



THE WEEKLY MEMO

2022-2023, Issue #4 - September 26, 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.

Did you know?

Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.

Weekly Memo Submission

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

Angie Salazar-

asalazar@socpc.org

By Thursday @ 12 p.m.

INSIDE

- 2) Welcome to the SM Team!
- 3) Recruitment Committee
- 4) Veggie Quiche Muffins
- 5) Vegetable Beef Soup

Meetings and Trainings

September 26 —Monday

- 1:00-2:00 HBHV Cohort, TEAMS

September 27 —Tuesday

- 8:45-9:45 NEP, Library
- 9:00-11:00 Directors Meeting, Blue Building Conf. Rm.
- 10:00-12:30 Hold for Education Interviews, Library
- 11:30-12:30 Review Recruiting Presentation, Blue Building Conf. Rm.
- 1:00-2:30 Leadership Team Meeting, Blue Building Conf. Rm.

September 28 —Wednesday

- 9:00-11:30 Shanice's Reflective Supervision Group, Library
- 9:00-10:00 New SM Cohort, Virtual
- 10:00-11:00 Reflective Supervision-Nikki Group, Blue Building Conf. Rm.
- 1:00-2:00 Onboarding Updates, TEAMS

September 29 —Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library
- 9:00 Reflective Supervision Team ED, Blue Building Conf. Rm.
- 1:00-3:00 Reflective Supervision Returning SMs, Blue Building Conf. Rm.

September 30 —Friday

- 9:00-12:00 Reflective Supervision Orientation, Blue Building Conf. Rm.
- 9:00-4:00 MANDATORY- Trauma Informed Care (Teacher, Specialists, TA, CA, FA, SM, ED, AA, Cooks, MO) Table Rock Fellowship (3610 N Pacific Hwy, Medford OR)

October 3 —Monday

- 9:00-11:00 Ed Dept. Meeting, Blue Building Conf. Rm.

October 4 —Tuesday

- 9:00-10:00 Directors meeting with Dept. Directors, Blue Building Conf. Rm.
- 10:00-11:00 Directors Meeting, Blue Building Conf. Rm.
- 11:30-12:30 Hiring Training, Blue Building Conf. Rm.
- 1:30-2:30 PC Executive Committee Meeting, TEAMS
- 2:00-4:00 HT Cohort, Ed Training, TEAMS

October 5 —Wednesday

- 9:00-11:00 Department Directors Meeting, Library
- 11:30-12:30 Main Office Staff Meeting, Blue Building Conf. Rm.
- 1:00-2:00 Onboarding Updates, TEAMS

October 6 —Thursday

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

October 7 —Friday

- 9:45-1:45 MANDATORY- HS Child Safety Curriculum (Teacher, HBHV, TA, CA, FA, SM, AA) TEAMS
- 9:45-11:45 M



Please welcome Stephanie Schirra, as the new Site Manager at EHS Grants Pass & Rogue River.

"I'm so excited to have Stephanie join our SM Team! -Mary McKenzie

My name is Stephanie Schirra.

I started working with preschoolers 35 years ago when I was 15 years old as a helper in a summer program. I have worked with kids of all ages since then, from birth to high school seniors. I have a BA in Psychology from SDSU. My biggest accomplishments are my 3 daughters who are 23, 27 and 31 years old as well as 2 stepsons who are 23 and 31. I also have 2 spectacular grandchildren (Liam and Kaia) who are 8 and 9. I came back to teaching this past year from a 16-year career at the corporate level of multi-family residential property management. I am super excited to merge these 2 careers, and to help not only our families, but also aid in the success of our precious staff of all kinds from teachers to cooks!



Recruitment Committee

Interested in helping SOHS open more classrooms and serve more families in our community?



We need help with:

- Community Information
- Event Ideas
- Hiring Ideas
- Identifying Community Needs

If you think you are a person who is willing to help us, click on the form below.



SAVE THE DATE

- October 14, 2022
- January 6, 2023
- March 3, 2023
- May 5, 2023
- June 2, 2023

LOCATION & TIME:

Library, Main Office | 10AM to 11AM

MORE INFORMATION

alease@socfc.org
sdaniszewski@socfc.org



NOTE* Please click on this link to be directed to the PDF Flyer to be able to access the link using the icon on the page.





Veggie Quiche Muffins



Ingredients

- ¾ cup shredded **cheddar cheese**
- 1 cup chopped **onion** (any type)
- 1 cup chopped **broccoli**
- 1 cup diced **tomato** (fresh)
- 2 cups nonfat or 1% **milk**
- 4 **eggs**
- 1 cup **baking mix** (for biscuits or pancakes)
- 1 teaspoon **Italian seasoning** (or basil and oregano)
- ½ teaspoon **salt**
- ½ teaspoon **pepper**

Makes: 12 muffins
Prep time: 10 minutes
Cooking time: 45 minutes

– smaller + larger



Directions

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups.
2. Sprinkle the cheese, onion, broccoli and tomato into the muffin cups.
3. Place remaining ingredients in a bowl and mix until smooth. Pour mixture over ingredients in the muffin cups.
4. Bake until golden brown or until a knife inserted into the center comes out clean, 35 to 40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Hide nutrition box

Notes

- Try chopped zucchini or mushrooms as part of the vegetables.
- Use any variety of cheese your family likes.
- Bake in a pie pan instead of muffin cups (baking time will be longer).

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.

Nutrition Facts	
12 servings per container	
Serving size	1 muffin (104g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 4.5g	6 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 60mg	20 %
Sodium 280mg	12 %
Total Carbohydrate 11g	4 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 1g Added Sugars	2 %
Protein 6g	
Vitamin D 1mcg	6 %
Calcium 135mg	10 %
Iron 1mg	6 %
Potassium 171mg	4 %
Vitamin A 82mcg	9 %
Vitamin C 10mg	11 %

*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.



Vegetable Beef Soup



Oregon State University

Ingredients

- 1 pound lean **ground meat** (15% fat) (turkey, chicken or beef)
- 1 cup diced **onion**
- ½ cup sliced **celery**
- 1 cup sliced or diced **carrots**
- 1 ½ cups sliced or chopped **cabbage**
- 1 can (15 ounces) **kidney beans**, drained and rinsed
- 2 cans (15 ounces each) diced or chopped **tomatoes** with liquid
- 1 can (15 ounces) **tomato sauce**
- 1 can (15 ounces) cut **green beans**, drained and rinsed
- 1 cup whole kernel **corn** (frozen, fresh or canned, drained and rinsed)
- 2 cups low-sodium **broth**
- 1 teaspoon **garlic powder** or 4 cloves garlic, minced
- 1 teaspoon **dried parsley**
- ½ teaspoon **oregano**
- ½ teaspoon **basil**
- ¼ teaspoon **pepper**
- ½ cup small **macaroni** (optional)

Makes: 12 cups
Prep time: 15 minutes
Cooking time: 45 minutes

– smaller + larger



Hide nutrition box

Directions

1. In a skillet over medium-high heat (350 degrees F in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat and put in a large saucepan (see **Notes**).
2. In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Add to the saucepan.
3. Add all the remaining ingredients to the saucepan.
4. Bring to a boil. Lower heat, cover and simmer for about 30 minutes.
5. Refrigerate leftovers within 2 hours.

Notes

- One large ear of corn makes about 1 cup of cut corn.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

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Nutrition Facts

12 servings per container	
Serving size	1 cup (276g)
Amount per Serving	
Calories	150
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	32%
Sodium 370mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 3mg	15%
Potassium 616mg	15%
Vitamin A 119mcg	13%
Vitamin C 18mg	20%

*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.