

Heads Up



WINTER 2025 NEWSLETTER

TRADUCCIÓN EN ESPAÑOL INCLUIDA - PG. 9



Venetia L. Peacock, Head Start Senior Director, honors Patricia Kuskos, Professional Development Coordinator, on her retirement after 23 years of dedicated service.



Venetia L. Peacock - Head Start Senior Director and Betty Moore, former employee

A LETTER FROM VENETIA L. PEACOCK
SENIOR DIRECTOR



WELCOME BACK

I hope you all enjoyed your winter break and were able to spend quality time with family and friends.

As usual, we are off to a speedy start to the semester, despite the cold weather!

We are excited to finally open our new Coolwood facility and look forward to welcoming parents and the community to our January 16 ribbon-cutting ceremony. Then on January 21, students will fill the classrooms of the new campus. Meanwhile, we have started construction on the playground at our La Porte campus. The upgrade will be completed by the spring.

We will be celebrating the Week of the Young Child April 5-11, an annual event that shines a spotlight on young children and their families. All our campuses will be planning a fun-filled week of activities that encourage movement and a healthy lifestyle through music, food and art. This includes an art show

to display the artistic merits of our students and campus tours for our community partners.

Parents interested in working with young children, we need you! We are on a quest to recruit much needed Substitute Teacher Assistants. For parents who may not be ready for a full-time job, this is a good route to find out if you have a passion for teaching young children and want to develop a career as an early education teacher.

We are also recruiting new students for the 2025-26 school year. Parents and staff, please spread the word about our wonderful program.

Here's to a happy, healthy and productive semester!

VENETIA L. PEACOCK
Senior Director



Moms' commitment to family rewarded



Octavia LaFayett - Humble parent recipient, (center)

Quantasia Williams - Baytown parent recipient

Christmas came early for two Head Start families after they were selected for the **Bates Collision Centers' annual Responsible Parenting Award**. Humble mom Octavia Lafayette received a 2016 Nissan Versa at a special presentation Dec. 11 at Bates' Channelview location, and Quantasia Williams received a 2015 Buick Encore Dec. 12 at the Bates' Baytown location.

In addition to the vehicles, the families received six months' worth of insurance from AMI Insurance and Bayer Federal Credit Union, gift certificates for gas and oil changes and gifts and necessities from their respective wish lists.

Leila Bates, Vice President of Bates Collision Centers, said Williams and Lafayette were selected because they demonstrated a deep commitment in working towards a better future for their respective families and needed their own transportation.

"That is a pretty determined parent to show they are working hard for their family and being responsible and not waiting for someone to do it for them," said Bates, who owns the business with husband Lee.

This is the 21st year that Bates has partnered with HCDE Head Start to provide "responsible" parents with their own

transportation. Bates said it has been a community-wide effort involving vendors, school groups, staff, friends and family, who donated their time, talent and treasure to ensure the vehicles were in good working order, car insurance was covered and the wish lists were fulfilled. **Donors included Enterprise, Hertz, Patients ER, Sterling and Channelview High Schools' baseball teams, EM6 Auto Tech, Finish Masters, LKQ, Keystone and O'Reilly Auto Parts, Spiller's Automotive and Axo Nobel.**

"We are really grateful for the gifts from a lot of different companies and a lot of friends and families," Bates said. "We try to not only lift the burden of lack of transportation, but also the burden of running the car for at least the first six months."

Lafayette said having reliable transportation will make life so much easier to get to work, re-enroll in massage school, participate in school events and do some fun, educational activities with her children. Lafayette works at Fine Airport Parking at IAH. Williams, who works nights as a phlebotomist at Methodist Hospital in Baytown, said having her own vehicle will give her more independence, save on Uber rides and free up time to spend with her daughter Malaysia. The first thing she plans on doing is to drive Malaysia to church and eat at her favorite restaurant.

"We are so grateful to Bates Collision Centers for partnering with us over the past 21 years," Senior Director Venetia Peacock said. "They have made a tremendous difference in the lives of so many of our families."

Never too young for civics lessons



La Porte Head Start

While it's too soon to know the full impact of the 2024 elections, it's not too soon to start educating young children about civics and participating in a democracy.

