

Heads Up



SPRING 2023 NEWSLETTER

TRADUCCIÓN EN ESPAÑOL INCLUIDA - PG. 9

DIRECTOR'S CORNER

Welcome Back!

We are really excited about spring 2023! I hope that you have had a restful and relaxing break and your energy and enthusiasm are in high gear. We are eager to move back to pre-COVID practices – like in-person meetings and having volunteers on our campuses. Nothing can replace that human connection, and we are looking forward to those personal connections between families, staff and volunteers. By the end of the year, we will have transitioned back to all our best practices, keeping a few practices that we learned and used during COVID to enhance our program. You do not go through an experience like COVID without developing new skills and learning strategies.

What can we expect to see this spring? Our building has arrived in Houston for the Humble location, and we are awaiting fair weather and dry land to move it on site. Barrett Station's partnership with Precinct 3 for Early Head Start is moving forward. The team is working to open a temporary space at Barrett Station in the meantime. The contractor is clearing trees at Coolwood in preparation for its building.

We participated in our Focus Area 2 Federal Review in November. The weeklong review, which encompassed data tours, interviews and more, was a positive experience. We received the Program Summary Report on Dec. 21. We have a clean report with no findings. Congratulation HCDE Head Start!!!



James Colbert, Jr., HCDE Superintendent, and Venetia L. Peacock, Head Start Senior Director, at November's 100 Black Men Metropolitan Houston conference

During the spring semester we look forward to the Parent/Child Food Science Fair, the Week of the Young Child and the Art Show. We will celebrate our transitions from EHS to Head Start, along with our Head Start to kindergarten in May. However, before all of that we will start recruitment for the coming school year in February. Parents and family members, we will be reaching out to you, as always, to help us find the students and families that will benefit from our program.

It is going to be an AMAZING semester!

Venetia L. Peacock

Bates Collision Centers blesses two Head Start families

Bates Collision Centers 24th Annual Bates Responsible Parenting Award went to Baytown mom Crystal Rios and Compton mom Jasmine Delce. Rios received a 2012 Ford Escape at a special ceremony Dec. 14 at the Bates' Baytown location, while Delce received a 2010 Hyundai Elantra on Dec. 15 at Bates' Channelview location.

The two were selected for their grit and determination in supporting their families, despite sometimes overwhelming challenges, and prioritizing education. They also had a demonstrated need for reliable transportation.

Rios, who has two children in Baytown's Head Start programs, had depended on family for transport after her car was totaled in an accident. The 22 year-old recently graduated from Lee College's cosmetology program and works as a beauty consultant. Delce, who has one child at Compton and an 11 year-old, has depended on Uber and buses to juggle school drop off and getting to and from work at the airport since her vehicle was totaled by a driver who ran a red light. Both Delce and Rios said having their own car would give them more time with their children and more options for work.

“The secret sauce in the recipe of this whole program is to help families who are helping themselves and get them over that last hurdle.”

— LEILA BATES

Leila Bates, owner of Bates Collision Centers with her husband Lee, said she was impressed with how Rios and Delce didn't let the lack of transportation be an excuse from doing the things they needed to do for their families.

The annual event, whose theme this year was “Bates Blessings a Christmas Gift on Wheels” never ceases to bring joy to Bates. She said it brings her employees together for a cause that is often life changing for the recipients.

“Every year it makes me happy to see our technicians volunteer their own time to work on these cars – after hours and at weekends,” Bates said.

Staff, family, friends and community members also pitched in to fulfil each family's wish list, including donations of car insurance from AMI Insurance Agency and Bayer Federal Heritage Credit Union.

“It's a big deal that we have help with insurance,” Bates said. “We don't want (Rios and Delce) to have immediate expenses with the gift of this car.”

Bates Collision Centers has donated a total of 44 cars for the parenting award.



Leila Bates with Responsible Parenting Award recipient Crystal Rios

Buckle up!

The start of the New Year is a good time for parents to check that they have the appropriate car seat for children riding in their car.

According to the Centers for Disease Control and Prevention, car seat use greatly reduces the risk of injury in crashes for children compared with seat belt use alone. Booster seats reduce the risk for serious injury by 45 percent for children ages 4-8 compared with seat belt use alone. Seat belt use reduces risk for death and serious injury by about half for older children and adults.

