

WEEKLY UPDATE | MAY 31 – 2021

CELEBRATING HEAD START's 56 YEARS



Finding Opportunity Amidst Discomfort and Adversity

Head Start BOLD Leader: Maggie Evans



[National Head Start Association](#)

In early spring, NHSA named 14 individuals as 2020 BOLD Prize winners in recognition of their extraordinary leadership in response to the unique challenges they encountered in 2020... Over the course of this summer, NHSA is sharing insights from each BOLD Prize Winner about leading through unprecedented times and overcoming uncertainty and adversity to support both staff and the children and families Head Start serves

Click the link and watch her short video message below:

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A collaborative, empathetic approach to leadership and a focus on diversity, equity, and inclusion to understand and address the unique needs of ABCD's migrant and seasonal farmworker families make Maggie Evans the 2020 BOLD Leader winner.



[2020-bold-leadership finding-opportunity-amidst-discomfort-and-adversity](#)



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

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Information Technology Department

CYBER SECURITY ALERT

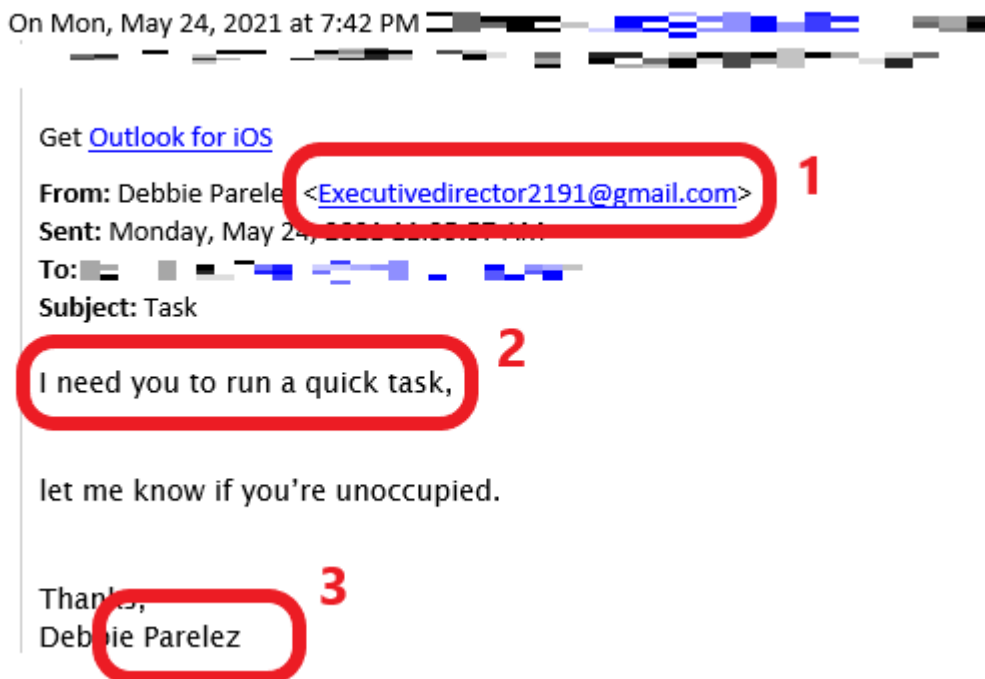
We have recently experienced an actual phishing attack on our organization.

If you received an email from: executivedirector2191@gmail.com, please *delete the message immediately*.

PLEASE BE DILIGENT IN HANDLING AND MONITORING YOUR EMAIL CORRESPONDENCE – we cannot stress this enough.

