



# THE WEEKLY MEMO

2021-2022, Issue #44 - August 22, 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.

Over the walkie talkies:

Kiley: Eagle Jet, what's your location?

Silas: I don't know what a location is.

- Kiley; Silas, age 5



## Weekly Memo Submission

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

Angie Salazar-

asalazar@soefc.org

By Thursday @ 12 p.m.

## INSIDE

- 2) Fall Parenting Programs
- 3) Taking a break in PFCE
- 4) Peach Sunday
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- 6) Pre-Service Information

## Meetings and Trainings

### August 122 —Monday

- 9:00-12:00 NEP, Library
- 9:00-10:30 Home Based Home Visitor Cohort, TEAMS

### August 23 —Tuesday

- 10:00-12:00 1ST HT Cohort Meeting, M.O. Blue Conf. Rm.
- 10:30-12:00 Rest & Diapering/ Toileting Training, M.O. Blue Building Conf. Rm.
- 11:00-12:30 Blue Sky Meeting, Library
- 1:00-2:30 Leadership Meeting, Blue Conf. Rm.

### August 24 —Wednesday

- 9:00-2:00 NEP, Library
- 9:00-10:30 Department Directors Meeting, Blue Building Conf. Rm.
- 9:00-11:30 Ed Training Housekeeping MANDATORY All Classroom Staff/SM, Location TBD
- 1:00-2:00 Onboarding Updates, TEAMS

### August 25 —Thursday

- 9:00-3:30 Pre-Service MANDATORY, Edgewater Church 101 Assembly Cir, Grants Pass, OR 97526

### August 5 —Friday

- 9:00-11:00 Health RTW MANDATORY Training – SM, FASMS, FA, HT, T, TA,CA, SP, HBHV, Virtual
- 2:30-3:00 Shared Family Staffings DUE

### August 29 —Monday

- 10:00-3:00 Center Orientations (RWD, MER, RR, GPHS, CP, PXT, SM, EP, OH)

### August 30 —Tuesday

- 9:00-11:00 Directors' Meeting, Blue Building Conf. Rm.
- 10:00-3:00 Center Orientations (FTL, PRG-HS, WC, ABC-B, IV, PV, RVS, PAT)

### August 31 —Wednesday

- Teacher/SP– In center-Fidelity Tool Due: Environment Section
- 10:00-3:00 Center Orientations EHS (EHS-WM, PRG-EHS, ABC-C, EHS-CJ,GPHS-EHS, EHS-GP)
- 1:00-2:00 Onboarding Updates, TEAMS

### September 1—Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library
- 9:00-3:00 Nutrition Meeting (Mandatory Cooks/Cooks Ast.), Foothills
- 2:00-4:00 Child Guidance Policy Updates– MANDATORY (all classroom staff/SM), TEAMS

### September 2 —Friday

- Education Classroom Start Up Postings Due
- IHV DUE



thefamilyconnect.org  
541-734-5150 x1042



# Fall 2022 Programs

for parents and people in parenting roles

✓ Cognitive Behavioral Therapy ✓ Brain Science ✓ Discipline is Teaching ✓ Communication & Routines

## Virtual Parenting Workshops 6:30pm-8pm PT

- September 19th – Stress and Coping
  - October 17th – Parenting Styles
  - November 21st – Sibling Rivalry & Family Conflict
- RSVP:** [tinyurl.com/TFCworkshop](https://tinyurl.com/TFCworkshop)



## Active Parenting of Teens® Parenting Program (8 sessions)



For parents of children ages 11-18  
 Sept 20 – Nov 8, 2022  
 Every Tuesday 6:30-8:00pm PT on ZOOM  
**RSVP:** [tinyurl.com/TFCparentingyourteen](https://tinyurl.com/TFCparentingyourteen)

## Conscious Discipline® Parenting Program (8 sessions)

For parents of children ages birth to 5  
 Sept 29 – Nov 17, 2022  
 Every Thursday 8:30am – 10:30am PT on ZOOM  
**RSVP:** [tinyurl.com/TFCparenting](https://tinyurl.com/TFCparenting)



