



# THE WEEKLY MEMO

2021-2022, Issue #19 - January 16, 2022- Editors: Maria Arroyo & Ashley Clayton

## Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

INSIDE

2) Emmy Werner & The Resilience Theory

5) Emmy Werner y La Teoría de la Resiliencia

3) Skills for Resilience

6) Habilidades p/ Resiliencia

4) Stress Regulation Tips

7) Consejos p/ el estrés

## Meetings and Trainings

### January 17—Monday



Martin Luther King, Jr. Day

### January 18—Tuesday

- 9:00-11:00 Directors' Mtg, Blue Conf. Rm
- 9:00-10:30 RS cohort TEAMS
- 5:30-6:00 Parenting Education Series

### January 19—Wednesday

- 9:00-10:30 Department Directors' Mtg, Blue Conf. Rm
- 9:00-10:30 RS SM Cohort 2, ZOOM
- 10:30-11:30 Health Mtg, Blue Conf. Rm
- 1:00-2:00 Onboarding Updates Mtg, TEAMS

### January 20—Thursday

- 9:00-10:00 PFCE Weekly Team Mtg, TEAMS
- 9:00-10:00 MO Safety Mtg, TEAMS
- 9:00-10:30 Cohort 3, ZOOM
- 2:30-3:30 PFCE & Health Mtg, PFCE office
- 5:30-6:00 Parenting Education Series
- 5:30-8:00 PC & Board Meeting, in person for the Board and PC Executive officers at the MO Blue Building – the rest of PC will be participate via TEAMS

### January 21—Friday

- 8:00-5:00 All agency In service Day.

### January 24—Monday

- 9:00-10:00 PFCE Weekly Team Mtg, TEAMS
- 10:00-11:30 ED Department Mtg, TEAMS

### January 25—Tuesday

- 9:00-11:00 Directors' Mtg, Blue Conf. Rm
- 1:00-2:30 Management Team Mtg, TEAMS

### January 26—Wednesday

- 10:30-11:30 Health Mtg, Blue Conf. Rm
- 1:00-2:00 Onboarding Updates Mtg, TEAMS

### January 27—Thursday

- 9:00-10:00 PFCE Weekly Team Mtg, TEAMS

### January 28—Friday

- 8:00-10:00 Education Planning
- 9:00-11:30 FS Meeting
- 10:00-11:30 Education TLC
- 1:00-3:00 Jackson & JoCo Safety Committee Mtg, TEAMS

## Wellness and Stress

### You can Help Children Achieve their Potential

No matter how intellectually gifted a child may be – stress can impact what they are able to learn.

Por muy dotado de inteligencia que sea un niño, el estrés puede afectar a lo que es capaz de aprender.



## Bienestar y Estrés

### Tú puedes ayudar a los niños a alcanzar su potencial

The work that you do, could change a child and/or a family's life.

El trabajo que haces puede cambiar la vida de un niño o de una familia.

Visit our Facebook page, and give us a like.

