



THE WEEKLY MEMO

2022-2023, Issue #8 - October 24, 2022- Editors: Angie Salazar & Ashley Clayton

Mission Statement

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

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Meetings and Trainings

October 24 — Monday

- 10:00-11:00 Hold for Cook Assistant Interview, Red Building Library

October 25 — Tuesday

- 10:00-12:30 Hold for HS Education Interview, Red Building Library
- 1:00-2:30 Leadership Team Meeting, Blue Building Conf. Rm.

October 26 — Wednesday

- 9:00-10:00 New SM Cohort, Virtual
- 11:00-12:00 M.O. Staff Meeting, Blue Building Conf. Rm.
 - 12:00-3:30 Listo Prep, Blue Building Conf. Rm.
 - 1:00-2:00 Onboarding Updates, TEAMS
- 2:00-4:00 Hold for HS Education Interviews, Red Building Library

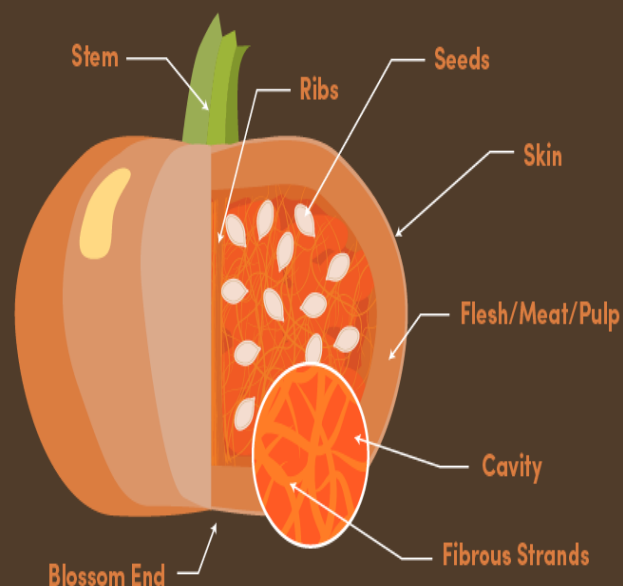
October 27 — Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library

October 28 — Friday

- 9:00-10:00 MANDATORY: Supporting Successful Transitions for EHS Children & Families (EHS Teachers, EHS HT, EHS TA, Specialists, HBHV), TEAMS
- 9:45-1:45 MANDATORY— HS Child Safety Curriculum (Teacher, HBHV, TA, CA, FA, SM, AA) TEAMS
- 10:00-12:30 MANDATORY EHS Refresh; Health, Safety & Nutrition (EHS Teachers, EHS TA, Specialists, HBHV, Head Teacher), TEAMS
- 10:00-11:00 Bilingual Cohort Observation & Assessment/ Grupo de Estudio Bilingue: Observación y Evaluación, TEAMS
- 11:00-11:30 Bilingual Open Office Time: Q&A/ Horas de Oficina Bilingue: Preguntas y Respuestas, TEAMS
 - 1:00-2:30 Hands On CPR Class, Blue Building Conf. Rm.
 - Shared Families Staffings DUE; PFCE

Anatomy of a PUMPKIN



For more information visit...

Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

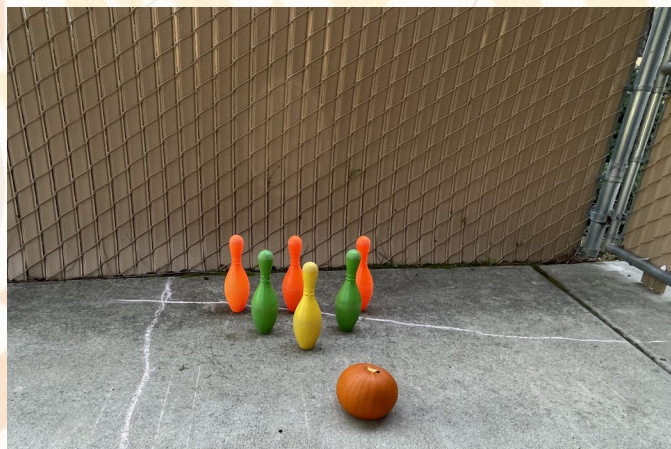
asalazar@socfc.org

By Thursday @ 12 p.m.

Redwood Center's Family Day!

"We had a great turnout, kids decorated pumpkins, made family tree paintings, played with bubbles, explored the insides of pumpkins, pumpkin bowling, bean bag toss among other activities and great food."

