



THE WEEKLY MEMO

2022-2023, Issue #43 - August 7, 2023- 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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4) Kuddos!

5) You Make the Difference

Meetings and Trainings

August 7— Monday

- 8:00-4:30 New Employee Orientation, Blue Building Conf. Rm.

August 8 —Tuesday

- 8:00-4:30 New Employee Orientation, Blue Building Conf. Rm.

August 9 —Wednesday

- 8:00-4:30 New Employee Orientation, Blue Building Conf. Rm.

August 10 —Thursday

- 9:00-4:30 Site Manager RTW Content Training, M.O. Blue Building Conf. Rm.

August 11 —Friday

- HBHV—IHV/ASQ Training, Blue Building Conf. Rm.
- 1:00-5:00 Upskills Training, Blue Building Conf. Rm.

"The elevator to success is out of order. You'll have to use the stairs... one step at a time."

JOE GIRARD

WWW.THEGOALCHASER.COM

Weekly Memo Submission

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

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.



Conscious Discipline® (8 sessions)

For parents of children ages birth to 5+

Aug 10 - Sept 28, 2023

Every Thursday

6pm-8pm PT on ZOOM

RSVP: tinyurl.com/TFCparenting

Free Parenting Program - thefamilyconnect.org



free community programs supported
by Southern Oregon Child Family
Council (Southern Oregon Head Start)

Free Parenting Program and Workshop information with
RSVP links are found on The Family Connection's
[Families-Parents Page](#) and [Facebook](#)



Conscious Discipline® (8 sessions)
For parents of children ages birth to 5+

mid-day weekend

Aug 13 - Oct 1, 2023

Every Sunday

10am-12pm PT on ZOOM

RSVP: tinyurl.com/TFCparenting

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kuddos!

THANKS A MILLION, to the hiring managers and team HR for all they've been doing this summer! We will have over 30 new employees at August's NEO training! There are so many new individuals we are doing two sessions!

I know the process of screening, interviewing, tracking contingencies, paperwork, and onboarding is a lot, but each of you is doing a terrific job!

~ Stephanie Finch



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

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

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