Head Start Heals Campaign

Early childhood education programs play a vital role in supporting the social and emotional and mental health of children and families. This support is particularly important when children and families are exposed to traumatic events or situations that overwhelm their ability to cope.

Protective factors can help develop children's ability to cope so that they can become resilient, heal, and recover. Head Start programs are uniquely positioned to provide protective factors, such as strong, trusting relationships and safe, stable environments that promote healing for children, families, and staff.

Head Start Heals supports increased awareness about how programs can help. Explore resources or watch videos here. Topics include:

- Trauma basics, and what it means to have a trauma-informed care approach.
- How trauma intersects with topics including mental health, substance use, domestic violence, and child welfare.
- How to approach trauma and toxic stress through a culturally appropriate lens.
- How programs can have difficult conversations with families.

👀

Watch video series and explore resources by following the link below topics:

[Head Start Heals Campaign](#)

Head Start Heals: Podcast Series

Head Start Heals – Animated Series

Substance Use and COVID-19 Documentaries

View Resource ▸

Source: https://eclkc.ohs.acf.hhs.gov/
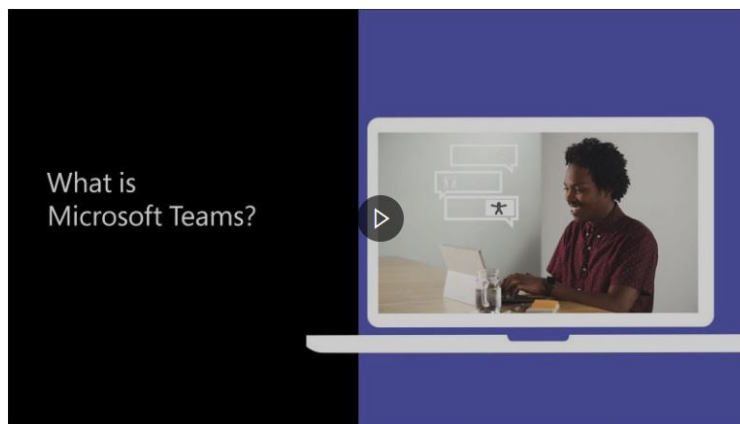
Information Technology Department

Introducing Microsoft Teams

With Microsoft Teams on your PC, Mac, or mobile device, you can:

- Pull together a team.
- Use chat instead of email.
- Securely edit files at the same time.
- See likes, @mentions, and replies with just a single tap.
- Customize it by adding notes, web sites, and apps.

To watch a short introductory video click on the link -→ microsoft/video-what-is-microsoft-teams

Information Technology Department
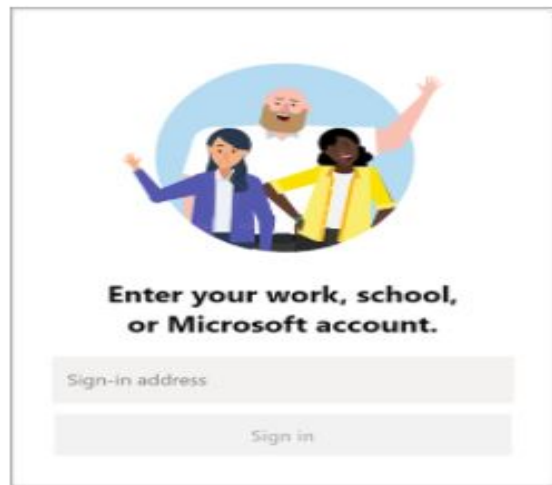
Sign in and get started with Teams

Sign in to Teams

1. Start Teams.

   - In Windows, click **Start** ⊞ > **Microsoft Teams**.

   - On Mac, go to the **Applications** folder and click **Microsoft Teams**.

   - On mobile, tap the **Teams** icon.

2. Sign in with your Microsoft 365 username and password.

   Note: Teams is a part of Microsoft 365, so you need a Microsoft 365 Apps for business or Enterprise license to use it. For details, see How do I get access to Microsoft Teams?

Enter your work, school, or Microsoft account.