Submitted by: Cindy Jensen

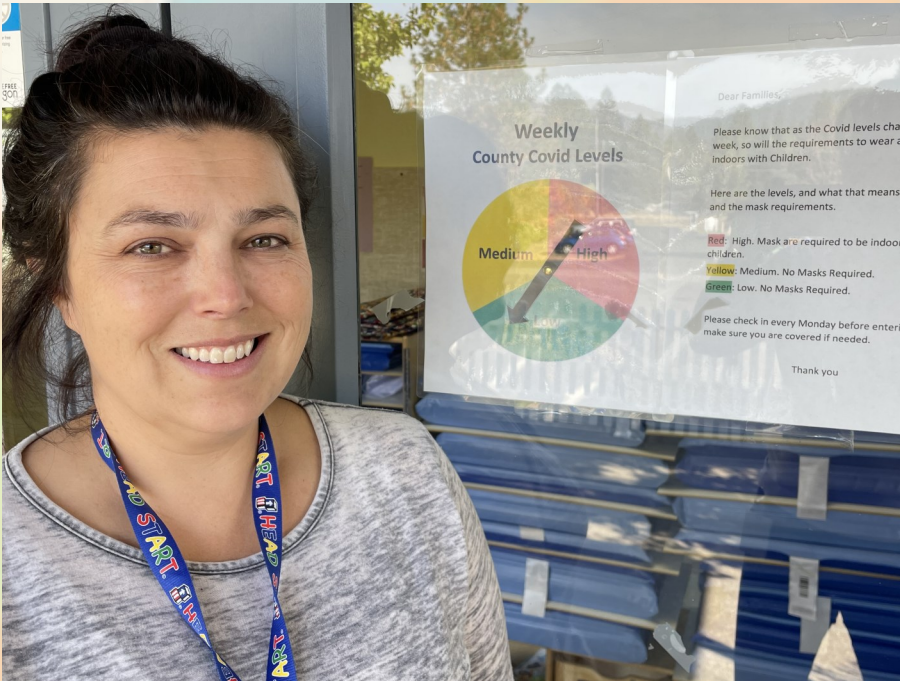


Redwood Center's Family Day!



Lots of Creativity going on at the IV center!

Submitted by: Laurie Hester



AA, MCKENZIE DONNELLY designed this posting to keep parents informed of the COVID-19 community infectivity category!

Teacher, CINDA LAMB, had the creative idea to add fall leaves and pumpkins to the classroom!



Risks Associated with Daylight Saving Time Ending

Submitted by Laurie Hester, from the National Safety Council.

As we 'Fall Back' to Shorter Days, Take Extra Care on the Road. Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night. These risks become especially pronounced moving into the weekend, with [fatal crashes peaking on Saturday nights](#), according to NSC analysis of NHTSA data.

When Daylight Saving Time ends – for 2022, that's 2 a.m. Sunday, Nov. 6 – many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Night driving is dangerous because, even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

[Aim your headlights correctly](#), and make sure they're clean

Dim your dashboard

Look away from oncoming lights

If you wear glasses, make sure they're anti-reflective

Clean the windshield to eliminate streaks

Slow down to compensate for limited visibility and reduced stopping time

Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age [60 and older, driving can become even more difficult](#), according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

- Have annual vision exams
- Reduce speed
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed
- Minimize distractions, like talking with passengers or listening to the radio
- Check with your doctor about side effects of prescription drugs
- Limit driving to daytime hours if necessary

Fatigue

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another [37%, or 103 million people, have fallen asleep at the wheel](#). Of those, 13% say they fall asleep while driving at least once a month, and 4% say they have caused a crash by falling asleep while driving. The reasons are many – shift work, lack of quality sleep, long work hours, sleep disorders – and it doesn't only happen on lengthy trips.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF.

[Drowsy driving](#) puts everyone on the road at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

The National Sleep Foundation offers this advice:

- Get seven or more hours of sleep a night
- Don't drive if you've been awake for 16 hours or more
- Stop every two hours to rest
- Pull over and take a nap if you're drowsy
- Travel during times you are normally awake

Family Day at RVS!

Submitted by: Tiffany Heller



Family Day at RVS!



Family Day at RVS!



Family Day at RVS!