Children 12 and younger should be buckled in the back seat in a car seat, booster seat or seat belt, depending on their age, weight and height. Infants should be in a rear facing car seat for as long as possible.

Jasmine Imo, Health and Family Services Manager, said Head Start age students are required by law to ride in a car seat when in a moving vehicle. She said Head Start can provide resources for families to obtain car seats and referrals for car seat inspection.

“At HCDE Head Start and Early Head Start our number one priority is the health and safety of all students,” Imo said.

For more information and resources contact:

Safe Riders

Saferiders.dshs.texas.gov
cdc.gov/injury/features/child-passengers-safety/index.html
1-800-252-8255

Safe Kids - Greater Houston

Safekidsgreaterhouston.org
832-822-2277



Venetia L. Peacock, Head Start Senior Director, accepts book donation from Steve Balint of Balint Charities

Book donation benefits Head Start students

Every student in HCDE's Head Start campuses will receive a brand new book thanks to the Virginia-based Balint Charities. Some 1,200 books by Dr. Seuss, P.D. Eastman and actress Lupita Nyong'o will be distributed in January.

Balint Charities encompasses Barb's Books and Fran's Bands, founded in 2013 by Kathleen Christesen to honor her parents Francis and Barbara Balint and provide a legacy of the importance of reading and

music in a young child's life. The couple were life-long supporters of educational institutions, large and small, and instilled, not only in their six children and 17 grandchildren, but all children, the importance of education.

"Current research shows early literacy skills can set the stage for success in school," Christesen said. "Barb's Books addresses this research by providing books to pre-school aged children."



Healthy lunch at Fonwood Head Start

National Nutrition Month reminder to prioritize healthy lifestyle

National Nutrition Month in March stresses the importance of a balanced diet and exercise, and HCDE Head Start is taking the opportunity to remind parents to prioritize a healthy lifestyle for themselves and their family.

Though March highlights nutrition, Head Start works year round to help families make healthy food and lifestyle choices, whether it's counseling parents or nutrition education sessions, which focus on topics selected by parents, such as meal planning, physical activities for children and healthy snacks.

"At Head Start, we believe that early education is crucial to helping our students and parents to understand the importance of healthy eating," Nutrition Services Coordinator Adanna Stephen said.

Nutrition Services Manager Courtney Mitchell said when it comes to planning meals, the goal is to incorporate some or all of the five food groups — protein, fruit, vegetable, grain and dairy. For instance, breakfast might be a veggie and egg frittata, overnight oats with a favorite topping or wholegrain French toast with fruit. Lunch or dinner could be a casserole, chili, stir-fry or whole grain pasta with a meat or bean sauce, incorporating a protein and vegetables.

For families who want to maintain a healthy, nutritious diet and keep costs down, Mitchell had these tips:

- Buy fruit and vegetables in season.
- Shop at local farmers markets. Participating farmers markets offer "Double Up Bucks" where SNAP or P-EBT cards match dollar for dollar. For information, visit doubleuptexas.org.
- As an alternative to meat, use low cost protein options such as eggs, canned fish, peas and beans.
- Use frozen fruits and vegetables as they last longer than fresh ones.
- Prepare meals in large batches and freeze some for future use.
- Utilize grocery store ads and electronic discount coupons and apps.
- Experiment with spices to liven up a meal.

Eat healthy, shop local

The wide selection of fresh produce and support of the local economy aren't the only reasons to shop at one of the many farmers markets in and around Houston. Low income families can also get a break through the "Double Up Food Bucks," where SNAP or P-EBT cards match dollar for dollar at participating markets, farm stands and grocery stores across the state. For information, visit doubleuptexas.org. Here in the Houston area, participating markets include Hope Farms, 10401 Scott St. and the Urban Harvest Markets.

