

THE WEEKLY MEMO

Program Year 2023-2024
September 9, 2023 / Volume #7

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



"Wherever you go, no matter what the weather, always bring your own sunshine."

- Anthony J. D'Angelo, author

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| 2) FNC Family Fun Day | 6-7) Go Team! Shout Out | 11) RR Bean Harvest |
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| 5) Meet our 2023-24 PC Team! | 10) Gingerbread Activity | |



825 East Main Street, Medford, OR

Hosted By



Family Nurturing Center

AUTUMN

Family Fun Day

SATURDAY, OCTOBER 28TH

2-4 PM/ Free Entry

**Bring the whole family for an
afternoon of autumn fun!**

Treats

Crafts, Activities & Games

Warm Beverages

Community Resources

**Parking available at Kairos Jackson Services
1175 East Main Street, Medford**

YOU'RE INVITED!

Trunk-or-Treat

Halloween Event



Friday, October 27, 2023

5:30PM-8:00PM

Harry & David South Parking Lot
2800 S Pacific Highway, Medford, Oregon

Get dressed up and join us for a fun-filled evening hosted on the Harry & David campus to raise awareness for the Teresa McCormick Center and United Way of Jackson County. Trick-or-treat around the trunks, visit different booths, and play carnival-style games!

Kids of all ages are welcome but **MUST** be accompanied by a guardian of at least 18 years of age. We encourage a donation of 2 canned food items per person or 5 per family for entry.

Monetary donations will also be accepted.

Food will be available to purchase through Filipino Fire and the Got Balls Meatball Truck.



THE
TERESA MCCORMICK CENTER
educate - assist - connect



LIVE UNITED

United Way of Jackson County



Pot of Gold

Riverside was the pot of gold at the end of the rainbow!



Submitted by: Sarah Ames

MEET

Our 2023-2024

Policy Council Team

Region 1

*Ashland, Phoenix/Talent
& Orchard Hill*

Viktoria Calvo-ASH
Yuriko Warden-ASH

Region 2

*EHS West Medford, Foothills,
& South Medford*

Crystal Hart- EHSWM
Sade Bryant- FTH

Region 3

Alan Berlin Centers

Danielle Peterson-ABC
Donea Goshert-ABC
Dennis Burner-ABC

Region 4

*Central Point, Patrick
& Progress*

Yunyu Patterson- CP
Ashlynn Wearden- FTH

Region 5

*Eagle Point, White City
& Home Base*

Unique Ortiz-EP
Julionna Hackett- FTH

Region 6

*Grants Pass High School
& Parkview*

James Grice- PV
Madeline Doig- PV

Region 7

Redwood & Rogue River

Ashley Primeau- PV

VACANT

Region 8

*EHS Grants Pass, Merlin
& Riverside*

Jamaya Obie-Brown-EHS GP
Stephen Kostrna- RIV

Region 9

*EHS Cave Junction, Illinois Valley,
& Williams*

Sommer Turner-IV
Bryel Nowak-Williams

GO TEAM!

A Big Shout Out to all of our staff for helping make our Family Engagement a big success! A Big Thank You to Mary McKenzie for all of the help organizing Childcare, all of our Childcare Staff and Site Managers who helped make our event successful!

Rene Parsons-SM

Kori Anderson

Sharon Fast

Carrie Grimes

Ana Espinosa

Alyssa Edelbut

Ana Montano



Amanda Aviles-SM

Karen Brown

Angela Lutman

Haly Boling

Pram Stevens

*Thank you for
going above
& beyond.*

A Big Thank You to Our Cooking staff who put a wonderful dinner for our families and our staff! in both Jackson & Josephine County! we appreciate all of your hard work

Thank You!

Jaime, Paula & Marcy!



And Lastly a Big Shout Out to my PFCE Team- Christine, Nikki, Shandi & Shanice I could not do what I do without you all! Thank you!

Appreciate you!

Yoana Martinez-- PFCE Administrative Assistant/ Interpreter

UPR at the Centers

This was put together by Tiffany for the Redwood & Merlin teams!

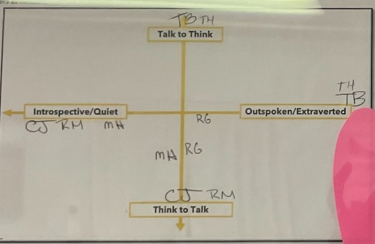
It turned out beautifully!!

UPR Building compassionate inclusive teams

SOUTHERN OREGON HEAD START VALUES
 TEAMWORK • TRANSPARENT RESPECTFUL COMMUNICATION
 INTEGRITY AND ACCOUNTABILITY • SAFE AND RESPONSIVE CULTURE • COMPASSIONATE INCLUSIVITY
 CENTER GROUP AGREEMENTS
 WE ARE HAPPY!

TEAMWORK:
 Supporting each other and sharing the workload ensures quality of services and enhanced support for children, families, and each other.
We agree to:
 • Identify our shared goal for children and families and use it to drive our daily work.
 • Commit to showing up at our scheduled times and fulfilling our job duties to the best of our ability.
 • Communicate our needs to the team and ask for help when needed.
 • **To have and maintain consistent communication, support and respect + UPR.**

TRANSPARENT RESPECTFUL COMMUNICATION:
 Being respectful and understanding of differences in the moment, inviting interpretations.
 Raise awareness of colleague participation styles and generate ideas to increase full group engagement by placing team member's initials on this map. Do you think to talk or talk to think? Do you consider yourself quiet/intropective or outspoken/extroverted? This is a snapshot of your center team's communication styles.
We agree to:
 • Use active listening in order to understand each other's needs.
 • Keep an open line of communication to support each other and families.
 • **Using UPR w/in our team, w/ no judgements and respect each one as an individual. Repeat confidentiality and emotional support.**



INTEGRITY & ACCOUNTABILITY:
 Allowing yourself to be vulnerable yet brave enough to trust others while being trustworthy. Tell the truth in the moment, and speak your needs boundaries in a respectful and professional manner.
We agree to:
 • Follow through on our commitments and tasks - and be honest when we can't.
 • Take action when action is needed.
 • **Acknowledgement of everyone's support.**
 • **Exceptioning of ones opinions and ideas.**

SAFE AND RESPONSIVE CULTURE:
 Steps that create and uphold an environment in which everyone can show up as their authentic selves and feel a sense of safety and belonging.
We agree to:
 • Look beyond our differences to work productively with children, families, and each other.
 • Model reflective practice and foster a growth mindset among the children, families, staff and larger school community.
 • **Stepper, upper, step back. Ones that step back can have a safe space to step up.**
 • **always reflect on using UPR.**

COMPASSIONATE INCLUSIVITY:
 Inclusion requires a compassion mindset, a fundamental shift in how we see ourselves and others that makes it possible for us to embrace inclusion.
We agree to:
 • Being committed to action to disrupt inequities so children and families can thrive.
 • Practice unconditional positive regard with all children, families, and each other.
 • **connecting w/ one as an individual learning more about them as a person**
 • **Showing grace**

What does Unconditional Positive Regard look like...

- ★ Practice Active Listening
- ★ Show Empathy
- ★ Offer Support
- ★ Avoid Judgment
- ★ Practice Patience
- ★ Respect Diversity
- ★ Communicate Effectively
- ★ Lead by Example
- ★ Celebrate Achievements
- ★ Resolve Conflicts Constructively
- ★ Create a Safe Place
- ★ Promote Inclusivity
- ★ Offer Constructive Feedback
- ★ Practice Self Reflection
- ★ Seek Training and Education
- ★ Encourage UPR in Others
- ★ Set Clear Expectations
- ★ Address Bias and Prejudice
- ★ Learn from Mistakes
- ★ Measure Progress

"There is no power for change greater than a community discovering what it cares about."
 "No hay mayor poder para el cambio que una comunidad que descubre lo que le importa."

Below: We agree that we will work together as equal partners, to take responsibility for our actions, contributions, and communication in support of the success of our overall mission: to prepare children and their families for success in school and throughout life.
Compromiso e colaboración: Acordamos que trabajaremos juntos como socios iguales, para asumir la responsabilidad de nuestras acciones, contribuciones y comunicación en apoyo del éxito de nuestra misión general: preparar a los niños y sus familias para el éxito en la escuela y durante toda la vida.

Name Nombre	Signature Firma	Position Posición	Date Fecha
Tiffany Heller	<i>Tiffany Heller</i>	SM	9/29/23
Tracey Briggs	<i>Tracey Briggs</i>	Teacher	9/29/23
Megan Hines	<i>Megan Hines</i>	TA	9/29/23
Kelley Gonzalez	<i>Kelley Gonzalez</i>	TA	9/29/23
Crystal Jones	<i>Crystal Jones</i>	CA	9/29/23
Regina Martin	<i>Regina Martin</i>	cook	9/29/23
Stephanie Dodge	<i>Stephanie Dodge</i>	NA	9/29/23

CRUNCH DAY

I just wanted to share this beautiful set up that Dori has made to present to the classes for crunch day today. From an actual apple tree branch, to different kinds of apples, what inside of an apple looks like, and the seeds. She even explores shapes, stating all apples have stars when you look for them. Loving it!



Submitted by: Tiffany Heller

Gingerbread Activity

We made gingerbread cookies and we had so much fun!

South Medford PM Class



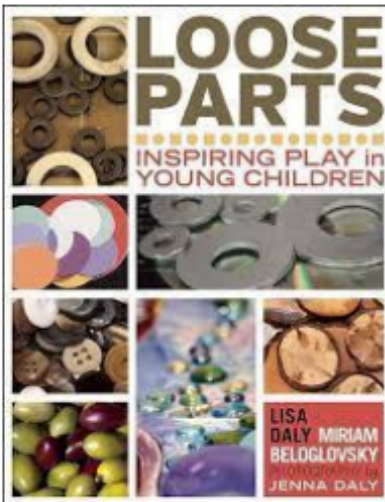
Submitted by: Walaa Alzein

Rogue River Bean Harvest



Join us for this **FREE!**
In-person workshop with
Rebecca Tree
**Applying Loose Parts and
Schema Theories in 21st-
Century Early Learning
Classrooms**

Space for 28 people – attendance will
include a free copy of the Loose Parts
book by Lisa Daly and Miriam
Beloglovsky



Participants will examine the hand/brain connection, Loose Parts and Schema as theoretical foundations in early learning growth and development. As a group we will examine its application and sustainability and test assumptions we may have. This hands-on workshop will encourage interacting with Loose Parts and comparing and contrasting differences and functions. You will have the opportunity to examine Schema as a tool that assists in organizing and interpreting children's play, helping to build engaging opportunities and enhancing learning.

Rebecca Tree has worked in the early childhood community for over 35 years. First as the founder and director of a non-profit program in Medford, Oregon and currently as the Director of the Community Preschool of SOU. She also serves as adjunct faculty in the Early Childhood Development department. Ms. Tree received her master's in education from Southern Oregon University at the age of 62, proving that learning is a life-long endeavor and as long as we breathe, we should be engaged in meaningful work.

Questions? Please contact ccrn@soesd.k12.or.us

**Saturday, October 28
9:00am-1:00pm**

Workshop to be held in-person at
SOU in Ashland in the
Education/Psychology building on S.
Mountain Avenue next to the
Plunkett Center. Parking on street.
To register:
Use the CCRN training registration
online form or phone line:

[CCRN Online Training Form](#)
Training line: 541-776-6768



PRODUCTIVE CONVERSATIONS:

