



THE WEEKLY MEMO

2021-2022, Issue #21 - February 21, 2022- Editors: Ashley Clayton & Angie Salazar

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

February 21—Monday



February 22—Tuesday

- 9:00-11:00 Director's Meeting, Blue Conf Rm
- 9:30-10:30 NEP, Library
- 1:00-2:30 Management Team, TEAMS

February 23—Wednesday

- 1:00-2:00 Onboarding Updates, TEAMS

February 24—Thursday

- 9:00-10:00 PFCE Department Mtg, TEAMS

February 25—Friday

- 8:00-10:00 Education Planning
- 10:00-11:30 Education TLC
- 10:00-12:00 Cohort 4— HT, VIRTUAL
- 11:00-12:00 Family Connection Finance Committee, Blue Conf. Rm.
- 1:00-2:30 CPR— Hands On Training, Blue Conf. Rm

February 28—Monday

- 8:30-10:00 Area Staffing— WM & PX/ T, Blue Building Conf. Rm
- 9:00-10:00 PFCE Weekly Mtg, TEAMS
- 10:00-11:30 ED Dept. Mtg, TEAMS
- 11:00-12:30 Area Staffings— RDWD & MER, Blue Building Conf. Rm
- 1:30-3:00 Area Staffings— ABC-B, Blue Building Conf. Rm.
- 4:00-6:00 Early Childhood Advisory Committee, Blue Conf. Rm

March 1—Tuesday

- 8:00-4:30 Mutual of America Staff Consult, Library
- 9:00-11:00 Directors Mtg, Blue Conf. Rm
- 1:30-2:30 PC Executive Committee Mtg, TEAMS

March 2—Wednesday

- 8:00-4:30 Mutual of America Staff Consult, Library
- 11:00-12:30 Area Staffing— South & Wash., Blue Conf. Rm
- 11:00-12:30 Department Directors Mtg, MO Blue Conf. Rm
- 1:00-2:00 Onboarding Updates, TEAMS
- 1:30-3:00 Area Staffing— FTL & OH, Blue Building Conf. Rm.
- 3:00-4:30 Head Teacher Cohort, Virtual
- 3:00-7:00 LISTO Prep, Blue Conf. Rm
- 3:00-4:30 HT Cohort, Virtual

March 3—Thursday

- 8:00-3:00 Mutual of America Consult, Library
- 9:00-10:30 Area Staffing— CP & WIL, Blue Building Conf. Rm.
- 9:00-10:00 PFCE Department Mtg, TEAMS
- 11:30-1:00 Area Staffing— EP & WCY, Blue Building Conf. Rm.
- 1:30-3:00 Area Staffing— RR & RVS, Blue Building Conf. Rm.

March 4—Friday

- 8:00-12:00 Union Negotiations, Library, Blue Building Conf. Rm.
- 8:00-10:00 Education Planning
- 10:00-11:30 Center Meeting, TEAMS

Congratulations!!

Congratulations to Stephanie Finch who has been promoted to interim Head Start Director! Stephanie brings such great passion and leadership to the agency.

Katherine Clayton, Executive Director

Weekly Memo Submissions

Please send your PDFs, jpegs, and text to [Angie Salazar, asalazar@socfc.org](mailto:Angie_Salazar_asalazar@socfc.org) by Wednesdays @ 12 pm.

Thank You!!

I would like to give a huge shout out to staff from other center helping out at Progress:

Michael Stanton- for sharing his CA Cory Haney with us in the HS Duration classroom when we need him and out at Ashland, and sharing his cook Trina Jacobs, who has helped out at Ashland as well.

Tessa Phenix- for helping out in the EHS classrooms several days last week.

Abby Kutschke- for sharing HT Judy Kuehl to help out in the EHS classroom

Rene Parson- for sharing Dulce Salinas to help out in the EHS classroom several days this week

And **April Deagle** and **Sherry Whaley** from the MO who helped us out too

Thank
you 

The team at Progress and Ashland deeply appreciate all the help you have given us!

It truly takes a village, thank you from the bottom of our hearts :)

~ Erynn Hoie

Let's begin our Conscious Discipline Journey

The 7 Powers



Power of Perception

No one can make you angry without your permission.

Goal: Take responsibility for our own upset and, in turn, teach children to be responsible for their own behavior.



Power of Unity

We are all in this together.

Goal: To perceive compassionately, and offer compassion to others and to ourselves.



Power of Acceptance

The moment is as it is.

Goal: To learn to respond to what life offers instead of attempting to make the world go our way.