Other local farmers markets include:

East End Farmers Market
2800 Navigation Blvd.
713-928-9916
eastendhouston.com/market/

The Houston Farmers Market
2520 Airline Drive
713-862-8866
thehoustonsfarmersmarket.com/

Fall Creek Farmers Market
the Park at Fall Creek, Humble
buylocalmarket.org/

Azteca Farmers Market
www.aztecafarmersmarket.com/

Northeast Community Farmers Market
713-880-5540
www.urbanharvest.org/farmers-market/northeast-community-2/

Redemption Square Farmers Market
Redemption Square, 255 Assay Street
www.redemptionsquare.com/event-calendar/the-market-at-redemption-square

Freedmen's Town Farmers Market
1108 Victor Street
713-272-3700
www.instagram.com/freedmentownfarmersmarket/

Eleanora's Market
2120 Ella Blvd.
713-869-6622
www.facebook.com/Cavatore77008



Compton Head Start



Compton thrives with help of community center

There's no doubt the Head Start program is consistent from campus to campus, but each one offers something unique, whether it's leadership style, atmosphere or location. Compton Campus Manager Merevonna Ross-Daniel said being a part of the Northeast Multi-Purpose Community Center is a huge boost for their families.

"It's your one-stop shop," Ross-Daniel said. "You can get all your needs met at Head Start and the community center."

Compton families have access to the center's WIC and library services, parenting classes and community garden, while Tidwell Park is across the street. The community center serves as an early voting location and cooling center, offers programs for adults and hosts Target Hunger, which gives out food baskets once a month.

But what of Compton Head Start itself?

Currently there are 87 students ages three to five, though there is capacity for 128. The majority of students are African American, while there is a growing Hispanic population.

Ross-Daniel has been at the helm of Compton for five years, having started with HCDE Head Start 21 years ago as a teacher assistant at Barrett Station. She also served as Campus Manager at Channelview and Sheffield. Ross-Daniel has an associate's degree in early childhood education and a bachelor of science in Human Services and Consumer Sciences with an emphasis on child and family development.

Having been a teen mom, Ross-Daniel said she experienced the benefits of an early childhood program and wanted to go into education to help other families and young mothers.

She said most important for her as a leader is to help create a warm, welcoming and loving environment that is supportive of students, staff and families. Ross-Daniel has an open door policy and makes sure to take time out for staff and parents.

"It's important to be there mentally as well as physically," Ross-Daniel said.

Ross-Daniel takes pride in the fact that the majority of her staff have been at Compton for more than five years and that families come back to tell them what a difference Head Start made in the lives of their children.

"It's a really good feeling to know I'm a part of the success that is happening in our community," she said.



Dr. Gregory Williams speaks at Healthy Minds Conference



Venetia L. Peacock with Denisha Prim, of conference sponsor Legacy Community Health

Conference prioritizes mental wellness



The Healthy Minds Conference in October brought early childhood educators and community partners from across HCDE Head Start's service area

together with the mission to educate and raise awareness about mental health.

With the theme Healing STARTS Here, the conference featured workshops and presentations led by school safety experts, special education leaders and behavioral health providers who covered topics ranging from ADHD and postpartum depression, to work life

balance and self-care for educators. Keynote speaker Gregory Williams, who has a doctorate in counseling, talked about how families can stay healthy while navigating turbulent times and social emotional learning.

"We are committed to addressing the needs of our families, staff and children to ensure the best possible services for our families," Director Venetia L. Peacock said.

The Hogg Foundation for Mental Health and Legacy Community Health sponsored the 8th annual event. Denisha Prim, Legacy's Community Relations

Manager, said partnering with Head Start and participating at the conference allows Legacy to raise awareness about its services and to reach more families and children.

"We want the community to know they have access not only to physical care but also mental health care," Prim said.

There are 23 Legacy clinics in and around the Greater Houston area. Legacy accepts Medicaid and offers access to quality medical care at affordable rates.

Mental wellness key to following through on resolutions

Often the New Year heralds a new start – maybe it's to exercise more and eat less; save more and spend less; get a qualification or a new job. But what about mental health? Mental health is a big factor in how successful we are at following through on whatever resolution or goals we make. Mental Health Specialist Kiro Calderon had these tips relating to mental wellness.

- Carve out time each day to do something to help you rest and recharge.
- Treat yourself with respect. A positive outlook generates more positivity.
- Don't be too hard on yourself. It's important to move forward with a positive attitude.
- Stay mindful and live in the moment. Don't dwell on the past or fixate about the future.
- Don't get caught up in reacting to those around you. Instead, be prepared with a mental list of disarming statements to counteract the negative statements of others.
- View life as a journey full of adventures rather than a series of obstacles to overcome.