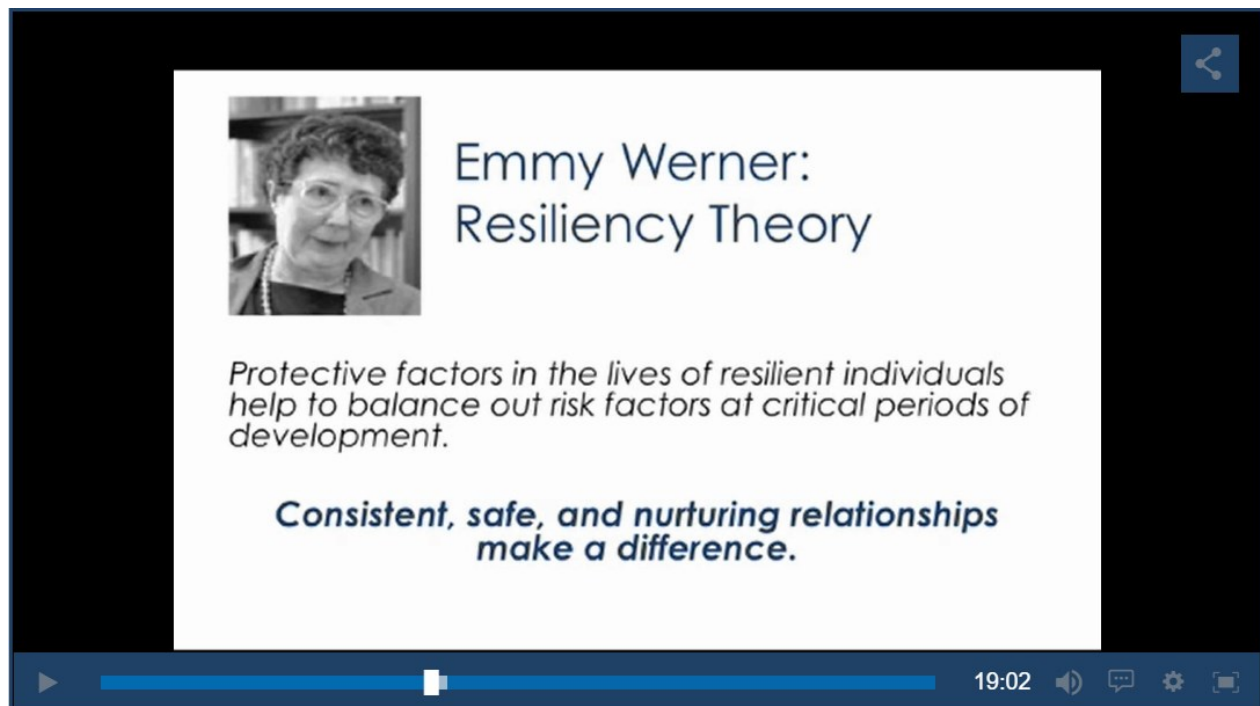


# Promoting Resilience in Children, Families, Staff, and You!

Resilient people of all ages are better able to cope with stress, adversity, and change. This webinar [Promoting Resilience in Children, Families, Staff, and You! | ECLKC \(hhs.gov\)](#) focuses on the concept of resiliency. It offers practical ways to promote resilience in children, families, and staff.

The webinar talks about Emmy Werner, the mother of the Resiliency Theory. Her 50 year long study. She followed children, from vulnerable families, and she was interested in children that did not follow the risk factor cycle such as teen pregnancy, incarceration, violence and studied them.

She found that the children that were able not to follow that path had a person. They had a person in their life that helped them to become resilient, and that the it was really about that relationship they had with that person, that was consistent safe and nurturing, and that made the difference in their lives.



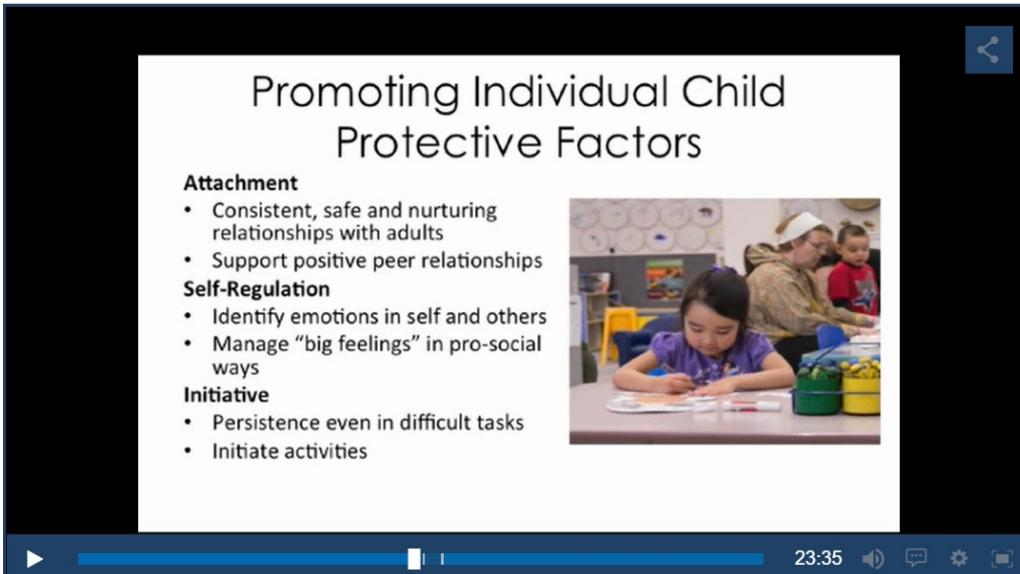
The screenshot shows a video player interface. The main content is a slide with a black and white portrait of Emmy Werner on the left. To the right of the portrait, the text reads "Emmy Werner: Resiliency Theory". Below the portrait and title, there is a quote: "Protective factors in the lives of resilient individuals help to balance out risk factors at critical periods of development." At the bottom of the slide, another quote reads: "Consistent, safe, and nurturing relationships make a difference." The video player controls at the bottom show a progress bar, a play button, a volume icon, a chat icon, a settings icon, and a full screen icon. The time 19:02 is displayed on the right side of the player.

