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

The Weekly Memo

Program Year 2023-2024
February 5, 2024 / Volume #20

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 pdfs, jpegs, and text to

Angie Salazar - asalazar@socfc.org

by Thursday at 12 p.m.

Editors: Angie Salazar & Ashley Clayton

Inside this Issue:



February 2024
IS

BLACK HISTORY MONTH


BLACK HISTORY MONTH HONORS THE CONTRIBUTIONS OF AFRICAN AMERICANS TO U.S. HISTORY


ORIGINS OF BLACK HISTORY MONTH, NAACP

Black History Month: The celebration of Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

NAACP: Spurred by growing racial violence in the early 20th century, and particularly by 1908 race riots in Springfield, Illinois, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909, was chosen because it was the centennial anniversary of the birth of Abraham Lincoln.

This information was derived from:

Black History Facts - Black History Month & Little Known Facts | HISTORY

NATIONAL

GIRLS & WOMEN

IN SPORTS DAY

FEBRUARY 7TH

National Girls & Women in Sports Day®

Powered by WSF

February 7, 2024, marks the 38th annual National Girls & Women in Sports Day (NGWSD). This celebration inspires girls and women to play and be active, to realize their full power. The confidence, strength and character gained through sports participation are the very tools girls and women need to become strong leaders in sports and life. WSF ushers in 2024 excited to celebrate our 50th anniversary. We are proud of this tremendous milestone and appreciate all who have, and continue to, support us in our mission – and join us on this important day.

The History of NGWSD

National Girls & Women in Sports Day (NGWSD) began in 1987 as a special day in our nation's capital to recognize women's sports. The day united premiere organizations and elite women athletes to bring national attention to the promise of girls and women in sports.
In 1987, NGWSD also served as a remembrance of Olympic volleyball player, Flo Hyman, for her athletic achievements and dedication to promoting equality for women's sports; Hyman died of Marfan's Syndrome in 1986. NGWSD has since evolved into an event to acknowledge the accomplishments of girls and women in sports, the positive influence of sports participation and the continuing struggle for equality for women in sports.

This information was derived from:

About NGWSD - Women's Sports Foundation (womenssportsfoundation.org)

happy national periodic table day!

FEBRUARY 7TH

The Periodic Table of Elements Explained

The Periodic Table of Elements1 is an ordered system of all the identified elements. These elements make up everything in our universe.
The chemical elements of the periodic table are the building blocks for everything in nature. These elements also create the products and technologies that have shaped modern societies in countless ways – clean drinking water, effective medicines and technologies ranging from solar panels to electronics components.

You don't have to be a chemist to appreciate the periodic table. Read on to learn more about it.

Why the periodic table was developed:

In 1869, Russian chemist Dimitri Mendeleev wanted to see if there was a pattern to the chemical properties of the elements he knew. He found a pattern, listing elements by their increasing atomic number and arranging them in a chart—creating the first periodic table. This structure helped Mendeleev and other scientists identify similarities and differences among elements to help predict future chemical reactions.

Mendeleev's periodic table included 63 elements. He anticipated others would one day be discovered, so he left open spaces in his table for additions. Today, the 118 chemical elements identified on the periodic table include the materials that make up all known objects in the universe.

Did you know? The most abundant element (by mass) making up Earth3 is Iron (Fe).2 Oxygen (O) is the most common element in the Earth's crust.3

How the elements are organized on the periodic table:

Elements are organized in horizontal rows by increasing atomic number.4 The atomic number, located at the top left of the element symbol, signifies the number of protons in an atom's nucleus.

Under the element symbol is the atomic weight, which is the average weight of the protons and neutrons in an atom. Because atoms naturally occur with different numbers of neutrons—known as isotopes—the atomic mass is an average of all weights of all isotopes for a given atom.

What are periods?

The horizontal rows across the periodic table are called periods. The periodic table contains seven periods5 (nine if you count the lanthanides and actinide series). In each period, the elements' atomic numbers increase from left to right. All elements in the same period have the same number of electron shells but have different numbers of electrons and protons.

Once you know the number of electrons of a chemical element, you can calculate its valency.6 This is the ability of an atom or a group of atoms to form chemical bonds with other atoms. Valency is an important aspect of calculating chemical formulas for students and chemists.

