



**WEEKLY UPDATE | March - 14 - 2022**



## **Family Engagement and School Readiness: Head Start Forward Campaign Overview**

### **COVID-19 & the Head Start Community**



The Head Start Forward campaign supports grantees in reaching more children and families and moving toward full in-person comprehensive services, as local health conditions allow. Guidance and featured resources will help programs make decisions centered on strengthening families and on the education, health, safety, and well-being of staff, children, and families.

Through webinars, guidance, and other resources, the Office of Head Start (OHS) will address areas of immediate concern to programs and will revisit them as conditions change. Topics include eligibility, recruitment, selection, enrollment, and attendance (ERSEA), mental health and staff wellness, health and safety considerations, and equity.

Learn More by clicking the link below:

[Head Start Forward Campaign Overview | ECLKC \(hhs.gov\)](https://www.hhs.gov/eclkc/head-start-forward)

# Stay CONNECTED WEEKLY UPDATE

Let's Do This Together!



## Office of Head Start FA2 Monitoring Protocol

# BOOT CAMP



# Stay CONNECTED WEEKLY UPDATE

## Zoom or Teams links to follow

### Part 1

- ♥ March 9: 2:30-4:30 – Family Services (Zoom)
- ♥ March 15: 3:00-4:00 – Health, Nutrition, & Safety
- ♥ March 22: 3:00-4:00 – Education, Disabilities, & Mental Health
- ♥ March 29: 3:00-4:00 – ERSEA

### Part 2

- ♥ April 5: 3:00-4:00 – Health, Nutrition & Safety
- ♥ April 12: 3:00-4:00 – Education, Disabilities, & Mental Health
- ♥ April 18: 3:00-4:00 – ERSEA / Family Services



# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department



Need Assistance? Call Claremont at 800-834-3773

### Living a Life in Balance

Do you feel like your life is too complicated? Are you often torn between your work and home responsibilities?

"If so, you're not alone, and you don't have to despair," says Odette Pollar, president of Smart Ways to Work, a personal productivity firm in Oakland, Calif., and author of *Take Back Your Life*. "You can gain peace and relief by making a conscious effort to reduce the complexities in your life and achieve balance."

Given all you have to do, it's easy to lose sight of what's probably your ultimate goal: to enjoy your life as you follow through on your personal and professional responsibilities in satisfying ways.

Here are Ms. Pollar's suggestions for successfully balancing your time and life.

#### Learn to streamline

Speeding up and trying to force more and more into the same blocks of time isn't the best way to have more time in your life. According to Ms. Pollar, the best way to "get it all done" is to have fewer things to do by consciously streamlining your ongoing responsibilities.

Being selective about your choices and how you spend your time is important. And it's vital to keep your perspective and establish realistic expectations for yourself.

"Regaining balance starts with the awareness that something is out of kilter, that you have too much going on," she says. "From there you can identify what you want less of in your life."



# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department

### Living a Life in Balance

#### Ask yourself questions

You can achieve balance by setting your priorities and creating a life around them. This is a long-term process and requires thought and insight.

As a way to get started, take some time to list three to five answers to these questions:

- What physical needs are important to you and why?
- What emotional needs are important to you and why?
- What mental needs must be filled to make you content?
- What causes the sense of frustration or depression you may feel?
- What does success -- both personal and professional -- mean to you?

Your answers will provide information you can use to make changes in your life.

#### Determine what you want

Before making any big changes, consider the results you want to achieve. This will give you a starting point from which to choose a direction and set goals.



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## Human Resources Department

### Living a Life in Balance

For example, you might want to:

- Enjoy work and have enough energy left at the end of the day to enjoy your home life.
- Cultivate a better relationship with your children, partner, friends and extended family.
- Do more things you'd like to do and feel more content.

By reacquainting yourself with your needs, desires and feelings, you can make a plan with a systematic approach for achieving your goals.

#### **Respect the process**

Achieving balance is an ongoing process that requires your regular attention. As you move forward, talk with others about how they have achieved balance in their lives and share your successes.

As you continue on your road to a more satisfying life, remember the following.

- Keep your job and your life in perspective. Success at the expense of relaxation and enjoyment is not success.
- Take yourself less seriously. Learn to see and appreciate the lighter side of life.
- Learn to say "no." Be firm without apology or guilt.

"It's easier to balance a simpler life," says Ms. Pollar. "For a life worth living, eliminate the unimportant, whether it be relationships, tasks, responsibilities, possessions or beliefs."

Learn More click here → [CLAREMONT EAP : Living a Life in Balance \(personaladvantage.com\)](https://personaladvantage.com)

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# This Week Question, TEST YOUR KNOWLEDGE



How many pregnant women were served in California in 2021?



Submit your answers by sending an email to:  
lpineda@childstartinc.org by March 17, 2022.

## Last week's trivia answer:

How many children does Head Start serve in California?

If your answer is **122,000 children**, you are **CORRECT!**

California's Head Start program is the largest in the nation. In fiscal year 2019, **approximately 122,000** children were served by Head Start. California's Head Start programs are administered through a system of grantees and delegate agencies. Oct 16, 2020

Source: <https://nhsa.org/resource/2022-state-fact-sheets/>

“A liberal education is at the heart of a civil society, and at the heart of a liberal education is the act of teaching.”

- A. Bartlett Giamatti -



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



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