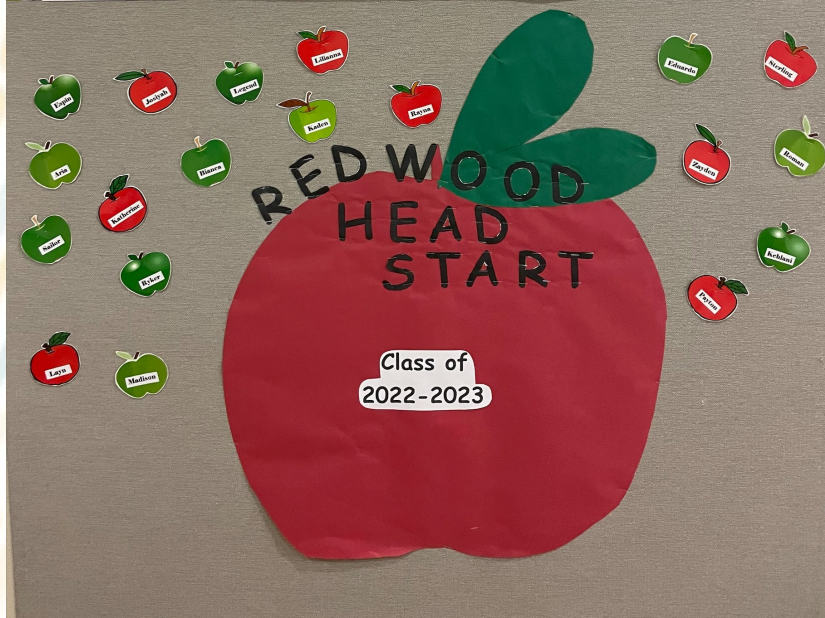
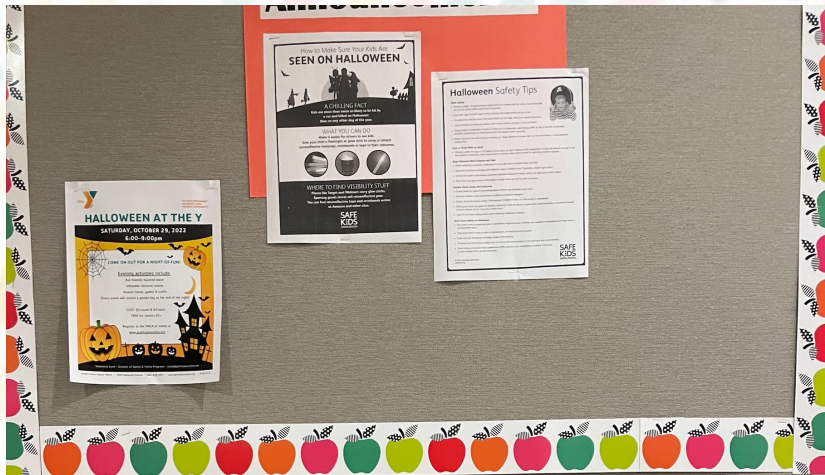


Family Day at RVS!

