



WEEKLY UPDATE | MAY 17 – 2021



What’s really in the COVID-19 Vaccine?

Unfortunately, misinformation is still circulating about the COVID vaccines. This continues to cause uncertainty among many people, especially in what’s in the vaccines. Here is a guide on what the three actually contain.

Moderna COVID-19 Vaccine	Pfizer-BioNTech COVID-19 Vaccine	Johnson & Johnson COVID-19 Vaccine
<p><b>Active Ingredient:</b> Synthetic mRNA encoding the spike glycoprotein (S) of SARS-CoV-2</p> <p>RNA is a template to produce a single specific protein</p> <p>In this vaccine, this is the message for our cells to produce the viral protein that will trigger an immune response to the virus.</p>	<p><b>Active Ingredient:</b> mRNA encoding the viral spike glycoprotein (S) of SARS-CoV-2</p> <p>RNA is a template to produce a single specific protein</p> <p>In this vaccine, this is the message for our cells to produce the viral protein that will trigger an immune response to the virus.</p>	<p><b>Active Ingredient:</b> Replication-incompetent adenovirus type 26 expressing the SARS-CoV-2 spike protein.</p> <p>In this vaccine, the adenovirus shuttles the gene for the SARS-CoV-2 spike protein that will trigger the immune response to the virus. The adenovirus itself cannot replicate.</p>



# Stay CONNECTED WEEKLY UPDATE

<b>Buffers:</b>	<b>Salts:</b>	<b>Buffers:</b>
These are added to the vaccine to ensure that the pH matches the human body's pH level.  Buffers are routinely used when working with RNA	Four different salts  These helps buffer the vaccine to stabilize the pH, so that it matches the pH in our bodies.	Citric acid monohydrate and trisodium citrate dehydrate.  These work together to ensure the pH matches the human body and help preserve the vaccine.
<b>Lipids:</b> Four different fatty molecules.  They form a protective capsule around the RNA.  This aids in the delivery of the RNA, as well as protects the RNA from degradation (RNA can very easily fall apart)	<b>Lipids:</b> Four different fatty molecules.  They form a protective capsule around the RNA.  This aids in the delivery of the RNA, as well as protects the RNA from degradation (RNA can very easily fall apart)	<b>Stabilizers:</b> 2-hydroxypropyl-beta-cyclodextrin: a carbohydrate that improves the solubility of compounds in the vaccine. Ethanol: alcohol (the type we drink), used to stabilize the active ingredient (adenovirus) Polysorbate 80: an emulsifier that ensures the vaccine components stay in solution together.
<b>Sugar:</b> Sucrose  This is a cryoprotectant. This ensures the lipids don't get too sticky during cold storage.	<b>Sugar:</b> Sucrose  This is a cryoprotectant. This ensures the lipids don't get too sticky during cold storage.	<b>Salts:</b> Sodium Hydroxide and Hydrochloric acid (Sodium Chloride): a strong acid & base combination that neutralize each other to yield water and salt (the same salt in table salt).

The vaccines DO NOT contain: SARS-CoV-2 virus, fetal tissue, human cells, gluten, mercury, aluminum, heavy metals, antibiotics, blood products, gelatin, microchips, pork, eggs, animal products, or formaldehyde.

Sources:

- The Unbiased Science Podcast "What's really in the COVID-19 Vaccine?"
- <https://www.fda.gov/media/144638/download#page=2>
- <https://www.fda.gov/media/144414/download#page=2>
- <https://www.fda.gov/media/146305/download#page=2>
- <https://www.fda.gov/media/146217/download>