Ways to Target The Green Zone of Balance & Calm

By Dr. Christy Kane, PsyD, CMHC

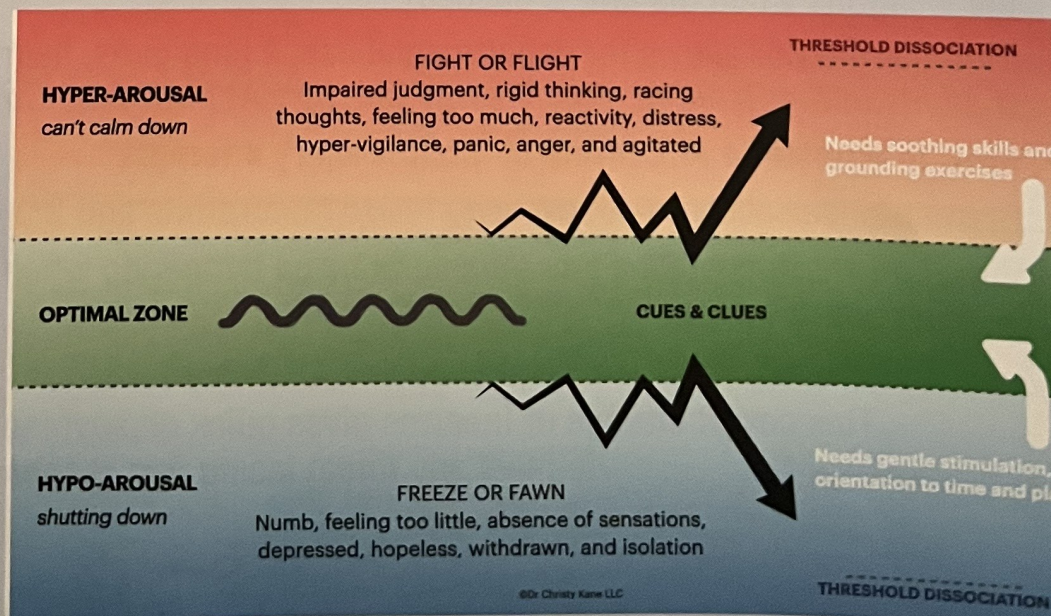
Think of a time when you remained calm, balanced and in control. What was it like to feel grounded, alert, safe and present? Try to recall a time when you felt the opposite -- either agitated, anxious, overwhelmed or emotionless, detached or shut down. What is your predominant feeling most days? This article focuses on how to maintain balance and control in challenging situations. It encourages you to consider how your emotions and reactions impact your work and relationships. It also helps you find effective strategies to soothe them.

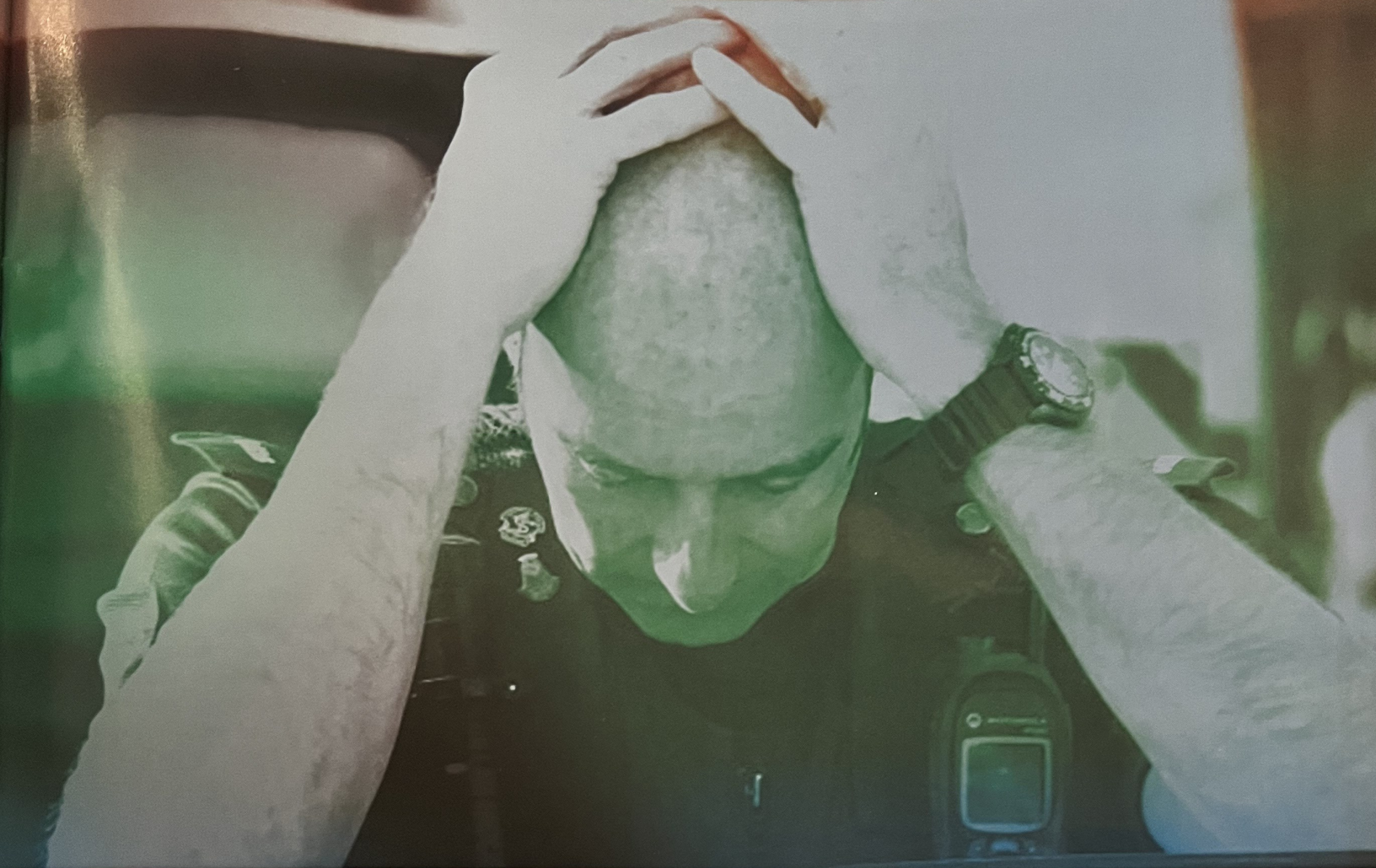
On an ideal day, we aim to spend most of our time in our optimal zone. This is a state of feeling grounded, alert and safe. In colloquial terms, it's our "comfort zone". Functioning effectively and coping with stress is easier when we are in our optimal zone. Yet, staying in the optimal zone can be challenging for many people. Those who have experienced trauma or work in stressful environments or suffer from mental illness are particularly vulnerable.

