

THE WEEKLY MEMO

Program Year 2023-2024
November 13, 2023 / Volume #11

OUR AGENCY VALUES

- Transparent Respectful
Communication
- Compassionate Inclusivity
- Teamwork
- Integrity & Accountability
- Safe & Responsive Culture

OUR MISSION:

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

WEEKLY MEMO SUBMISSIONS:

If you would like your submission to be shown in the following issue please submit any pdf's, jpegs, and text to

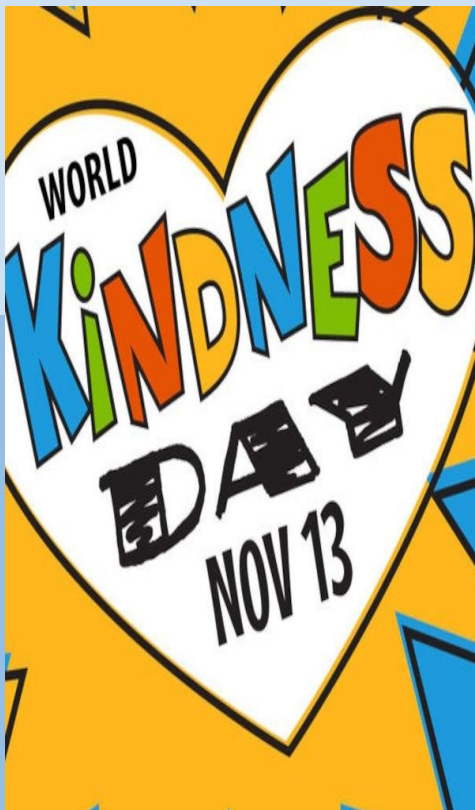
Angie Salazar ✉ asalazar@socfc.org

by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

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DUR Classroom! |
| 10) Rogue River Family Day | |



7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make
kindness
the norm.**

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

Team Progress

Team Progress ready for Family Day!



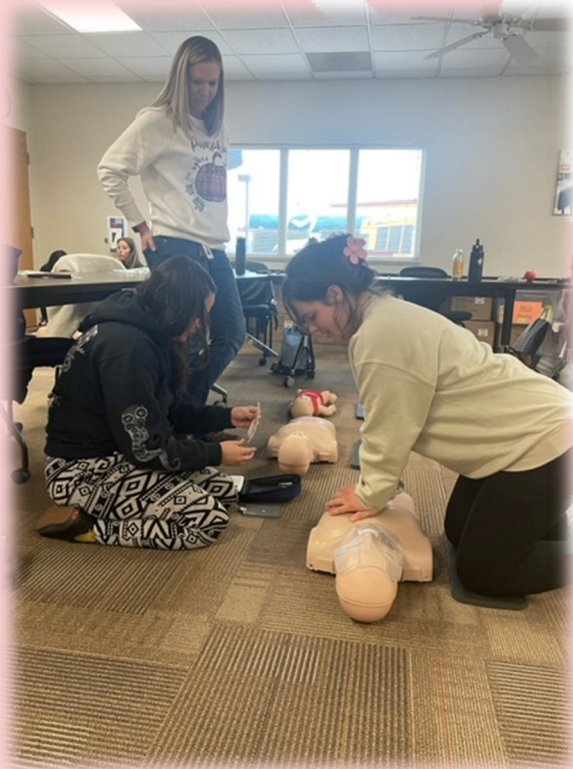
Submitted by: Erynn Hoie

CPR class!



daily gratitude

©2022 *Go Mrs*



R

Submitted by: Laurie Hester

CPR class!



OR

Submitted by: Laurie Hester

Foothills AM Class

The Foothills morning class had a blast building our box cars with our families!



Submitted by: Kori Anderson

Foothills AM Class



Submitted by: Kori Anderson

Foothills AM Class

We used our cars for music and movement!



Submitted by: Kori Anderson

Foothills AM Class

And played races outside!
(Thanks for the signs Central Point!)



Submitted by: Kori Anderson

Rogue River Family Day

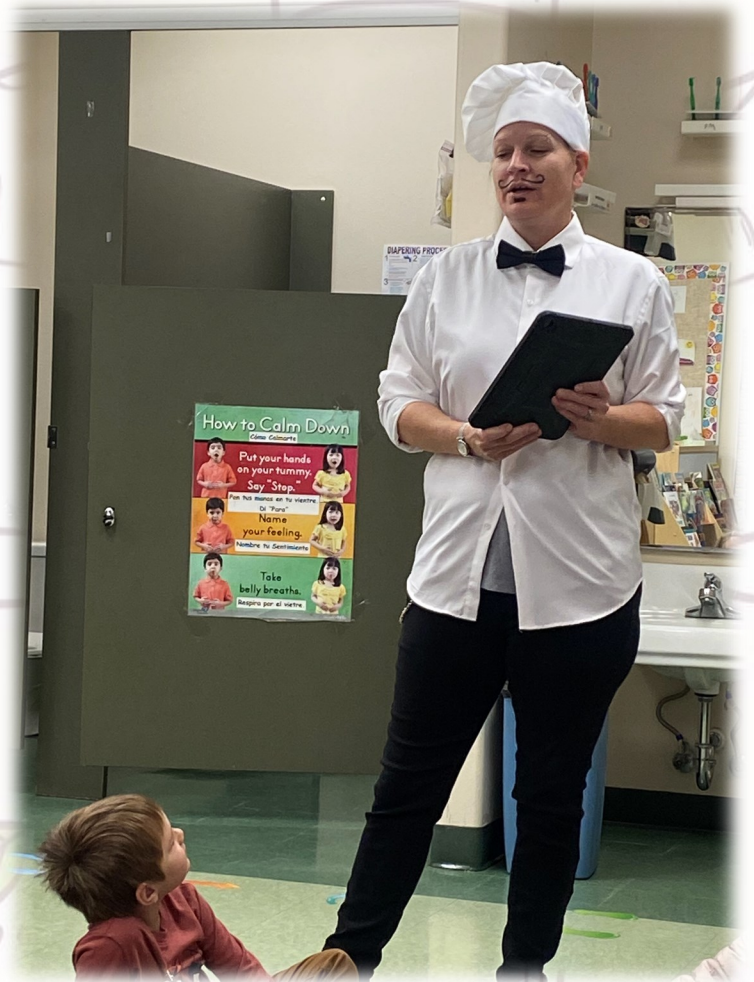
We have adopted a new tradition here in Rogue River. Renea, our cook, comes into the class and we make flower arrangements for our monthly family days. Great turnout of 50 people in our tiny center. Super fun!



Submitted by: Tiffany Welch

The Cooks at CP!

Our cooks dressed up for costume day at CP!



Submitted by: Maria Liberto

Amazing Cooks!

Thank you for all that you do and the participation in your centers! We love seeing all of the wonderful participation!!



Cook Greg from GPHS!



**CP Kitchen Crew,
Jessie & Becky!**

Redwood Scarecrow

The Part day class at Redwood made a scarecrow. We put him in our garden and the kids named him Hay Hay!



Submitted by: Denise Pederson

Fun in the CP Duration Classroom!

"With great power comes great responsibility"



Submitted by: Maria Liberto