

Semcac Head Start



Family Handbook



Together We Build Bright Futures

This Institution is an Equal Opportunity Provider

Our Parent website: <https://ews.semcac.org:8443/ews/Docs/ParentPage.html>



Semcac Head Start's Visionary Mission Statement

To empower all children and families to reach their goals, we will foster strong relationships, offer multi-generational support, and provide family, education, and health services.

To accomplish our mission, we value:

- Our Head Start family
- Families as their child's first and most important teacher
- Diverse and welcoming environments
- Community partnerships and resources
- Commitment to making a difference through continuous improvement
- Building Bright Futures

Philosophy

We believe that parents are the first and most important teacher of their children for a lifetime. Every child is entitled to a safe, loving, respectful and nurturing childhood. Each family is unique, deserving of respect and dignity. Open communication, partnership and shared commitment between parents, teaching teams, and community is essential for quality services.

School Readiness Goals

Our goal is for all children to grow and develop to their full potential. In Head Start and Early Head Start, we talk about "School Readiness". For children, this means they have the skills, knowledge and attitudes they need to be successful in school and for later learning and life. These goals guide us in what and how we teach. You will be part of making a plan that includes activities at home and school that move your child towards an individual goal. We are eager to know and learn how best to support you and your child.

Approaches to Learning

Children will develop and increase skills in self-regulation, creativity, independence, persistence and curiosity.

Social and Emotional Development

Child will create and sustain positive relationships with adults and other children, and manage their emotions.

Language and Communication

Children will develop and increase skills in receptive (attending and understanding) and expressive (communicating and speaking) language and emergent literacy.

Cognition

Children will develop and increase skills in exploration, discovery, using memory, reasoning and problem solving, Children will increase skills in emergent mathematical thinking and scientific inquiry.

Perceptual, Motor and Physical Development

Child will develop and increase skills in perception, motor, personal care and health and safe behaviors.

Our exciting journey together is ahead. Whether this is your child's first year or you are returning, you will have an awesome experience – depending on your interest and participation. Take this as a challenge and get involved! Have fun growing with your child and other parents!

Semcac Head Start values every child and family no matter race, color, national origin, sex, disability, and age. We ask that children and families enrolled in our program do the same.

Semcac Head Start Helpful Tips

If you have ever made a move from one location to another or separate from friends, you know how hard a transition can be. Going from a familiar, comfortable environment to one that is different can be stressful.

As a parent your attitude is important. You can show in both words and actions that school is a safe place for your child to learn and grow. School is your child's first job. By encouraging daily attendance and participation, your child and you will have the best year yet!

Here are some everyday tips

- Sick children cannot function and endanger the health of other children in the classroom. If your child is, too sick for school keep them home. Ask teaching team members when is too sick for school. **Be sure to call and let us know when your child will not be in school.**
- Make sure your child is rested. Ten to 12 hours of sleep are recommended for young children. A tired child does not learn as well as a one who is well rested and ready for the day. It is important that you and your child get up early enough so there is time to get ready.
- Plan your morning schedule so you do not have to rush out the door. A picture schedule can be helpful for children who have a hard time getting ready. Ask your child's teaching team for ideas or help with morning routines.
- Be sure your child's body and clothing are clean before leaving for school.
- Unless ill, children need to be in school every day so they do not fall behind or miss important activities. We practice wishing well to those who are not in attendance.
- Set aside time each day for you and your child to enjoy some fun learning activities together. Talk to your child's teaching team for ideas on what you can do. Turn off the television during this time.
- Read to your child each day to help lay the foundation for future success in school. Every Head Start Center has a library for families to check out books.
- Send your child to school with a smile, a hug and an encouraging word each day.
- Check your child's folder for newsletters and other information daily.
- Ask your child about their day at school.



Center Based Services

Attendance

Attending school regularly helps children feel better about school and themselves! Start building this habit in early childhood so your child will learn that going to school on time every day is not only important, but is their job in their family. Good attendance will help them do well in elementary and high school and in their future job! Attendance matters!

- Make your child's attendance in the program a high priority.
- If your child will be absent, please call your child's classroom BEFORE the start of class. Please give us the exact reason your child is missing school. Classrooms have cell phones so you can reach teaching team members immediately. Meal orders and other daily scheduling depend on knowing if your child will be absent.
- If there will be an extended absence due to illness or family emergency, please notify your child's teaching team of the expected return date. An Extended Attendance Agreement will be initiated.
- If your child is unexpectedly absent and you have not contacted the program within one hour of expected arrival time, teaching team members will contact you to ensure your child's well-being.
- Teaching teams will conduct a home visit with you if your child has two days of absences with no contact from you. We need to ensure you and your child are safe.
- Children missing two days each month **for any reason** is considered chronically absent. When teaching teams review attendance data and notice your child's absences are adding up, s/he will call you or make a home visit to give needed support. Your child's Family Education Paraprofessional will complete *My Child's Success Plan* with you. This plan includes:
 1. What you as a parent will do to assure regular attendance of your child and
 2. What will happen if there continues to be irregular attendance. If the plan is not followed, your child will be dropped from the program.
- All teaching teams will work with you to overcome any barriers to help get your child back to regular attendance. Let us know how we can help!

Your child's regular classroom attendance is a high priority in our program. Full participation is strongly encouraged because it will maximize your child feeling like they are part of their school family. Children are able to greet friends and teaching team members at circle time, choose a classroom job, interact with children and adults during free choice and small group time as well as have a good understanding of the daily scheduled and planned activities. Full participation also enables children to build academic life skills. Celebrate good attendance as a family!

Behavior and Guidance Policy

Our philosophy on behavior guidance is to use each unwanted behavior as a learning opportunity to teach the missing skill for continued growth in safety, connection and problem solving. Our program uses Conscious Discipline, which encourages self-control, self-direction, self-esteem, and cooperation. If a child's behavior becomes unsafe for themselves and/or others, these positive methods will be implemented:

- Redirecting the child to another activity
- Giving the child a choice of activities. (You may do _____ or _____.)
- Working with the child on a one-to-one basis (self-regulation and the Safe Place). These strategies help children develop the ability to effectively control anger and aggressive behaviors. A child needs to learn not only to identify how they feel, but also how to regulate their feelings.
- Affirmations and Noticing: notice in detail what the child is doing well. "You held the door open so we could get through safely, that was helpful." Affirm big emotions to help build children's self talk, "You seem _____. You were hoping _____. That's so hard. Breathe with me." Do not wait for behavior to be perfect before praising-"you did it!" Use this strategy consistently and frequently, especially when a child is first learning new skill. Remember, it is the most powerful form of positive recognition you can give a child.

- Modeling: show the children what you want them to do. Children learn from watching, so always think about what you are modeling. If you want the children to lower their voices, make sure you are not yelling and show them what you mean, “match your voice to mine”. Map your actions such as, “walk down the hallway with your hands like this” or “pass the bowl to your neighbor like this”.

In accordance with DHS licensing and Head Start Performance Standards the following measures maybe initiated for persistent unacceptable behavior:

- Individual observations completed by our contracted Mental Health Professional
- Implementation of a *Classroom Behavior Safety Plan* completed by classroom teacher
- Meeting with you, classroom teaching teams Education and Health Coordinators to discuss best supports.

All Head Start employees are prohibited from using discipline such as:

- Subjecting a child to corporal punishment, this includes rough handling, shoving, hair pulling, ear pulling, shaking, slapping, spanking, etc.
- Subjecting a child to emotional abuse, which includes name-calling, ostracism, shaming, making derogatory remarks about the child or the child’s family, and using communication (yelling, sarcasm, ignoring and silence, etc.) that threatens, humiliates, or frightens the child.
- Punishment for lapses in toilet habits.
- Withholding food, light, warmth, clothing or medical care.
- Using mechanical restraints, such as tying.

If you believe an employee is using inappropriate discipline, please bring it to the attention of the County Coordinator for your site. All employees, consultants, and volunteers sign and respect a Code of Conduct to state that they will not leave a child alone or unsupervised while under our care; and, that they will use positive methods of child guidance. They will follow strictly the program’s procedures concerned with children’s behavior guidance.

Curriculum

Young children learn through exploring and experimenting with a variety of materials, interacting with adults and other children. Children need a variety of experiences to build skills, knowledge and understanding.

Curriculum is the framework for planning activities and experiences. We use

- Creative Curriculum System for Preschool (3-4 yr. olds for Head Start HS)
- Creative Curriculum for Infants Toddlers and Twos (Early Head Start – EHS)

Both are recognized as quality, evidence-based approaches to early childhood education with foundation in theory and research.

Weekly lesson plans organize activities around a topic that is meaningful and interesting to children. The lesson plan is posted in the classroom so you can see what your child is learning and doing. Teaching teams send home monthly newsletters that offer information and activities to do with your children. We encourage you to be involved by suggesting classroom activities or volunteering to share your interests or talents with the children. You are always welcome in your child’s classroom.