## Active Parenting: Cooperative Parenting and Divorce® (8 sessions)

For parents of children of all ages  
 Oct 12 – Nov 30, 2022  
 Every Wednesday 6pm-8pm PT on ZOOM  
**RSVP:** [tinyurl.com/mt883xkf](https://tinyurl.com/mt883xkf)

## Parenting the Positive Discipline Way® Parenting Program (6 sessions)



For parents of children ages 5-13  
 Oct 12 – Nov 16, 2022  
 Every Wednesday 6pm-8pm PT on Zoom  
**RSVP:** [tinyurl.com/mjm2r3st](https://tinyurl.com/mjm2r3st)

## Active Parenting First 5 Years® Parenting Program (8 sessions)



For parents of children ages birth to 5  
 Oct 4 – Nov 22, 2022  
 Every Tuesday 7pm – 8pm PT on ZOOM  
**RSVP:** [tinyurl.com/3rtwjpmu](https://tinyurl.com/3rtwjpmu)



More info: [thefamilyconnect.org/families-parents](https://thefamilyconnect.org/families-parents)



**The Family Connection - Free Parenting Classes for families in Jackson and Josephine counties**  
[thefamilyconnect.org](https://thefamilyconnect.org) - @wwwthefamilyconnectorg - **Newsletter Signup:** [tinyurl.com/TFCList](https://tinyurl.com/TFCList)

# Taking a break in the PFCE Office!

Submitted by: Laurie Hester





# Peach Sundae



Oregon State University

## Ingredients

- 1 Tablespoon **margarine** or **butter**
- 2 cups chopped or sliced **peaches** (frozen, canned and drained, or 3 to 4 medium fresh)
- 3 Tablespoons packed **brown sugar**
- ¼ teaspoon **cinnamon**
- 3 cups (24 ounces) low-fat **yogurt** (try peach, vanilla or raspberry)

**Makes:** 5 cups  
**Prep time:** 10  
**Cooking time:** 5 minutes

## Directions

1. Wash hands with soap and water.
2. Melt margarine in a medium skillet over medium heat (300 degrees F in an electric skillet).
3. Add peaches, brown sugar and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
4. Spoon yogurt into five individual bowls. Top with warm peaches.
5. Refrigerate leftovers within 2 hours.

## Notes

- For a little crunch, sprinkle with granola, graham cracker or gingersnap cookie crumbs.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

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Hide nutrition box

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 cup (207g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 40g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 7g	
Vitamin D 2mcg	<b>10%</b>
Calcium 232mg	<b>20%</b>
Iron 0mg	<b>0%</b>
Potassium 362mg	<b>8%</b>
Vitamin A 21mcg	<b>2%</b>
Vitamin C 45mg	<b>50%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Peach Cooler



## Ingredients

- 1/2 cup **nonfat dry milk**
- 1 cup frozen **peaches**, chopped
- 1/2 cup cold **water**
- 1/2 cup **orange juice** (juice from 1 orange)

**Makes:** 2 cups  
**Prep time:** 10 minutes

- smaller + larger



## Directions

1. Put all ingredients into a blender.
2. Blend until smooth.
3. Refrigerate leftovers within 2 hours.

## Notes

- 1 cup chopped or sliced peaches (about 1.5 to 2 medium fresh)
- Serve as a snack or dessert during the summer months.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



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## Nutrition Facts

Serving Size 1 cup (203g)  
Servings Per Container 2

Amount Per Serving

**Calories 100**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 70mg**      **3%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 17g

**Protein 5g**

Vitamin A 6%      • Vitamin C 160%

Calcium 15%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Pre-Service Information

## Where:

Edgewater Church 101  
Assembly Cir, Grants Pass,  
OR 97526

## Time:

Pre-Service starts at  
9:00, so please show  
up early (around 8:30)  
to have enough time to  
sign in and enjoy the  
art walk!

\*This will be a 6 hour  
day\*

## What to bring:

Make sure to bring  
your badge!

Bring any snacks you  
feel you may need. :)

## Mileage:

Mileage will be available to  
those that qualify. Please  
connect with your  
supervisor if you have any  
questions.