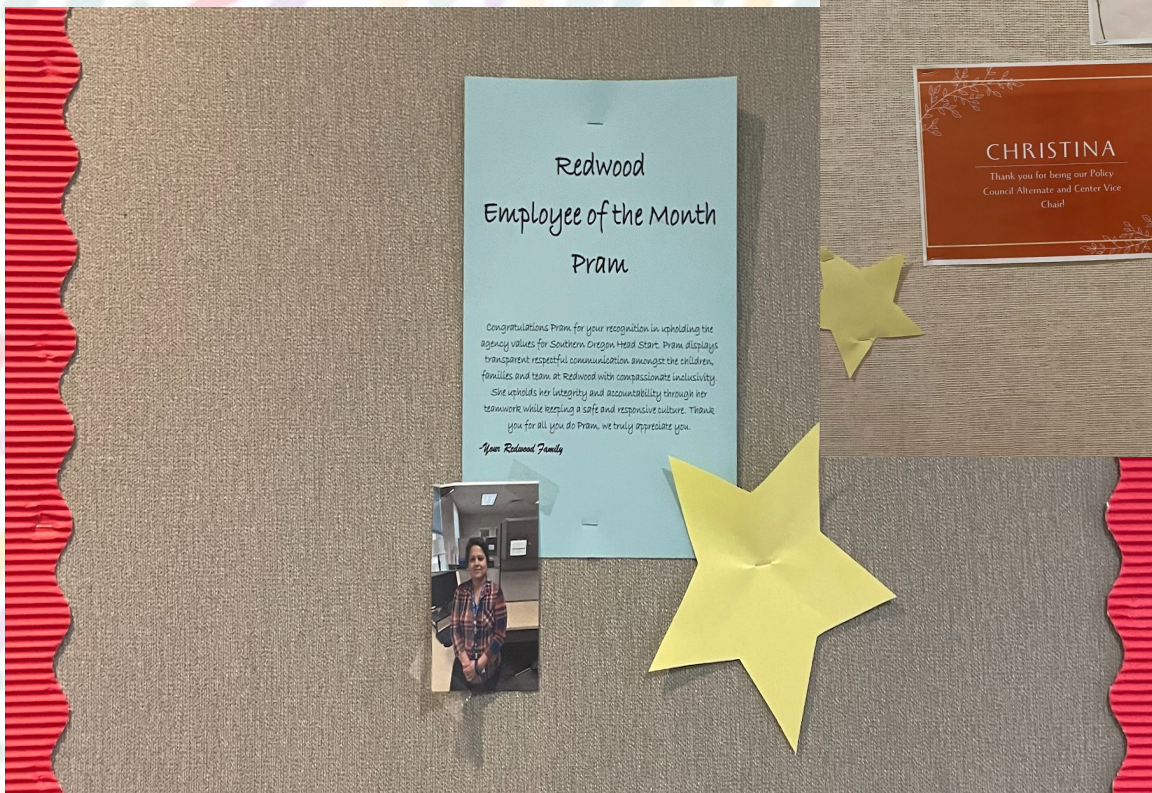
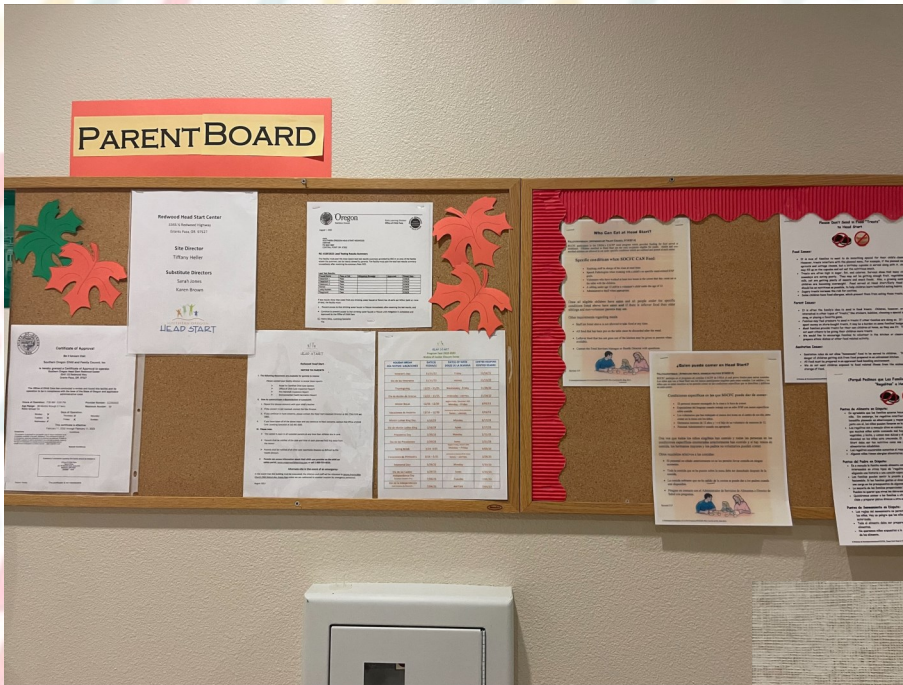


Amazing Recognizing Boards at Redwood!

Submitted by: Tiffany Heller



Amazing Recognizing Boards at Redwood!



Amazing Redwood Employee of the Month Board!!



Creating Strength and Stability in Families



BRINGING THE PROTECTIVE FACTORS FRAMEWORK TO LIFE IN YOUR WORK WITH FAMILIES

RIPPLE EFFECTS:



20-30 Certified Trainers will train...



400-900 Professionals to use everyday actions in supporting...



3,500-7,000 Parents who become more nurturing to their...



5,000-14,000 Children who will be safe and thrive.