Daily Schedules

Teachers develop a daily schedule for indoor and outdoor activities that is appropriate for the age of the children in the class. The daily schedule is posted at the center.

A typical day includes:

- Large Group – Children practice listening to others and expressing their thoughts, ideas, and feelings. Group time provides an opportunity for children to experience a sense of belonging to the group
- Small Groups – Teaching teams introduce new ideas or materials to children. They may teach a specific skill like counting or telling a story. Small groups provide a time to talk and share ideas.

- Choice Time – Children have the opportunity to investigate, explore, and experiment. They are able to choose activities that interest them. Time is allowed for play to develop.
- Meals – Mealtime is learning time too. Healthy food choices, good manners, conversation, and enjoyment of sharing food with friends are important parts of meals and snacks.
- Outside/Gym – Active play indoors and outdoors. Physical activity is vital to good health and muscle development.
- Rest – Six-hour or more class sessions have a rest time scheduled.

Naps and Rest

- Classrooms that operate for six or more hours will provide a rest or quiet time consistent with the developmental level of each child enrolled in the program.
- A quiet dim lit area will be provided for the nap and rest area.
- The area will be physically separated from the area where children may be engaged in quiet activities.
- A child who has completed a nap or rested quietly for 30 minutes must not be required to remain on a cot.
- Each child will have their own cot.
- Blankets will be provided to every child. These blankets will be kept at the center and laundered weekly and as needed.

Nutrition

Nutrition is an important part of the Head Start Program

- Due to strict health and safety guidelines, all foods offered at Head Start must be purchased or provided by Head Start. No other food will be allowed.
- A consultant Dietician is available to parents, pregnant women and employees. The dietician provides:
 - menus, and guidance with prescribed special diets;
 - reviews growth assessments and nutrition intake of enrollees; and
 - provides nutrition guidance and training for families and employees.
- Children are served a nutritious breakfast and/or snack and lunch every day.
- Semcac Head Start takes part in the United State Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP).
- All meals served meet the USDA meal pattern requirements and provide at least 1/3 of the child's daily nutritional needs.
- You will receive a copy of the monthly menus. You are encouraged to be a part of menu planning by offering menu suggestions.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) [found online at: http://www.ascr.usda.gov/complaint_filing_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov
This institution is an equal opportunity provider.

Releasing a Child

- A child will be released only to his/her Parent(s) or to those persons who are listed on the Emergency and Release Information form. We must have a minimum of two people for contacts other than the Parent.
- Teaching team members must see the Parent or the designated, responsible person before releasing the child.
- In the event of an emergency, Parent(s) must provide written permission, ahead of time, if the child is to be released to a person not listed on the Emergency and Release Information form. Written documentation must include the date, child's name, parent's name and signature, and a brief description of the responsible person the child is to be released to.
- **Teaching team members will request identification before releasing the child to anyone they have not met before.**
- To ensure the safety of the children, we will not release children to persons behaving in a way that poses a risk to the children or to the facility. The appropriate agency will be called if this situation arises.
- If Parent or designated person does not arrive to pick up a child, employees will make every effort to reach Parent or persons listed on the Emergency and Release Information form. Thirty minutes after class ends when there has been no communication from responsible person, teaching team members will contact law enforcement.

Home-based Services

Attendance

- Make your child's attendance in the program a high priority. We are receiving Federal tax dollars to provide this program to you and your child.
- You and your Home-based Educator (HBE) will decide on a day of the week and a time to meet that works best for both of you for your home visit. This schedule will be the same each week.
- Occasionally something may happen that causes you to be unavailable for a scheduled home visit. If this occurs, please contact your HBE as soon as possible when you need to reschedule a home visit. The home visit should be rescheduled for another time that same week or you have the option to complete a two-hour home visit the following week.
- If there will be an extended absence due to illness or family emergency, please notify your HBE of your expected return date. An Extended Attendance Agreement will be initiated.
- **Attendance is a Concern** when your child misses one home visit and the visit is not rescheduled or made up your HBE will complete an Attendance Agreement with you. The Attendance Agreement will include:
 - What you as a parent will commit to, to assure regular attendance, and
 - What will happen if there continues to be irregular attendance
 - You and the HBE will both sign and date the plan.
- If the Attendance Agreement is not followed, your child will be dropped from the program so that other families can be given the opportunity to attend.
- All teaching teams will work with you to overcome any barriers to help get your child back to regular attendance. Let us know how we can help!

Curriculum

Semcac Early Head Start has chosen Partners for a Healthy Baby as our Home Based curriculum. This evidence-based series stresses the importance of prenatal and early childhood development and the power of early family relationships.

