

THE WEEKLY MEMO

Program Year 2023-2024
February 12, 2024 / Volume #21

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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be kind
whenever possible
it is always
possible

DALAI LAMA

BOLE BUNNY



Social Emotional Supports for Youth - The LISTO Way!

LISTO is adding something new to our online homework help and enrichment activities for our school age kids from Spanish speaking families, the Chic@s* Youth Club!

The Chic@s Youth Club is a collaboration between LISTO and our consulting psychologist Tatiana Gallardo LPC. This series of 4 afterschool events for LISTO kids is a fun way for kids to learn about social-emotional wellbeing and practice some of the exercises their parents have been learning in their group sessions "Cafecitos en Familia."

We had our first session on January 31 at Phoenix Elementary with 21 kids! Our Youth Development Coordinator Marisol Rodriguez started the youth off with a cool activity – making Spy Jars – something kids can use in the future to practice focus and relaxation. Then Tatiana Gallardo worked with the students on recognizing positive and negative emotions. They also practiced the rainbow breathing exercise together. This is something that the parents have learned to do in the Cafecitos sessions, so it's pretty cool that the whole family is learning some good skills they can use at home.

While the kids were in session, the adults talked about another very important topic – resources available in our community for people who are experiencing domestic violence.

If you know of a Spanish speaking family who would benefit from our literacy program, please download a copy of our LISTO referral from the SOCFC website and send it our way! Phone the LISTO Office at 541-734-5150 x 1070 or have Spanish speakers phone Eunices Ayala Velasco at 541-531-6915.

*(@ is a gender-neutral way of referring to chicos and chicas – in this context Chic@s means Kids).



Tatiana Gallardo working with students on recognizing positive and negative emotions.

Children engaging in the creating spy jars to help practice focus and relaxation.



The parents learning about the resources available in the community in regards to domestic violence.

Don't forget to send your amazing submissions to the weekly memo!



Send in photos of the amazing things happening in the classroom!

Recognize someone and give them a "Shout Out"!



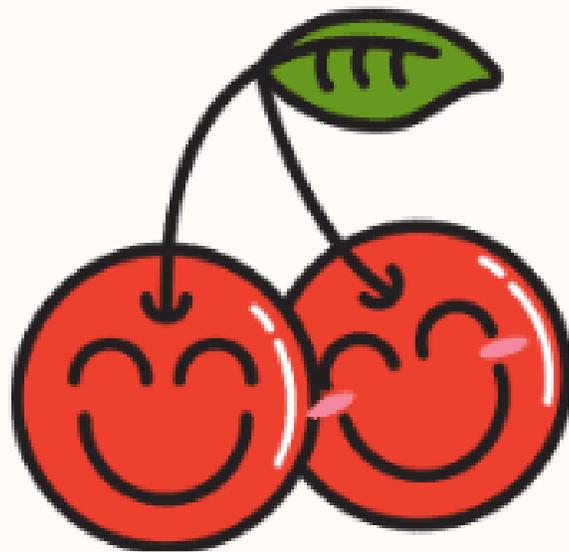
Have you created a super awesome project that you'd like to share? Send in ideas to share with your teammates at other centers!

Show off all the fun your team is having at your center!



Send in submissions to
Angie Salazar – asalazar@socfc.org

FEBRUARY IS



NATIONAL

CHERRY

MONTH



Cherry Scones



Ingredients

- 1 cup **whole wheat flour**
- $\frac{3}{4}$ cup **all-purpose flour**
- $\frac{1}{2}$ cup **sugar**
- 1 teaspoon **baking powder**
- $\frac{1}{2}$ teaspoon **baking soda**
- $\frac{1}{4}$ teaspoon **salt**
- 1 cup dried **cherries**, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.
- $\frac{1}{4}$ cup **margarine** or **butter**, melted
- $\frac{3}{8}$ cup **buttermilk** (see Notes)
- 1 teaspoon **vanilla**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
4. Add the cherries and mix lightly.
5. In a small bowl, combine the melted margarine or butter, buttermilk and vanilla. Add to the dry ingredients and mix gently.
6. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
7. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.

Notes

- Try with other dried fruit or fresh blueberries.
- No buttermilk? Place 1 Tablespoon of lemon juice or vinegar in measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.

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smaller larger

Makes: 10 scones
Prep time: 5 minutes
Cooking time: 20 minutes



Hide nutrition box

Hide recipe notes

Nutrition Facts	
10 servings per container	
Serving size	1 scone (70g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 93mg	2%
Vitamin A 49mcg	5%
Vitamin C 1mg	1%

*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.



Happy



VALENTINE'S

Day!



FEBRUARY 14





FEBRUARY 17TH

*Random
Acts of
Kindness
Day*

Throw kindness around like confetti!

The Art of Kindness

Written by: Steve Siegle, Psy.D., L.P.C.

Kindness is more than behavior. The art of kindness involves harboring a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return.

Rather than viewing it exclusively as an action, think of kindness as a quality of being you can cultivate. Giving kindness often is simple, free and health-enhancing.

Good for the body

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer.

Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships. It also can be contagious, encouraging others to join in with their own generous deeds.

Looking for ways to show kindness can give you something to focus on, especially if you are anxious or stressed in certain social situations.

Good for the mind

Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine. These neurotransmitters produce feelings of satisfaction and well-being, and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's natural painkiller, also may be released when you show kindness.

Be kind to yourself

When sharing kindness, it's not just how you treat other people – it's also about how you extend those same behaviors and intentions to yourself. I believe you can be kinder in your own self-talk and practice gratitude. People are good at verbally beating themselves up which does not work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes speak to yourself. This is what I call the good neighbor policy, which can be helpful. If you wouldn't say it to your good neighbor, don't say it about yourself.

This article was derived from:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness>