a celebration to recognize the Bates Responsible Parenting Award recipients and show our appreciation to Lee and Leila Bates, owners of Bates Collision Centers, for their 20-year partnership with us. During that time, they have donated a total of 39 cars to deserving Head Start parents. Theirs is a business that is an excellent example of what it means to support their community, and we are so grateful for everything they have done for HCDE Head Start.

We are so excited to start the semester in the new Humble Early Head Start facility, and we are looking forward to moving into the new Barrett Station Early Head Start facility this month. Humble opened its doors just before the winter break, and we are now settled in permanently. Both facilities feature four classrooms with capacity for 32 students.



Bates Responsible Parenting Award 20-year celebration

As mental health has become central to the wellbeing of our staff, students and their families, our teaching staff has been learning about the impact of trauma on children's brains through the recent professional development program. The two-day program explored how trauma and adversity impact developing brains and bodies of young children and the role adults play in driving social, emotional and cognitive well-being. We recognize that we have been through a lot over the past three years — COVID 19 being the main culprit — and we see a difference in the children coming to us and in the adults who care for them. We want to make sure we support our staff and their mental health and wellness and give them the tools to support the students they teach.

We are looking forward to a number of spring activities, not least the celebrations during the Week of the Young Child in April.

Let's finish the school year strong.

VENETIA L. PEACOCK
Senior Director



Diomanique and Princess Brown with Leila Bates



Fonwood Teacher Assistant
Marisol Moreno



20-year celebration

Annual parenting award marks milestone anniversary

Two Head Start parents will no longer have to plan ahead, work around other people's schedules or wait for busses since being chosen for the 2023 Annual Bates Responsible Parenting Awards.

Compton parent Diomanique Brown and Fonwood Teacher Assistant Marisol Moreno each received a 2014 Ford Focus at a special celebration Dec. 14 in recognition of their commitment to their children's education, determination to improve their situation and need for reliable transportation.

The occasion, held at HCDE's main office, was also an opportunity to honor Lee and Leila Bates, owners of Bates Collision Centers in Baytown and North Channel, for their long term commitment to providing reliable transportation to deserving families. The couple has donated a total of 39 vehicles since partnering with HCDE Head Start 20 years ago, in what has become a community wide effort, according to Leila Bates. Employees pitched in to refurbish the cars, and donations of needed items for the families came from family, friends, employees, local businesses and the varsity baseball teams at Baytown's Sterling and Channelview High Schools. In addition, AMI in Channelview and Bayer Heritage Federal Credit Union each donated six months-worth of car insurance.

"It's been fun to see how many spinoffs and blessings there have been out of this program," Leila Bates said. "We have become a hub to make connections and offer opportunities to give."

Brown said having her own vehicle would greatly ease the challenges she and her 3 year-old daughter Princess face every day. Brown, who serves as chair of the Compton Parent Committee, was using her mom's car to get to and from work as a security officer and take her daughter to and from school. Brown also has a job as a health care provider and is active in her church and community.

"Having a car would grant us freedom to take care of our responsibilities without the constraints of someone else's schedule," Brown wrote in a statement.

Moreno, a single mom of 5 year-old Magally, was forced to start over after separating from her husband following a domestic violence incident. With no family locally to help out, Moreno has relied on friends and co-workers to help with transportation or paid for rides. Moreno, who is also studying for an associate's degree in child development, said having reliable transportation would improve the quality of life for her and her daughter and enable her to take a longed-for trip to visit her parents in Wyoming.

Leila Bates said it is heart-warming to be able to lift up families who go the extra mile to improve their lives and an honor to be recognized for what has been a fruitful partnership with HCDE Head Start.

"We are thrilled to celebrate with our employees this 20-year partnership," she said.

HCDE Head Start is hiring

HCDE Head Start is looking to fill dozens of positions, ranging from classroom teachers and administrators to custodians and cooks. While the greatest need is for Early Head Start and Head Start teaching staff, other positions include Instructional Coach, Special Education Coordinator, Health Services Coordinator, Family Services Provider, Bilingual Family Services Provider and Assistant Campus Manager.

Patricia Kuskos, Professional Development Coordinator, said they welcome applications from parents and community members who enjoy working with young children and have the necessary education and skills required for a particular position. HCDE Head Start offers competitive pay and benefits and a working calendar that mostly aligns with the school year.

"If you're passionate about the field of early childhood education, this is the place for you!" Kuskos said. "You will have an opportunity to become a content area expert in your specific role while working for HCDE's Head Start program."



ONLINE

For information, visit hcdetexas.tedk12.com/hire/index.aspx, then set up an account and apply for the desired position. Scheduled interviews are ongoing throughout the year.

JOB FAIR

Another option is to come to a job fair, scheduled for March 22, April 19, June 6 and June 22 at HCDE Conference Center, 6300 Irvington Blvd.

Bring identification, transcript and current resume.

For more information, visit teachharriscounty.org/teacher-recruitment.

Finding a medical home a requirement for families



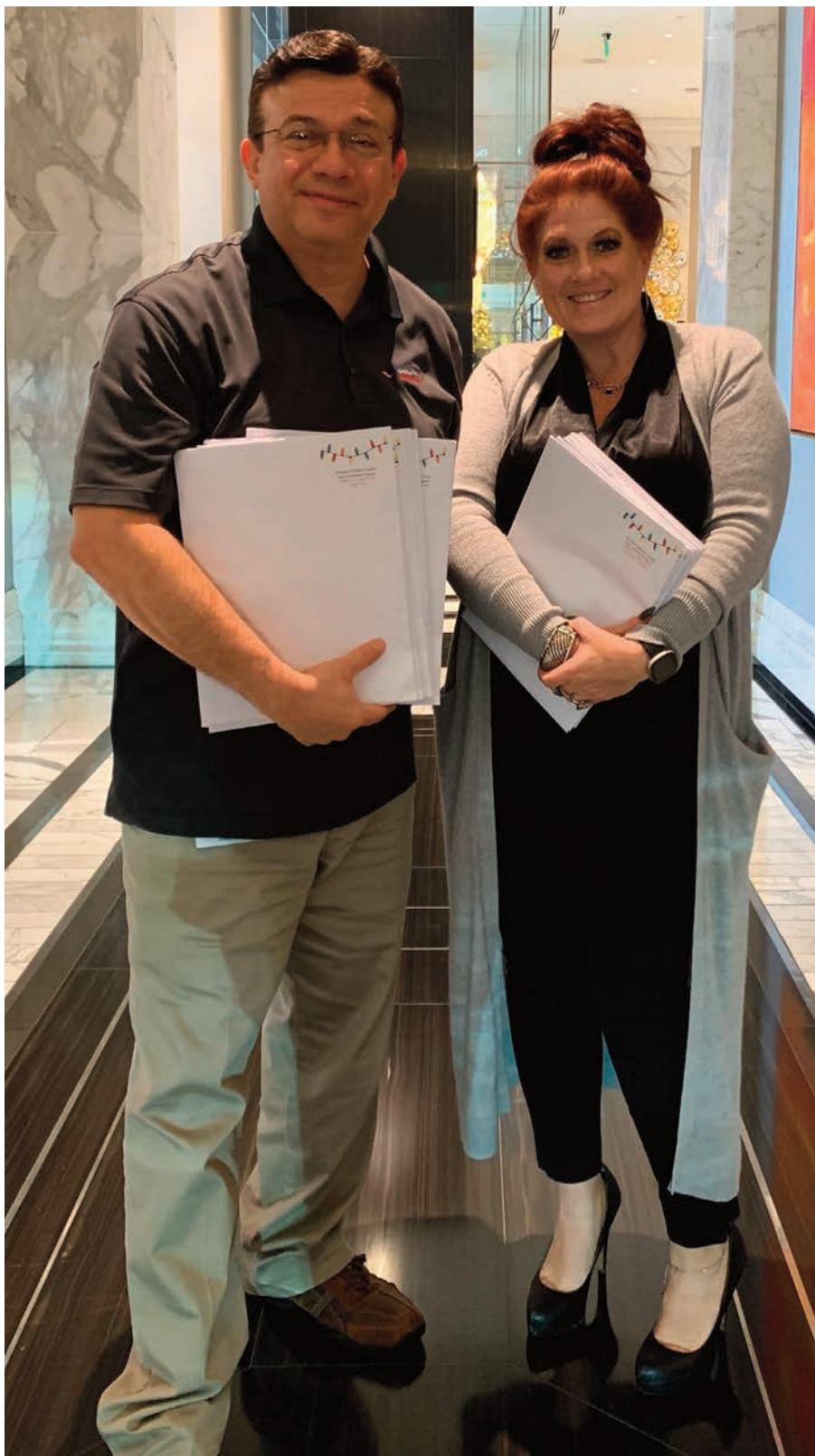
The importance of having a regular family doctor or pediatrician cannot be overstated, according to Health and Family Services Manager Jasmine Imo. It brings consistency to patient care. It offers peace of mind to families, knowing they have a reliable physician they can go to at any time. And it allows for children to receive preventative care, as the physician becomes familiar with the patient and their individual medical history.

HCDE Head Start also has a responsibility, as it is part of Head Start's Performance Standards.

"We must ensure that every student has both a medical and dental home while enrolled in our program," Imo said.

During the initial enrollment process families complete a Family Services Assessment to identify what needs, including medical needs, they may have. If the family does not have a regular doctor and dentist, the Family Services Provider (FSP) working with each family will provide a list of resources that are within their zip code. Imo said FSPs will even call around different health clinics to ensure students receive scheduled medical and dental appointments and the care they need.

FSPs also help families navigate insurance and eligibility for low cost and free services. Imo said many medical and dental offices require insurance. However, there are some federally qualified health centers that do not require health insurance. Some offer services at low to no cost for eligible families.



Houston Children's Charity

Community Partnerships Manager Armando Rodriguez, thanks Elizabeth Atkins, Houston Children's Charity's Director of Special Events and Donor Development, for the charity's generous gifts of toys during the holiday season for some 500 HCDE Head Start students and their siblings.

New grant to boost parent civic engagement

HCDE Head Start is set to receive funding to increase civic engagement and voter turnout among parents thanks to a new grant for the "Your Voice Matters" project. The grant will be used to focus on increasing parents' knowledge and skills to empower them to express their opinions and to pursue opportunities to further their education and economic outlook. The funds will pay for such items as project staff, supplies for voter education, printing and translation of educational material and interpretation for non-English speakers

"This grant is good for Head Start parents because it allows them to engage with our program and their local community in additional ways," said Gulshan Rahman, Assistant Director of Compliance and Family Services.

While HCDE Head Start already does a number of things to encourage civic engagement, such as Policy Council, Rahman said parents who participate in the project will gain leadership and advocacy skills that they can use in other aspects of their lives.

Currently, a part-time employee is being sought for the role of Civic Engagement Fellow to assist with the grant. Additionally, information and activities on the importance of voter engagement will be a focus of the Policy Council's Advocacy Committee.

The overall goal is to increase voter turnout, especially in neighborhoods where Head Start families live, because those areas have lower voter turnout.

"This grant is a wonderful example of how HCDE supports various populations in working towards a common goal that benefits all residents of Harris County," Rahman said.



Pugh Head Start



La Porte Head Start



Fonwood Head Start

Working together helps parents achieve their goals

Setting goals to improve your life and that of your family's is often easier said than done. However, setting realistic goals, putting them down in writing and being accountable to others is a recipe for success.

The Individual Family and Partnership Agreement (IFPA), a pact made at the start of the school year between parents and their Family Services Provider, empowers parents to achieve the goals they have set for themselves and access the resources they need to benefit the entire family.

Under the agreement, FSPs work with parents to identify goals specific to parents' needs. The FSPs follow up with parents every 30 days to check on their progress and offer additional resources if needed.

"Each family has their own specific circumstance that requires carefully curated and realistic goals," Health and Family Services Manager Jasmine Imo said. "Our Family Services Providers

are very knowledgeable in helping our families locate resources within their community and that are easily accessible."

So what kind of goals do families set for themselves?

"I wanted my babies to be more verbal and put sentences together to express themselves using words and not just gestures," said Shamia Johnson of her two and a half year-old son Ember and 19 month-old daughter Cari.

Johnson enrolled both children in La Porte Early Head Start last summer and both of them were recommended for speech therapy. Johnson said the staff really paid attention to her children; Cari has already been evaluated and Ember is waiting to be evaluated. Meanwhile Johnson said her children are thriving.

"I have been extremely satisfied with the attention and support they're getting," Johnson said.

Imo said some parents need to access mental health and disability referral services, others want to be more involved on campus, and yet a priority for others is securing employment or enrolling in further education.

FSPs provide referrals to the local Early Childhood Intervention agency to have children evaluated if there are any concerns. They can connect parents to HCDE's Adult Education division to gain their GED and other certifications that will help toward job opportunities. If the goal is to be more involved in their child's education, parents can start with Parent Committee meetings and Family Connection sessions.

"The majority of our families would not ordinarily have access to the amount of resources and staff that genuinely care and advocate for them if they were not a part of the Head Start family," Imo said.

What's on the menu?

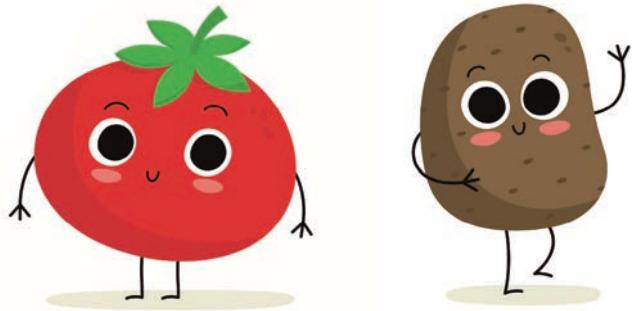
Some of the new dishes that appeared on campus lunch menus for the first time this school year included turkey pinwheel wraps, curried chicken casserole, chicken and egg noodle soup and rice with chicken. The new dishes come alongside favorites such as spaghetti, chicken nuggets and bean burrito bowls featured in a four-week menu cycle introduced at the start of the 2023-24 school year.

Nutrition Services Manager Courtney Mitchel said there were a number of factors to consider when adjusting menus for students in Early Head Start and Head Start. The meals, which include breakfast, lunch and snacks, have to be nutritious, culturally inclusive, developmentally appropriate, appealing, within budget and expose students to new foods.

"We want to encourage students to try new items, so we include some repeating fruits and vegetables to give students multiple exposures to the foods items in our menu," Mitchell said.