Home Visits

During your weekly home visits, you and your HBE will work closely together to help your child develop. Your home environment is used to help you create rich learning opportunities that build on everyday routines that support your child's growth. Early Head Start Home-based families will receive 46 home visits. Head Start Home-based families will receive 32 home visits. The home visits will be scheduled during the 12-month program year. This will allow for time off during holidays and vacations, as well as to schedule in make-up days.

Nutrition

- A meal or healthy snack is provided at Socializations following CACFP guidelines.
- All participants are encouraged to participate.
- Nutrition is part of ongoing learning activities on Home Visits, and at the Socializations.

Socializations

During the program year you and your child will meet with your HBE and other families. These times are called Socializations. You will have time to get to know other parents and share parenting experiences. You and your HBE will plan activities that strengthen your relationship with your child and provide opportunities for your child to interact with other children. There will be presentations about safety, nutrition, discipline and other topics of interest to you. A snack or meal will be provided. For Early Head Start there will be 22 planned socializations and for Head Start, there will be 16 planned socializations. We encourage you to make these gatherings your own, become involved and name your family group!

Background Study Checks

No Head Start employees will be hired in any capacity until a criminal record check for the individual has been completed. A full background study of the four checks includes: Verification of references; Sex offender registry check; Full criminal record check by the Department of Human Services (DHS) which includes when available, fingerprint checking; and, Child abuse and neglect state registry check, if available.

All volunteers, including AmeriCorps, interns, practicum students and Head Start Parents must be directly supervised. This means that they are to be within sight and hearing of employees at all times. Therefore, no background check is needed. If a person volunteers on a regular basis, for an average of three to four hours per week, s/he will complete a Criminal Arrest and Conviction Declaration.

Calendar

Teaching teams will provide a monthly calendar with the center newsletter. The calendar shows important dates or changes to the routine schedule. This will help you to plan ahead.

Birthdays/Holidays

Families in our programs have many different religions, cultures and beliefs. We believe that holiday traditions are family events that are celebrated differently from home to home. Therefore, our program will not celebrate religious, cultural or commercial holidays. We will not design events that exclude any child or family or discriminate against any family's beliefs, values, or customs. We encourage and support families in celebrating their own holiday and other traditions at home with their children.

Families also recognize birthdays in different ways. Our policy is that birthdays are acknowledged as a special day for each child. Teaching teams plan specific activities/privileges for the birthday child. "Birthday parties" will not be held in Head Start classrooms. Do not send birthday treats.

End of Year Events

The end-of-year event is an opportunity to recognize and celebrate the time children and families have spent in Head Start. Celebrations might include a family get together at the park or something that everyone can enjoy. Events are planned locally by parent groups and teaching teams.

Field Trips

Field trips are planned for children to have a chance to learn about the community. Teaching teams will send out slips in advance for you to sign giving permission for your child to participate in field trips. Home-based parents and children will attend field trips together.

Center Closing, Late Starts or Home Visit Cancellations

Notices will be sent to you via text or email, or you will be called if one is not provided. **It is important to let your child's teaching team members know if your cell phone number and/or email changes.** Closing, cancellations or late starts will happen when:

- Local school system closes due to bad weather.
- Hazardous road conditions.
- Outdoor temperature falls below a safe level for young children.
- Unusual circumstances; such as a pandemic.
- Furnace failure, no water, etc.
- And in the event of multiple teaching team member's absences.

Conscious Discipline

Social/emotional development is key for children to be successful in all areas of life and learning. Forming relationships with others and developing a sense of identity and belonging is vital. Conscious Discipline is a comprehensive, trauma informed, self-regulation program that provides guidance to teaching teams, leaders, children and families. Conscious Discipline promotes connectedness by building a School Family. The three core components of Conscious Discipline are safety, connection, and problem solving. It helps adults and children develop the skills of composure, assertiveness, encouragement, choices, empathy, positive intent and meaningful consequences using structures, routines, and rituals.

Conscious Discipline teaches important life skills such as:

- We are responsible for our own feelings and actions;
- The choices we make impact others;
- We teach others how to treat us;
- Conflict and mistakes are opportunities to learn a new skill; and
- Love is more powerful than fear; cooperation is more effective than coercion and compassion is more powerful than competition.

Disabilities and Special Needs

Every effort is made to meet each child's individual need. If your child has a diagnosed disability or special need, Head Start will work with your local school or other agencies to coordinate services.