Typically, one of three things will happen when we experience a traumatic or stressful event, a difficult interaction, or another jarring situation:

- 1 It's possible to grapple with the stimulus in a healthy way, appearing unphased or exercising coping skills. This keeps us within the optimal zone and helps us function effectively.
- 2 Our "fight-or-flight" response may kick in, causing us to appear agitated, anxious or overwhelmed. We call this hyperarousal. When we're in this

state, we may try to control or dominate situations or relationships to feel safer. As a result, we're more likely to exploit others, sabotage them, mistreat them, yell, have rigid thinking, or look for an escape route. There may be avoidance or confrontation, panic attacks and racing thoughts associated with this.

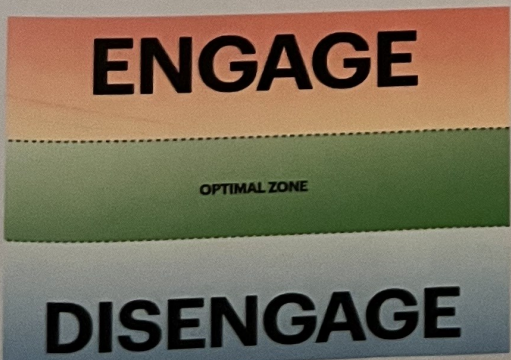




3 Our "freeze-or-fawn" response may kick in, causing us to shut down, isolate, numb out or people-please. We call this hypoarousal. During hypoarousal, we may feel helpless, depressed or even emotionless. We may give up, shut down or rationalize. If we feel trapped or uncertain, we may comply with what others want, even if it hurts us or goes against our values and needs.

Find Your Green Zone

It might be helpful to think of hyperarousal and hypoarousal as red and blue zones, respectively, whereas the green zone represents the optimal state. We want to spend as little time as possible in the red and



blue zones. The red zone requires us to use grounding skills to calm our nervous system and help our minds and bodies relax.

To return to the present moment when we enter the blue zone, we need to stimulate our senses. Red-zone and blue-zone soothing activities include:

Red Zone

- Breathing exercises (belly breathing,

one nostril breathing, square breathing, etc.)

