

THE WEEKLY MEMO

Program Year 2023-2024
March 4th, 2024 / Volume #24

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

Never ever forget, even for one moment, how truly amazing you are.

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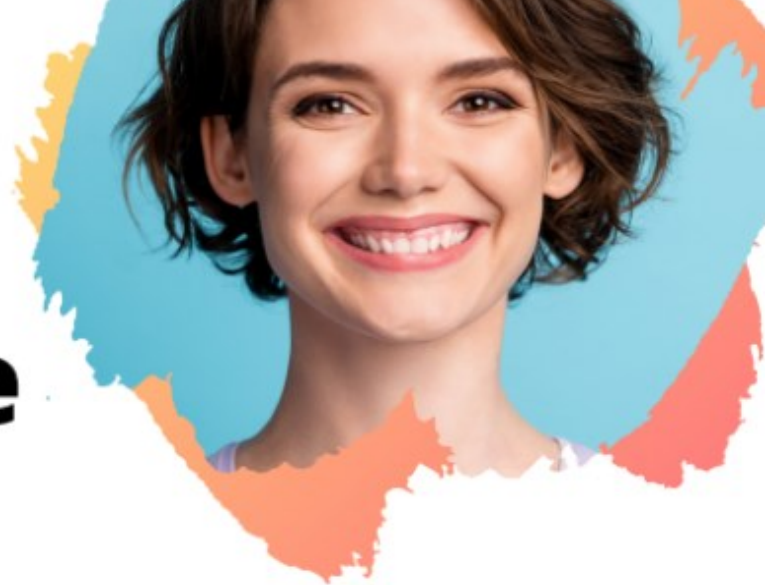


JoCo Library Visit to *Redwood AM 1*

Redwood AM I class enjoys a
visit from the JoCo library.
Including a story and some fun!



Submitted by: Denise Pederson



The Science Behind CBT

Cognitive Behavioural Therapy (CBT) is a structured, time-limited, problem-focused and goal-oriented form of psychotherapy and a gold standard of talk therapy. CBT helps people learn to identify, question and change how their thoughts, attitudes and beliefs relate to the emotional and behavioural reactions that cause them difficulty.

Psychology works because:

- It is rooted in the science of psychology.
- It provides powerful, effective support to help you break unhealthy coping mechanisms.
- It helps you rewire your brain to create better, more positive habits.
- It helps you to challenge and overcome automatic beliefs and thoughts.
- It gives you practical strategies to change or modify your behaviour.
- It is actually capable of positively changing physical structures in your brain.

Signs that therapy is working:

- You understand what you are struggling with
- You know what your triggers are
- You are able to confront instead of avoiding
- You feel more equipped to manage your life
- You judge yourself and others less
- You can make decisions without consulting others
- You know how to communicate effectively
- You feel more confident and comfortable with who you are
- You can name and express your emotions
- You have healthy tools to manage your stress and anxiety
- Your symptoms feel less intense
- You feel better, healthier, and happier

Fast Facts about CBT

- Today, CBT is used to improve and manage various types of mental disorders and symptoms, including: stress, anxiety, depression, bipolar disorder, post-traumatic stress disorder, obsessive compulsive disorder, addictions and eating disorders.
- CBT techniques are also beneficial for just about everyone else, including people with no form of mental illness but who have chronic stress, poor moods and habits they'd like to work on.
- Studies have found that CBT is actually capable of positively changing physical structures in the brain.
- CBT can work quickly, helping patients feel better and experience lessened symptoms within a short period of time.
- While many forms of therapy can take many months or even years to become very helpful, the average number of CBT sessions clients receive is only 16.



SCAN ME

24/7. Personalized. Confidential. CBT Support.

**Register for Starling Mental Fitness.
Access code: **NHSAMEMBER****

Foothills Family Day!

The morning class celebrated our Clothing Study with our families!



We acted out Caps for Sale!



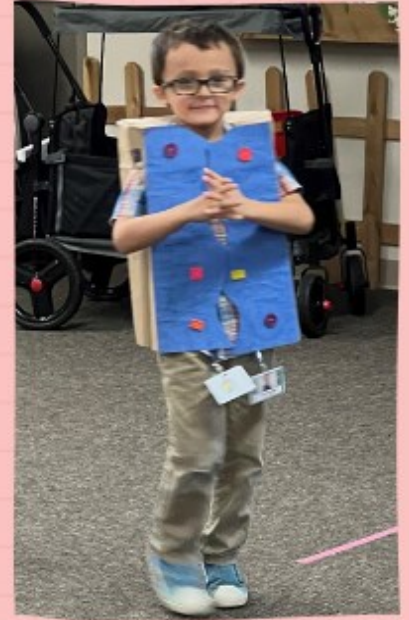
Submitted by: Kori Anderson

Foothills Family Day!

Had a Paper Bag Fashion Show!



Foothills Family Day!



Foothills Family Day!