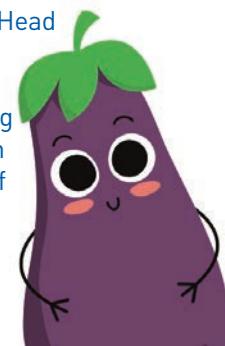
It is the first time in three years that campus menus have been adjusted, and there may be further adjustments as nutritionists work to make the Child and Adult Care Food Program (CACFP) meal pattern more consistent with 2020 Dietary Guidelines for Americans.

Future changes, currently in the revision stage, include lowering the sugar content in breakfast cereals and yogurt and counting nuts and seeds as a meat and meat alternative menu component. The CACFP meal pattern is structured to ensure the provision of healthy meals from all food groups, including fruit, vegetable, grain, meat and meat alternates and milk, whether fresh, frozen or canned.



A typical lunch for Head Start students has servings of 8 ounces of milk, a quarter cup each of fruit and a vegetable, one and half ounces of meat or meat alternative and half an ounce of grain. Meals feature fruit and vegetables such as tomatoes, broccoli, squash, cabbage, pears, bananas, strawberries and oranges; meat or a meat alternative such as chicken, beef, turkey, cheese and beans; and whole grain options such as noodles, tortillas, rice and buns. Snacks include milk and cereal, yogurt and fruit, bean salsa and crackers.

The menu for Early Head Start includes the same basic items with different serving size and preparation to meet the needs of young students.



Parents needed for Week of the Young Child

Campuses will be gearing up this semester to celebrate the Week of the Young Child April 6-12 to shine a spotlight on the Head Start program and the many services it has to offer young children and their families.

The annual week-long event celebrates early learning, young children, teachers and families with fun, hands-on activities and themed days to promote the importance of high-quality early learning and the critical role educators play in children's development.

"We celebrate the Week of the Young Child because we recognize and understand that the early childhood years are the foundation for shaping a child's learning and development and their success later in life," Instructional Coach Micaela Vasquez said.

Vasquez said teachers will be creating developmentally appropriate activities for children to be creative, explore, plan, build, problem solve and express their feelings while also focusing on children's social-emotional, cognitive, language and physical development. In the past, campuses have come up with great ideas for themed days from Music Monday and Tasty Tone up Tuesday to Artsy Wednesday and Work Together Thursday.

"All of our campuses do an amazing job celebrating Week of the Young Child," Vasquez said.

Parent can get involved in any number of ways. They can support their campuses by creating hands-on activities, volunteering to prepare materials, helping out on campus or spreading the word. Contact a Campus Manager for information on how to help.

What's going on in Houston over Spring Break

With Spring Break around the corner, parents will be seeking activities that the whole family can enjoy, especially the ones outdoors before it gets too hot! Here's a sample of free or low-cost activities in and around Houston:

MILLER OUTDOOR THEATRE

Free outdoor performances and events
milleroutdoortheatre.com

HERMANN PARK

Gardens, playgrounds, pedal boats
hermannpark.org

HOUSTON MUSEUM OF NATURAL SCIENCE

Free admission Thursdays from 2 p.m.
www.hmns.org

DISCOVERY GREEN

Park with events, playgrounds, water features
discoverygreen.com

HOUSTON ZOO

Free admission first Tuesday of the month
houstonzoo.org

BUFFALO BAYOU PARK

Scenic trails, play areas, kayak rentals
buffalobayou.org

CHILDREN'S MUSEUM HOUSTON

Free Thursday evenings 5-8 p.m.
cmhouston.org

THE ORANGE SHOW

3 locations and events that promote visionary art
orangeshow.org

LEVY PARK

Story times, yoga, family activities
levyparkhouston.org

SPACE CENTER HOUSTON

Discounted tickets may be available
spacecenter.org

MARK YOUR CALENDAR

JANUARY

15	MLK holiday
16-30	Student assessments
23	Policy Council meeting
26	Staff development day

FEBRUARY

8-9	Home visit #2
12	100th day of school
12-16	Food Science Fair
19	Holiday
27	Policy Council meeting
29	Staff development day

MARCH

1	Holiday
11-15	Spring Break
26	Policy Council meeting
29	Good Friday holiday

APRIL

1	Spring holiday
2-5	Week of the Young Child
5	Art show
12	Staff development day
23	Policy Council meeting

MAY

6-10	Teacher Appreciation Week
6-17	Student Assessments
17	Policy Council celebration
20	Parent/Teacher conference #2
24	Students last day of school
27	Memorial Day holiday
29	End of year celebration

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

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HARRIS COUNTY DEPARTMENT713-672-9343 OF EDUCATION HEAD START

6300 Irvington Blvd., Houston, TX 77022

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.

This is a product of the Head Start division of Harris County Department of Education. Interested persons can also review this report online and obtain additional information related to the Department by visiting www.hcde-texas.org. It is the policy of Harris County Department of Education not to discriminate on the basis of race, color, national origin, gender, limited English proficiency or handicapping condition(s) in its programs.

This institution is an equal opportunity provider.

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Compliance Manager

Gino Kamaya

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Heads Up



BOLETÍN DE PRIMAVERA DE 2024

RINCÓN DEL DIRECTOR

¡Bienvenido de nuevo!

Espero que hayas tenido unas vacaciones llenas de diversión y estés listo para sumergirte en el semestre de primavera.

Tuvimos un maravilloso comienzo de la temporada navideña con una celebración para reconocer a los ganadores del Premio Bates Responsible Parenting y mostrar nuestro agradecimiento a Lee y Leila Bates, propietarios de Bates Collision Centers, por su asociación de 20 años con nosotros. Durante ese tiempo, han donado un total de 39 autos a merecidos padres de Head Start. Su negocio es un excelente ejemplo de lo que significa apoyar a la comunidad, y estamos muy agradecidos por todo lo que han hecho por HCDE Head Start.

Estamos emocionados de comenzar el semestre en la nueva instalación de Humble Early Head Start, y esperamos mudarnos a la nueva instalación de Barrett Station Early Head Start este mes. Humble abrió sus puertas justo antes de las vacaciones de invierno, y ahora estamos instalados permanentemente. Ambas instalaciones cuentan con cuatro aulas con capacidad para 32 estudiantes.



Celebración en Compton Head Start

Dado que la salud mental se ha vuelto fundamental para el bienestar de nuestro personal, estudiantes y sus familias, nuestro personal docente ha estado aprendiendo sobre el impacto del trauma en los cerebros de los niños a través del reciente programa de desarrollo profesional. El programa de dos días exploró cómo el trauma y la adversidad afectan los cerebros y cuerpos en desarrollo de los niños pequeños, así como el papel que juegan los adultos en impulsar el bienestar social, emocional y cognitivo. Reconocemos que hemos pasado por mucho en los últimos tres años, siendo el COVID-19 el principal culpable, y notamos una diferencia en los niños que vienen a nosotros y en los adultos que cuidan de ellos. Queremos asegurarnos de apoyar a nuestro personal en su salud mental y bienestar, y darles las herramientas para apoyar a los estudiantes.

Esperamos con entusiasmo diversas actividades de primavera, especialmente las celebraciones durante la Semana del Niño en abril. Terminemos el año escolar con fuerza.

VENETIA L. PEACOCK
Senior Director



Premio anual a la crianza marca un aniversario importante

Diomanique Brown, madre de Compton, y Marisol Moreno, maestra asistente de Fonwood, recibieron cada una un Ford Focus 2014 como ganadoras de los Premios Anuales Bates a la Crianza Responsable 2023 en una celebración especial el 14 de diciembre.

Las dos fueron seleccionadas en reconocimiento a su compromiso con la educación de sus hijos, su determinación para mejorar su situación y su necesidad de transporte confiable.

El evento, celebrado en el Edificio de Administración de HCDE, también marcó el 20.^º aniversario de la asociación entre HCDE Head Start y Lee & Leila Bates, dueños de Bates Collision Centers, que donaron los autos. La pareja, que tiene tiendas en Baytown y North Channel, inició el programa hace 25 años como una forma de que sus empleados se unieran para ayudar a familias necesitadas en Navidad.

Este año, el esfuerzo ha implicado a toda la comunidad, incluidos los equipos universitarios de béisbol de Sterling High School en Baytown y Channelview High School, empresas locales, amigos y familiares que donaron artículos de la lista de deseos de cada familia. Además, AMI Insurance y Bayer Heritage Federal Credit Union aportaron 6 meses de seguro para el auto cada uno.



Diomanique Brown con James Colbert,
Superintendente de HCDE



La Familia Moreno Celebrando con Leila Bates

HCDE Head Start está contratando

HCDE Head Start busca cubrir docenas de puestos, desde maestros de clase y administradores hasta conserjes y cocineros. Aunque la mayor necesidad es de personal docente para Early Head Start y Head Start, otros puestos incluyen coordinador de entrenador de instrucción, coordinador de educación especial, coordinador de servicios de salud, proveedor de servicios familiares, proveedor de servicios familiares bilingües y administrador adjunto del campus.

Animamos a los padres y miembros de la comunidad que les gusta trabajar con niños pequeños y tienen la educación necesaria y las habilidades requeridas para un puesto en particular a postularse. HCDE Head Start ofrece salarios y beneficios competitivos y un calendario de trabajo que en su mayoría se alinea con el año escolar.

Únete a nuestro equipo

EN LÍNEA

Para obtener información, visite hcdetexas.tedk12.com/hire/index.aspx, cree una cuenta y postúlese para el puesto deseado. Se realizan entrevistas programadas durante todo el año.

LA FERIA DE TRABAJO

Otra opción es venir a una feria de empleo, programada para el 22 de marzo, 19 de abril, 6 de junio y 22 de junio en el Centro de Conferencias de HCDE, 6300 Irvington Blvd.

Traiga su identificación, expediente académico y su currículum actualizado.

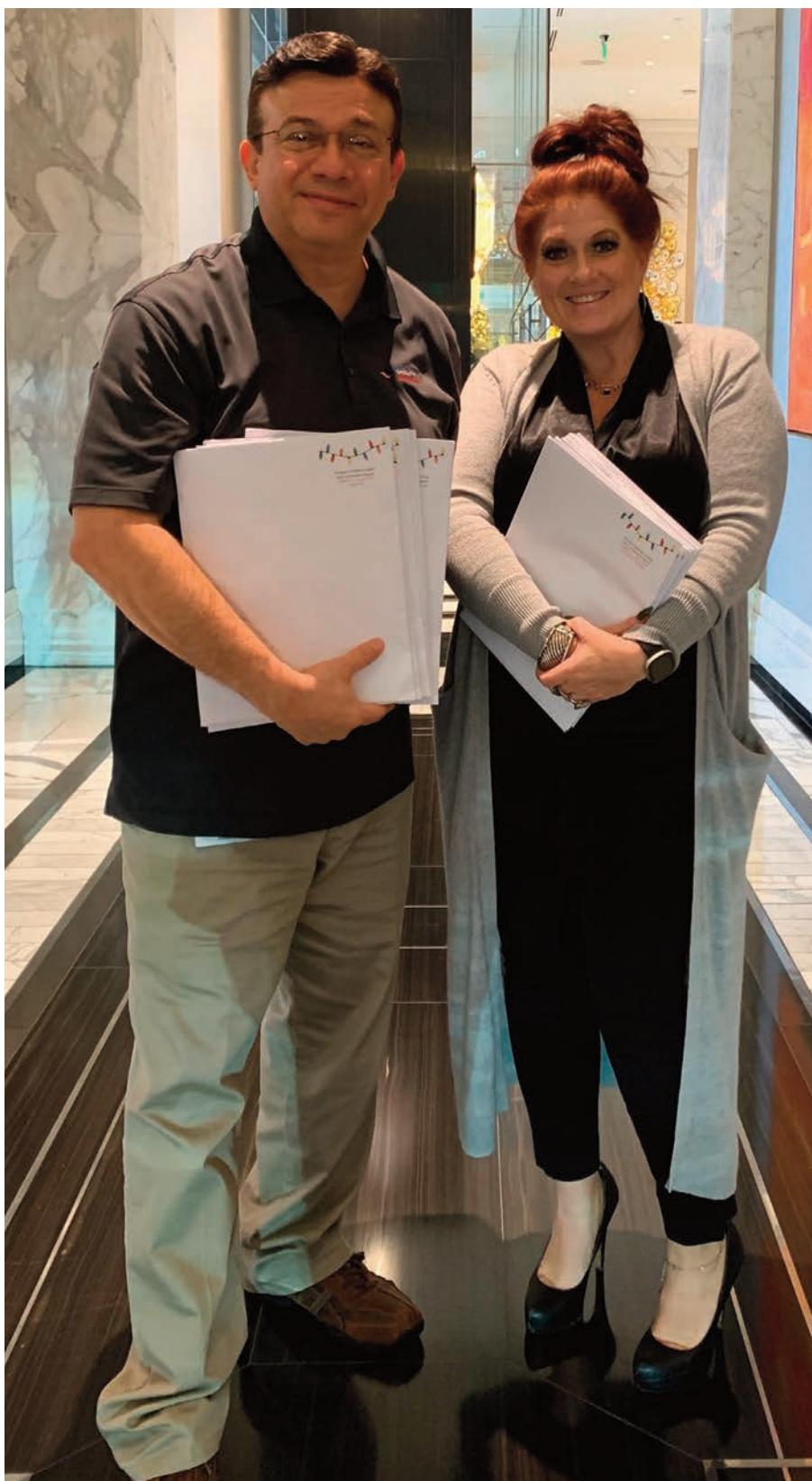
Para más información, visite teachharriscounty.org/teacher-recruitment.



Encontrar un hogar médico, un requisito para las familias

No se puede subestimar la importancia de tener un médico de familia o pediatra de cabecera. Aporta consistencia a la atención al paciente; ofrece tranquilidad a las familias al saber que tienen un médico de confianza al que pueden acudir en cualquier momento; y permite que los niños reciban atención preventiva, ya que el médico se familiariza con el paciente y su historial médico individual. Disponer de un hogar médico también es un requisito que forma parte de las normas de rendimiento de Head Start.

Durante el proceso de inscripción inicial, las familias tienen que completar una Evaluación de Servicios Familiares para identificar qué necesidades, incluidas las médicas, pueden tener. Si la familia no tiene un médico y un dentista de cabecera, el Proveedor de Servicios Familiares (FSP, por sus siglas en inglés) le proporcionará una lista de recursos que estén dentro del código postal de la familia. Los FSP incluso llamarán a las clínicas de salud para asegurarse de que los estudiantes reciban las citas médicas y dentales programadas y la atención que necesitan. Los FSP también ayudan a las familias a transitar por los seguros y la elegibilidad para servicios de bajo costo y gratuitos. Aunque muchos consultorios médicos y dentales exigen seguro, hay algunos centros de salud calificados federalmente que no exigen seguro médico. Ofrecen servicios gratuitos o de bajo costo a las familias elegibles.



