



# THE WEEKLY MEMO

2021-2022, Issue #42 - August 8, 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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- 2) Block Party flyer
- 3) Fiesta de la Cuadra volante
- 4) You Make the Difference
- 5) Peach Salsa
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## Meetings and Trainings

### August 8 —Monday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-10:00 NEP, Library

### August 9 —Tuesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.

### August 10 —Wednesday

- Last Day of EHS
- 8:00-5:00 NEO, Blue Building Conf. Rm.
- Department Directors' Meeting, Library
- Training with Amy Lanato MANDATORY for ED Manager, Coaches/ ED Sups, Virtual
- 1:00-2:00 Onboarding

### August 11 —Thursday

- Last day for EHS HB Staff
- 8:00-12:30 SM Training, Blue Building Conf. Rm.
- 8:00-9:00 SM RTW Training SM, HT, FA-SM, M.O. & PV
- Training with Amy Lonato MANDATORY for ED- Manager, coaches, sups, HT, SM, SM-FACoaches/ ED Sups, Virtual/ Staff in pre-determined locations
- 9:00-10:00 PFCE Dept. Meeting, TEAMS
- 1:00-3:00 EHS Return to Work Training: MANDATORY (T/SP/TA/FA/SM), VIRTUAL

### August 5 —Friday

- Last Day for EHS Staff
- 9:00-12:00 Training w/ Amy Lomato: MANDATORY (Ed management, coaches, sups), Virtual
- 9:00-10:00 EHS RTW Training (part 2): Playground & HV Safety (T/SP/TA/FA/SM/AA)
- 10:30-11:30 SM Training, Virtual

### August 15 —Monday

- 10:00-12:00 AA Training, Blue Building Conf. Rm.
- 1:00-3:00 HS Return to Work Training: MANDATORY (T/TA/FA/SM)

### August 16 —Tuesday

- 9:00-11:00 Directors' Meeting, Blue Building Conf. Rm.
- 9:00-10:00 HS RTW Training (part 2) (Required: Ed, Family Services, SMs, AAs)
- 1:30-3:00 Policy Council, TEAMS

### August 17 —Wednesday

- 1:00-2:00 Onboarding

### August 18 —Thursday

- 8:30-4:30 SM RTW Training, Blue Building Conf. Rm.

### August 12 —Friday

- Child Guidance/ MH Updates



## Weekly Memo Submission

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

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.



# HEALTHY START Block Party

Make sure your kids start the school year strong at the **Healthy Start Block Party**, a community back-to-school event at Jackson Elementary. There will be health checkups, free food, community resources, giveaways and much more.\* Join us!

\*First come, first served



- Well-child checks
- Sports physicals
- Dental screenings
- Kids' haircuts



- Free food trucks
- Games and giveaways
- Face painting
- School supplies and more



## Where

Jackson Elementary  
713 Summit Ave.  
Medford, OR 97501

## When

Wednesday  
August 17  
3:00–7:00pm

brought to you by



and other community partners



# Fiesta de la cuadra

PARA UN COMIENZO SALUDABLE

Asegúrese de que sus niños y niñas comiencen el año escolar con fuerza en la **Fiesta de la cuadra para un comienzo saludable**, un evento comunitario de regreso a la escuela en la Escuela Primaria Jackson. Habrá chequeos de salud, comida gratuita, recursos comunitarios, regalos y mucho más. \* ¡Acompáñenos!

\*En orden de llegada



- Chequeos de bienestar para niños y niñas
- Exámenes físicos deportivos
- Exámenes dentales
- Cortes de pelo para niños y niñas



- Comida de food trucks gratuita
- Juegos y sorteos
- Pintacaritas
- Útiles escolares y más



## Dónde

Jackson Elementary  
713 Summit Ave.  
Medford, OR 97501

## Cuándo

miércoles  
17 de agosto  
3:00 – 7:00 pm

Tendremos interpretación disponible gratuita



y otros socios de la comunidad



# You Make the Difference:

## Help Your Head Start Program Be a Great Place to Work

**Every job has stress, but there are things you can do to make your workplace a great place to be.**

### **SEEK BALANCE – Nurture yourself to grow and become a stronger person:**

- Find opportunities to learn something new that is unrelated to your job.
- Create a routine that helps you detach from work at the end of each day.
- Use healthy coping techniques for stressful situations.
- Remind yourself that a stressful moment doesn't have to turn into a bad day.
- Don't take things personally. Someone else's bad day isn't a reflection of you.
- Find ways to promote your own health at work, like by packing healthy snacks or taking walking breaks.
- Post a picture that makes you smile somewhere you'll see it every day.



**National Center on**  
**Health, Behavioral Health, and Safety**

**1-888-227-5125**

[health@ecetta.info](mailto:health@ecetta.info)

<https://eclkc.ohs.acf.hhs.gov/health>

April 2022

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# Peach Salsa



## Ingredients

- 1 cup chopped **peaches**, canned or fresh
- 1 large **tomato**, chopped
- 1 **bell pepper**, chopped
- ½ cup chopped **onion**
- ½ cup chopped **cilantro**
- 1 Tablespoon **lime juice**
- ¼ teaspoon each **salt** and **pepper**

**Makes:** 2 cups  
**Prep time:** 15 minutes

## Directions

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

## Notes

- For extra flavor, add cayenne pepper or diced jalapeno peppers.
- Serve with fresh vegetables, crackers or Food Hero Baked Tortilla Chips.
- Try with tacos, tostadas, fish, chicken, and more.
- Freeze extra lime juice for later.

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

Serving Size 2 tablespoons (46g)  
Servings Per Container 16

### Amount Per Serving

**Calories 20**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 40mg**      **2%**

**Total Carbohydrate 5g**      **2%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 0g**

Vitamin A 6%      • Vitamin C 15%

Calcium 0%      • Iron 0%

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

	Calories:	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



# Peachy Keen Flavored Water



## Ingredients

$\frac{3}{4}$  cup puréed **peach**, fresh or frozen and thawed

4 cups cold **water**

1 tray of regular or sage leaf **ice cubes**

**Makes:** 6 servings  
**Prep time:** 5 minutes

— smaller + larger



## Directions

1. Wash hands with soap and water.
2. Combine peach purée and water in a pitcher.
3. Add ice cubes.
4. Stir well and serve right away for best quality.
5. Keep it cold to keep it safe and refrigerate any leftovers within 2 hours.

To make Sage Leaf Ice Cubes:

1. Place a rinsed sage leaf into each hole of an ice cube tray.
2. Fill the holes up halfway with tap water and freeze solid.
3. After the ice is set, fill the top half of the holes with water. This allows the sage leaves to be frozen in the middle of the ice cube instead of at the top.



Hide nutrition box

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## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>6 fl. oz (180g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>10</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D mcg	0%
Calcium 6mg	0%
Iron mg	0%
Potassium 44mg	0%
Vitamin A 4mcg	0%
Vitamin C 1mg	2%

\*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.