Sign-in address

Sign in

Pick a team and channel

A *team* is a collection of people, conversations, files, and tools — all in one place. A *channel* is a discussion in a team, dedicated to a department, project, or topic.
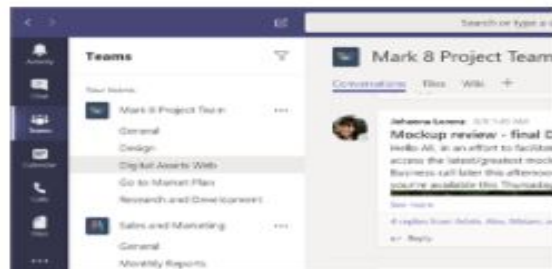
The best way to get familiar with teams and channels is to pick a team and channel and start exploring!

1. Select **Teams** 👥 on the left side of the app and then pick a team.

   If you're not on a team and want to create one, see Onboard your teams.

2. Select a channel and explore the **Conversations**, **Files**, and other tabs.
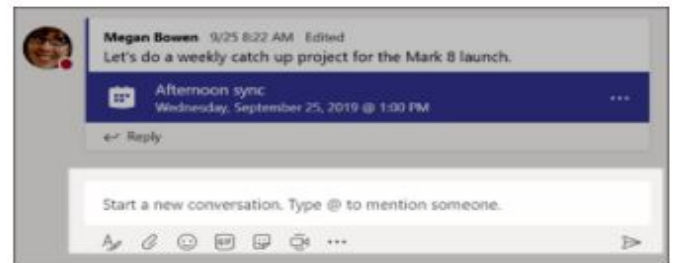
   For more info, see Teams and channels.

Chat and share files in Teams

Start a new conversation...

...with the whole team

1. Click **Teams** , then pick a team and a channel.

2. In the box where you type your message, say what's on your mind and click **Send** .
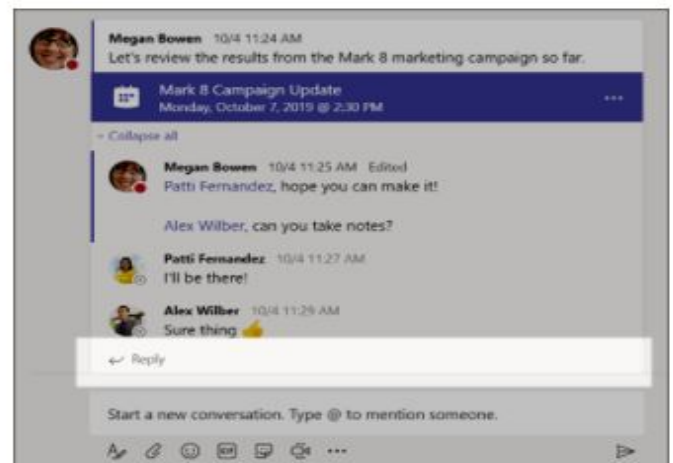
...with a person or group

1. At the top of the app, click **New chat** .

2. In the **To** field, type the name of the person or people you want to chat with.

3. In the box where you type your message, say what's on your mind and click **Send** .

Reply to a conversation

Channel conversations are organized by date and then threaded. The replies in threads are organized under the initial post so it's easier to follow multiple conversations.

1. Find the conversation thread you want to reply to.

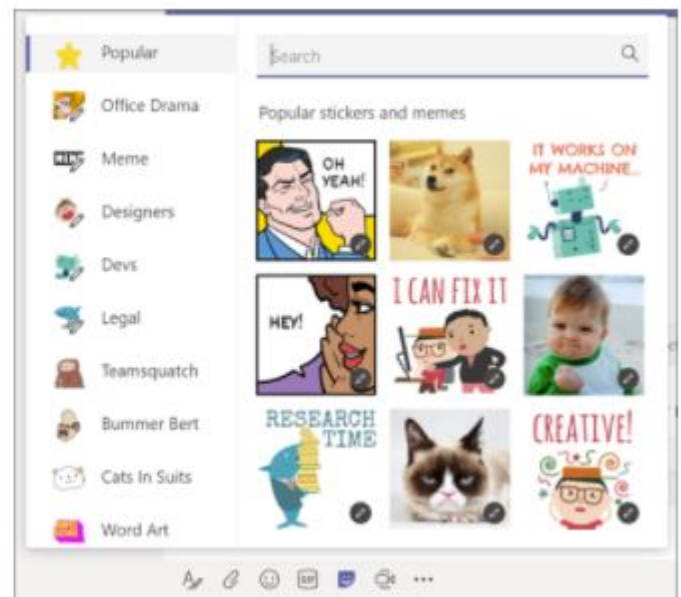2. Click **Reply**, add your message, and click **Send** .

Chat and share files in Teams

Have fun with emoji, memes, and GIFs

Express yourself and impress your coworkers!