Leyenda de Houston Children's Charity

El gerente de asociaciones comunitarias, Armando Rodriguez, agradece a Elizabeth Atkins, directora de eventos especiales y desarrollo de donantes de Houston Children's Charity, por los generosos regalos de juguetes que la organización benéfica hizo durante las fiestas para unos 500 estudiantes de HCDE Head Start y sus hermanos.

Nueva subvención para impulsar la participación cívica de los padres

HCDE Head Start recibirá fondos para aumentar la participación cívica electoral de los padres gracias a una nueva subvención para el proyecto "Your Voice Matters".

La subvención se destinará a aumentar los conocimientos y habilidades de los padres para empoderarlos a expresar sus opiniones y buscar oportunidades de mejorar su educación y perspectivas económicas. Los fondos servirán para sufragar gastos tales como el personal del proyecto, suministros para la educación de los votantes, impresión y traducción de material educativo e interpretación para las personas que no hablan inglés. Actualmente, se está buscando un empleado a tiempo parcial para el puesto de becario de participación cívica que ayude con la subvención. Además, el Comité de Defensa del Consejo de Políticas se centrará en la información y las actividades sobre la importancia de la participación de los votantes.

Gulshan Rahman, directora adjunta de cumplimiento y servicios familiares, dijo que el objetivo general es aumentar la participación electoral, especialmente en los vecindarios donde viven las familias de Head Start, porque esas áreas tienen menor participación electoral.



Sheffield Head Start

Trabajar juntos impulsa a los padres a alcanzar sus objetivos

Fijarse objetivos para mejorar su vida y la de su familia suele ser más fácil de decir que de hacer. Sin embargo, fijarse metas realistas, ponerlas por escrito y rendir cuentas a los demás es la receta del éxito.

El Acuerdo Individual de Asociación y Familia (IFPA, por sus siglas en inglés), un pacto que se establece al inicio del año escolar entre los padres y sus Proveedores de Servicios Familiares (FSP, por sus siglas en inglés), empodera a los padres para alcanzar los objetivos que se han fijado y acceder a los recursos que necesitan en beneficio de sus familias. En virtud del acuerdo, los FSP trabajan con los

padres para identificar objetivos específicos a sus necesidades. Los FSP hacen un seguimiento con los padres cada 30 días para verificar sus progresos y ofrecerles recursos adicionales si los necesitan.

Jasmine Imo, directora de Servicios de Salud y Familia, dijo que algunos padres necesitan acceder a servicios de salud mental y de derivación por discapacidad; otros quieren participar más en el campus; y para otros es prioritario conseguir un empleo o continuar sus estudios. Los FSP remiten a los niños a la agencia local de primera infancia para que sean evaluados y ver si existe algún problema.

Imo dijo que su principal objetivo es ofrecer recursos y servicios que sean sostenibles para las familias. Los FSP pueden conectar a los padres con la división de Educación de Adultos de HCDE para que obtengan su GED y otras certificaciones que los ayudarán a conseguir oportunidades laborales. Si el objetivo es participar más en la educación de sus hijos, los padres pueden empezar por asistir a las reuniones del Comité de Padres y las sesiones de Conexión Familiar.

¿Qué hay en el menú?

Arrollados de pavo, cazuela de pollo al curry, sopa de fideos con pollo y huevo y arroz con pollo fueron algunos de los nuevos platos que aparecieron en los menús de almuerzo del campus por primera vez este año escolar. Los nuevos platos vienen junto a los favoritos como espaguetis, nuggets de pollo y tazones de burrito con frijoles, todos presentados en un ciclo de menús de cuatro semanas introducido al comienzo del año escolar 2023-24.

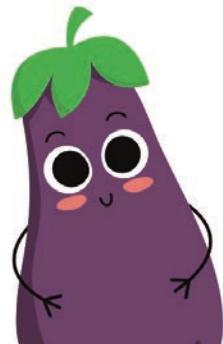
El gerente de servicios de nutrición Courtney Mitchel dijo que había una serie de factores a considerar al ajustar los menús para los estudiantes de Early Head Start y Head Start. Las comidas, que incluyen desayuno, almuerzo y tentempiés, tienen que ser nutritivas, culturalmente inclusivas, apropiadas para el desarrollo, atractivas, dentro del presupuesto y exponer a los estudiantes a nuevos alimentos.

Es posible que haya más ajustes en el futuro, ya que los nutricionistas trabajan para alinear el patrón de comidas del Programa de Alimentación para el Cuidado de Niños y Adultos (CACFP, por sus siglas en inglés) con las Directrices Alimentarias para los Estadounidenses de 2020. Los futuros cambios, actualmente en fase de revisión, incluyen la reducción del contenido de azúcar en los cereales para el desayuno y el yogur, y el cómputo de frutos secos y semillas



como carne y alternativa a la carne. El patrón de comidas de CACFP está estructurado para asegurar la provisión de comidas saludables de todos los grupos de alimentos, incluyendo frutas, verduras, granos, carne y alternativas a la carne y leche, ya sea fresca, congelada o enlatada.

