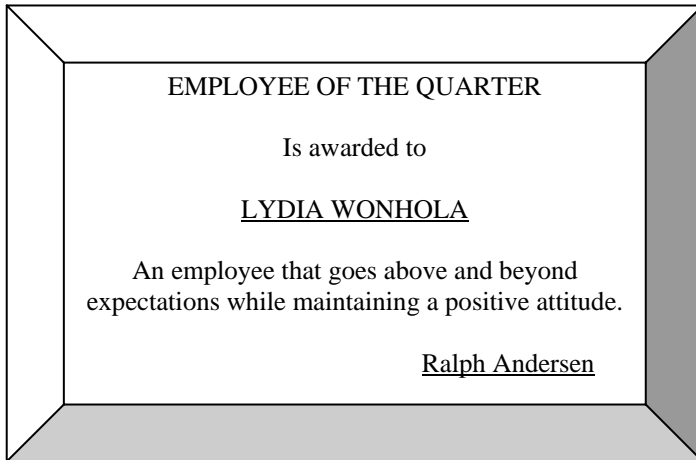




## Employee of the Quarter

**Lydia Wonhola**  
New Stuyahok  
Teachers Aide



## Dillingham Head Start Wins 1<sup>st</sup> Place Award for Parade Float

Even here at Dillingham Head Start, we take time out of our busy schedule to participate in the Beaver Roundup activities. Head Start Beavers buckle up was the Head Start theme this year a vision created by Jeanie Timmerman and Carolyn Hoseth. As the pair slowly made their way through the parade you could hear Head Start students cheer for their pictures as the float passed by.

We need to help children remember to be safe during activities such as biking, boating, and even riding in a car. This float is a great reminder for us all to use the rules of safety to keep ourselves and loved ones safe.



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## A Note from the Dillingham Kitchen

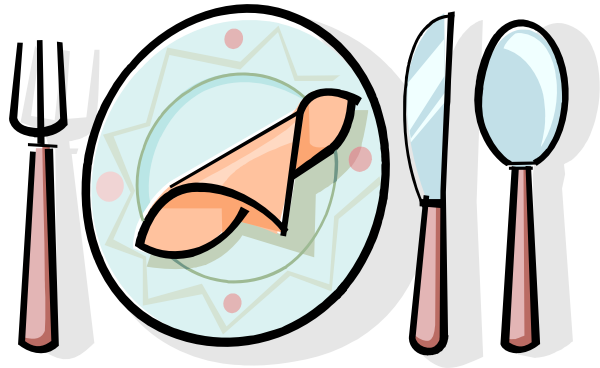
Through out this school year there have been many activities that the children have done concerning nutrition. One main focus that both the AM and PM class has worked on is teaching the kids about eating and drinking healthy foods and avoiding foods that are not as healthy. There are two activities that turned out great and really helped the children visualize what make some drinks unhealthy for your body and teeth.

The first activity was a sugar comparison activity. This was done by taking some common beverages and showing the children the amount of sugar that is in each beverage. This was done with sugar cubes. By reading the label on each item I could then instruct the children how many sugar cubes are in each item. Then as a group we counted out the sugar cubes and put them in a bowl so the kids could have a visual understanding on just how much sugar was really inside that one can of pop, juice, energy drink, etc. One of the great things we discovered as a group was that there is no sugar in water. This was a great indicator to teach the kids that water is the best drink for the body.

The second activity was dealing with eggs and a can of soda. The eggs were boiled to prevent any accidents as well as serve for a delicious snack. Then the boiled eggs were soaked in the soda how about an hour or two. The eggs become stained with a brown sticky substance know as Coke. The eggs were then brought to the children and they were instructed to grab their toothbrushes and try to scrub the egg until it was white. This was something that was nearly impossible to accomplish complete. (©Toothbrushes were replaced with new ones after this activity©)When the children were tired of trying to brush there egg they were told to crack it and look at the inside. The inside was untouched and a great treat.

These are great activity to do with your child at home. This will not only help enforce the idea that there are “better foods” and “not so good foods.” Doing these activities can help not only the child but might help and shock the adult assisting in the activities.

