



The Weekly Memo

Southern Oregon Child & Family Council, Head Start, Early Head Start & LISTO

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December 2, 2013



Scholarships Available!

The 2014 scholarship forms have just been made available on the OHSA web site.

The purpose of the Oregon Head Start scholarships is to promote educational opportunities for the Head Start community. The scholarship process is a wonderful opportunity to acknowledge just a few of the many committed members of our Head Start family.

All OHSA scholarships are for \$2,000 and applications are due May 7, 2014.

Please notice that there are scholarships available to BOTH Head Start parents and staff. Why not go for it?!? The OHSA web site is www.ohsa.net, or <http://ohsa.net/index.php/scholarships> to get directly to the scholarship page.

Submitted by Joy May
Family and Community Partnerships Supervisor

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MEETINGS/TRAININGS

- 12/3– New Hire Orientation, A & B
- 12/3– Area Staffing, FTL/WIL, Admin
- 12/3– Health & Safety Screeners Library
- 12/4– New Hire Orientation, A & B
- 12/4– Parent Engagement, Library
- 12/4– Directors, Admin
- 12/5– New Hire Orientation, A & B
- 12/6– New Hire Orientation, A & B
- 12/6– Webinar-Social Skills for Young Children, Library & RWD

NEXT WEEK – MONDAY

- 12/9– Core Class– New Drivers, A & B
- 12/9– Food Handlers
- 12/9– LMC, Library

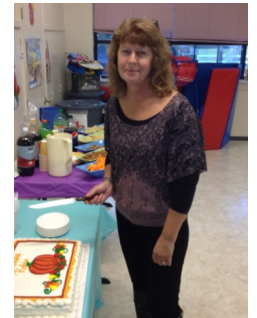
Mission Statement

Children will enter school healthy, ready to learn, and with age-appropriate skills by participating in Southern Oregon Head Start and Early Head Start. Southern Oregon Head Start will support family well-being and nurturing relationships between children and parents, and will encourage lifelong learning for both children and parents. Southern Oregon Head Start will be recognized as a leader in our community in providing high-quality services for children age birth to 5 years. Our employees will be highly competent, well-qualified, competitively compensated, and dedicated to the work they do. Southern Oregon Head Start will be well-managed to maintain high-quality services.

Editors:
Valerie Blade &
Cricket Tepper

She's back!

Give a big welcome back to Area Manager Robin Hill. She will be taking over as Area manager at Wilson and Foothills Centers when Denise Wingler leaves us.



Submitted by Valerie Blade, Operations Director

The Annual Holiday Wellness Auction is almost here!

Get your
donations in &
Get ready to bid!



Deadline is December 9th!

Please send your donations to Kathy Prose at the Main Office!

All proceeds from the Wellness auction go to fund wellness projects and activities for all employees.



Employee Assistance Program

Do you ever feel overwhelmed? Just a reminder that EAP is an excellent source of counseling and support for nearly every problem or issue you might be facing.

EAP's services include, but are not limited to: work place issues, interpersonal conflict, family crisis, grief counseling, depression, stress, anxiety, marital issues, etc. and all full-time and part-time employees are covered.

Services provide up to 4 counseling sessions per incident and are completely free and 100% confidential. If you need additional help to work on an issue, the Agency has arranged for up to 8 additional visits at a cost of \$10 each.

The appointment schedule is very flexible and all appointments should be scheduled at a time that will cause the least amount of disruption in services.

To make an appointment, call:

Asante Counseling Services

Medford (541) 789-4238

Grants Pass (541) 955-5570

Toll Free 1-800-836-5777

Staying Well and Generating Joy

Preparing for the Holiday Season

A few reminders that can help us all maintain a sense of well-being during this often busy season.

Plan ahead:

Think about what you'd *really* like, set your intentions, and ground them with practical planning and action.

Make a budget:

How would you like to budget your time, your money, and your energy? Find a system that works for *you*. Make choices you feel good about - and that you'll continue to feel good about when all is said and done.

Stay realistic:

Pace yourself, and allow for some buffer zone in your time, energy, and emotions.

Get clear:

Who and what enriches your life? Give your time and attention to *those* people, places, and events.

Say NO:

Give yourself permission to pass on the people, parties, and all that extra "stuff" that you don't *really* want to do. How about a "No" to anything that drains you or that you will resent later?

Increase your self-care:

Give yourself a *generous daily dose* of sleep, exercise, fresh food, and water. Allow for fifteen minutes of solitude or quiet time any time you can.

When you get stressed or uncomfortable:

Acknowledge it. *Telling ourselves our truth takes us out of defense*. Pause for a moment, breathe deeply, and feel what's going on. As you breathe, guide yourself into clarity... Is there anything you need to do or stop doing, or are you simply having a 'notice and release' moment?

Give a little:

Do something for another. Giving is good for you - it presumes that you have it to give, and that assumption can tap you into an awareness that *you do have it to give*. Whether it's time, money, love, or a little kindness and attention...Give.

Connect:

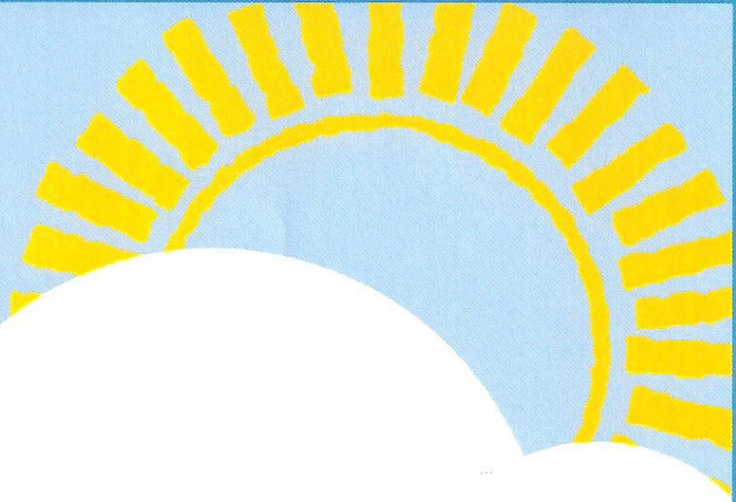
Find something about the holidays that energizes you. Feel that sense of connection. *Notice it and honor it*. Create special moments and memories.

Laugh:

Don't forget to laugh, play, and have some fun! Figure out what you honestly enjoy, and give it to yourself - regularly. Joy and laughter have an immediate revitalizing effect.

ROBIN ROSE
TRAINING & CONSULTING
www.robinrose.com

Since 1972, Soroptimist has been helping women the world over **reclaim their dreams** through the Women's Opportunity Awards program. This program provides cash grants to women who are working to better their lives through additional skills training and education.



Are you trying to improve life for yourself and your family?

Are you going back to school?

Do you need financial assistance to complete your education?

You are eligible to apply if you are:

- A woman with primary financial responsibility for yourself and your dependants
- Attending an undergraduate degree program or a vocational skills training program
- Have financial need

For information about applying to the Women's Opportunity Awards program, please contact:

Soroptimist International of North Valley

Name Alice Cushman

Email a_cushman@charter.net

Phone (541) 664-3472

Club Application Deadline 12/15/13

Amount of Club Award various



SOROPTIMIST

Best for Women

www.soroptimist.org