



WEEKLY UPDATE | December - 20 - 2021



## Promoting Staff Well-being

### Managing Stress with Mindful Moments

Explore how breathing and movement strategies can help children calm big emotions. Discover ways to use mindfulness with young children to name big feelings and describe how they are affected by them.



Chair Stretches

[View Resource ▶](#)



Hand Exercises

[View Resource ▶](#)

Learn more → [mental-health/article/managing-stress-mindful-moments](https://www.headstart.org/mental-health/article/managing-stress-mindful-moments)

# Stay CONNECTED WEEKLY UPDATE



## Vaccination for Head Start Staff



Click the image to find vaccine locations.



Website: [www.childstartinc.org](http://www.childstartinc.org)



Contact: Luis Pineda  
707-333-1874



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# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department



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# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department

### How to Update My Tax Information.



#### Show Me How: Employee Self-Service: Update My Tax Information

Watch a quick how-to on update your tax information, followed by a takeaway guide for your convenience.



Self-Study Course

#### Employee Self-Service: Update My Tax Information

Watch a quick how-to on update your tax information, followed by a takeaway guide for your convenience.

2m | Show Me How

DETAILS

START

Visit <https://www.paycomonline.net/v4/ee/web.php/app/login?logout=true>

Login with your personal credentials and watch this 2-minute video.

Go to My Learning Self-Service and voila!



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# Stay CONNECTED WEEKLY UPDATE



**ERSEA Department**

**SPREAD THE WORD!**

**WE ARE ACCEPTING APPLICATIONS**



**FREE PRESCHOOL SERVICES  
FOR ELIGIBLE FAMILIES  
APPLY TODAY!**

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# This Week Trivia Question



**What is the meaning of Rating Scale?**

- a) Tool used to record the degree.
- b) Tool used to gather information on specific aspects of children



Submit your answers by sending an email to:  
lpineda@childstartinc.org By Thursday December 23, 2021.

## Last week's trivia answer:

**The Anti Bias Law in Education.**

- a) **Regulates that teachers should not discriminate against a student for their differences.**
- b) Regulates that teachers should not discriminate against their administrators.

If your answer is **"a)"**, you've nailed it!

**"Better than a thousand days of diligent study is one day with a great teacher."**

- *Japanese Proverb* -



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