



HEAD START
AWARENESS MONTH!

National Head Start Association



#TBT to this [#HeadStartAwareness](#) profile of alum Dr. Eric Motley of [National Gallery of Art](#) and his beautiful words for teachers: "The seed you are planting is going to grow & develop...it takes many years for an idea or lesson to materialize in a person's mind & heart."

Read More Follow the link: [Alumni Spotlight: Dr. Eric Motley \(nhsa.org\)](#)

Stay CONNECTED WEEKLY UPDATE

Covid-19 & the Head Start Community



NATIONAL CENTER ON
Early Childhood Health and Wellness



Self-Care and Stress Management

Head Start Heals - Frequently Asked Questions

As concern increases over the spread of the coronavirus, you might be feeling vulnerable, concerned, or anxious about the spread of the virus and how it affects your family. Your child might also be feeling this way in response to changes in your mood, information they are hearing, or changes in their daily routine or environment. The following suggestions and resources are to help you take care of yourself so you can support your child.

Please click the link below and use the resources to help reduce your stress:

[Tips for Supporting Yourself During the Pandemic \(usf.edu\)](https://www.usf.edu/health/earlychildhood/self-care-and-stress-management/)



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

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NEW IMPORTANT I.T. CHANGES!



Information Technology Department

Move to **Microsoft Teams**  (**SharePoint**) and **Microsoft OneDrive** 

The Time has come!!

The migration of the O: drive to Microsoft Teams/SharePoint *and* the migration of the P: drive to OneDrive.



Available

- Files and folders in Microsoft Teams (Files) ***are available as of Tuesday, October 12th.***
 - Files and folders in Microsoft OneDrive (your personal files and folders) ***will be available on Wednesday, October 20th.***
 - ADMIN users access to the P: drive ***will be disabled on.***



Monday, October 18th, 2021.



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Human Resources Department

Stress Management Webinars for October 2021



Stress Management Webinars

Join our series of 60-minute online workshops to learn self-care tools from experienced facilitators to help manage stress.



READ MORE in the next page



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Stress Management Webinars

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When

Wednesdays at 5:30 p.m., Pacific Time Zone

Join 1 or all sessions.

This series is available at no cost to Kaiser Permanente members and nonmembers for a limited time.

2021 Dates	Topics
October 6	Taking Care of YourSELF: Sleep, Exercise, Love, Food
October 13	Managing Stress
October 20	Building Resiliency
October 27	Cultivating Mindfulness



Register

Use this [link](#) or scan below:



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ERSEA Department

Do you know someone with children 3-4 years old?

LET THEM KNOW WE ARE ACCEPTING APPLICATIONS



APPLY TODAY!

**ACCEPTING
APPLICATIONS**

**Go to
WWW.CHILDSTARTINC.ORG**



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ERSEA Department

October is Head Start Awareness Month!

Follow the link below and read the **Proclamation 4990** by Ronald Reagan:

-----> [Proclamation 4990](#) <-----



OCTOBER IS

HEAD START

AWARENESS MONTH!



Source: wikisource.org



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This Week Trivia Question



In what year was the early childhood program called “Head Start” launched in the U.S.?



Submit your answers by sending an email to:
lpineda@childstartinc.org By Thursday October 21, 2021.

Last week's trivia answer:

In 2016, NHSA's National Head Start Conference celebrated how many years?

If your answer is: **A. 43 years. YOU ARE 100 % CORRECT!!**

“The most important period of life is not the age of university studies,
but the first one, the period from birth to the age of six.”

- **Maria Montessori** -



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