By: Billie Heyano



## I Moving Am I am Learning



*"Jeanie Timmerman with Kaitlyn Johansen after singing and dancing to the song My heart says Thanks" - Part of the I am Moving I am Learning Soundtrack*

BBNA Head Start continues to look at ways that the children and their families as well as staff members can increase their physical activity and their knowledge of healthy choices. I was able to attend a Head Start training in January so we could include a program called “I Am Moving, I Am Learning” to our current curriculum. This evidence based program features child friendly songs, activities, and a mascot named Choosy. Choosy is a green, furry, and fun character that stands for “choosing healthy options often and starting young”. We have started trying out the program with a small number of our Dillingham Head Start children and hope to implement it to all sites after including it in our Pre-Service Week in the fall. We have received a community grant form American Seafood’s to purchase Choosy activity bags for each classroom for next year.

It is important to remember that Head Start age children should engage in at least sixty minutes daily of structured physical activity and sixty more minutes of unstructured physical activity. The children of this age should not be engaged in activities that involve no movement for more than sixty minutes at a time except when they are sleeping. We hope everyone in our Head Start Communities includes more and more active physical activities in their family fun.

# Directors Report

I am always surprised at how fast the school year flies by! The Head Start staff is busy finishing up a number of projects on both an administrative and on a classroom basis; here are a few highlights of current activities.

- Site staff is busy gearing up for transition activities for all students headed off to Kindergarten in the fall; call your teacher to ask how you can help.
- The main office staff are in the process of wrapping up the parent survey for the year and to date have over 25 more surveys completed than we did last year- thank you so much for your input. As soon as we have calculated the results, we will provide them to all Policy Council members and Center Coordinators. Keep an eye out for them- they are certainly interesting!
- The Policy Council is gearing up for the final face to face meeting of the year, which will happen at the end of April. This is the meeting where program planning and grant applications for next year will be finalized.
- We have received the dates for our upcoming Federal Review which takes place every three years; the Review Team will be here the week of April 14<sup>th</sup>. We still don't know which sites they will be visiting but we hope that we will have plenty of parents and community partners available for them to talk with.

Finally, I wanted to address enrollment procedures for the fall. If your child is currently enrolled, and not going to kindergarten in the fall then they are automatically re-enrolled in Head Start; you don't need to do anything. If you are still on the wait list, you should receive a letter asking for updated income information. We will start enrolling for fall starting in mid May. You will need to have current information on file to be considered for enrollment. That means if you've filed your 2008 taxes, send us a copy. If your situation has changed in any way, for example: you've lost your job, had a baby or been on maternity leave since you submitted an application, give us a call and let us know.

If you have any questions, please don't hesitate to give me a call,  
Have a safe and wonderful summer!

Annie Shade  
BBNA Head Start Director

## Alaska Head Start Association Leadership Conference

The Alaska Head Start Association Leadership Conference is an annual training that happens each year.

BBNA Head Start funds for one parent from each site to attend along with the director.

Head Start Parents are urged to write a letter on why they feel they should be able to attend.

This year three parents, Ken Pulice from Naknek, Jeweline Hoseth from Dillingham Home-Base, and Angelica Pauk from Togiak Center Base attended this wonderful event.

The conference had many trainings like "I am Moving I am Learning", "PBS (Positive Behavioral Support)", and Dr. Bob who spoke of Healing. The conference brought in Native Dancers and on the last night Awarded parents throughout Alaska for "Father of the Year", "Mother of the Year", "Beating the Odds", "Policy Council" and others.

The staff and Head Start parents also let there stories flow, many tears where shed, as these parents stories came to light, the stories of struggles and pain, of joy and love. As the parents spoke more hands followed and by the time everyone told there stories the room was completely quiet.

I left with those stories all the way to the conference room where we met with House of Representatives, Bryce Edgmon, Bob Herron, and Senator Lyman Hoffman, where the stories continued and where they where welcomed.

I would like all Head Start Parents Former or Current to write there own stories and send them to [HSPC@bbna.com](mailto:HSPC@bbna.com) or mail them to BBNA Head Start PO Box 130 Dillingham AK 99576 where they will be placed into a book and taken to the next AHSA Leadership Conference to be shared with others just like you and with the ones that can help Head Start stay strong in Alaska and your community.

Thank you,

## CALENDAR OF EVENTS

FEDERAL REVIEW

HEAD START CENTERS

APRIL 14-17

PARENT COUNCIL MEETING

HEAD START YELLOW ROOM

MARCH 16 @ 6PM

POLICY COUNCIL MEETING

MARCH 25 @ 6PM-TELECONFERENCE

APRIL 26-27 @8:00AM FACE TO FACE (DILLINGHAM)