# Promoting Resilience in Children, Families, Staff, and You!

The webinar mentions risk factors, and protective factors, and it lists Head Start as a **Community Protective Factors**.


Explains about the important skills children need to be able to be resilient.:

- ◆ Attachment
- ◆ Self-regulation
- ◆ Initiative

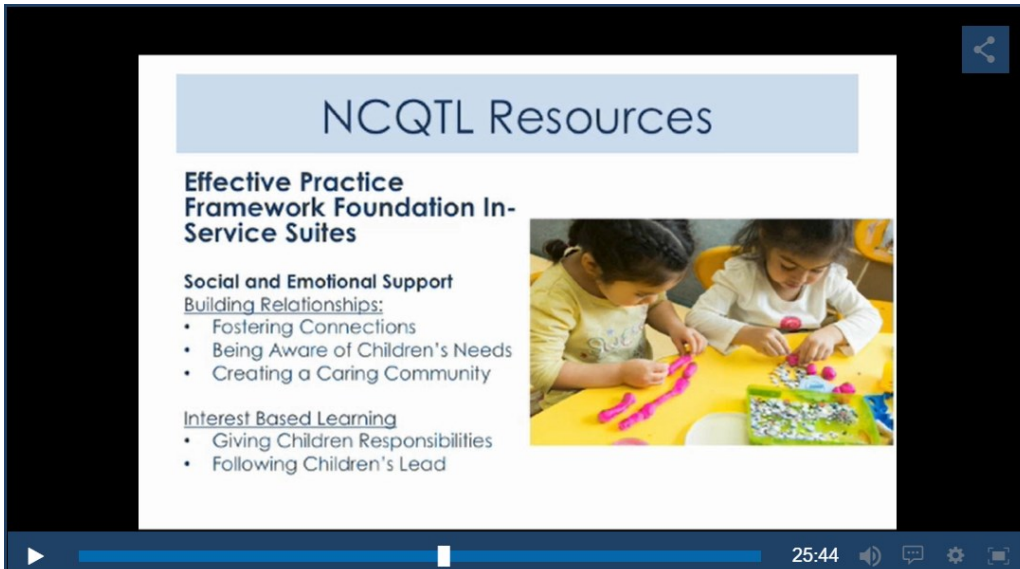


**Promoting Individual Child Protective Factors**

- Attachment**
  - Consistent, safe and nurturing relationships with adults
  - Support positive peer relationships
- Self-Regulation**
  - Identify emotions in self and others
  - Manage “big feelings” in pro-social ways
- Initiative**
  - Persistence even in difficult tasks
  - Initiate activities




23:35



**NCQTL Resources**

**Effective Practice Framework Foundation In-Service Suites**

- Social and Emotional Support**
  - Building Relationships:
    - Fostering Connections
    - Being Aware of Children’s Needs
    - Creating a Caring Community
  - Interest Based Learning
    - Giving Children Responsibilities
    - Following Children’s Lead



25:44

# Promoting Resilience in Children, Families, Staff, and You!

The webinar acknowledges the great stress teachers and classroom staff are under, and gives some tips to help self regulate stress.

## IMPACT OF STRESS ON ADULTS



## Strategies that work to relieve stress and build resilience for adults

Get plenty of sleep, eat a healthy diet and exercise regularly.



## Strategies that work to relieve stress and build resilience for adults

**Banish negative thoughts.**

*"This will be tough. But we can make it work."*

## Strategies that work to relieve stress and build resilience for adults

**Keep laughing.**  
Humor is a great way to relieve stress.

### Stress Reduction Kit



- Directions:
1. Place kit on FIRM surface.
  2. Follow directions in circle of kit.
  3. Repeat step 2 as necessary, or until unconscious.
  4. If unconscious, cease stress reduction activity.