# Stay CONNECTED WEEKLY UPDATE



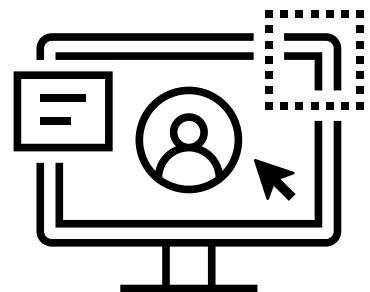
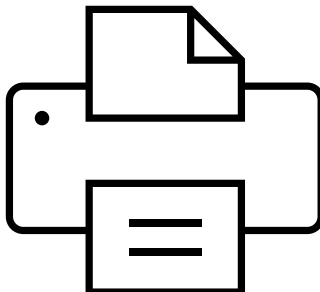
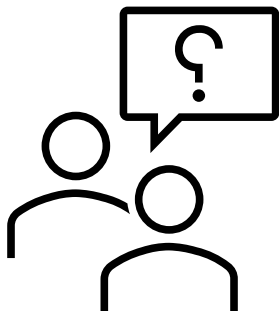
## Information Technology Department

### How to submit a HelpDesk Request.

The I. T. Department would like to remind everyone to ensure utilizing the helpdesk request process when experiencing any computer issues and requesting technical support by following the steps below:

1. Send an email to [helpdesk@childstartinc.org](mailto:helpdesk@childstartinc.org) with a brief description of the issue or problem you are experiencing.
2. If you are unable to utilize email, please call 707-252-8931 x 4357 (HELP) and leave a brief message of the issue, your name, and a number you can be reach.

Following this process will ensure prompt attention to attempt to resolve the issues you are experiencing in the most effective way.



# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department

### National Children's Mental Health Awareness.

Seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to healthy development. The current pandemic elevates this issue even more.

Please share to raise awareness of children's mental health.





## Raising Emotionally Healthy Kids



May is Mental  
Health Awareness  
Month



It is important to give as much thought to your child's emotional health as you give to their physical well-being.

"Emotional health is an area that a lot of pediatricians overlook and, as a result, so do many parents," says Juliette Tuakli-Williams, M.D., M.P.H., a clinical instructor of pediatrics at Boston University School of Medicine.

Emotional well-being is no less important than, say, making sure your child gets immunized on schedule. By supporting the youngster's emotional health, you'll nurture their spirits, which can influence everything from self-esteem to a child's ability to form relationships with you and other adults and children.



CONTINUED ON NEXT PAGE

## Dr. Tuakli-Williams offers these suggestions for enhancing your child's emotional development from birth through the teen years.

### Take baby's cues

During the first two months of a child's life, regard your baby with an open mind and pay attention to the infant's behavior and various cries and ways for expressing hunger, distress, boredom, displeasure, and pleasure.

"I think most children come into the world with a basic temperament that essentially takes them through the rest of their lives," says Dr. Tuakli-Williams. "The sooner you learn to appreciate your baby's personality and work with it, the happier everyone will be."

### Give toddlers time

More than anything else, toddlers need to feel important to their parents. To make your toddler feel appreciated, try to spend at least 30 to 60 undivided minutes each day with your child.

"No matter what else is going on in your life, take time each day and engage totally and completely with your child in activity that's driven by your child," advises Dr. Tuakli-Williams. "Having a predictable daily connection goes a long way toward enhancing your child's sense of security and self-importance."

And if you haven't already begun to do so, read up on what's age-appropriate behavior for your child or attend a parenting class. By understanding where your child is developmentally, you'll be better able to manage behavior problems.

### Be available to school-aged kids

Entering kindergarten is an important emotional landmark for children that parents should recognize, as are the various "graduations" from lower to junior high and on to high school.

"Parents make a grievous error by regarding them as no big deal," says Dr. Tuakli-Williams. School, in general, can unearth a host of emotional issues, from fitting in and making friends to meeting academic and social expectations within the school and at home. To help your child better deal with school anxiety, be available at the end of each day so the youngster can talk things out.



### Share your experiences

The teenage years are a time when children separate from their parents emotionally. Though it may not seem the children want anything to do with you, "they still need you," says Dr. Tuakli-Williams.

Your role: to be on the periphery of your child's life while watching for signs of distress, such as falling grades, truancy, substance abuse, social, emotional, or physical withdrawal from the family or others, and/or risky sexual activity.

