

WEEKLY UPDATE | January - 03 - 2022



“Tell Me Something Good”

The Jess Team Going the Extra Mile!



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GRACIAS  
**THANK YOU**  
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DANKE धन्यवाद  
شُكراً OBRIGADO

I want to thank Jessica Dudley and Jessica Ochoa for their enormous help. As you all probably know, our HR Recruitment Coordinator retired in early December, leaving a void in the HR department. Knowing that we could not wait for the replacement to continue recruiting and hiring, Jessica Dudley and Jessica Ochoa volunteered to tag-team many of the position's duties. Together, they are helping us to stay on top of the recruitment and hiring efforts, ensuring a smooth transitional period for all.

Submitted by Alonso Duarte

# Stay CONNECTED WEEKLY UPDATE



## Promoting Staff Well-being

### MANAGING YOUR STRESS

Staff who can manage their own stress find they are better able to support families and their young children. Explore this Health Services to learn more about the symptoms of stress and strategies for managing it.



Legs Up a Wall

Learn more → [What are some signs and symptoms of stress?](#)



# 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



Email: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org)



# Stay CONNECTED WEEKLY UPDATE

## Head Start, Let's Do This Together!



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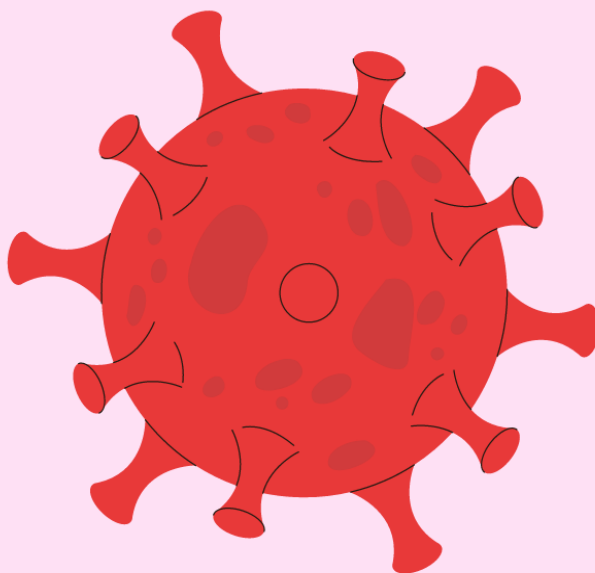
# Stay CONNECTED WEEKLY UPDATE



## Your Health

BEWARE OF COVID-19

B.1.1.529



INFECTION  
PREVENTION IS  
EVERYONE'S  
RESPONSIBILITY!



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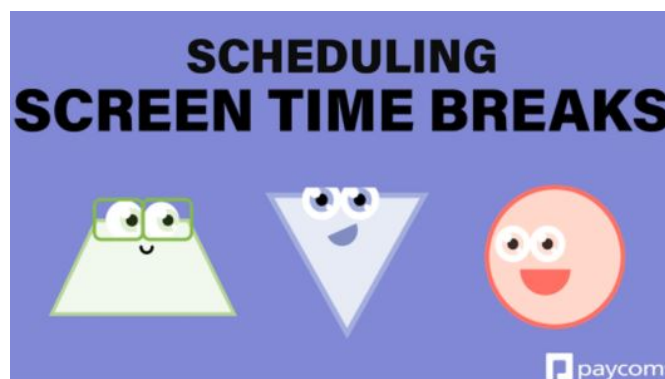
## Human Resources Department

### Scheduling Screen Time Breaks



### 2 minutes Self-Study Course

There are many reasons we look at so many screens all day. We can't avoid them, but we can do a few simple things to make sure all that screen time is not straining our eyes. This course will explain how screens affect your eyes, how often you should take a screen break and three other easy tips.



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

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

Go to My Learning home and click the PAYCOM content checkbox.



# Stay CONNECTED WEEKLY UPDATE



## SPREAD THE WORD!

### WE ARE ACCEPTING APPLICATIONS



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

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## This Week Question, TEST YOUR KNOWLEDGE



Do you know **how many home visits** were conducted during the 2018-2019 program year in the United States?



Submit your answers by sending an email to:  
lpineda@childstartinc.org by Thursday January 6, 2022.

### Last week's trivia answer:

**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 behaviors.**

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

**"Education is the first step for people to gain the knowledge, critical thinking, empowerment and skills they need to make this world a better place."**

**- Nelson Mandela -**



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