And played
our silly
Sock
Matching
Game!



Cook Helpers!

Cook Fred Ellis has aprons and chef hats for all the children in EP. The aprons say "I am the Cook's Helper" "I listen well."

Today 2 cook helpers from each class helped prepare and assist with the class nutrition activity. They all made melon kabobs. All the children that would like to help lead an activity will get the opportunity to do so with Cook Fred. He tries to do activities quite often.

From Fred: " Today was making melon kabobs day! My helpers were able to scoop out melon balls then distribute to their friends to assemble the kabobs."

Such great fun!



Submitted by: Marcy Ellison

GREAT FUN WITH

THE PATRICK TEAM & CLASS!

Paula was able to go and do a food activity with the team. They prepared and ate and "cheers-ed" their yogurt, fruit and granola parfait cups! 😊

It was a great experience with some parents that were able to join in! Children tried new food - no one had ever eaten granola - and they loved it.



Submitted by:
Marcy Ellison



MUSIC UNIT AT ASHLAND!

We are doing a Music unit in Ashland, and we had three wonderful parents volunteer and share their musical talents with the kids!



Submitted by:
Andrew Kaufman



HAPPY WOMEN'S HISTORY MONTH

MARCH 2024

WOMEN'S HISTORY MONTH CELEBRATES THE CONTRIBUTIONS WOMEN HAVE MADE TO THE UNITED STATES AND RECOGNIZE THE SPECIFIC ACHIEVEMENTS WOMEN HAVE MADE OVER THE COURSE OF AMERICAN HISTORY IN A VARIETY OF FIELDS.

Happy National
Flapjack Day

March 7th



Promotions!

Congratulations on your hard earned success! It's a great joy to celebrate your promotion and advancement in your career with Southern Oregon Head Start!

ADILENE
MENDOZA

EHS Teacher Assistant

ALEXIS
ALLIN

EHS Teacher

ANA
TOVAR

Cook

CESILIA
SARTIN DOTY

Site Manager

DINA
ENRIQUEZ

Area Assistant

GRACIE
MYERS

EHS Teacher Assistant

MADISON
FENN

EHS Teacher Assistant

Welcome to SOHS!

A warm welcome to Southern Oregon Head Start!

We are delighted to have you be a part of our team!

**ALICIA
WARNER**

EHS Teacher

**CHARITY
RICH**

HS Teacher Assistant

**CINTHIA
PEREZ**

Cook Assistant

**FELECIA
SHAW**

Family Advocate

**JACOB
STORMENT**

HS Teacher

**JENNIFER
GUTIERREZ**

Listo Teacher Assistant

**KEELY
MCCANN**

Center Assistant

**KIRSTEN
CASWELL**

Service Area Assistant
Health

**MARIA
ARGUMEDO**

Listo Teacher Assistant

**MICHAEL
GREGORY**

Fiscal Specialist

**MICHELLE
MACKENZIE**

HS Teacher Assistant

**NIKKO
SELTZER**

HS Teacher Assistant

Welcome to SOHS!

A warm welcome to Southern Oregon Head Start!
We are delighted to have you be a part of our team!

PAIGE
SCOTT

Cook Assistant

REBEKKAH
FEHL

HS Teacher

SUNSHINE
REDLINE

Area Assistant

TASHINA
WILLIAMS

HS Teacher Assistant

Happy Birthday!



Feliz Cumpleaños!

MARCH 1ST

Kailee Parks

MARCH 5TH

Jan McRoberts

MARCH 9TH

Antonia Lopez

MARCH 12TH

Donna Parker

MARCH 13TH

Catherine Hall

Katherine Clayton

MARCH 15TH

Jean Lehmann

MARCH 16TH

Hilario Graciano

MARCH 17TH

Victoria Fogelquist

MARCH 20TH

Pam Biegler

MARCH 21ST

Angela Luckinbill

Marisol Rodriguez

MARCH 22ND

Ana Manzano

MARCH 23RD

Marlinda Lucas-Meek

Pramila Stevens

MARCH 25TH

Amber Dawson

Sarah Nash

MARCH 27TH

Anahi Rodriguez

Andrew Kaufman

MARCH 29TH

Tiffany Welch

MARCH 30TH

Erynn Hoie

Mary Alexander

Suzanna Vitale-Lind

MARCH 31ST

Jacob Storment



Happy Anniversary!



Feliz Aniversario!

1 YEAR

Cesilia Sartin Doty

Danielle Atchley

Juana Fuentes

Rocio Tellez

2 YEARS

Cindy Rockwell

Nikelle Rebelo

3 YEARS

Ana Gabriela Espinosa

Jaylyn Ewaldt

4 YEARS

Karen Brown

Kristal Sherman

Rene Parsons

5 YEARS

Robin Sweester

6 YEARS

Eunices Ayala

8 YEARS

Ashley Jasper

20 YEARS

Lisa Settle