- Drink through a straw
- Brisk walk or exercise
- Knee slappers
- Several rounds of tapping exercises (cross your arms over your chest in an X and tap your collar bone left and right, back and forth)
- Squeeze a stress ball

ACTIVITIES TO SOOTHE can't calm down



Breathing exercises



Very hot or very cold water



Nature walk



Stress ball or throw a ball at a wall



Journaling or writing



Tapping, stomping, or bilateral stimulation exercises



Yoga or gentle stretching



Music



Vigorous exercise













Weighted blanket

Anything that grounds you in the present moment

©Dr Christy Kame LLC

ACTIVITIES TO SOOTHE shutting down

-  Chewing crunchy food
-  Movement or exercise
-  Balancing on one leg
-  Smelling essential oils
-  Dance

-  Jump up and down
-  Draw, paint, or finger-paint
-  Play an instrument or listen to calming music
-  Cold water or hold ice
-  Blow water through a straw

Anything that stimulates your senses and brings you back to the present moment

© Dr. Christy Kane LLC

- Gentle stretching
- Do a grounding exercise (like the 5 senses exercise, find 7 things in the room that are the same color, put the days of the week in alphabetical order, or feel the weight of your body in a chair and your legs pressing down into it)
- Splash water on your face
- Think about something funny or tell a joke
- Name what you're feeling (if you can name it, you can tame it!)
- Listen to calm music

- Smell something smelly
- Rub something that has a lot of texture to it
- Dance
- Blow through a straw
- Exercise
- Get or give a hug

Keep in mind that no one can stay in the green zone all the time. At times, we will all be pushed into one of the red or blue zones by stressors or triggers. This is okay. As humans, we are simply learning to respond to the messages our brain sends us in the form of emotions.

Did you know that your brain communicates with you through emotions? It's true! Our brain is a powerful computer, but it can't send us an email when it needs to tell us something. Instead, when the brain needs us to pay attention to something, it sends emotional messages. Emotions are felt before they can be analyzed and interpreted. So, if you're feeling

Blue Zone

- Stand on one leg
- Jump up and down
- Feel the soles of your feet on the ground inside your shoes
- Massage your hands
- Roll a pen or pencil between your palms
- Eat something crunchy

frustrated, it's just your brain trying to tell you it's time for a break.

The key to remember, when it comes to the red and blue zones is that staying in them can negatively affect your health, your relationships and your career. It's essential to regularly return to the green zone. Traumatic experiences and constant stress can leave people stuck in the red or blue zone, not able to return to the green zone.

Emotional Equilibrium

When you or someone you know consistently finds themselves in the red zone or blue zone, or if work, health or relationships have been negatively affected, it might be time to seek help. Despite the soothing skills mentioned, sometimes we cannot get out of the red or blue zones on our own. Professional help can provide the support needed to return to emotional equilibrium and better manage stress. So don't be afraid to reach out for help, because in the end, it's better to be in the green zone!

Seeking help can also build resilience to find a balance between stress and relaxation. Everyone deserves the opportunity to seek professional help when needed and have access to resources to do so. It's key to remember that seeking help is a sign of strength, not weakness.

We each have a tolerance range for what we can handle before experiencing hyperarousal or hypoarousal. We call this range our "Window of Tolerance". It can shrink and widen throughout our lives. Ever notice that some things don't bother you as much as they used to? Are there some things that are bothering you more than ever before? Stress and trauma are the two main factors that shrink our tolerance window. It is possible to widen our tolerance by practicing meditation, mindfulness, humor, and connecting with other people.

Anger and anxiety are two of the most common emotions felt in the red zone, whereas depression and numbness are felt in the blue zone. You probably don't know this, but anger and anxiety are almost impossible to resolve through talking. Prior to verbally processing anything, if you or someone you work with is in the red zone, you need to engage in a soothing skill. If you do not, you will have little chance of solving the problem.

Taking a few moments to practice a soothing skill can help bring us back into our window of tolerance, so we can have a productive conversation. It can also help set the tone for a safe and productive dialogue. We rarely accomplish effective work when we operate outside our window of tolerance.

Symptoms of Undischarged Traumatic Stress

Anxiety, exaggerated startle response, hypervigilance, inability to relax, digestive problems, emotional flooding, chronic pain, sleeplessness, hostility / rage

Hyperarousal

Stuck on "On"



Optimal Arousal

Hypoarousal

Stuck on "Off"



Exhaustion, flat affect (anhedonia), lethargy, emotional deadness disconnection, disorientation, chronic fatigue, dissociation, low blood pressure

TRAUMATIC
EVENT