New Standards for Vaccination and Masking to Reduce Transmission of COVID-19.

By Dr. Bernadine Futrell, *Director of the Office of Head Start*.

The U.S. Department of Health and Human Services (HHS) is issuing new Head Start Program Performance Standards (HSPPS) to outline the masking and COVID-19 vaccination requirements for grant recipient staff, and the timelines, exceptions, and exemptions for each. Consistent with other HSPPS, these standards will apply to Head Start, Early Head Start, Early Head Start-Child Care Partnership, and American Indian and Alaska Native, and Migrant and Seasonal Head Start programs. The Interim Final Rule with Comment Period (IFC) is now posted in the Federal Register.

As the Head Start community navigates implementation of this rule, the Office of Head Start (OHS) is dedicated to supporting programs. While a fully vaccinated workforce brings hope of reaching more children and families, I know it does not come without challenges. Let us begin with a shared understanding of why these new HSPPS are necessary.

Many programs have shared firsthand experience on how intermittent closures disrupt children's opportunities for learning, socialization, nutrition, continuity, and routine. Program closures also impact the ability of Head Start families to work, which ultimately creates instability and adds to their stress. As a Head Start graduate, I know my life would be impacted for every day my Head Start program was not open, or if the bus simply did not show up one day. Vaccination against COVID-19 and wearing face masks are safe, effective tools to reduce program closures and support the continuity of in-person comprehensive services for children and families.

Read More Here -→   new-standards-vaccination-masking-reduce-transmission-covid-19

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WEEKLY UPDATE

#SleeveUp4HeadStart

Office of Head Start

Vaccination for Head Start Staff

Find COVID-19 Vaccines Near You

Visit Vaccines.gov

WE CAN DO THIS

CDC

Click the image to find vaccine locations.

Let's Do Our Part!

Preventing Covid-19

Infection Prevention is Everyone's Responsibility!

We need to prevent the spread of COVID-19 and protect ourselves and others. Remember to follow the guidelines to keep yourself safe from COVID.

Human Resources Department

Managing Holiday Stress

Human Resources Department

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The kids are home, money's tight and you're trying to juggle the demands of work and family without letting anything slip through the cracks. Is it finally the holidays or quarantine? Holidays are supposed to be a special time when family and friends come together to celebrate, but due to COVID-19, many of us may celebrate alone, socially distanced or virtually this year. Things are different for all of us this holiday season and these changes can trigger feelings of loneliness, anxiety and stress. The EAP is here for you and your family and includes a variety of counseling and online wellbeing resources to help you feel emotionally and physically balanced during this challenging time.

Counseling Resources

- Confidential Counseling: Includes free and confidential short-term counseling sessions.

- TESS AI Chatbot: 24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to 650-825-9634

  to get started. Tess will ask your Employer: Please use "IBH"

- Online Peer Support Groups: Online support groups for addiction, depression, bipolar, parenting, LGBTQ+ and anxiety.

Helpful Links

- How to Cope with Family Gatherings and the Pandemic.

- 2 Surprising Ways to Make the Holidays Less Stressful.

- Stress, Depression and the Holidays: Tips for Coping.

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Managing Holiday Stress.

1. Maintain a Routine.

   Even though your regular routine has been disrupted, you can still have some structure to your day. Create a realistic schedule with times set aside for important activities like work time, school time, screen time, exercise and free time. Try to maintain your normal sleep schedule. It can help you function better during the day, stabilize your mood and give a boost to your immune system.

2. Keep Moving.

   Although it might be tempting to binge-watch all of your favorite holiday movies, too much screen time and sitting can make you cranky, bored and irritable. Make time to be physically active every day, even if it's just a short socially distanced walk. It'll help reduce your stress and give you a healthy burst of endorphins to improve your mood.

3. Schedule Downtime.

   No matter what time of year, taking the time to rest and rejuvenate is always a good idea. Have an in-home movie night with your family. Take a nap. Make sure each family member has scheduled "me" time for some peace and quiet.

4. Stay Positive.

   Even if this moment seems stressful, can you find a way to make it pleasant? Connect with someone else in a postive way with a kind gesture, or try to notice what's around you with fresh eyes and an open mind. Even though the holidays are stressful, try and remember to laugh. Laughter is the best medicine and it's free.

Access Online Wellbeing Resources.

Go to claremonteap.com to access free online stress reduction tools and wellbeing resource including webinars, articles, self-directed courses, MyStressTools and more.

www.claremonteap.com | 800-834-3773

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WEEKLY UPDATE

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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.

Submit your answers by sending an email to:
lpineda@childstartinc.org By Thursday December 16, 2021.

Last week's trivia answer:

In child Development language Comes In 4 Stages, Can You name them?

If your answer is **"Babbling, single-word stage, two-word sentences, multi-word stage."** you've nailed it!

Before your child learns to fully communicate via language there are four basic stages they will go through: babbling, single-word stage, two-word sentences, and finally multi-word stage.

"Play is the work of childhood."

- *Jean Piaget -*