Head Start Awareness Month Celebrated

More than 50 community partners, SuperMENTors and Head Start administrators and staff came together last October for a special event to celebrate National Head Start Awareness month.

Jonathan Parker, Assistant Superintendent of Academic Support Services, James Stancill, Assistant Director of Childcare Partnerships and Venetia L. Peacock, Senior Director of Head Start shared remarks and welcomed guests to the annual event held at the Administration Building, 6300 Irvington Blvd.

Participants had an opportunity to network, learn about Head Start and enjoy some lighthearted fun, playing Wheel of Fortune, Jenga and Checkers and a special performance put on by Head Start staff.

Agencies that were represented included Harris County Public Health Lead Poisoning Prevention Program, Harris County Public Health WIC Program, Harris County Public Health – Health and Wellness Program, Harris County Public Health – Dental, Lakeshore Learning, Precinct 2 Health Services, Bank of Texas, Texas Group Tickets, Houston Health Department and a number of divisions from Harris County Department of Education.



L to R: Richard Gomez, Lakeshore, Veronica Garcia, Harris County Public Health, David W. Brown, HCDE Board Member, Christina Benavides, Texas Group Tickets and Chris Frey with Bank of Texas.

MARK YOUR CALENDAR

FEBRUARY

- 1-3Student Assessments
(Barrett Station, Baytown, Humble, La Porte, Tidwell)
- 1-10Student Assessments (Dogan & Fonwood)
- 6-9.....Parent/Child Food Science Fair
- 15-16.....Home Visit #2
(All campuses except for Dogan & Fonwood)
- 16-17Home Visit #2 (Dogan & Fonwood)
- 17.....Staff Development day
(All campuses except for Dogan & Fonwood)
- 20Staff Development day (Dogan & Fonwood)
- 28Policy Council meeting

MARCH

- 13-17Spring Break
- 21Policy Council meeting
- 28Staff Development day

APRIL

- 7Spring Holiday
- 10Staff Development Day
- 17-21.....Week of the Young Child
- 20Art Show
- 21Staff Development Day (Dogan & Fonwood)
- 21.....Early Dismissal / Staff Meeting
(All campuses except for Dogan & Fonwood)
- 24-28Student Assessments
- 25Policy Council meeting

MAY

- 1-5Student Assessments
(All campuses except for Dogan & Fonwood)
- 1-24Student Assessments (Dogan & Fonwood)
- 18-19Parent/Teacher Conference #2
- 19.....Policy Council Celebration
- 27Last day of school
(All campuses except for Dogan & Fonwood)
- 29.....Memorial Day
- 31.....Last day of school (Dogan & Fonwood)

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

CAMPUS DIRECTORY

HARRIS COUNTY DEPARTMENT OF EDUCATION HEAD START

6300 Irvington Blvd., Houston, TX 77022 **713-672-9343**

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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HCDE Head Start Team

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Assistant Superintendent Jonathan M. Parker	Operations Services Manager Suzanne Cates	
Senior Director Venetia L. Peacock	Nutrition Services Manager Courtney Mitchell	
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Assistant Director of Operations Lisa Boone	Education & Special Services Manager Pamela Jones-Lee	
Assistant Director of Compliance and Family Services Gulshan Rahman	Health & Family Services Manager Jasmine Imo	
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Education Ashlee Arceneux Ruby Blue Sharun Holman Tamika Ward	Health Carlos Martinez Raul Zavaleta	Operations Laura Dugas-Kelley Taiwan Williams

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TIDWELL	8302 John Ralston Rd., Houston, TX 77044 Carla LeVeaux, Campus Mgr. 713-696-3124

Heads Up



SPRING 2023 NEWSLETTER

¡Bienvenidos!

¡Estamos muy entusiasmados con la primavera de 2023! Espero que haya tenido un descanso reparador y relajante y que su energía y entusiasmo estén a toda marcha. Estamos ansiosos por volver a las prácticas anteriores al COVID, como reuniones en persona y tener voluntarios en nuestros campus. Nada puede reemplazar esa conexión humana, y esperamos esas conexiones personales entre las familias, el personal y los voluntarios. Para fin de año, habremos hecho la transición de

regreso a todas nuestras mejores prácticas, conservando algunas prácticas que aprendimos y usamos durante el COVID para mejorar nuestro programa. No se pasa por una experiencia como la del COVID sin desarrollar nuevas habilidades y estrategias de aprendizaje.

