



WEEKLY UPDATE | May 10 – 2021

A Letter from the Director About the American Families Plan

Head Start family,

On April 28, 2021, President Biden announced the American Families Plan. It is a historic investment in children and families that will change the landscape of opportunity in our nation. Specifically, the American Families Plan will expand access to high-quality early childhood education and child care programs. I am energized by this transformational historic investment, and we at the Office of Head Start are looking forward to working with you to support the president's plan.

The American Families Plan will ensure families have access to quality pre-kindergarten for their 3- and 4-year-old children. As the largest federal investment in high-quality early care and education for preschoolers, the Head Start program is an essential part of this country's pre-kindergarten infrastructure. The Head Start program's emphasis on social justice, equity, and family-centered practices are critical components of the administration's bold vision of universal access.

President Biden's plan includes Head Start programs as part of a mixed delivery system to increase access to quality preschool. This administration is committed to fighting poverty, empowering families, combatting racism, and making sure every child arrives at kindergarten ready to succeed. The Head Start program already plays a central role in achieving all those goals with a whole-child, whole-family, and whole-community approach. With more than 55 years of experience, Head Start programs know the power of partnering with families and providing comprehensive early childhood services to change the trajectory of children's lives.

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Child Start Weekly Update



I am also excited about the Biden-Harris administration's plans to increase compensation for teachers and strengthen educator pipelines by expanding opportunities for all to attend college. Our teachers deserve fair compensation that supports their families' economic security and recognizes their critical role in shaping America's future. Notably, the American Families Plan proposes long overdue wage increases for Head Start staff.

The American Families Plan will further improve the lives of our Head Start families through extended child tax credits, expanded nutrition assistance, lowered health care costs, and comprehensive paid family and medical leave. These supports will promote our families' economic security.

We are all concerned about how our youngest children are faring right now, not just in terms of school readiness, but also their social and emotional well-being, nutrition, and health. The Biden-Harris administration's investment in early childhood development, care, and education will help. This announcement allows us to begin looking beyond the pandemic and build back better with equitable, universal early education for all children and families.

In truth, unity, and love,

/ Dr. Bernadine Futrell /

Dr. Bernadine Futrell
Director
Office of Head Start

[HTTPS://ECLKC.OHS.ACF.HHS.GOV/](https://ECLKC.OHS.ACF.HHS.GOV/)



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Human Resources Department



May is **Mental Health Awareness Month.**

The pandemic has highlighted the importance of prioritizing self-care and enhancing resilience.

EAP May webinar

The May Webinar is now available. The topic is Healthy Connections.

About the Webinar:

Studies have shown that individuals who feel a sense of connection to others and to their communities are likely to live longer and enjoy happier, healthier lives than those who do not. Though we're more "connected" than ever these days through technology, the amount of real, quality interactions is dwindling. We are living farther apart from family and friends and spending more time in front of screens—and we are often in our own world. This session will review some simple steps for enhancing a sense of connection, even for those of us with the busiest of schedules. We will learn how some very small, sustainable changes can make a huge impact on both physical and emotional well-being.

How To Access the Webinar:

This webinar is pre-recorded. You can access the webinar at any time after the 1st of the month in which it's featured. At the end of the month, that webinar will move to the archives, and will be available to watch on-demand at any time. *(Click this [link](#) for this month's webinar. You will need to sign in to Claremont Personal Advantage by creating your own username and password. Then go to the Webinar tab to view the session.)*

During the featured month, you can submit questions to the presenter. Access the form on the webinar page to anonymously submit a question. You can also check out the other asked and answered questions. Question submission is only open for the month in which the webinar is featured.

To learn more, see next page





Helping you be your best.



You Are Not Alone



May is Mental Health Awareness Month. The COVID pandemic has been challenging for most of us.

You are not alone in feeling its impact. This is the time to prioritize mental health and acknowledge that it's okay not to be okay.

Whether your challenges are big, small, or non-existent, Claremont encourages you to prioritize self-care and enhance your resilience. We provide many tools in your self-care toolkit.



Several online resources, including webinars, self-assessments, positive psychology and behavioral health resources are available.



Mental health support with a licensed counselor through video counseling, live chat, and asynchronous messaging.



Telephonic work-life balance services, including legal, financial, childcare, elder/adult care, college planning, relocation, and other helpful experts and resources.

On-Demand Emotional Wellness Support

Tess is an AI chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to enhance your well being. Text "Hi" to Tess and enter "Claremont" as your company name to get started: **650-825-9634**

Online Peer Support and Recovery Groups

The EAP includes referrals to participate in online groups support. Peer Support is available for a variety of issues including: anxiety, depression, bipolar disorder, and substance abuse. Call **800-834-3773** to get started.

Short-Term Counseling

Claremont offers in-person counseling with a licensed clinician to address issues such as marital relationships, depression, grief and loss, anxiety, substance use, and work stress. Call **800-834-3773** to access your benefit.