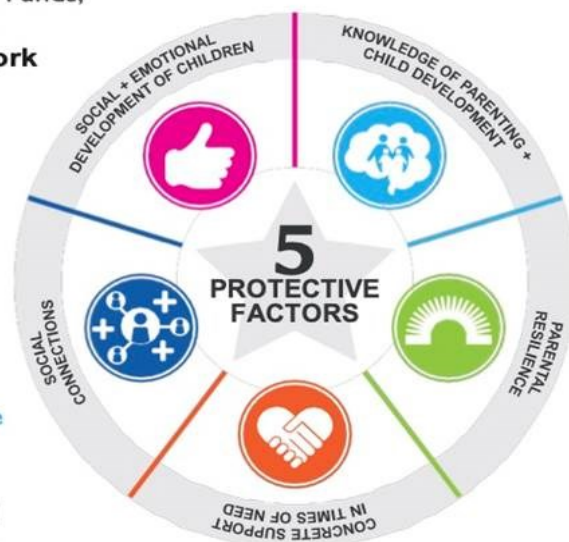
FREE Training for Partners!

Serving families with barriers and challenges to success can feel daunting. Learn how to build rapport, identify strengths they didn't know they had, and increase the effectiveness of your work with them.

Developed by the National Alliance of Children's Trust and Prevention Funds, the **Strengthening Families Protective Factors Framework** helps organizations and individuals work in partnership with families to identify their needs and utilize existing assets to support the healthy development of children and prevent child abuse and neglect.

It is based on **five Protective Factors** that extensive research has shown make families stronger, prevent child abuse and neglect, and enable families to care for children in ways that support their healthy development and wellbeing.

The curriculum consists of seven content areas, each designed to be about two hours in length: the introductory course, the five Protective Factors and wrap-up.



Join us November 7th (Medford), March 20th (Grants Pass), or June 19th (Medford) from 9:00am to 4:00 PM

Breakfast, lunch, and snacks will be provided

To register, please email Sydney_Wing@soesd.k12.or.us

Seating is limited

For more information about the Protective Factor Framework, please visit - www.ctfalliance.org



Southern Oregon
Early Learning Services Hub

The background of the slide is a light cream color with a pattern of small, colorful triangles in shades of orange, pink, teal, and lavender. The triangles are scattered across the entire page.

Get to know the
wonderful PFCCE Team and
their amazing roles!!

Parent, Family, & Community Engagement

The PFCE department, also known as family services, is made up of our frontline family services staff (Family Advocates, Specialists, and Home-Based Home Visitors), PFCE Managers, a PFCE SAA/Interpreter/Policy Council assistant, and our fearless PFCE Director. The PFCE team works to support the agency's mission of helping children and families be successful throughout school and life by focusing on helping parents strengthen their family relationships to increase their skills and knowledge. We focus on highlighting strengths, celebrating successes of both children and their families, and believing that everyone has a gift. The PFCE director and managers play a key role, in collaboration with other departments, in developing, implementing, and training to many of our agency's policies and procedures. The PFCE Director and the PFCE SAA are tasked with supporting our agency's Policy Council – a representative group of Head Start and Early Head Start parents that fill a leadership role that is required to exist for program operations, and directly influences the direction and decisions of our program.



We alone cannot change the world. but we can cast a stone across the waters to create many ripples.

Mother Teresa

PFCE Administrative Assistant/Interpreter

Yoana Martinez

Yoana wears many hats and takes the lead on many tasks as the PFCE Admin Assistant/Interpreter. She performs administrative assistance to the PFCE department and Family Services, oversees the Policy Council events and communicates regularly with our PC officers, supports retention and recruitment needs, and provides interpreting and translation support for Spanish speaking families at home visits, PC events, parent meetings, and parenting education.

All this while keeping the PFCE director in line!



PFCE Director

Christine Russo

As the PFCE Director, Christine is responsible for overseeing all aspects of the department's operations - including staffing, budgeting, and day-to-day activities. She plays a major role in managing relationships with other departments, and is a fantastic advocate for the needs of her direct staff and the entire PFCE team.



PFCE Managers

Shandi Phelps, Nikki Hill, & Shanice Stringer

Through reflective supervision, Shandi, Nikki, and Shanice support the Family Advocates, Specialists, and Home-Based Home Visitors in recognizing and increasing their capacity and capabilities, and ensure they have the tools and support needed to discover solutions to their challenges. By spending time at the centers and meeting consistently with family services staff and site managers, the PFCE managers are better able to recognize and advocate for the family services needs at the centers, and be a connecting support and voice between the main office and the centers.