- If you have any concerns about your child's development, talk to your child's Teaching team.
- Referrals for evaluation are made based on information from developmental/sensory screenings, classroom observations, medical records/history, and Parent comments/concerns.
- Written parental permission must be obtained before a referral is made to a School District or any agency or you are free to make the referral on your own through <http://helpmegrowmn.org/HMG/Refer/>
- When the evaluation is complete, a meeting is held with parents, various school district staff and Head Start employees. It will be determined if your child qualifies for services from the school district (ECSE). If so, and you agree, an Individual Education Plan (IEP) (3-5 year olds) or an Individual Family Service Plan (IFSP) (Birth – 3 year olds) will be developed.

- Teaching teams will support parents through referral and the evaluation process. If you have questions at any time, contact your child's teaching team.

Dressing for Head Start

It is great when children wear comfortable play clothing that they can get dirty. We do many messy fun things throughout the day.

- Children need to be dressed to play outside including jackets, boots, mittens and hats when the weather is cold. Because outdoor play is important, the children will go outside in temperatures down to 0 degrees.
- Head Start promotes the physical development of children with activities like running, climbing, jumping, hopping on one foot and skipping. For your child's safety he/she needs to wear a full tie-up shoe like a tennis shoe or one that closes with Velcro. **No sandals, flip flops, open toed shoes, dress shoes or high heels are permitted.**
- Please send an extra change of clothing to be kept at the center.
- Head Start will not be responsible for damage or loss to/of children's clothing.

Dual Language Learners

Dual Language Learners (DLL) are children who "acquire two or more languages simultaneously, and learn a second language while continuing to develop their first language. Head Start's goal is for every child to grow and learn to his/her fullest potential. We are continually improving our best practices to best support every child.

We respect and honor the cultures of all Head Start families. Culture, traditions, and language are an important part of your family. They give your child a sense of belonging and help them understand how they fit in the family and community. For that reason, we encourage you to teach your children your home language and use it often. Research shows that a strong foundation in the home language makes it easier for children to learn to read, write and speak English.

Our classroom language model is English with Home-language support. This means that lessons will primarily be taught in English, with support from teaching teams by engaging families and providing examples of each child's culture and language in the classroom. Your child's teaching team will be sharing activities for you and your child to work on together at home. This will be a good opportunity to make connections between home language and English. We invite you and your child to share songs, stories or traditions that are important to your family with the rest of the class. Your child's teaching team will let you know about opportunities to come into the classroom to share or to help in other ways. We look forward to sharing these learning experiences with you.

Health Requirements

Children need to be up-to-date with all medical and dental appointments and immunizations according to Minnesota's EPSDT guidelines to be in our program and in public schools. Head Start will collaborate with you to bring your child up-to-date with these health requirements as quickly as possible. Notify your child's teaching team of all scheduled appointments they will be happy to assist you in making necessary arrangements.

Your child must meet the following health requirements:

1. **A current physical examination** must be obtained from your family physician or local health department. It is a state child care licensing requirement that each child must have a medical exam on file before they can start the program or within 30 days of starting the program.
 - a. If the well child exam is not completed as required, children enrolled in center-based classrooms will not be able to attend until exams are complete.
 - b. Your child's teaching team will complete a weekly home visit until your child is brought up to date.

2. **A current dental exam** must be completed by a dentist, dental therapist or dental hygienist within 90 days of starting the program.
 - a. Follow up dental treatment must be completed in a timely manner.
 - b. If your child is unable to attend a scheduled dental appointment, it is very important to call the dental office to cancel your appointment in order to stay in good standing; some dental offices will not reschedule a 'no show' appointment.
3. **Immunizations must be kept up-to-date.** State law requires an immunization record for each child before starting the Head Start program.
 - a. At least one dose of each vaccine (DTaP, Polio, Hib, Hep A and B, MMR, & Varicella) is required for your child to attend the center.
 - b. Enrolled infants and toddlers will follow the required immunization schedule according to their age.
 - c. If you are opposed to immunizations, you must indicate this on the Child Care Immunization Record Form and have notarized, before your child can attend center-based classrooms.
4. **All families need a medical and dental home and health insurance coverage.** Teaching teams will assist you in finding care and coverage if you do not have any established.