These are just a few things to look out for ('red flags') when encountering a suspicious email:

1. **Odd or unrecognizable email address of the sender**
2. **Actionable email (email messages that are asking you to do 'something' (e.g., clicking on a link, purchasing items, anything that involves transactions and/or currency (money, gift cards, etc.))**
3. **Misspelled name(s)**



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If/when you receive a suspicious email message:

1. **DO NOT TAKE ANY ACTION WITH REGARDS TO WHAT THE SUSPICIOUS EMAIL IS DIRECTING YOU TO DO**
2. *contact the person directly who supposedly sent the email by phone or compose a **NEW** email to inquire about the request in the email (**DO NOT "REPLY" TO THE ORIGINAL EMAIL MESSAGE!**)*
3. *notify IT regarding the questionable email message*

Please click on  [this link](#) for a 1-page infographic on Social Engineering Red Flags. The infographic lists what red flags to watch out for (in addition to the ones listed above) but in more detail. Please read it, download it, print it and post it around your work area so that it serves as a constant reminder to be mindful and careful with your email correspondence.

Please refrain from "Replying-to-All" and direct any questions/concerns to the IT Helpdesk.

Thank you,
Lory Palarca
Child Start Inc. | IT Manager
lpalarca@childstartinc.org



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Human Resources Department

Employee Assistance Program

The shooting at VTA in San Jose is a tragic act of violence. Our hearts go out to the victims, their families, friends, and our first responders affected by this. We continue to be faced with trauma, stress, racism, and uncertainty in our communities. This is the time to prioritize self-care, and Claremont EAP is an important resource.

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Helping you be your best.



Read more next page



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Claremont EAP is Here to Help

Today's tragic shooting in San Jose, CA, reminds us that all too often we are faced with trauma, acts of terrorism, gun violence, racism, hate crimes, and other tragic events. When faced with these situations, our needs are physical, emotional, and psychological in nature. In addition, those responding to and providing services, care, and support often experience fatigue, emotional distress, and exhaustion.

Claremont EAP is an important resource during difficult times. You and your family members in the immediate household can receive free and confidential mental health support for issues such as depression, anxiety, stress, and grief. Call Claremont EAP at 800-834-3773 to access your benefit.

The effect of a traumatic event goes far beyond its immediate devastation. It takes time to grieve and rebuild our lives. The COVID pandemic has already challenged us in many ways. Life may not return to normal for a long time. A traumatic event can cause changes in living conditions and day-to-day activities, leading to strains in relationships, changes in expectations, and shifts in responsibilities. These disruptions in relationships, roles, and routines can make life unfamiliar or unpredictable.

Here are some guidelines to help build resilience when experiencing trauma.

Things to Remember:

- It is normal to feel anxious about the safety of you and your family.
- Profound sadness, grief, and anger are normal reactions to a tragic event.
- Acknowledging our feelings helps us recover.
- Focusing on your strengths and abilities will help you to heal.
- Accepting help from community programs and resources is healthy.
- We each have different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

Signs that Assistance Is Needed

- Disorientation or confusion and difficulty communicating thoughts.
- Limited attention span and difficulty concentrating.
- Becoming easily frustrated.
- Overwhelming guilt and self-doubt.
- Depression, sadness, and feelings of hopelessness.
- Mood swings and crying easily.
- Difficulty maintaining balance.

- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
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- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Difficulty sleeping.
- Poor work performance.
- Reluctance to leave home.
- Fear of crowds, strangers, or being alone.
- Increased use of drugs/alcohol.

Ways to Ease the Stress

- Talk with someone about your feelings (anger, sorrow, and other emotions) even though it may be difficult.
- Don't hold yourself responsible for the disastrous event or be frustrated because you feel that you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. A healthy approach to life (e.g., healthy eating, rest, exercise, relaxation, meditation) will help both you and your family.
- Maintain regular household and daily routines, limiting demanding responsibilities of yourself and your family.
- Spend time with family and friends, even on Zoom.
- Participate in memorials, rituals, and the use of symbols as a way to express feelings.
- Use existing support groups of family, friends, and spiritual/religious outlets.
- Establish a family emergency plan. It can be comforting to know that there is something you can do.