Power of Free Will

The only person you can make change is yourself.

Goal: Learning to connect and guide instead of force and coercion.



Power of Attention

What we focus on, we get more of. When we are upset, we are always focused on what we don't want.

Goal: To create images of expected behavior in a child's brain.



Power of Love

See the best in others.

Goal: Seeing the best in others keeps us in the higher centers of our brain so we can consciously respond instead of unconsciously react to life events.



Power of Intention

Mistakes are opportunities to learn.

Goal: To teach a new skill rather than punishing others for lacking skills we think they should possess by now.

Our Focus for February 2022

POWER OF PERCEPTION REVIEW

*No one can make me angry
without my permission.*

SKILL: Composure, S.T.A.R
Breathing, Noticing,
Downloading Calm
STRUCTURES: Safe Place
Self-Regulation Center,
Brain Smart Start Routine,
Safekeeper Ritual, Friends
and Family Board

 ConsciousDiscipline

Composure

Being the person you want others to become



Power of Perception:

No one can make you
angry without your
permission

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 Conscious
Discipline

Power: **Attention**



Skill: **Assertiveness**

POWER OF ATTENTION REVIEW

*What I focus on,
I get more of.*



















SKILL: Paint for Assertive
Commands, "I'm going to,"
Tell and Show, "I don't like
it," redirection

STRUCTURES: M.A.P. Visual
Routines, Visual Daily
Schedule, Time Machine,
Routine Books

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The information on this page was largely derived from Conscious Discipline: <https://consciousdiscipline.com/>

CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p> 	<p>Connect with a relative to say hello and chat.</p> 	<p>Count your blessings: List the kind things others have done for you.</p> 	<p>Create and then share a card or a piece of art with someone you love.</p> 	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p>	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p>	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p> 
<p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p>	<p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p>	<p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p>	<p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p>	<p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p> 	<p>Smile at the people you are with to brighten their day.</p> 	<p>Learn one new thing today and share what you learned with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p> 	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p>	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p>	<p>Design and create a musical instrument. Enjoy a sharing concert.</p> 
<p>Ask someone to do what you LOVE to do today.</p> 	<p>Send a message or letter to someone you cannot be with today.</p> 	<p>Find a favorite book and read it or share it with someone.</p> 	<p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p>	<p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Learn how to play hopscotch and then PLAY!</p> 	<p>Thank someone and tell them how they make a difference for you.</p> 

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February Birthdays

Jonnie D	Cox	1- Feb
Heather A	Kent	4- Feb
Jennifer A	Mierkey	9- Feb
Crystal A	Jones	10- Feb
Dina I	Enriquez	10- Feb
Kenneth J.R.	MacLellan	11- Feb
Casey	Strand	12- Feb
Lourdes P	Gutierrez	13- Feb
Melissa C	Shultz	13- Feb
Monica I	Cuchiara	14- Feb
Marie L	Ellis	15- Feb
Casey J	Wiltermood	16- Feb
Nychole S	Hill	17- Feb
Marina A	Hughes	20- Feb
Bianca F	Brownlow	20- Feb
Lori S	Steele	21- Feb
Stephen	Kruchoski	22- Feb
Kayla A	Cunning-	22- Feb
Sandra L	Beckman	24- Feb
Cory A	Haney	26- Feb
Rachelle	Riley	27- Feb
Angie	Salazar	28- Feb
Lisa	Wagner	28- Feb



Happy Birthday!



Happy Anniversary!

Marie L	Ellis	2/8/1999	23	Years
Hilario L	Graciano	2/23/2006	16	Years
Christina Maria	Mee	2/1/2010	12	Years
Kimberly	Miller	2/22/2010	12	Years
Selene	Aitken	2/1/2011	11	Years
Diana K	Bordner	2/18/2014	8	Years
Paula K	Murphy	2/29/2016	6	Years
Kathyrn	Evan	2/2/2018	4	Years
Raquel	Rodriguez	2/20/2018	4	Years
	Arrezola			
Christine	Wonsyld	2/20/2018	4	Years
Sarah	Emerson	2/11/2019	3	Years
Casey	Strand	2/11/2019	3	Years
Amber L	Gattis	2/18/2020	2	Years
Jan L	Mullen	2/18/2020	2	Years
May C	Camarena	2/18/2020	2	Years
Amaris N	Almaraz	2/20/2020	2	Years
Debra S	Foley	2/20/2020	2	Years
Samantha C	Boothe	2/21/2020	2	Years
Jamie M	Griffin	2/21/2020	2	Years