Payment for Services

The billing for your child's well child and dental exam and any follow-up care must be submitted to your health insurance plan. If your child is not covered by a health insurance plan, teaching teams will assist you in accessing resources. Head Start has limited funds, therefore, all other resources must be considered before Head Start can pay for services

Medication

- Prescribed medication may be administered to your child while attending a center, only when necessary.
- We encourage you to administer medications at home.
- If necessary, teaching teams will ask you to complete a form which gives them specific information and permission to give the medication to your child.
- All Head Start employees receive training on medication administration as necessary.
- All medications, with the exception of rescue medications, are secured in a lock box.
- The medication must be brought in by an adult in its original container with a pharmacy label indicating:
 - The Doctor's name;
 - The child's name;
 - Strength and name of the medication;
 - Instructions for use; and
 - Expiration date.

Mental Health Professional

A Mental Health Professional (MHP) is a part of the Head Start team and is available to Head Start employees and families. The contracted MHP will:

- observe in the classroom;
- review social/emotional screenings;
- provide guidance and training;
- work with teaching teams and parents to find resources to help meet children's needs; and
- Head Start employees and/or parents may request further assessment and referral.

Oral Health

We take care of our teeth by making tooth brushing a part of our daily routine. In our classroom, we brush our teeth as a group. The children and teaching teams brush with a dry toothbrush and a ½ pea size dab or less of toothpaste at the classroom tables in a group. Teaching teams guide and direct the children. This process allows the children to get the full benefit of the fluoride in the toothpaste.

Safety

Safety measures are in place to assure your child is safe and always accounted for.

- Teaching teams will keep you informed of health and safety issues if they should arise. In return, it is important to keep them informed of any issues that could affect the health/safety of your child or others.
- During the school year, if your child experiences a serious injury or is hospitalized for a health issue or any other circumstance that may possibly affect your child's ability to be in a childcare setting. A note from the doctor will be required for your child to return to the classroom, stating when your child can return and noting any restrictions.
- Head Start employees are certified in Pediatric First Aid and CPR, and trained in emergency preparedness. In the event of an urgent/emergency situation, appropriate action will be taken including contacting emergency resources as needed.
- Each site has a First Aid Kit, Fire Extinguishers, a Crisis Kit, Emergency Plans and maps of Emergency Exits, which are posted. Please take note of these items when you are in the classroom. Emergency drills are conducted on a regular basis
- Each child must have an *Emergency and Release Information form* on file, which gives teaching teams contact information and necessary approval for emergency treatment if needed.
- Parents will need to list at least 2 local contact people other than themselves, whom we can call if there is an urgent/emergency situation or if your child is ill.
- In an urgent/emergency situation you will always be contacted first, however if we are unable to reach you, the emergency contacts will be called.

Sick Children

- If a child becomes ill while in our care, parents will be asked to pick up your child. If your child's teaching team is unable to reach you, they will call persons on the *Emergency and Release Information form*.
- A "Health Alert" notice will be posted at the site and available to you informing you of any communicable disease your child may have been exposed to. Contact your child's teaching team within 24 hours if your child has a communicable or contagious disease.
- Your child needs to be kept home if he/she has any of the following:
 - With a reportable illnesses or conditions as specified in 4605.7040 that the Commissioner of Health determines to be contagious and a physician determines has not had sufficient treatment to decrease the health risk to others;
 - With chicken pox until the child is no longer infectious or until the lesions are crusted over;
 - Who has vomited two or more times since admission that day;
 - Who has had three or more abnormally loose stools since admission that day;
 - Who has contagious conjunctivitis or pus draining from the eye;
 - Child has a bacterial infection such as Strep throat or impetigo and has not completed 24 hours if antimicrobial therapy;
 - Who has lice, ringworm or scabies that is untreated and contagious to others;
 - Who has a 100 degree Fahrenheit axillary or higher temperature of undiagnosed origin before fever reducing medication is given;
 - Who has unexplained lethargy
 - Who has an undiagnosed rash or a rash attributable to a contagious illness or condition;
 - Who has significant respiratory distress;
 - Who is not able to participate in activities with reasonable comfort; or
 - Who requires more care than the program staff can provide without compromising the health and safety of other children in care.

If teaching teams have a home visit scheduled and someone in your family is ill, it is important to call your child's teacher and reschedule the visit.

The Health Coordinator is kept informed of all health or safety issues that arise. The Health Coordinator may contact you about specific health issues. You are welcome to contact the Health Coordinator at the Head Start office Phone # 507-864-8209 with any questions you may have.

WIC Information

Women, Infants, and Children (WIC) Nutrition Program.