Online Wellness Resources

Visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more: **claremonteap.personaladvantage.com**



To access your counseling benefit, call Claremont EAP at: **800-834-3773**
www.claremonteap.com

claremonteap.com 800.834.3773



IMPORTANT IT UPDATE


Information Technology Department



Starting on May 17th, IT will begin issuing new iPhones to replace users' old iPhones.

A few things to note about your iPhone being replaced:

IT Staff **WILL NOT** TRANSFER your data (photos & videos, Contacts, Messages, etc.) from your old phone to your new phone.

Please refer  [to this link](#) for instructions on how to upload and save your data to iCloud.

Please make sure that your data has already been uploaded and saved to iCloud **PRIOR TO YOUR APPOINTMENT**.

A case and a screen protector will be provided with your new phone **BUT IT STAFF WILL NOT INSTALL THE CASE AND SCREEN PROTECTOR FOR YOU**. The case and screen protector come with instructions.

The new phones **DO NOT COME WITH A CHARGING CUBE** *but they come with a new charging cable*. **Please keep your existing charging cube that was provided with your old phone**. IT STAFF **WILL NOT** provide you with a new charging cube.

Please remember that once your phone number has been ported to your new phone, **your old phone will no longer be available for any data (photos, videos, etc.)**. **SO PLEASE BACKUP YOUR DATA to iCloud** before IT replaces your old phone and issues you your new phone.

To Part Day/Part Year Employees (Center Directors, Family Advocates) who were issued a phone by Child Start: Please **DO NOT** book an appointment for an iPhone replacement since you will be returning your phones to IT before the summer break. Your RPM will notify you of the date and time to return your phone. **Please backup your data to iCloud before returning your phone.**

