



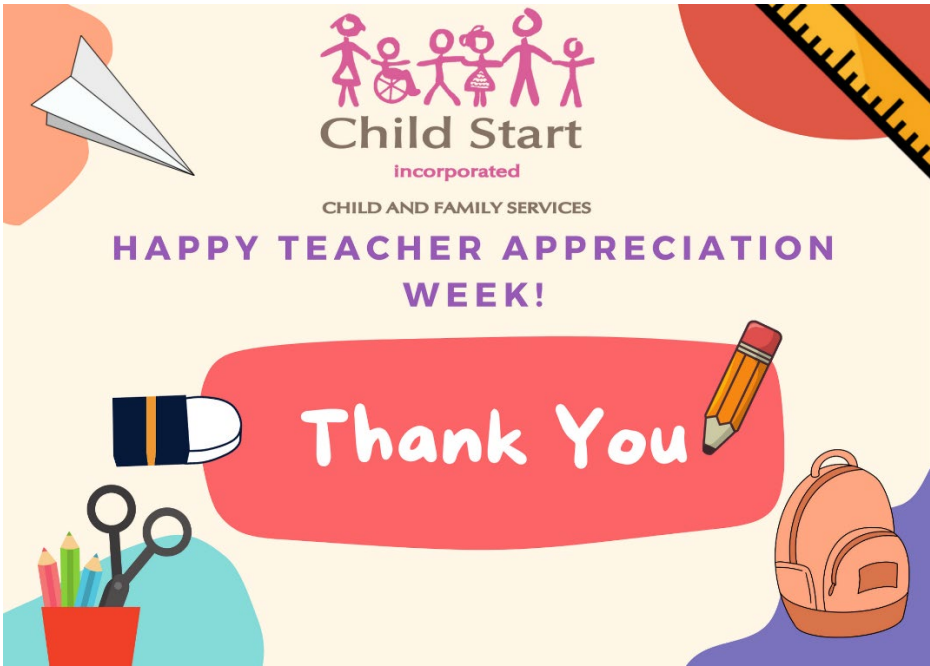
## WEEKLY UPDATE | May - 02 - 2022



## TEACHER APPRECIATION WEEK 2022

Being a teacher is perhaps one of the most difficult and challenging professions in the world, so much that it can even feel quite unrewarding at times. That’s why we want to say a heartfelt “thank you” For every life you have changed during your teaching career.

### Happy Teacher Appreciation Day!



# Stay CONNECTED WEEKLY UPDATE



Thank  
you!

## Child Abuse Prevention (CAP) Awareness Campaign

**#ChildStartWearBlue4Kids**

**#childstartdayoftheyoungchild, #ChildAbusePreventionMonth**

Thank you to all of you for sending great pictures and video clips from your sites celebrating young children and campaigning about Child Abuse Prevention (CAP).

Don't forget to check the highlights from those great activities and moments from your centers in our Weekly Update, [Facebook](#), and [Instagram](#).



# Stay CONNECTED WEEKLY UPDATE



## Mayacamas Head Start Celebrates CAP!

Mayacamas Head Start, celebrated *The Week of the Young Child* and *Child Abuse Prevention* by discussing what it means to be kind, just like seeds, Kindness can grow if we continue cultivating it every day.



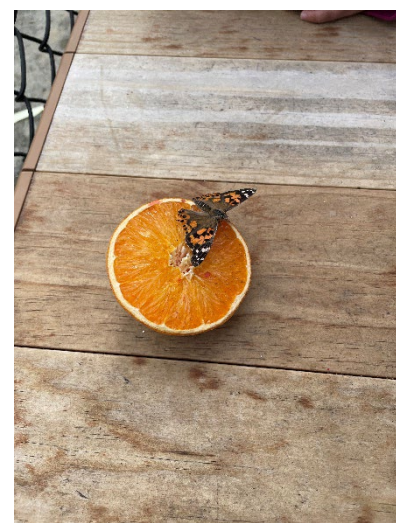


# Stay CONNECTED WEEKLY UPDATE



## Westwood Head Start Celebrates CAP!

Westwood Head Start, continues celebrating *The Week of the Young Child* and *Child Abuse Prevention Month* by having an insect study observing caterpillars going to the stages of becoming butterflies.



# Stay CONNECTED WEEKLY UPDATE



ERSEA Department

## Outreach Opportunity

If you would like to volunteer, please contact Alma Jimenez at [ajimenez@childstartinc.org](mailto:ajimenez@childstartinc.org) or call 707-252-8931 x 2013.



**KIDS DAY**  
HOSTED BY COPE FAMILY CENTER

ACTIVITIES • INFO + RESOURCES FOR PARENTS  
ENTERTAINMENT • ARTS • HEALTH • PERFORMANCES  
GAMES • FOOD • FUN • AND MORE!



11AM - 3PM  
SATURDAY  
7TH  
MAY

Join us at Randolph & Fourth Street for a  
**FREE FAMILY FUN  
COMMUNITY EVENT**  
Learn more at [www.copefamilycenter.org/kidsday2022](http://www.copefamilycenter.org/kidsday2022)

ALL CURRENT COVID-19 SAFETY PROTOCOLS FOLLOWED AT EVENT



# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department

### *HealthiestYou*

HealthiestYou is a service that provides 24/7/365 access to a network of doctors via phone or e-mail. This service can be used for diagnosis and treatment of common illnesses and consultations from the comfort of your home. There is no charge to employees to use HealthiestYou except for any prescriptions that may be prescribed. You have access to general medical visits, nutrition, dermatology, behavioral health, back care, & expert services from top specialists for **FREE. YES. FREE!**

With the HealthiestYou app, you can:



#### See a doctor 24/7

Talk to a licensed doctor by phone or video from anywhere.



#### Save money

Find and pick up the lowest-cost prescriptions in your area.



#### Search for a provider

Find a doctor, dentist, or other providers near you.



#### Expert Medical Opinion

Get a second opinion from leading experts on more-serious conditions.



#### Compare prices

Compare cash vs. insurance pricing for common procedures.



#### Connect your insurance

Find your insurance carrier for up-to-date coverage, deductible tracking, and more.

I also want to highlight that they can help you with your mental health with their **“myStrength Complete”**

*MyStrength is a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more—all tailored to your unique needs. **Unlimited scheduled phone or video sessions** with a mental health provider: therapist, counselor psychiatrist etc... Recommended activities and content. Explore skill building tools and resources based on your ongoing needs and preferences.*





**Child Start**  
incorporated  
CHILD AND FAMILY SERVICES

# Follow Us on Social Media



Let's Get Connected for Our Latest News & Updates



Like Us on Facebook  
Child Start Incorporated



Follow Us on Instagram  
[@child\\_start](#)



# This Week's Question, Test Your Knowledge.



Who introduced to congress the idea to adopt teacher appreciation day in 1953?



Submit your answers by sending an email to: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org) by May 5th, 2022.

## Last week's trivia answer:

Who founded the National Association for the Education of Young Children?

If your answer is **Patty Smith Hill** **YOU ARE CORRECT!**

**"A child miseducated is a child lost".**

– John F. Kennedy–



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



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