¿Qué podemos esperar ver esta primavera? Nuestro edificio ha llegado a Houston en el centro de Humble, y estamos esperando buen clima y tierra seca para trasladarlo al sitio. La asociación de Barrett Station con Precinct 3 para Early Head Start está avanzando. Mientras tanto, el equipo está trabajando para abrir un espacio temporal

RINCÓN DEL DIRECTOR

en Barrett Station. El contratista está talando árboles en Coolwood como preparación para el edificio.

Participamos en nuestra Revisión Federal del Área de Enfoque 2 en noviembre. La revisión de una semana, que abarcó recorridos de datos, entrevistas y más, fue una experiencia positiva. Recibimos el Informe resumido del programa el 21 de diciembre. Tenemos un informe limpio sin hallazgos. ¡¡¡Felicidades Head Start de HCDE!!!

Durante el semestre de primavera esperamos con ansias la Feria de Ciencias de la Alimentación para Padres e Hijos, la Semana del Niño Pequeño y la Exposición de Arte. Celebraremos nuestras transiciones de EHS a Head Start, junto con nuestro Head Start a jardín de infantes en mayo. Sin embargo, antes de todo eso, comenzaremos el reclutamiento para el próximo año escolar en febrero. Padres y familiares, nos comunicaremos con ustedes, como siempre, para que nos ayuden a encontrar a los estudiantes y las familias que se beneficiarán de nuestro programa.

¡Va a ser un semestre INCREÍBLE!

Venetia L. Peacock



Venetia L. Peacock, Directora Principal de Head Start, con Jamie Chatman, miembro del Consejo de Políticas

Bates Collision Centers bendice a dos familias de Head Start

Bates Collision Centers 24th Annual Bates Responsible Parenting Award fue para la mamá de Baytown, Crystal Rios, y la mamá de Compton, Jasmine Delce. Rios recibió un Ford Escape 2012 en una ceremonia especial el 14 de diciembre en la ubicación de Bates en Baytown, mientras que Delce recibió un Hyundai Elantra 2010 el 15 de diciembre en la ubicación de Bates en Channelview.

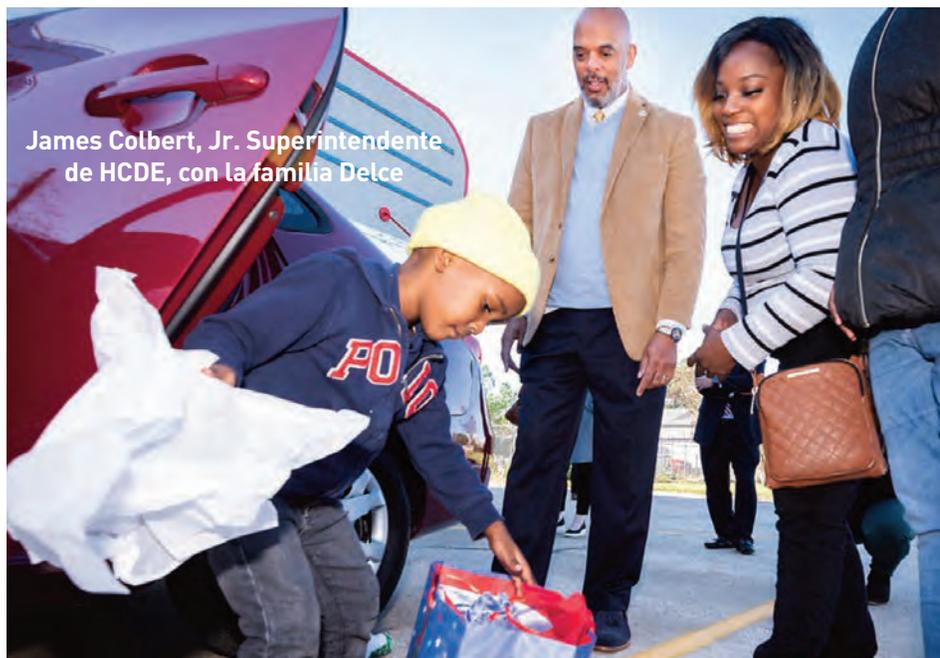
Las dos fueron seleccionados por su valor y determinación para apoyar a sus familias, a pesar de los desafíos a veces abrumadores y por priorizar la educación. También tenían una necesidad demostrada de transporte confiable.