WIC is a program provided in all counties supporting pregnant women, infants, and children up to age 5 nutritional needs. WIC provides:

- Nutrition advice and tips;
- Healthy foods like fresh fruits and vegetable, whole grain cereals, bread and tortillas, low fat milk and baby foods;
- Breastfeeding support; and
- Caring and supportive staff

To learn more, contact your family education paraprofessional or HBE; call 1-800-WIC-4030 or visit <http://www.health.state.mn.us/wic> for a WIC clinic near you. This program is no cost to you. What you have to gain is a healthier baby, healthier family, and healthier you.

Parent Engagement

You are your child's first teacher! Your involvement is essential to a successful school year and beyond. There are many opportunities to be involved and enjoy your child's early education experience. Your presence in the classroom, at home visits and parent/teacher conferences is not only helpful, but also important to your child. For your child to be ready to succeed in school and in life, we need to work together. Some things you can do at home include:

- Establishing family routines.
- Promoting positive discipline.
- Creating a language and experience-rich home environment.
- Reading or engaging in other literacy based activities every day.

The possibilities are many and the rewards are endless. Come join in the fun!

Family Partnership Agreement

When Head Start and families are partners, they "agree" to work together on behalf of their child and their family. Head Start will develop this partnership with you, in a comfortable way that respects your needs and privacy. The family partnership process takes time.

The Family Partnership Agreement has four important parts, which we offer to all families:

- *Getting to Know You*

During the first few weeks of the program year, teaching teams will ask you questions as a way of getting to know you and your child. Examples of questions are what a normal day looks like for your family, what you think is the best part about being a parent, and what toys and activities your child enjoys?

- *Family Strength Matrix*

You and your teaching team will engage in a private conversation that over time will help you discover your strengths and identify your interests and needs.

- *Your Family's Dreams and Goals*

Next, together with your child's teaching team, we will build on your strengths. Some families want to find an apartment with more space, some want to find a dentist. You may want to learn better ways to guide your child's behavior, earn your GED, or learn to speak English.

- *Connecting with Resources*

Occasionally, many of us need help from others to reach our goals. Teaching teams will work with you to help you find answers to your questions and the resources to make your goals and dreams a reality.

When your goals are reached, we will be ready to help identify new dreams. We are striving for your child and family's success, now and in the long-term, even after you leave our program.

Parent Contacts, Home Visits and Conferences to Review Progress

Parents and Head Start are partners working together to help children grow and learn. Family contacts are scheduled throughout the year - four times for Preschoolers in center-based and five times for year round programs. With your help, your child's teaching team will:

- Identify your child's strengths and needs along with your family's strengths and goals.
- Evaluate your child's progress.
- Set goals and plan activities that will help your child grow.
- Review community resources and information available to help your family.
- Develop and provide written reports on your child's progress.

Participation Matters

Giving your time to Head Start not only benefits your own child and family, it also shows others that Head Start is a valuable resource for families and communities. A Head Start child's preschool center-based education costs approximately \$11,000. Some ways you can be involved:

- Volunteer in the classroom.
- Help plan activities/field trips with teaching teams or your sites.
- Participate on Policy Council (our governing board).

We invite your family's participation at local family events and Parent Committee Meetings. These activities are organized with parents and happen throughout the year. They provide time to:

- Share ideas, concerns, and opinions about what is happening at your site or in your community.
- Gain knowledge from special speakers.
- Share, learn, and strengthen parenting skills.
- Learn about, and help plan activities for your child.
- Learn about Policy Council decisions.
- Meet other parents; make friends, and HAVE FUN!

Policy Council

Parents with children in the program now, past parents, and community members make up the Policy Council. Every Early Head Start/Head Start class elects two Parents to represent the class/site at Policy Council. This gives Parents the chance to take part in making decisions to better our program. The work of Policy Council is to:

- Voice ideas of your local parent committee to better the whole program.
- Share Policy Council information with your local parent committee.
- Give input into program design, planning and policies. For example, help determine the criteria for selecting who is in the program.
- Be involved in the hiring of Head Start employees.
- Serve as a link to the community and advocate for the needs of children and families.

Policy Council meeting information is available for all parents/guardians to read on our parent website:

<https://ews.semccac.org:8443/ews/Docs/ParentPage.html>

Other resources for parents/guardians are found there also.

“What Else Do I Need to Know?”

DHS Licensed Centers

Head Start Centers are licensed under Rule 3 by the Minnesota Department of Human Services. The exceptions would be our school partnership centers. Licensure provides guidelines to ensure safe, nurturing environments for children in our care.

Individual Child/Family Files

All Head Start employees are mandated to protect data and information on all children and families. All employees, consultants, policy council, and volunteers receive training on confidentiality and sign a Code of Conduct that covers confidentiality and ethics.

