



WEEKLY UPDATE | August - 30 - 2021



Positive and Goal-Oriented Relationships



Positive, goal-oriented relationships develop over time. They are created through interactions among families and staff in Head Start and Early Head Start programs. These relationships:

- Are fueled by families' passion for their children
- Are based on mutual respect and trust
- Affirm and celebrate families' cultures and languages
- Provide opportunities for two-way communications
- Include authentic interactions that are meaningful to those who participate in them
- Often require an awareness of one's personal biases and how those biases can affect mutual respect and trust

Positive, goal-oriented relationships improve wellness by reducing isolation and stress for both families and staff. When they focus on shared goals for children, staff and families can experience the support that comes from knowing they all are on the same team. These relationships support the aims of equity, inclusiveness, and cultural and linguistic responsiveness.

Learn more about School Readiness by following the link below:

[Positive and Goal-Oriented Relationships | ECLKC \(hhs.gov\)](https://www.hhs.gov/eclkc/positive-and-goal-oriented-relationships)



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PFCE Interactive Framework

Positive & Goal-Oriented Relationships

Equity, Inclusiveness, Cultural and Linguistic Responsiveness

PROGRAM FOUNDATIONS	PROGRAM IMPACT AREAS	FAMILY OUTCOMES	CHILD OUTCOMES
Program Leadership Professional Development Continuous Learning and Quality Improvement	Program Environment Family Partnerships Teaching and Learning Community Partnerships Access and Continuity	Family Well-being Positive Parent-Child Relationships Families as Lifelong Educators Families as Learners Family Engagement in Transitions Family Connections to Peers and Community Families as Advocates and Leaders	Children are: Safe Healthy and well Learning and developing Engaged in positive relationships with family members, caregivers, and other children Ready for school Successful in school and life



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“Tell Me Something Good”

An eyesore into something beautiful!



Lead Teacher, Lori Klein, was concerned about the amount of garbage being discarded along the fence line. Laurie took it upon herself to plant beautiful sunflowers where the garbage accumulated. She gives so much of her energy to maintaining a beautiful site and these new sprouting flowers are testimony to that. I'm inspired by Lori's response to this issue and her creatively earth friendly approach. Thank you for turning an eyesore into something beautiful!

Shared by Menlo Center Director, Araceli Soto



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"Tell Me Something Good"

Alone we can do so little, together we can do wonders!

I would like to recognize my incredible team who crushed some encountered challenges and took everything in stride. They were able to manage and complete Education requirements, including but not limited to consultations, reflections, providing disabilities support, CLASS Observation, TPITOS Observation, and quarterly monitoring. These expectations can be challenging of a team in a normal setting, and I'm proud to say a pandemic hasn't stopped them from meeting and surpassing our goals.

We were able to provide coaching and support to all site-based staff, including remote virtual classrooms. This wouldn't have been possible without the individual efforts of all; coming together as a team. Alone we can do so little, together we can do wonders!



Shared by Manisha Gupta, Education/Disabilities Manager



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Your Health

Delta Variant

The Delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people.

- Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including this variant.
- Vaccines continue to be highly effective at preventing hospitalization and death, including against this variant.
- Fully vaccinated people with breakthrough infections from this variant appear to be infectious for a shorter period.
- Get vaccinated and wear masks indoors in public spaces to reduce the spread of this variant.

To find out more click on the bottom below:

[About the Delta Variant](#)



Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).

Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
 - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

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Human Resources Department

Navigating the Next Normal ...Shifting our Perspective



NO-COST WEBINAR

As the COVID pandemic crisis unfolds we wonder what the next normal will be. It's likely that the previous status quo will be different. Learning to view our circumstances and determining where we have the most control can empower us to think constructively about instilling healthy habits that can help us navigate the future with greater success.

Class Objectives:

- Understand how change affects us.
- Prevent burnout.
- Build resilience.
- Develop healthy habits.

For more information please go to next page.

<https://rebrand.ly/NavigatingNextNormal>



Navigating the Next Normal

...Shifting our Perspective



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**Use this link on your computer
or mobile device to watch or listen**

<https://rebrand.ly/NavigatingNextNormal>



Webinar Details

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NavigatingNextNormal**

8/31, 3-4 ET/ 12-1 PT
9/2, 12-1 ET/ 9-10 PT
9/7, 12-1 ET/ 9-10 PT
9/9, 3-4 ET/ 12-1 PT
9/14, 3-4 ET/ 12-1 PT
9/16, 12-1 ET/ 9-10 PT
9/21, 12-1 ET/ 9-10 PT
9/23, 3-4 ET/ 12-1 PT
9/28, 3-4 ET/ 12-1 PT
9/30, 12-1 ET/ 9-10 PT
10/5, 12-1 ET/ 9-10 PT
10/7, 3-4 ET/ 12-1 PT

This Week Trivia Question



▶ **What is the meaning of Assessment in ECE vocabulary?**



▶ Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday September 2, 2021.

Last week's trivia answer:

What is the meaning of Anecdotal records?

If your answer is **C) Notes kept by the teacher concerning children's play, YOU ARE CORRECT!**

"Before any great things are accomplished, a memorable change must be made in the system of education...to raise the lower ranks of society nearer to the higher."

- John Adams -



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org