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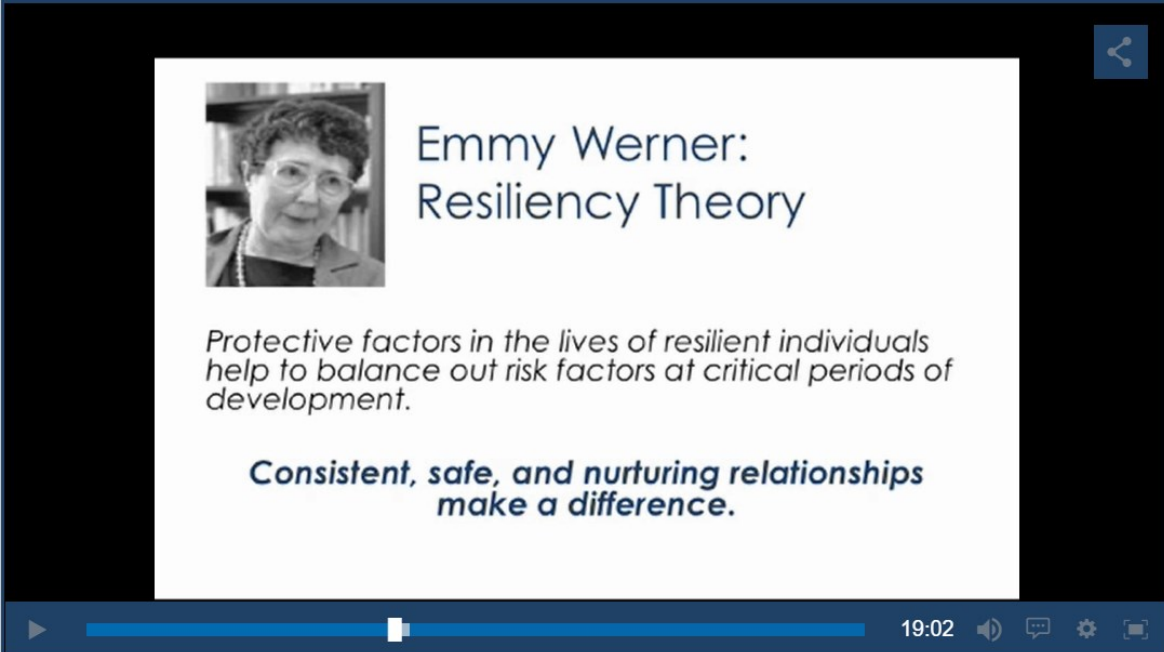


# ¡Promover la resiliencia en los niños, las familias, el personal y en tí!

Las personas resilientes de todas las edades son más capaces de afrontar el estrés, la adversidad y el cambio. Este seminario web [Promoting Resilience in Children, Families, Staff, and You! | ECLKC \(hhs.gov\)](#) se centra en el concepto de resiliencia. Ofrece formas prácticas de promover la resiliencia en los niños, las familias y el personal.

El seminario web habla de Emmy Werner, la madre de la teoría de la resiliencia. Su estudio de 50 años. Siguió a niños de familias vulnerables y se interesó por los niños que no seguían el ciclo de factores de riesgo, como el embarazo adolescente, el encarcelamiento o la violencia, y los estudió.

Descubrió que los niños que no seguían ese camino tenían una persona en su vida que les ayudaba a ser resilientes, y que realmente se trataba de la relación que tenían con esa persona, que era consistente, segura y cariñosa, y que marcaba la diferencia en sus vidas.