There are various educational and fun activities parents can do with their children to learn about civics, which encompass the rights and responsibilities of being a citizen in a democracy. Spranger recommended parents talk to their children and read age-appropriate books about civics; take their children to watch them vote; and create opportunities to ensure their child's voice is heard and valued. It may be as simple as letting children vote on a preferred activity or meal and teaching them to accept the outcome – even if it doesn't go their way!

"Children are never too young to learn that their voice matters!" Civic Engagement Coordinator Avery Spranger said.

By introducing young children to the idea of what it means to be a responsible citizen, Spranger said they are more likely to take part in the civic processes as they get older and engage in their community. In addition to federal elections, there are numerous elections at the local level on everything from city council seats to bonds for school district infrastructure.

Spranger recommended parents stay current on local news through outlets like Houston Landing, a free online news source. For children, she recommended PBS' short online civics videos with characters such as Daniel Tiger and Arthur and iCivics, with its educational, age-appropriate games about democracy and civics. In addition, Head Start's Civic Engagement team is a resource at www.hcde-texas.org/civic-engagement. Recommended books for teaching young children about voting and democracy include "President of the Jungle," "Vote for our Future," "Baby Loves Political Science" and "Democracy!"

Helping young children deal with difficult emotions

As most parents of young children know too well, tantrums and emotional outbursts are a normal part of growing up. Whether they are experiencing anger, fear or sadness, young children don't have the vocabulary or social skills to express what they are feeling and needing.

According to the American Psychological Association, these outbursts give parents an opportunity to teach their children how to express and regulate their emotions, especially important when there are other stressors such as divorce, a family illness or disruptions in living circumstances.

Starting early to help children manage their emotions reduces the risk of developing behavioral problems as they get older. Many children who can't or don't know how to manage their emotions tend to be less successful in school and prone to mental health issues, more physical illnesses and substance abuse later in life.

Here's advice for parents to help their children cope with overwhelming emotions:

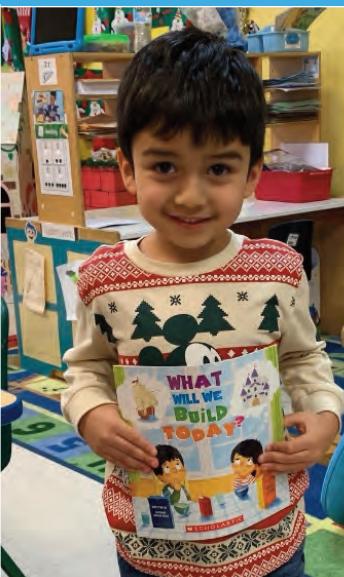
- Hold hands with your child and take deep breaths together.
- Accept your child's anger.
- Offer positive reinforcement such as, "I can see you're working hard to stay calm."
- Offer a compromise or distraction.
- Explain the consequences for misbehavior, which should be moderate and consistent.
- Make your child feel safe: hold, hug and cuddle them.
- Maintain routines.
- Encourage children to share their feelings by talking or drawing pictures.
- Don't expose them to the news.
- For babies: look into their eyes, smile and cuddle them and be calm.
- Most importantly, model what it looks like to deal with overwhelming emotions appropriately.



Channelview Head Start



Tidwell Head Start



Channelview Head Start



Tidwell Head Start

Book donation benefits Head Start students

Thanks to Balint Charities, every HCDE Head Start student will receive a new book to enjoy at home.

Founded in 2013 by Kathleen Christesen, the charity honors her parents by promoting reading and music as vital parts of childhood development.



Tidwell Head Start

Children's charity gifts toys to Head Start students

Community Partnerships Manager Armando Rodriguez thanks Elizabeth Atkins and Betty Ascencion of the **Houston Children's Charity**, for the charity's generous holiday gift of toys for some 400 HCDE Head Start students and their siblings.



Parents need apply

HCDE Head Start is in need of Substitute Teacher Assistants, and parents interested in working with young children but may not be ready for a full-time position should apply.