- Information about your child or family cannot be given out to anyone unless we have received your written permission, a court order, or child protection is involved. Do not ask Semcac employees or volunteers about other enrolled children or families. By law, Semcac employees are prevented from sharing information to protect all families and Head Start.
- Parents have the right to inspect your child's records, and to amend records, if needed. Teaching teams will provide a copy of child records at no cost if requested.
- Every child will have an individual file containing information regarding the child. All children's files will be kept confidential, in a locked file. These files are open only to:
 - Head Start administrative and teaching teams,
 - Federal or state program staff, including Department of Human Services Licensing,
 - Child's parent(s)/legal guardians,
 - Individuals with Child Protection Court Order
- Parents must sign a release giving Head Start permission to forward records to other agencies, persons or appropriate school district.

Insurance Coverage of Children

Head Start has insurance, which covers your child if there is an accident/injury, in the classroom or while participating in any Head Start activity.

No Smoking

To ensure a healthy environment for your child all Head Start facilities are smoke free. This includes classrooms, offices, meeting rooms, and outdoor play areas. Smoking is not allowed in agency vehicles nor during field trips. We ask that you refrain from smoking when Head Start employees visit your home.

Permission for Research and Public Relations

- Written permission must be obtained from a Parent before a child is involved in any research project or experimental procedure.
- Parents must give permission for children to be involved in public relations or media coverage. Permission for public relations materials that promote the Head Start program such as photos used for display boards, brochures, etc. is granted through completion of the Family Program Agreement.
- Permission for media coverage of special events will be requested separately if/when needed.

Pets at the Center

Before bringing a pet to the center or socialization, teaching teams must approve the visit and a signed permission slip by all parents must be completed. This gives the teaching team an opportunity to notify other parents and confirm that all approve. Be sure to tell your child's teaching team if your child has an allergy to pets or a strong fear of animals.

Problem Solving

Should a problem arise, please:

- Call or stop by the center to set up a time to discuss your concerns with your child's teaching team. She/he will make every effort to resolve your concerns according to our Problem Solving procedure. You will receive a copy of this procedure when you meet to discuss your concern.

- If this does not resolve your concerns, contact the County Coordinator for the site. She/he will follow-up based on the Grievance Policy, which is approved by Policy Council and Semcac Board.
- Possible violations of Minnesota Statutes or Rules that govern our facilities could be reported by calling the Department of Human Services, Licensing Division at 651-296-3971.
- **Please remember that Head Start employees will not discuss your child when the child or other children/parents are present.**

Reporting Maltreatment of Minors – Child Abuse and Neglect

- Any person may voluntarily report abuse or neglect.
- If you know or suspect that, a child is in immediate danger, call 9-1-1.
- All Head Start employees are mandated by Minnesota law to report any suspected child abuse or neglect. If Head Start employees know or have reason to believe a child is being or has been neglected or physically or sexually abused they must immediately (within 24 hours) make a report to an outside agency.
- All reports concerning suspected abuse or neglect of children or unsafe conditions occurring in a licensed facility will be made to the Department of Human Services, Division of Licensing at 1-651-431-6600.
- Reports regarding incidents of suspected abuse or neglect of children occurring within a family or in the community should be made to the local county social services agency or local law enforcement. County contact numbers:

Dodge County MN Prairie County Alliance	507-431-5725
Fillmore County/Social Services:	507-765-2175 x.1
Houston County Human Services:	507-725-5811
Mower County Human Services:	507-437-9700
Steele County MN Prairie County Alliance	507-431-5725
Winona County Human Services:	507-457-6500

- To report possible licensing violations, please call DHS at 651/431-6600.
- If Semcac Head Start comes to know that an internal or external report of alleged or suspected maltreatment, or of other licensing violations, has been made about Semcac Head Start, the Head Start Director will act immediately. S/he will pursue Semcac's Personnel Policy on Misconduct/Dishonesty/Fraud. If the concern relates to the Director, then Semcac's Human Resources Director will complete the investigation.

Sex Offenders

- Semcac Head Start does not allow convicted sex offenders to volunteer in our classrooms. This policy applies to Head Start parents who are convicted sex offenders.
- Head Start parents who are convicted sex offenders will not be allowed to come into our centers or have any contact with other children. If the parent needs to pick up her/his child, they would be allowed to do so in the parking area only.

Volunteers

- Volunteers are never left alone in the classroom, unsupervised with children.
- Volunteers (other than family members) must complete an application process. If a person volunteers on a regular basis, for an average of three to four hours per week, s/he will complete a Criminal Arrest and Conviction Declaration.