Rios, que tiene dos hijos en los programas Head Start de Baytown, dependía de su familia para el transporte después de que su auto quedó destrozado en un accidente. La joven de 22 años se graduó recientemente del programa

de cosmetología de Lee College y trabaja como consultora de belleza. Delce, que tiene un hijo en Compton y un niño de 11 años, ha dependido de Uber y de los autobuses para hacer malabarismos entre dejar la escuela, e ir y volver del trabajo en el aeropuerto desde que su vehículo fue destrozado por un conductor que se saltó un semáforo en rojo. Tanto Delce como Rios dijeron que tener su propio automóvil les daría más tiempo con sus hijos y más opciones de trabajo.

Leila Bates, propietaria de Bates Collision Centers con su esposo Lee, dijo que estaba impresionada con la forma en que Rios y Delce no permitieron que la falta de transporte fuera una excusa para hacer las cosas que tenían que hacer por sus familias.

El personal, la familia, los amigos y los miembros de la comunidad también colaboraron para cumplir con la lista de deseos de cada familia, incluidas las donaciones de seguros de automóviles de AMI Insurance Agency y Bayer Federal Heritage Credit Union.



¡Abrochese el cinturón de seguridad!

El comienzo del Año Nuevo es un buen momento para que los padres verifiquen que tienen el asiento de seguridad adecuado para los niños que viajan en su automóvil.

Los niños menores de 12 años deben estar abrochados en el asiento trasero en un asiento de automóvil, asiento elevado o cinturón de seguridad, según su edad, peso y altura. Los bebés deben estar en un asiento de seguridad orientado hacia atrás durante el mayor tiempo posible.

Jasmine Imo, Gerente de Servicios de Salud y Familia, dijo que los estudiantes en edad de Head Start están obligados por ley a viajar en un asiento para el automóvil cuando están en un vehículo en movimiento. Dijo que Head Start puede proporcionar recursos para que las familias obtengan asientos para automóviles y referencias para la inspección de asientos para automóviles.

Para obtener más información y recursos, comuníquese con:

Safe Riders

Saferiders.dshs.texas.gov
cdc.gov/injury/features/child-passengers-safety/index.html
1-800-252-8255

Safe Kids - Greater Houston

Safekidsgreaterhouston.org
832-822-2277



Venetia L. Peacock, Directora Principal de Head Start acepta la donación de libros del Steve Balint, de Balint Charities

La donación de libros beneficia a los estudiantes de Head Start

Cada estudiante en los campus de Head Start de HCDE recibirá un libro nuevo gracias a Balint Charities, con sede en Virginia. Unos 1,200 libros de Dr. Seuss, P.D. Eastman y la actriz Lupita Nyong'o se distribuirán en enero. Balint Charities abarca Barb's Books y Fran's Bands, fundada en 2013 por Kathleen Christesen para honrar a sus padres Francis y Barbara Balint y brindar un legado de la importancia de la lectura y la música en la vida de un niño pequeño. La pareja fue partidaria de por vida de las instituciones educativas, grandes y pequeñas.



Recordatorio del Mes Nacional de la Nutrición para priorizar un estilo de vida saludable

El Mes Nacional de la Nutrición en marzo enfatiza la importancia de una dieta balanceada y el ejercicio, y HCDE Head Start está aprovechando la oportunidad para recordarles a los padres que deben priorizar un estilo de vida saludable para ellos y su familia. La Gerente de Servicios de Nutrición, Courtney Mitchell, tenía estos consejos para las familias que desean mantener una dieta saludable y reducir los costos:

- Compre frutas y verduras de temporada.
- Compre en los mercados de agricultores locales. Los mercados de agricultores participantes ofrecen "Double Up Bucks" donde las tarjetas SNAP o P-EBT igualan dólar por dólar. Para obtener información, visite doubleuptexas.org.
- Use opciones de proteínas de bajo costo como huevos, pescado enlatado, guisantes y frijoles.
- Utilice frutas y verduras congeladas, ya que duran más que las frescas.
- Prepare comidas en lotes grandes y congele algunas para uso futuro.
- Utilice anuncios de supermercados y cupones de descuento y aplicaciones.
- Experimente con especias para animar una comida.