What are families?

"Families" are the element groups featured in nine of the 18 vertical columns in the periodic table.7 Chemical element families have similar properties, such as their electron configurations.8 For example, elements that have similar properties to sodium (Na), such as Lithium (Li) and Potassium (K), are included in the same family.

How are elements added to the table?

The International Union of Pure and Applied Chemistry (IUPAC) maintains the periodic table and sets criteria for new additions.9 IUPAC last updated the periodic table in 2016, adding four new elements: Nihonium (Nh), Moscovium (Mc), Tennessine (Ts) and Oganesson (Og).10

How to read and interpret the periodic table:

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How the elements are organized on the periodic table:

The periodic table helps chemists classify elements by properties and similarities. One way to sort the elements is to divide them into three categories: metals, nonmetals and metalloids:

- Most of the elements on the periodic table are considered metals. They share similar characteristics – most are solid, shiny, good conductors of electricity and malleable.
- Nonmetals have properties opposite of the metals – they are brittle, not flexible and not strong conductors of heat or electricity. Some nonmetals are liquids, some are gases.
- Metalloids, or semimetals, are considered a cross between metals and nonmetals. Metalloids have unique conductivity properties, which make them useful in the semiconductor and computer chip industries.11

The Periodic Table of Elements helps us better understand chemical elements and their relationship to one another. The products, materials and technologies that shape our lives are created by the elements and how they react with one another.

This information was derived from:

The Periodic Table of Elements Explained - Chemical Safety Facts

HAPPY NATIONAL

PIZZA DAY

FEBRUARY 9TH

Quick No-Cook Pizza Sauce

Ingredients

1 can (8 ounces) **tomato sauce**
1 can (6 ounces) **tomato paste**
1 teaspoon dried **oregano**
1 teaspoon dried **basil**
½ teaspoon **garlic powder**
1 **carrot**, finely grated

Directions

1. Wash hands with soap and water.
2. Mix all ingredients together in a bowl.
3. Spread sauce on pizza dough, bread, English muffins or other pizza base.
4. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

Notes

Makes enough for four 12-inch crusts

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smaller larger

Makes: 3 Cups
Prep time: 5 minutes

Hide nutrition box

Hide recipe notes

Nutrition Facts

12 servings per container
Serving size 2 Tablespoons (38g)

Amount per Serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1mg	4%
Potassium 220mg	5%
Vitamin A 57mcg	6%
Vitamin C 5mg	5%

*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 Birthday!

Feliz Cumpleaños!

February 1st

Jonnie Cox

February 4th

Heather Kent

February 5th

Leiya Arthur

Natasha McCracken

February 7th

Heidi Demello

Stephanie Woods

February 8th

Desiree Talley

February 9th

Jennifer Mierkey

February 10th

Dina Enriquez

February 12th

Casey Strand

February 13th

Lourdes Gutierrez

Melissa Schultz

February 14th

Monica Cuchiara

February 15th

Esperanza Dominguez

Marie Ellis

February 17th

Nikki Hill

February 20th

Rogelio Fernandez

February 21st

Lori Steele

February 22nd

Kayla Cunningham

Steve Kruchoski

February 24th

Maria Sereno Robles

Sandra Beckman

February 25th

Gayle Cynar

February 26th

Cory Haney

February 27th

Mendy Hellmann

February 28th

Angie Salazar

Lisa Wagner

Maria Elizabeth Argumedo Diaz

Nancy Enciso

Happy Anniversary!

Feliz Aniversario!

1 Year

Angela Luckinbill

Gabriella Jones

Kimberly Serna

Maria Sereno Robles

Robin Clevenger

Sarah Houston

2 Years

Angie Salazar

Kailee Parks

Rosalba Torres-Paz

Sarah Bollweg

4 Years

Amber Gregory

Debra Foley

Jamie Griffin

Jan McRoberts

5 Years

Casey Strand

Sarah Emerson

6 Years

Kathryn Evans

Raquel Rodriguez

8 Years

Paula Murphy

10 Years

Diana Bordner

14 Years

Christina Mee

Kimberly Miller

18 Years

Hilario Graciano

25 Years

Marie Ellis