At this stage, children are confronting their budding sexuality and self-image. "To help your child better cope with this emotionally complex time, talk about your own experiences as a teenager or those of friends or family members," advises Dr. Tuakli-Williams.

Recounting these anecdotes can "give teens a frame of reference," says Dr. Tuakli-Williams. "They won't thank you or acknowledge it, but they'll use it as a source of comfort."

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[claremonteap.com](http://claremonteap.com)

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# Stay CONNECTED WEEKLY UPDATE



## Family Services Department

### IMPORTANT REMINDERS

#### 20-21 Parent Surveys are now available!

**PLEASE CONNECT WITH EACH PARENT** to ensure they received the link below and have completed the parent survey this week. This is not an anonymous survey, and the goal is to have EVERY parent complete this survey so we can gather data on our services for the 20-21 school year!

<http://ccr-analytics.com/Child-Start-FOS-Survey>

- Remember to turn in all Parent Meeting Packets and your End of the Year FS09
- **PIR Clean Up-** Please make sure to update the **Family Services Information > PIR** section of Child Plus to ensure it reflects the services provided to your families, family situations and father engagement.

(See next page instructions)



## Family Services PIR Clean-Up Instructions

Go to [www.ChildPlus.net](http://www.ChildPlus.net)

Select a child's record from your caseload

For each child, click on Family Services > Family Services Information

Under PIR select "Yes" or "No" in EACH of the fields below.

▼ PIR -

▼	Homeless Family PIR
▼	Acquired housing during the program year PIR
▼	Referred for services by a child welfare agency PIR
▼	Foster care during program year PIR
▼	Program receives a child care subsidy for this child PIR

At PIR  
Enrollment

At End of  
Enrollment

No ▼	Yes ▼	TANF PIR		
No ▼	No ▼	SSI PIR		
No ▼	No ▼	WIC PIR	WIC ID <input type="text"/>	Note: WIC information can also be edited in Health
Yes ▼	Yes ▼	Receiving Supplemental Nutrition Assistance Program (SNAP) PIR		
▼		At least one parent/guardian is an active duty member of the United States military PIR		
▼		At least one parent/guardian is a veteran of the United States military PIR		

Activities a father/father figure engaged in during this program year:

At End of  
Enrollment

▼	Family Assessment PIR
▼	Family goal setting PIR
▼	Involvement in child's Head Start development experiences (e.g. home visits, parent-teacher conferences, etc.) PIR
▼	Head Start program governance, such as participation in Policy Council or policy committees PIR
▼	Parenting education workshops PIR

Services Received PIR

▼	Emergency PIR
▼	Crisis Assistance PIR
▼	Food PIR
▼	Clothing PIR
▼	Transportation
▼	Housing Assistance PIR
▼	Mental Health Services PIR
▼	Literacy or Education
▼	English as a Second Language PIR
▼	Adult Education PIR
▼	Job Training PIR
▼	Substance Misuse Prevention PIR
▼	Substance Misuse Treatment PIR

Services Received PIR

▼	Child Abuse and Neglect Services
▼	Domestic Violence Services
▼	Child Support Assistance
▼	Education on preventive medical and oral health PIR
▼	Assistance to Families of Incarcerated PIR
▼	Research-based parenting curriculum PIR
▼	Education on relationship/marriage PIR
▼	Asset Building Services PIR
▼	Discussed screening/assessment results and progress PIR
▼	Supporting transitions between programs PIR
▼	Education on health/developmental issues of tobacco products PIR
▼	Education on nutrition PIR
▼	Education on postpartum care PIR



## This Week Trivia Question



► Which parenting style creates children who are able to self-regulate, self-control, are socially/emotionally stable, independent, have high self-esteem and can problem solve efficiently?

**a) Authoritative, b) Authoritarian, c) Permissive, d) Militant**



► Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday May 20, 2021.

**Last week's trivia Question answer:**

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

**If your answer is c) Culturally Responsive Teaching. You are CORRECT!!**

*"Tell me and I forget, teach me and I may remember. Involve me and I learn.."*

*- Ancient Chinese Proverb -*



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