Coma sano, compre local

La amplia selección de productos frescos y el apoyo a la economía local no son las únicas razones para comprar en uno de los muchos mercados de agricultores en Houston y sus alrededores. Las familias de bajos ingresos también pueden obtener un descanso a través de "Double Up Food Bucks", donde las tarjetas SNAP o P-EBT igualan dólar por dólar en los mercados participantes, puestos de granja y tiendas de comestibles en todo el estado. Para obtener información, visite doubleuptexas.org. Aquí en el área de Houston, los mercados participantes incluyen Hope Farms, 10401 Scott St. y Urban Harvest Markets.

Aquí hay una muestra de los mercados de agricultores del área de Houston:

Mercado de agricultores de East End
2800 Navigation Blvd.
713-928-9916
eastendhouston.com/market/

Mercado de agricultores de The Houston
2520 Airline Drive, 713-862-8866
thehoustonsfarmersmarket.com/

Mercado de agricultores de Fall Creek
en Park at Fall Creek, Humble
buylocalmarket.org/

Azteca Farmers Market
www.aztecafarmersmarket.com/

Mercado de agricultores de Northeast Community
713-880-5540
www.urbanharvest.org/farmers-market/northeast-community-2/

Mercado de agricultores de Redemption Square
Redemption Square, 255 Assay Street
www.redemptionsquare.com/event-calendar/the-market-at-redemption-square

Mercado de agricultores de Freedmen's Town
1108 Victor Street, 713-272-3700
www.instagram.com/freedmentownfarmersmarket/

Eleanora's Market
2120 Ella Blvd., 713-869-6622
www.facebook.com/Cavatore77008



Compton Head Start

Compton prospera con la ayuda del centro comunitario

La gerente del campus de Compton, Merevonna Ross-Daniel, dijo que ser parte del Centro Comunitario de Propósitos Múltiples del Noreste es un gran impulso para sus familias, ya que sirve como una "ventanilla única".

"Puede satisfacer todas sus necesidades en Head Start y el centro comunitario", dijo Ross-Daniel.

Las familias de Compton tienen acceso a los servicios de biblioteca y WIC del centro, clases para padres y jardín comunitario, mientras que Tidwell Park está al otro lado de la calle. El centro comunitario sirve como lugar de votación anticipada y centro de enfriamiento, ofrece programas para adultos y alberga Target Hunger, que entrega canastas de alimentos una vez al mes.

Ross-Daniel ha estado al frente de Compton durante 5 años, habiendo comenzado con HCDE Head Start hace 21 años como asistente de maestro en Barrett Station. Tiene un título de asociado en educación de la primera infancia y una licenciatura en ciencias en Servicios Humanos y Ciencias del Consumidor con énfasis en el desarrollo infantil y familiar.

Dijo que lo más importante para ella como líder es ayudar a crear un ambiente cálido, acogedor y amoroso que apoye a los estudiantes, el personal y las familias. Ross-Daniel tiene una política de puertas abiertas y se asegura de tomar tiempo para el personal y los padres. Ross-Daniel se enorgullece del hecho de que la mayoría de su personal ha estado en Compton durante más de cinco años y que las familias regresan para contar la diferencia que Head Start marcó en la vida de sus hijos.



Conferencia prioriza el bienestar mental

La Conferencia Healthy Minds de octubre reunió a educadores de la primera infancia y socios comunitarios de toda el área de servicio de HCDE Head Start con la misión de educar y crear conciencia sobre la salud mental. Con el tema "La curación COMIENZA aquí", la conferencia contó con talleres y presentaciones dirigidas por expertos en seguridad escolar, líderes de educación especial y proveedores de salud conductual que cubrieron temas que van desde el TDAH y la depresión posparto hasta el equilibrio entre la vida laboral y el cuidado personal para educadores. La Fundación Hogg para la Salud Mental y Legacy Community Health patrocinó el 8.º evento anual. Hay 23 clínicas Legacy en el área metropolitana de Houston y sus alrededores. Legacy acepta Medicaid y ofrece acceso a atención médica de calidad a precios accesibles.