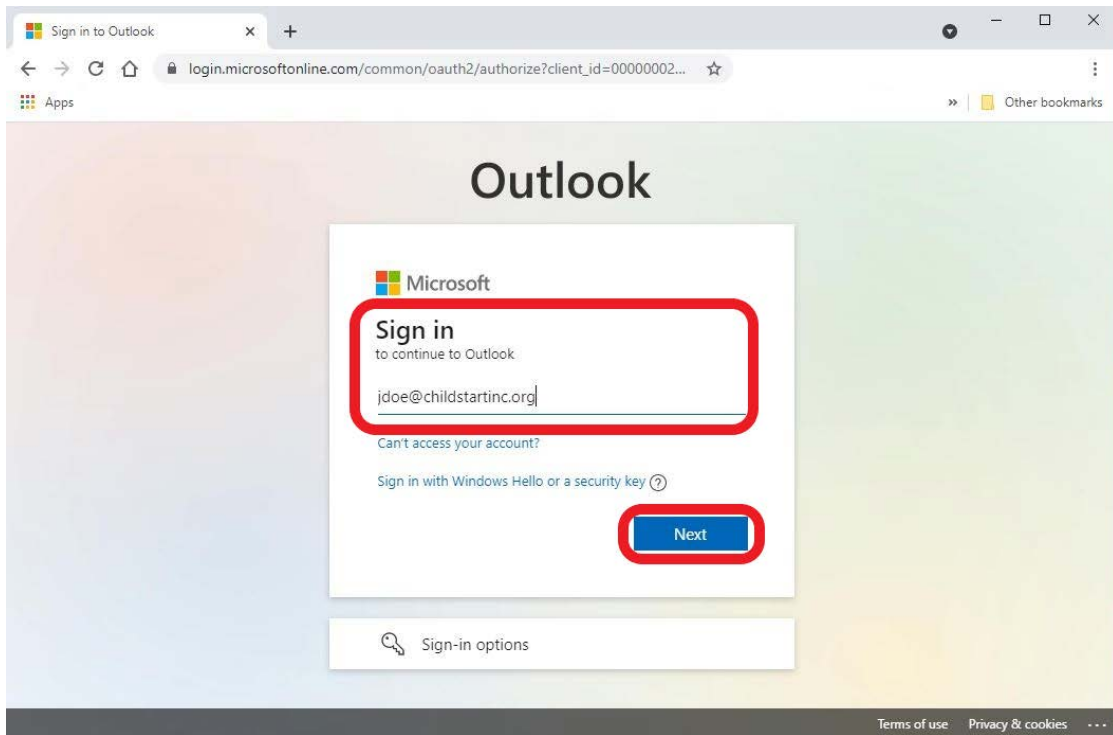


iPhone Replacement - How To Book An Appointment

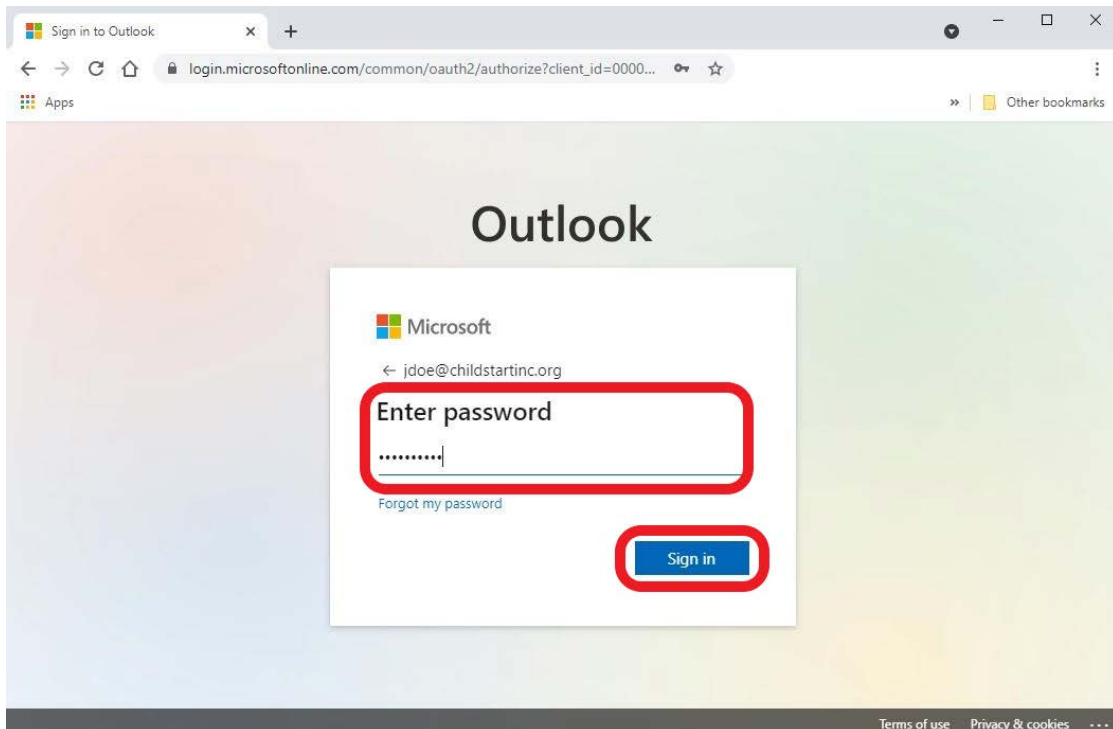
1. Open your web browser (Chrome, Edge, Internet Explorer, etc.) and go to:

<https://outlook.office365.com/owa/calendar/iPhoneReplacement@childstartinc.org/bookings/>

2. Sign in with your Child Start, Inc. user account. Click **Next**



3. Enter your password. Click **Sign In**



4. Pick an available date/time slot for your appointment (the *example* shown below is for an appointment booked for May 17th at 10:30am)

Child Start, Inc. - iPhone Replacement (IT Area)

iPhone Replacement Appointment
30 minutes

May 17, 10:30 am

< > May 2021

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

10:00 am	10:30 am	11:00 am
11:30 am	12:00 pm	12:30 pm
1:00 pm	1:30 pm	2:00 pm
2:30 pm	3:00 pm	

5. Add your details by filling in your name and Child Start, Inc. email address (*you may have to scroll down to the bottom of the page*). Click **Book** to book your appointment. You will receive a confirmation email regarding your appointment.

Child Start, Inc. - iPhone Replacement

outlook.office365.com/owa/calendar/iPhoneReplacement@childstartinc.org

Apps

Other bookmarks

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 31

All times are in (UTC-08:00) Pacific Time (US & Canada)

Add your details

Jane Doe

jdoe@childstartinc.org

Phone number (optional)

Address (optional)

Please let us know if you have any special requests.
Thank you.

Notes (optional)

Book

Child Start Inc. (439 Devlin Rd, Napa, CA, United States)



Family Services Department

Important Reminders:

- **Solano Triple P Collaborative Practitioner Meeting:**

Today, Monday, May 10, 2021 from 12:00PM-2:00PM.

- **Monthly Family Advocate Meeting:**

Tuesday, May 11, 2021, from 12:00PM-1:00PM.

- **Policy Council Meeting:**

Tuesday, May 11, 2021, from 5:30PM-8:30PM.

- **Turn in any missing parent meeting packets.**

- **Teaching Pyramid, Session 4 to be completed by the end of May.**



This Week Trivia Question



- ▶ Displaying student's background cultures in the classroom, Expectations, and getting to know students personally characterize which teaching style?

a) Permissive teaching style, b) Inquiry-based learning,

c) Culturally responsive teaching, or d) Transformative Teaching



- ▶ Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday May 13, 2021

Last week's trivia Question answer:

In Child Development what age is the sensorimotor stage?

If you answer is **0-2 years old**, You Are Correct!!

"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."

- Theodore Roosevelt -



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