Un almuerzo típico para los estudiantes de Head Start consiste en 8 onzas de leche, un cuarto de taza de fruta y un cuarto de taza de verdura, una onza y media de carne o alternativa a la carne y media onza de granos. Las comidas incluyen fruta y verdura como tomates, brócoli, calabaza, col, peras, bananas, fresas y naranjas; carne o una alternativa a la carne como pollo, ternera, pavo, queso y frijoles; y opciones integrales como fideos, tortillas, arroz y bollos. Los tentempiés incluyen leche y cereales, yogur y fruta, salsa de frijoles y galletas saladas. El menú para Early Head Start incluye los mismos productos básicos con diferentes tamaños de porción y preparación para satisfacer las necesidades de los estudiantes más pequeños.



Los campus se preparan para la Semana del Niño Pequeño

Los campus se preparan para celebrar la Semana del Niño Pequeño del 6 al 12 de abril, y agradecen todo el apoyo que puedan prestarles los padres. El evento anual de una semana de duración celebra el aprendizaje temprano y a los niños pequeños, destacando el programa Head Start y los muchos servicios que ofrece a los niños pequeños y sus familias.

Los campus estarán animados con actividades y días temáticos para promover la importancia del aprendizaje temprano de alta calidad y el papel fundamental que desempeñan los educadores en el desarrollo de los niños. Los maestros crearán

actividades para que los niños sean creativos, exploren, planifiquen, construyan, resuelvan problemas y expresen sus sentimientos, al tiempo que se centran en su desarrollo socioemocional, cognitivo, lingüístico y físico.

Los padres pueden participar de muchas maneras. Pueden apoyar a sus campus creando actividades prácticas, ofreciéndose como voluntarios para preparar materiales, ayudando en el campus o corriendo la voz. Comuníquese con el administrador de un campus para obtener información sobre cómo ayudar.

Qué hacer en Houston durante las vacaciones de primavera

Con las vacaciones de primavera a la vuelta de la esquina, los padres buscarán actividades de las que pueda disfrutar toda la familia, sobre todo al aire libre, antes de que se torne demasiado caluroso. Aquí hay una muestra de actividades gratuitas o de bajo costo en Houston y sus alrededores:

MILLER OUTDOOR THEATRE

Actuaciones y eventos gratuitos al aire libre
milleroutdoortheatre.com

HERMANN PARK

Jardines, parques infantiles, botes a pedal
hermannpark.org

MUSEO DE CIENCIAS NATURALES DE HOUSTON

Entrada gratuita los jueves a partir de las 2 p.m.
www.hmnns.org

DISCOVERY GREEN

Parque con eventos, parques infantiles, juegos de agua
discoverygreen.com

ZOO DE HOUSTON

Entrada gratuita el primer martes del mes
houstonzoo.org

BUFFALO BAYOU PARK

Senderos panorámicos, zonas de juego, alquiler de kayaks
buffalobayou.org

CHILDREN'S MUSEUM HOUSTON

Entrada gratuita los jueves por la tarde de 5 a 8 p.m.
cmhouston.org

THE ORANGE SHOW

3 lugares y eventos que promueven el arte visionario
orangeshow.org

LEVY PARK

Cuentacuentos, yoga, actividades familiares
levyparkhouston.org

SPACE CENTER HOUSTON

Puede haber entradas con descuento
spacecenter.org

APUNTE ESTAS FECHAS EN SU CALENDARIO

ENERO

- 15Feriado por MLK
16-30Evaluaciones de estudiantes
23Reunión del Consejo de Políticas
26Día de desarrollo del personal

FEBRERO

- 8-9Visita a casa n.º 2
12100.º día de clases
12-16Feria de ciencias de la alimentación
19Feriado
27Reunión del Consejo de Políticas
29Día de desarrollo del personal

MARZO

- 1Feriado
11-15Vacaciones de primavera
26Reunión del Consejo de Políticas
29Feriado por Viernes Santo

ABRIL

- 1Vacaciones de primavera
2-5Semana de los niños pequeños
5Exhibición de arte
12Día de desarrollo del personal
23Reunión del Consejo de Políticas

MAYO

- 6-10Semana de agradecimiento a los maestros
6-17Evaluaciones de estudiantes
17Celebración del Consejo de Políticas
20Reunión de padres y maestros n.º 2
24Último día de clases para los estudiantes
27Feriado por el Día de los Caídos
29Celebración de fin de año

Consulte con el administrador de cada campus para conocer detalles sobre estos y otros eventos ya que las fechas pueden variar.

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Misión y visión de HCDE Head Start

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.

Este es un producto de la división Head Start del Departamento de Educación del Condado de Harris. Las personas interesadas también pueden revisar este informe en línea y obtener información adicional relacionada con el Departamento visitando www.hcde-texas.org. Es política del Departamento de Educación del Condado de Harris no discriminar por motivos de raza, color, origen nacional, género, dominio limitado del inglés o condición(es) de discapacidad en sus programas.

Esta institución es un proveedor de igualdad de oportunidades.

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