El Dr. Gregory Williams habla en la Conferencia Healthy Minds

El bienestar mental es clave para cumplir con las resoluciones

A menudo, el Año Nuevo anuncia un nuevo comienzo, tal vez sea hacer más ejercicio y comer menos; ahorrar más y gastar menos; obtener una calificación o un nuevo trabajo. Pero, ¿y la salud mental? La salud mental es un factor importante en el éxito que tengamos en el cumplimiento de cualquier resolución u objetivo que establezcamos. El especialista en salud mental Kiro Calderon tuvo estos consejos relacionados con el bienestar mental.

- Tome tiempo cada día para hacer algo que le ayude a descansar y recargar energías.
- Trátese a sí mismo con respeto. Una perspectiva positiva genera más positividad.
- No sea demasiado duro consigo mismo. Es importante avanzar con una actitud positiva.
- Manténgase atento y viva el momento. No se detenga en el pasado ni se fije en el futuro.
- No se deje atrapar por reaccionar ante los que le rodean. En su lugar, prepárese con una lista mental de declaraciones desarmadoras para contrarrestar las declaraciones negativas de los demás.
- Vea la vida como un viaje lleno de aventuras en lugar de una serie de obstáculos que superar.

APUNTE ESTAS FECHAS



Actuación especial de porristas de liderazgo de Head Start.

Se celebró el Mes de Concientización sobre Head Start

Más de 50 socios comunitarios, SuperMENTors, y administradores y personal de Head Start se reunieron en octubre pasado para un evento especial para celebrar el Mes Nacional de Concientización sobre Head Start.

Jonathan Parker, Superintendente Asistente de Servicios de Apoyo Académico, Jameese Stancill, Directora Asistente de Childcare Partnerships y Venetia L. Peacock, Directora Principal de Head Start compartieron comentarios y dieron la bienvenida a los invitados al evento anual que se llevó a cabo en el Edificio Administrativo, 6300 Irvington Blvd.

Los participantes tuvieron la oportunidad de establecer contactos, aprender sobre Head Start y disfrutar de un poco de diversión alegre, jugando Wheel of Fortune, Jenga y Checkers y una actuación especial organizada por el personal de Head Start.

Las agencias que estuvieron representadas incluyeron el Programa de Prevención de Envenenamiento por Plomo de Salud Pública del Condado de Harris, el Programa WIC de Salud Pública del Condado de Harris, Salud Pública del Condado de Harris - Programa de Salud y Bienestar, Salud Pública del Condado de Harris - Dental, Lakeshore Learning, Precinct 2 Health Services, Bank of Texas, Texas Group Tickets, Departamento de Salud de Houston y varias divisiones del Departamento de Educación del Condado de Harris.

FEBRERO

- 1-10Evaluaciones de estudiantes (Dogan & Fonwood)
- 1-3Evaluaciones de estudiantes (Barrett Station, Baytown, Humble, La Porte, Tidwell)
- 6-9Feria de ciencias para padres e hijos
- 20.....Día de desarrollo del personal (Dogan & Fonwood)
- 17.....Día de desarrollo del personal (todos los demás campus)
- 28.....Reunión del Consejo de Políticas
- 16-17Visita a casa #2 (Dogan & Fonwood)
- 15-16Visita a casa #2 (todos los demás campus)

MARZO

- 13-17Vacaciones de primavera
- 21.....Reunión del Consejo de Políticas
- 28.....Día de desarrollo del personal

ABRIL

- 7.....Vacaciones de primavera
- 10.....Día de desarrollo del personal
- 17-21Semana de los niños pequeños
- 20.....Exhibición de arte
- 21.....Día de desarrollo del personal (Dogan & Fonwood)
- 21.....Salida temprana/Reunión de personal (todos los demás campus)
- 24-28Evaluaciones de estudiantes
- 25.....Reunión del Consejo de Políticas

MAYO

- 1-24Evaluaciones de estudiantes (Dogan & Fonwood)
- 1-5Evaluaciones de estudiantes (todos los demás campus)
- 19.....Celebración del Consejo de Políticas
- 18-19Reunión de padres y maestros n.º 2
- 29.....Día de los Caídos
- 31.....Último día de clases (Dogan & Fonwood)
- 27.....Último día de clases (todos los demás campus)

Consulte con un Administrador de Campus para conocer detalles sobre estos y otros eventos ya que las fechas pueden variar.

CAMPUS DIRECTORY

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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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