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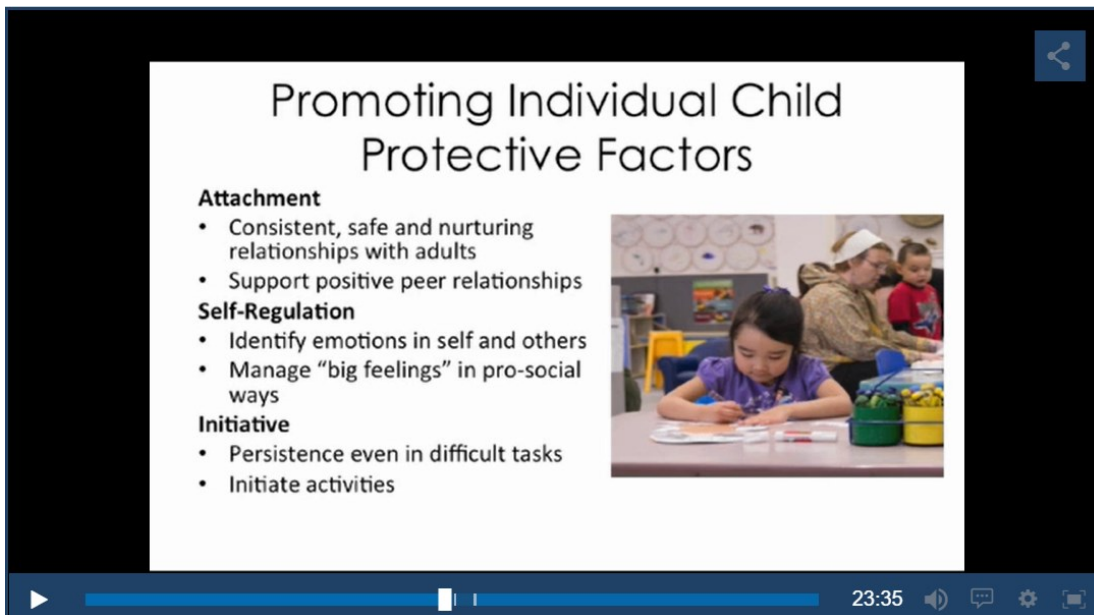


# ¡Promover la resiliencia en los niños, las familias, el personal y en tí!

En el seminario web se mencionan los factores de riesgo y los factores de protección, y incluye a Head Start entre los Factores de Protección de la Comunidad.

Explica los mecanismos de adaptación y las habilidades importantes que los niños necesitan para poder ser resilientes:

- ◆ **Apego**— Relaciones donde los niños se sientan seguros.
- ◆ **Auto regulación**— Reconocer sentimientos y aprender a manejarlos de una manera socialmente aceptable.
- ◆ **Iniciativa**— ser persistente aún en tareas difíciles. Iniciar actividades



The screenshot shows a video player interface. The main content is a slide with the following text:

## Promoting Individual Child Protective Factors

- Attachment**
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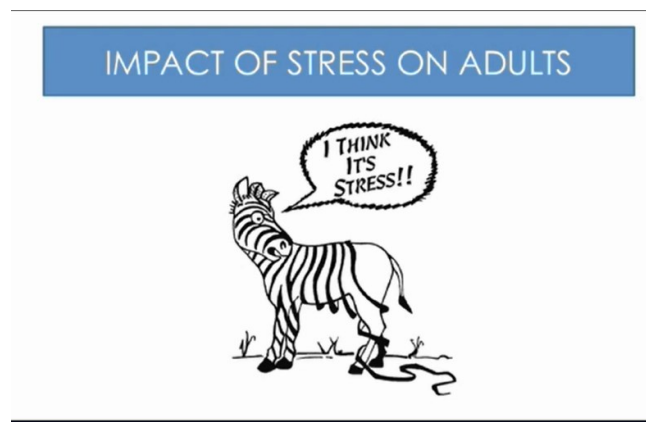
To the right of the text is a photograph of a young girl in a purple shirt sitting at a table, focused on a craft project. In the background, another child and an adult are visible in a classroom setting.

The video player controls at the bottom show a play button, a progress bar, and a timestamp of 23:35.

# ¡Promover la resiliencia en los niños, las familias, el personal y en tí!

El seminario web reconoce el gran estrés al que están sometidos los profesores y el personal de las aulas, y da algunos consejos para ayudar a autorregular el estrés. Como:

- ◆ Tomar suficiente agua, dormir lo suficiente, tener una dieta balanceada y ejercitarse regularmente.
- ◆ Disminuir o eliminar los pensamientos negativos.
- ◆ Seguir riendose. El reir es una manera muy buena de liberar el estrés.



## Strategies that work to relieve stress and build resilience for adults

### Strategies that work to relieve stress and build resilience for adults

**Keep laughing.**  
Humor is a great way to relieve stress.

**Stress Reduction Kit**

**Bang Head Here**

Directions:  
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