Senior Director Venetia Peacock said the position is a route for parents to find out if they have a passion for teaching young children and want to develop a career as an early education teacher.

No experience is necessary as training is provided, but applicants should be patient, kind and nurturing and have a desire to make a difference in children's lives. The position offers 20 hours per week, a flexible schedule that follows the school calendar and free professional development. For more details, refer to the flyer attached at the end of this newsletter.

As well as Substitute Teacher Assistants, there are numerous openings in other areas of HCDE Head Start. They include Professional Development Coordinator, Nutrition Services Manager, Early Head Start and Head Start teachers, custodians, cook, Teaching Assistant, Special Education Coordinator, Family Services Provider, Campus Manager and Assistant Campus Manager.



For a full listing of openings and to apply for a position, visit www.hcdetexas.org and upload a resume with the application or scan the QR code on the insert in this newsletter.

Is it a cold, flu, COVID or allergies?

The winter and spring months are a time when adults and children are prone to respiratory viruses and infections and allergies, but symptoms often overlap, making it harder to figure out whether it's a common cold, flu, COVID-19 or allergies. Thankfully, there are flu and COVID vaccines, while allergies can generally be managed.

To minimize the risk of contracting flu or COVID, the Centers for Disease Control and Prevention recommends adults and children 6 months and older get an annual flu vaccine and the latest COVID vaccine, depending on age and current guidelines. Parents should consult their child's pediatrician for other boosters or vaccines, if needed.

"Family members can reduce the spread of illnesses to children and other vulnerable populations by getting vaccinated," Health Services Coordinator Carlos Martinez said. "Vaccines also minimize the severity of diseases and decrease the risk of complications and hospitalization."

The CDC also recommends one of two immunization options to protect babies from the respiratory virus RSV: either an RSV vaccine for the mother during pregnancy or an RSV antibody for babies. Most babies do not need both.

Common colds should improve on their own. If COVID-19 or flu are suspected, Martinez recommended getting tested, especially if there are risks for complications. Antiviral treatments are available for COVID-19 and flu and work best when started soon after symptoms begin. For children with a cold or flu, parents are advised to take these steps:

- Monitor symptoms: check for fever, cough and fatigue.
- Provide rest and hydration.
- Use age-appropriate fever reducers, if needed.
- Consult a doctor if symptoms worsen or risk for complications.

Keep children with flu or COVID at home until they are fever-free for at least 24 hours without medication, and symptoms have improved. Children with colds can return to school with mild symptoms and are well enough to participate in activities.

For allergies, use over-the-counter or prescribed antihistamines, nasal sprays or decongestants; reduce exposure to allergens by keeping windows closed and using air purifiers; consult a pediatrician about management or testing. Free or low-cost vaccinations are available through Harris County Public Health. Community Clinics offer sliding-scale fees, or visit findahealthcenter.hrsa.gov/

Enjoy the outdoors now!

There's nothing like spring in Houston to get outdoors, enjoy the weather and have some healthy family fun. The weather is cool enough to walk or bike, picnic in a local park, play soccer and other outdoor games or take in the wildflowers.

Here are links to parks and destinations in and around Houston:

Harris County Precinct 1: www.hcp1.net/Parks

Harris County Precinct 2: www.hcp2.com/neighborhood-services/parks-and-trails

Harris County Precinct 3: www.pct3.com/explore/parks

Hermann Park: www.hermannpark.org

Houston Arboretum & Nature Center: houstonarboretum.org

Houston Botanic Garden: hbg.org

Memorial Park: www.memorialparkconservancy.org

Levy Park: levyparkhouston.org

Discovery Green: www.discoverygreen.com

Baytown Parks: www.baytown.org/267/parks-facilities

Humble Parks: www.cityofhumbletx.gov/gov/par

Brazos Bend State Park: tpwd.texas.gov

Sheldon Lake State Park: tpwd.texas.gov



MARK YOUR CALENDAR

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

JANUARY

- 13-27Student assessments
- 20MLK holiday
- 24Staff development day
- 28Policy Council meeting
- 31Fonwood/Dogan
100th Day of School

FEBRUARY

- 10-13Food Science Fair
- 14-17Staff development day
- 18100th day of school
- 25Policy Council meeting
- 28Home visit #2