A disaster or traumatic event can have far-reaching effects in major areas of our lives, making rebuilding our emotional lives extremely difficult. However, sometimes just knowing what to expect can help ease the transition back to a normal life. As you and your family begin to rebuild your lives, you may face any or all of the situations described below.

Personal Uncertainties

- Feeling mentally drained and physically exhausted is normal and common.
- The loss of a home, business, or income may result in displacement and confusion about the future.
- Unresolved emotional issues or pre-existing problems and previous losses may resurface.
- Anniversaries of the disaster or traumatic event remind us of our losses. This reaction may be triggered by the event date each month and may be especially strong on the yearly anniversary of the event.

If you or a member of your family is having trouble coping, ask for help. Call Claremont EAP at 800-834-3773 to access your free and confidential services.

Source: Substance Abuse and Mental Health Services Administration



Ways to Ease the Stress

- Talk with someone about your feelings (anger, sorrow, and other emotions) even though it may be difficult.
- Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. A healthy approach to life (e.g., healthy eating, rest, exercise, relaxation, meditation) will help both you and your family.
- Spend time with family and friends.
- Call Claremont for a counseling referral to a First Responder Specialist.

If you or a member of your family has trouble coping, ask for help. Claremont EAP is an important resource for support and self-care for First Responders and their families. Call Claremont EAP at 800-834-3773 to access your free and confidential services.

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Kidder 2 Making Butter Classroom Activity

Last week, Kidder 2 team conducted an activity with the students and made butter from scratch. During this activity we provided a small glass jars to students so they could easily grasp the container. The teachers started by describing the actions and the children started following the directions on how to make butter.

As the activity when on the children learned words like "shake", "cream", "marble", "glass" "buttermilk", "solid butter" and so on, in addition to using math and measuring concepts.

Teacher Maggie played a lively music as we shake and turn the container in different ways as we were experimenting with the buttermilk and our jar containers. And then teacher Esmeralda took the activity to the next level by using a plastic jar and marbles while teacher Annie used the whisking utensil and a bowl to mix the cream, by doing this we wanted to see how the cream will change its form by using different ways to mix the cream.

It took the children and teachers at least 15 minutes to see how the butter separated from the buttermilk. Once we were done with the process, we had the opportunity to taste it by itself, and then with crackers and muffins. All the children enjoyed the freshly made butter that some of them asked for more butter and crackers!



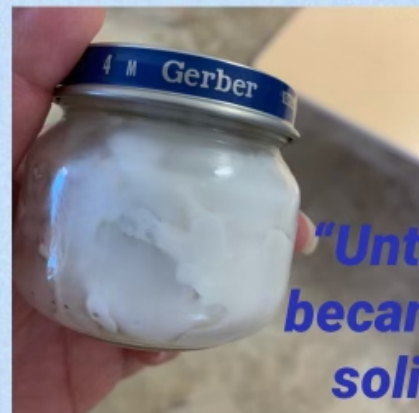
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Making Butter 5/19/2021



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Making Butter 5/19/2021



PIC • COLLAGE



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This Week Early Childhood Education Facts



▶ Did You Know?

Language Isn't Learned—It's Acquired

- Well, it turns out that, unlike algebra or Medieval history, spoken language isn't something kids learn. It's something their brains are specially equipped to do, from the moment they're born. As they move through the world, they'll learn things like reading and writing, but speaking is a skill child are already built to acquire.
- Therefore, linguists and child psychologists generally avoid using the term "language learning" unless talking about second languages (like learning a foreign language later in life). Instead, they tell us that kids go through something called "language acquisition."



▶ *Submit your inquiry about content by sending an email to:*
lpineda@childstartinc.org

Last week's trivia Question answer:

Which one of the following is **Not** a creative development of a three-year-old?

- a) Dramatizes Play
- b) Imaginary companion may appear
- C) Likes to be alone listening to music**
- D) Enjoys simple poems

If your answer is C) Likes to be alone listening to music. You are CORRECT!!

"Free the child's potential, and you will transform him into the world."

- Maria Montessori-

