



WEEKLY UPDATE | November - 15 - 2021



"Tell Me Something Good"

"Welcome to our center"

Team Mariposa 1 created a video to introduce children and families to their center and teachers. With COVID-19, we've pivoted to more creative strategies to engage families. The end result is a genuine example of collaboration, a personalized touch, and a heart-warming passion for the work they each do to welcome children and families and celebrate their shared partnership. Enjoy their video.

Welcome
to
Early Head Start Mariposa 1

Click here → [Mariposa 1 Welcome video](#)

Starring: Maria Valdez, Lindsay Knox, Patricia Bentacourt, Brenda Holmes, and Raechel Sweda.

Submitted by Nancy Hocke and Brenda Holmes.

TELL ME SOMETHING GOOD!!

Was there something meaningful, work related, and impactful that someone did for you, or you did for someone? Did you or your team do something that made you especially proud? If so, please share it with us! Send your praise notes to Luis Pineda, so that we can all hear about it in the weekly update! Submit your content on Monday or Tuesday of each week for the following Monday edition.



Child Start
incorporated

CHILD AND FAMILY SERVICES

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Vaccination for Head Start Staff

About COVID-19 Vaccination

The COVID-19 vaccines are safe and recommended by the U.S. Food and Drug Administration (FDA) and the U.S. Centers for Disease Control and Prevention (CDC). They are very effective at preventing severe disease, hospitalization, and death from the COVID-19 virus and its current variants, including the Delta variant. The vaccines are free and currently approved for children age 12 and older. Head Start children are not yet eligible for the vaccine. This means it is critically important that our Head Start teachers and staff be fully vaccinated.

If you have questions about the COVID-19 vaccine, talk to your doctor, pharmacist, or local health officials. Learn more about the vaccines from the [U.S. Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov). Find a COVID-19 vaccination center near you at www.vaccines.gov.

Get Vaccine Answers

Explore FAQs related the COVID-19 vaccine, including around vaccines for pregnant people and children. The answers on this site were developed with and vetted by the CDC, through the Ad Council and COVID Collaborative.

Read More click the link ---→ [about coronavirus/vaccination-head-start-staff](#)



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Information Technology Department

The 6 Reasons Why Your Phone Battery Is Draining So Fast

[BY KATIE REES](#)

Battery life constantly draining? We know the feeling. Here are six reasons why your phone battery keeps dying with low battery screen.



A flat phone battery is beyond frustrating, especially when we're out of the house and in need of our smartphones.

Sometimes it feels like you're charging your phone for hours only to have it die in half the time. What you might not know is that there are several things that can eat away at your battery without you even realizing it and taking control of them can keep your battery fuller for longer. So, here are the six most common causes of a quick-draining phone battery.



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1. High Display Brightness



We'll start with one of the more obvious causes for a dying phone battery: screen brightness

It may seem convenient to have your brightness on max, especially when you're outside, but this has a huge effect on your battery. What's more, having your phone on maximum brightness while using light mode drains your battery further. So, where possible, keep your screen brightness to a minimum to save that extra bit of battery life.

But a dimmer screen isn't always convenient, especially if you have impaired eyesight or you're in an area of high light exposure.

So, what else can you do instead of lowering your screen's brightness? One alternative is to switch your phone and frequently used apps (such as Instagram and Facebook Messenger) to dark mode. This doesn't darken your phone screen drastically but switches your phone's standard white menu and app backgrounds to black. You'd be surprised how much battery this can save without compromising on brightness.



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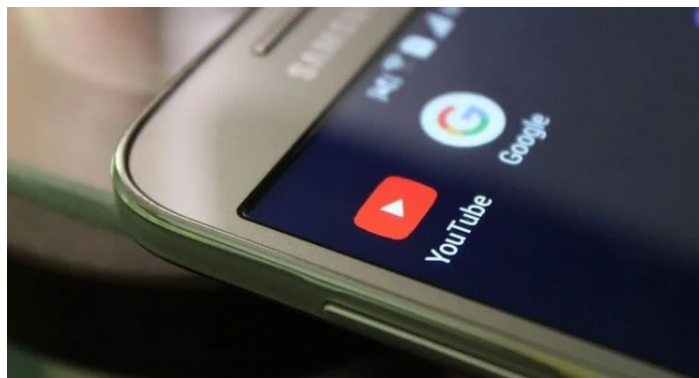
2. Background Apps



Background apps essentially function even when you're not directly using them. Examples include VPN, anti-virus, health, and calendar apps. These apps monitor or control certain aspects of your phone without you intervening, which while convenient drains the battery significantly.

What's more, you probably don't need a good number of these apps to be working in the background. So, how can you do this?

3. Picture-in-Picture Mode



If you use YouTube Premium, Twitch, or a similar app on your phone, you may have used picture-in-picture mode before. This involves watching any video or stream in a small viewing box on your screen while using



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other apps. While this is convenient, using multiple apps simultaneously like this can drain your phone battery.

4. Staying Connected 24/7



It might seem like a no-brainer to keep your Wi-Fi or data activated at all hours so that you can keep connected day and night. But this can significantly drain your phone battery, as you're constantly getting notifications, background updates, and more when you don't necessarily need them.

During your sleeping hours is a great time to switch off your Wi-Fi. Of course, you could simply switch your phone to [Airplane Mode](#). But, if you're worried about missing an urgent call, you can instead turn off your Wi-Fi and data so that you can still accept phone calls. You can do this by going into your phone's Wi-Fi and Mobile Data settings and deactivating both. Keep in mind that switching your phone to "Do Not Disturb" mode does not turn off your Wi-Fi or data.

5. An Old Phone Battery



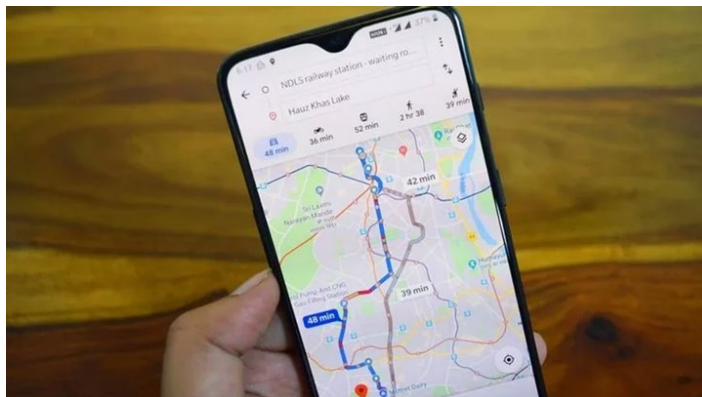
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Sometimes, it's not an app or a setting that affects your phone's battery life but the battery itself. As with everything, phones get old, and as the years go by, your battery won't be as good as it once was. After about two or three years (depending on the model of the phone), your battery will no longer be able to achieve its original maximum capacity, which can lead to a quick-draining phone. So, what can be done about this?

The first and most obvious option is battery replacement. This is usually far cheaper than a total smartphone replacement and could fix your draining battery problem quickly and easily. Battery prices will vary depending on the specific phone you have. For example, a Samsung Galaxy S9 battery goes for around ten dollars. An iPhone 11 battery, on the other hand, will cost you around double that. In any case, you won't be breaking the bank by replacing your battery.

The other option, of course, is to replace your phone entirely. You may be at the point where it's not just the battery that's lost its edge, and so opting for a replacement might just be the more convenient option.

6. Location-Tracking Apps



There are a huge number of apps that can track your location. Google Maps, Bumble, Deliveroo, retail apps, the lot. And, while you may think these apps solely track your location when you're directly using them, this isn't always the case. This constant location monitoring requires energy and can take a toll on your phone's battery life.

So, how can this be avoided?



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The easiest way to deactivate location tracking is to turn off your phone's location altogether. This can be done in your phone's drop-down menu or in Settings via the "Location" option. However, if you want certain apps (maybe a safety or navigation app) to keep tracking your location, you can disable location tracking individually via the "Permissions" section of each app's settings. Doing so might take you a while, but it'll give you total control over which apps do and don't have access to your real-time location.

Read More Articles like this here

https://www.makeuseof.com/why-phone-battery-draining-fast/?utm_source=MUO-NL-RP&utm_medium=newsletter

NEW IMPORTANT I.T. UPDATE!

Microsoft Teams AND NEW COMPUTER SYSTEMS

Hello,

As part of the PC replacement cycle at our remote sites and the implementation of Microsoft Teams, staff at remote sites will now be *required to log in to the computer with their own unique Windows user account and not the generic log in credential that is currently being used*. Although Microsoft Teams can be

configured to use multiple "profiles", it wasn't designed to be used with multiple individuals with a single Windows user account but rather an individual user belonging to multiple Teams or "organizational" Teams.



As IT prepares and images the new computers, we will create the user accounts in advance before deploying the machines out to the sites (**users will be prompted to create their password when they first log in to the computer**).

Thank you,

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Human Resources Department



Work/Life Services

Our Work/Life Consultants can provide you with referrals and information on a wide range of services such as those listed below. We will provide a customized report of services that meet your specific needs. You have access to unlimited referrals, so if your needs change, you can always call us back for a revised search. The Work/Life referral service is provided to save you and your family time, but only you can make the determination about which services best fit your needs. It is important to note that Claremont does not make recommendations and does not receive any financial incentives from the listed providers.

- Older Adults / Elder Care
- Child Care
- Parenting Skills
- Adoption
- Education: College & University

Learn More Follow the link--> claremonteap.com/employees-and-families/work-life-services/



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ERSEA Department

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www.childstartinc.org



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Contact: Luis Pineda
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SPREAD THE
WORD ABOUT
HEAD START



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This Week Trivia Question



▶ What does “Cognitive Development” refers to?



▶ Submit your answers by sending an email to:
lpineda@childstartinc.org By Thursday November 18, 2021.

Last week's trivia answer:

What kind of play is it when students play alongside others but separately?

If your answer is **Solitary Play**, you've nailed it!

“If you think education is expensive, try ignorance!”

- Andy McIntyre -



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