MARCH

- 10-14Spring Break-
all other campuses
- 17-21Spring Break-
Channelview, La Porte,
Sheffield, Tidwell
- 25Policy Council meeting

APRIL

- 4Staff development day
- 7-11Week of the Young Child
- 11Art show
- 18Good Friday holiday
- 21Staff work day
- 22Policy Council meeting

MAY

- 5-16Student Assessments
- 19Parent/Teacher
Conference #2
- 20Policy Council celebration
- 23Students' last day
of school
- 26Memorial Day holiday
- 29End of year celebration

HCDE Head Start celebrated 25 years of service

More than 300 people came together Oct. 29 at the Administration building to celebrate HCDE Head Start's 25th anniversary and shine a light on Head Start services. This year's Head Start Awareness event was a show case for numerous testimonials about the experiences of those who have worked at Head Start or benefitted from Head Start services. Betty Moore, former Campus Manager of J.D. Walker, Wanda Vinson, former CM of Coolwood, HCDE Board Member Dr. John McGee, a former Head Start student, Senior Director Venetia Peacock and HCDE Superintendent James Colbert Jr. were featured speakers. The event was also an opportunity to unveil the new Coolwood campus. Vendors included Lakeshore Learning, Kaplan Early Learning and Age of Learning. HCDE Civic Engagement provided voting and election information.

HCDE Head Start has served more than 20,000 children and their families across 12 campuses in Northeast Harris County since 1999.



Richard Gomez and John George III
Lakeshore Learning



**Avery Spranger, HCDE Civics
Engagement Coordinator**



**Armando Rodriguez with Stella Evensen and Martha Whitley
of Assistance League of Houston**

CAMPUS DIRECTORY

BARRETT STATION713-696-3119

808 1/2 Magnolia Ave., Crosby, TX 77532
Norma Starr, Campus Manager

BAYTOWN713-696-3120

317 Massey Tompkins Rd., Baytown, TX 77521
Vacant

CHANNELVIEW713-696-1852

16102 Ridlon, Channelview, TX 77530
Maria Cruz, Campus Manager

COMPTON713-635-4142

9720 Spaulding St., Houston, TX 77016
Merevonna Ross-Daniel, Campus Manager

COOLWOOD713-451-9024

767 Coolwood Dr., Houston, TX 77013
Ramona Burton, Acting Campus Manager

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4202 Liberty Rd., Houston, TX 77026
Shenekia Hines, Campus Manager

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9709 Mesa Dr., Houston, TX 77078
Markeysha Hinderman, Campus Manager

HUMBLE713-696-3121

130 Atascocita Rd., Humble, TX 77396
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J.D. WALKER713-696-3122

7613A Wade Rd., Baytown, TX 77521
Lisa Wells, Campus Manager

LA PORTE713-696-3123

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Traci Houston, Campus Manager

SHEFFIELD.....713-450-3813

14300 Wallisville Rd., Houston, TX 77049
Sherry Eagleton, Campus Manager

TIDWELL713-696-3124

8302 John Ralston Rd., Houston, TX 77044
Keyanna Levison, Campus Manager

HARRIS COUNTY DEPARTMENT...713-672-9343 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

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Nabeel Momin

Rose Menefee

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Alboum Translations

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SEEKING PARENTS INTERESTED IN BECOMING SUBSTITUTE TEACHER ASSISTANTS!

Caring individuals, apply today!



SCAN TO APPLY

INTERESTED? HERE'S HOW TO APPLY:

- Apply online at www.hcde-texas.org
- Upload your resume with your application

QUALIFICATIONS:

- Love working with children
- Be patient, kind and nurturing
- No experience? No problem —we provide training!
- Want to make a difference in children's lives

WHAT WE OFFER:

- 20 hours per week
- Flexible schedule that follows the school calendar
- Time off when your child is off
- Free professional development opportunities

FOR MORE INFORMATION, SPEAK WITH A
MEMBER OF YOUR CAMPUS LEADERSHIP TEAM.