- Click **Sticker** 🖃 under the box where you type your message, then pick a meme or sticker from one of the categories.

The **Sticker** 🖃 catalog contains a wide variety of customizable stickers and memes — you can even upload your own! Check out **Emoji** ☺ for smiley faces and **Giphy** GIF for animated GIFs.
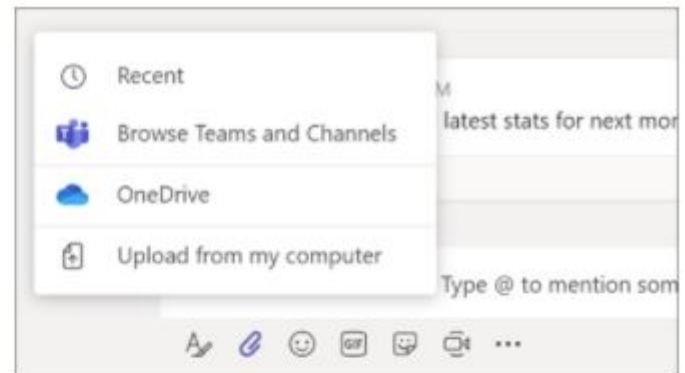
Chat and share files in Teams

Share a file

Sometimes words aren't enough, and you need to post a file to a channel conversation.

Tip: Teams works particularly well with Microsoft Office documents.

1. In your channel conversation, click **Attach** 🖉 under the box where you type your message.

2. Select from these options:

   - **Recent**

   - **Browse Teams and Channels**

   - **OneDrive**

   - **Upload from my computer**

3. Select a file > **Share a link**.

   If you're uploading a file from your computer, select a file, click **Open**, and then **Send** ▷ .

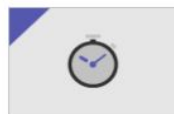You can always see all the files you post to a channel by going to the **Files** tab.

Information Technology Department

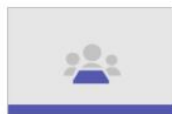**Interested in learning more about Microsoft Teams and how to use it?**

Follow the link -> [Microsoft Teams video training - Office Support](#)
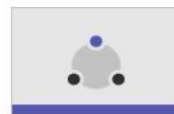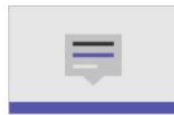
Microsoft Teams video training

Quick start

Intro to Microsoft Teams

Set up and customize your team

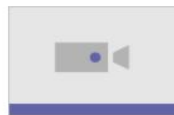**Collaborate in teams and channels**

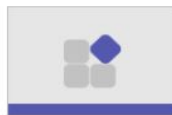**Work with posts and messages**

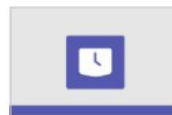**Upload and find files**

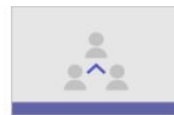**Start chats and calls**

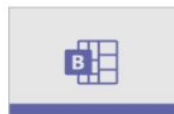**Manage meetings**

Set up and attend live events

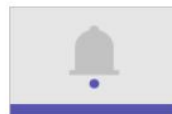**Explore apps and tools**

Manage team schedules with Shifts

Walkie Talkie, Tasks and Praise

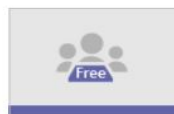**Create and manage bookings**

Create approvals

Manage your activity feed

Teams on the go

Stay CONNECTED

WEEKLY UPDATE

Child Start
incorporated

CHILD AND FAMILY SERVICES

Like us on Facebook

Follow us on Instagram

#Child_Start_Inc

▶ **Did you know?**

Why Head Start, why it Matters.

The premise of Head Start is simple: every child, regardless of circumstances at birth, has the ability to reach their full potential.

When Head Start was first launched in 1965, the idea of providing comprehensive health, nutrition, and education services to children in poverty was revolutionary, if not radical. The Head Start Model, developed over the decades has been built on evidence-based practices and is constantly adapting—using the best available science and teaching techniques to meet the needs of local communities.

challenges achieve their goals for education, employment, and housing, Head Start plays a transformative role across two generations. Read more by following the link below:

Source: https://www.nhsa.org/why-head-start/

▶*Submit your inquiry about content by sending an email to:*

lpineda@childstartinc.org

"The first five years have so much to do with how the next 80 turn out."

- Bill Gates Sr. -