Harris County Department of Education
6300 Irvington Blvd. Houston, TX 77022
713-694-6300 | www.hcde-texas.org



**Harris County
Department of
Education**

Heads Up



BOLETÍN DE PRIMAVERA DE 2025

RINCÓN DE LA DIRECTORA



Venetia L. Peacock, directora principal de Head Start, rinde homenaje a Patricia Kuskos, coordinadora de desarrollo profesional, por su jubilación tras 23 años de servicio dedicado.



Venetia L. Peacock, directora principal de Head Start, y Betty Moore, ex empleada

BIENVENIDO DE NUEVO

Espero que todos hayan disfrutado las vacaciones de invierno y hayan podido pasar tiempo de calidad con la familia y los amigos.

Como de costumbre, el semestre ha comenzado muy rápido.

Estamos emocionados de finalmente inaugurar nuestras nuevas instalaciones en Coolwood y esperamos darle la bienvenida a padres y a la comunidad a nuestra ceremonia de corte de cinta el 16 de enero. Luego, el 21 de enero, los estudiantes llenarán las aulas del nuevo campus. Mientras tanto, hemos comenzado la construcción del parque infantil en nuestro campus de La Porte. La mejora se completará para la primavera.

Celebraremos la Semana del Niño Pequeño del 5 al 11 de abril, un evento anual que pone de relieve a los niños pequeños y sus familias. Todos nuestros campus estarán planeando una semana llena de actividades divertidas que fomentan el movimiento y un estilo de vida saludable a través de la música, la

comida y el arte. Esto incluye una exposición de arte para mostrar las habilidades artísticas de nuestros estudiantes y recorridos por el campus para nuestros socios comunitarios.

Padres interesados en trabajar con niños pequeños, los necesitamos! Estamos en busca de contratar asistentes de maestros sustitutos que son muy necesarios. Para los padres que quizás no estén listos para un trabajo de tiempo completo, esta es una buena manera de averiguar si tienen pasión por enseñar a niños pequeños y quieren desarrollar una carrera como maestros de educación temprana.

También estamos reclutando nuevos estudiantes para el año escolar 2025-26. Padres y personal, hagan correr la voz sobre nuestro programa maravilloso.

¡Por un semestre feliz, saludable y productivo!

VENETIA L. PEACOCK
Directora principal

Recompensan el compromiso de las madres con la familia

La Navidad llegó temprano para dos familias de Head Start luego de ser seleccionadas para el Premio Anual a la Paternidad Responsable de Bates Collision Centers. La humilde mamá Octavia Lafayette recibió un Nissan Versa 2016 en una presentación especial el 11 de diciembre en el local Channelview de Bates y Quantasia Williams recibió un Buick Encore 2015 el 12 de diciembre en el local Baytown de Bates.

Leila Bates, vicepresidenta de Bates Collision Centers, dijo que Williams y Lafayette fueron seleccionadas porque demostraron un profundo compromiso en trabajar por un futuro mejor para sus respectivas familias y necesitaban su propio transporte.

Además de los vehículos, las familias recibieron seis meses de seguro de AMI Insurance y Bayer Federal Credit Union, certificados de regalo para gasolina y cambios de aceite y regalos y productos necesarios de sus respectivas listas de deseos. Bates dijo que fue un esfuerzo de toda la comunidad en el que participaron proveedores, grupos escolares, personal, amigos y familiares que donaron su tiempo, talento y tesoro para garantizar que los vehículos estuvieran en buen estado de funcionamiento, que el seguro del auto estuviera cubierto y que se cumplieran las listas de deseos.

Lafayette, que trabaja en Fine Airport Parking en IAH, dijo que tener un transporte fiable le haría la vida mucho más fácil para ir al trabajo, volver a matricularse en la escuela de masajes, participar en eventos escolares y realizar actividades divertidas y educativas con sus hijos. Williams trabaja como flebotomista en Methodist Hospital de Baytown. Ella dijo que tener su propio vehículo le dará más independencia, ahorrará en viajes en Uber y tendrá más tiempo para pasar con su hija.



Octavia LaFayette -Humble parent recipient



Quantasia Williams - Baytown parent recipient



Quantasia Williams - Baytown parent recipient

Nunca se es demasiado pequeño para las lecciones de civismo



La Porte Head Start

Avery Spranger, coordinadora de compromiso cívico, afirma que si les presentamos a los niños pequeños la idea de lo que significa ser un ciudadano responsable, es más probable que participen en el proceso a medida que crecen.

Hay varias actividades educativas y divertidas que los padres pueden hacer con sus hijos para que aprendan sobre civismo, que abarca los derechos y responsabilidades de ser ciudadano en una democracia. Spranger recomendó a los padres que hablen con sus hijos y les lean libros apropiados para su edad sobre civismo; que lleven a sus hijos a verlos votar; y que creen oportunidades para asegurarse de que la voz de sus hijos sea escuchada y valorada. Puede ser tan sencillo como dejar que los niños voten sobre una actividad o comida preferida y enseñarles a aceptar el resultado, ¡incluso si no fue el que ellos esperaban!

"¡Los niños nunca son demasiado pequeños para aprender que su voz importa!", dijo Spranger.

Spranger recomendó a los padres que se mantengan al corriente de las noticias a través de fuentes fiables. Para los niños, recomendó los videos cortos de educación cívica en línea de PBS con personajes como Daniel Tiger y Arthur y iCivics, con sus juegos educativos y apropiados para la edad sobre democracia y educación cívica. Además, el equipo de compromiso cívico de Head Start es un recurso en www.hcde-texas.org/civic-engagement. Los libros recomendados para los niños pequeños incluyen "President of the Jungle", "Vote for our Future", "Baby Loves Political Science" y "Democracy!"

Ayudar a los niños pequeños a afrontar emociones difíciles

Como bien saben la mayoría de los padres de niños pequeños, las rabietas y los arrebatos emocionales son una parte normal del crecimiento. Tanto si están enojados, asustados o tristes, los niños pequeños no tienen el vocabulario ni las habilidades sociales para expresar lo que sienten y necesitan.

Según la Asociación Estadounidense de Psicología, estos arrebatos dan a los padres la oportunidad de enseñar a sus hijos a expresar y regular sus emociones, algo especialmente importante cuando hay otros factores estresantes, como un divorcio, una enfermedad familiar o alteraciones en las circunstancias de vida.

Empezar temprano a ayudar a los niños a manejar sus emociones reduce el riesgo de que desarrollen problemas de conducta a medida que crecen. Muchos niños que no pueden o no saben manejar sus emociones tienden a tener menos éxito en la escuela y son propensos a sufrir problemas de salud mental, más enfermedades físicas y abuso de sustancias más adelante.

Algunos consejos para que los padres ayuden a sus hijos a afrontar emociones abrumadoras:

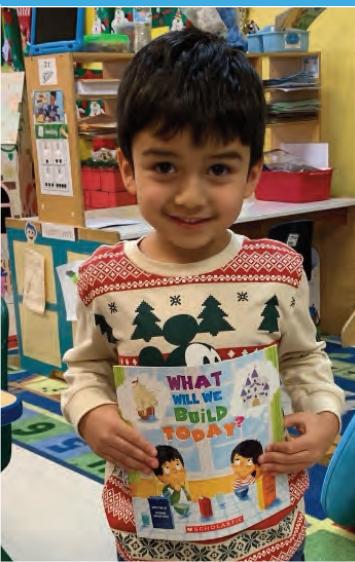
- Tómese de la mano con su hijo y respiren juntos profundamente.
- Acepte el enojo de su hijo.
- Póngase a la altura del niño para hablar con él.
- Ofrezca un refuerzo positivo como: "Veo que te esfuerzas por mantener la calma".
- Ofrezca un compromiso o una distracción.
- Explique las consecuencias del mal comportamiento, que deben ser moderadas y coherentes.
- Haga que su hijo se sienta seguro: sujetélo, abrácelo y acarícielo.
- Mantenga las rutinas.
- Anime a los niños a compartir sus sentimientos hablando o haciendo dibujos.
- No los exponga a las noticias.
- Para los bebés: mírelos a los ojos, sonría, acarícielos y mantenga la calma.
- Y lo que es más importante, demuéstreles cómo se manejan adecuadamente las emociones abrumadoras.



Channelview Head Start



Tidwell Head Start



Channelview Head Start



Tidwell Head Start

La donación de libros beneficia a los estudiantes de Head Start

Gracias a **Balint Charities**, todos los estudiantes de Head Start de HCDE recibirán un libro nuevo para disfrutar en casa. Fundada en 2013 por Kathleen Christesen, la organización benéfica rinde homenaje a sus padres promoviendo la lectura y la música como partes fundamentales del desarrollo infantil.



Tidwell Head Start

Children's Charity regala juguetes a los estudiantes de Head Start

Armando Rodriguez, director de Community Partnerships, agradece a Elizabeth Atkins y Betty Ascencion de **Houston Children's Charity** su generoso regalo navideño de juguetes para unos 400 estudiantes de Head Start de HCDE y sus hermanos.



Los padres tienen que postularse

Head Start de HCDE necesita asistentes de maestros sustitutos, y los padres interesados en trabajar con niños pequeños, pero que tal vez no estén listos para un puesto a tiempo completo deben postularse.

La directora principal Venetia Peacock dijo que el puesto es una vía para que los padres descubran si les apasiona enseñar a niños pequeños y quieren desarrollar una carrera como maestros de educación infantil.

No es necesario tener experiencia ya que se ofrece capacitación, pero los postulantes deben ser pacientes, amables y cariñosos y tener el deseo de marcar una diferencia en la vida de los niños. El puesto ofrece 20 horas semanales, un horario flexible que sigue el calendario escolar y desarrollo profesional gratuito.

Además de asistentes de maestros sustitutos, hay muchas vacantes en otras áreas de Head Start de HCDE. Incluyen coordinador de desarrollo profesional, administrador de servicios de nutrición, maestros de Early Head Start y Head Start, conserjes, cocinero, asistente de enseñanza, coordinador de educación especial, proveedor de servicios familiares, administrador de campus y administrador asistente de campus.



Para obtener una lista completa de las vacantes y para solicitar un puesto, visite www.hcdetexas.org y suba un currículum vitae con la aplicación o escanee el código QR que se encuentra en el encarte de este boletín.

¿Es resfrió, gripe, COVID o alergia?

Los meses de invierno y primavera son una época en la que adultos y niños son propensos a contraer virus e infecciones respiratorias y alergias, pero los síntomas a menudo se solapan, lo que hace más difícil saber si se trata de un resfrió común, gripe, COVID-19 o alergias.

Para minimizar el riesgo de contraer gripe o COVID, los Centros para el Control y la Prevención de Enfermedades recomiendan que los adultos y los niños mayores de 6 meses se vacunen anualmente contra la gripe y se apliquen la última vacuna contra la COVID, según la edad y las directrices vigentes. Los CDC también recomiendan una de dos opciones de vacunación para proteger a los bebés del virus respiratorio VRS: una vacuna VRS para la madre durante el embarazo o un anticuerpo VRS para los bebés. La mayoría de los bebés no necesitan ambas opciones.

Los resfrios comunes deberían mejorar por sí solos. Si existe sospecha de COVID o gripe, el coordinador de servicios de salud Carlos Martínez recomienda hacerse la prueba, especialmente si hay riesgo de complicaciones. Hay tratamientos antivirales disponibles para COVID y gripe y funcionan mejor cuando se inician poco después de que comienzan los síntomas. En el caso de

nios con resfrió o gripe, se recomienda a los padres que sigan estos pasos:

- Controlar los síntomas: verificar si hay fiebre, tos y fatiga.
- Proporcionar reposo e hidratación.
- Utilizar antifebriles adecuados para la edad, si fuese necesario.
- Consultar al médico si los síntomas empeoran.

Mantener a los niños con gripe o COVID en casa hasta que no tengan fiebre durante al menos 24 horas sin medicación y los síntomas hayan mejorado. Los niños resfriados pueden volver a la escuela con síntomas leves y si se encuentran lo suficientemente bien como para participar en las actividades. Para las alergias, use antihistamínicos, aerosoles nasales o descongestivos de venta libre o recetados; reduzca la exposición a los alérgenos manteniendo las ventanas cerradas y usando purificadores de aire; consulte a un pediatra sobre cómo manejarlo o hacerse las pruebas. Las vacunas gratuitas o de bajo costo están disponibles a través de Salud Pública del Condado de Harris. Las Clínicas Comunitarias ofrecen tarifas de escala móvil o visite <https://findahealthcenter.hrsa.gov/>.

¡Disfruta del aire libre ahora!

Enlaces de parques y destinos en Houston y sus alrededores:

Circunscripción 2 del condado de Harris:

www.hcp2.com/neighborhood-services/parks-and-Trails

Circunscripción 3 del condado de Harris: www.pct3.com/explore/parks

Arboreto y Centro Natural de Houston: houstonaboretum.org

Hermann Park: www.hermannpark.org

Memorial Park: www.memorialparkconservancy.org

Levy Park: levyparkhouston.org

Discovery Green: www.discoverygreen.com

Parques de Baytown: www.baytown.org/267/parks-facilities

Parques de Humble: www.cityofhumbletx.gov/gov/par

Brazos Bend State Park: tpwd.texas.gov

Sheldon Lake State Park: tpwd.texas.gov

Jardín Botánico de Houston: hbg.org



APUNTE ESTAS FECHAS EN SU CALENDARIO

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

ENERO

- 13-27Evaluaciones de estudiantes
- 20.....Feriado por MLK
- 24.....Día de desarrollo del personal
- 28.....Reunión del Consejo de Políticas
- 31.....Fonwood/Dogan 100.º día de clases

FEBRERO

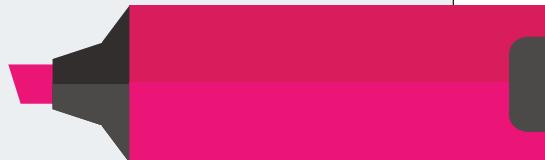
- 10-13Feria de ciencias de la alimentación
- 14-17Día de desarrollo del personal
- 18.....100.º día de clases
- 25.....Reunión del Consejo de Políticas
- 28.....Visita a casa n.º 2

MARZO

- 10-14Vacaciones de primavera - todos los demás campus
- 17-21Vacaciones de primavera - Channelview, La Porte, Sheffield, Tidwell
- 25.....Reunión del Consejo de Políticas

MAYO

- 5-16Evaluaciones de estudiantes
- 19.....Conferencia de padres y maestros n.º 2
- 20.....Celebración del Consejo de Políticas
- 23.....Último día de clases para los estudiantes
- 26.....Feriado por el Día de los Caídos
- 29.....Celebración de fin de año



Head Start de HCDE celebró 25 años de servicio

Más de 300 personas se reunieron el 29 de octubre en el edificio de la Administración para celebrar el 25 aniversario de Head Start de HCDE y arrojar luz sobre los servicios de Head Start. El evento de concienciación de Head Start de este año fue un escaparate de numerosos testimonios sobre las experiencias de aquellos que han trabajado en Head Start o se han beneficiado de los servicios de Head Start. Betty Moore, ex directora del campus de J.D. Walker, Wanda Vinson, ex directora del campus de Coolwood, el miembro de la Junta de HCDE, Dr. John McGee, un ex estudiante de Head Start, la directora principal Venetia Peacock y el superintendente de HCDE, James Colbert Jr., fueron los oradores destacados. El evento también fue una oportunidad para dar a conocer el nuevo campus de Coolwood. Entre los proveedores estaban Lakeshore Learning, Kaplan Early Learning y Age of Learning. Compromiso cívico de HCDE proporcionó información sobre votación y elecciones.

Head Start de HCDE ha servido a más de 20.000 niños y sus familias en 12 campus en el noreste del condado de Harris desde 1999.



Dwayne Arceneaux
KAPLAN



Avery Spranger, HCDE
Civics Engagement Coordinator



Armando Rodriguez con Stella Evensen y Martha Whitley
de Assistance League of Houston

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6300 Irvington Blvd., Houston, TX 77022

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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