

2016-17



Parent Handbook

SPOKANE HEAD START/EARLY HEAD START
A PROGRAM OF THE COMMUNITY COLLEGES OF SPOKANE



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Welcome to Head Start/Early Head Start

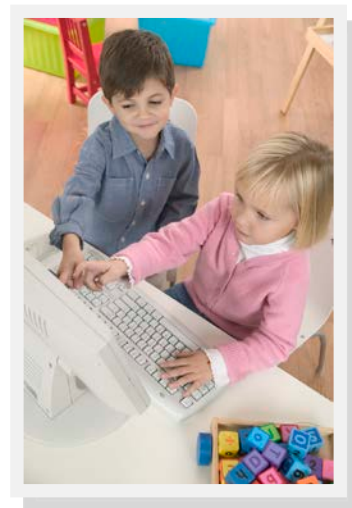
We are happy to have you and your child as members of the Spokane Head Start/Early Head Start program. Head Start and Early Head Start are comprehensive early childhood education programs that promote school readiness from birth to Kindergarten for children. School readiness means children are ready for school, families are ready to support their children's learning, and schools are ready for children. Head Start/Early Head Start promotes children's growth in the following areas: cognitive, social, emotional, physical development, and health.

Children do better in school when parents are involved. We believe that you, as the parent, are the first and most important teacher of your children and that your engagement is an important part of your child's success. There are many opportunities for you to participate in our program, and we welcome you to become involved in your child's education.

We encourage you to volunteer in the classroom and to participate in the many trainings, activities, and events that will be available to you. We especially encourage parents to consider being part of the Policy Council. The Policy Council meets monthly and allows parents and community members to have input in program direction and to share ideas about how we can improve our services to families.

This Parent Handbook includes important information about program policies and practices that will help you and your child get the most benefit from your Head Start/Early Head Start Experience.

Patty Allen
DISTRICT DIRECTOR



You Are Part of Our Team

Head Start (HS) and Early Head Start (EHS) depends on you to make our program successful! There are many opportunities for you to get involved. We welcome you to become involved in your child's HS/EHS classroom.

Ways You Can Volunteer and Get Involved...

Health and Nutrition Activities

Help with health screenings.
Share family recipes.

Help with classroom cooking activities.
Help prepare and serve snacks.

Classroom Opportunities

Read a story to children.
Share family traditions.
Sing a song/play instruments.
Help with art activities.

Help with a field trip.
Show kids how to use tools.
Support your child's learning goals at home.

Office Activities

Answer phones.
Decorate bulletin boards.
Help with mail and filing.

Put information in cubbies.
Photocopy flyers.

Program Planning

Represent your site at Policy Council.
Participate in parent committee meetings.

Assist with program self-assessment.

While you participate in program activities such as classroom or center volunteer, attending parent meetings/trainings, etc., Head Start will pay for child care for your non-enrolled children. See your family services coordinator for a Child Care Reimbursement form.

Regular volunteers need to have a TB test (see your medical provider) and a Criminal History Check.

In-Kind

We Keep Track of How Many Hours Parents Give to Our Program . . . This is important! We need over *\$1 million* worth of volunteer hours each year to count toward required nonfederal match, or "in-kind," requirements.

Time spent at home supporting your child's learning goals can also count toward in-kind.

Classroom Services

Parents are welcome to visit their child's classroom at any time; however, please make other arrangements for the enrolled child's siblings. Drop-off and pick-up can be hard for young children. If possible, allow extra time to say "good-bye" at the beginning of a session and for pick-up at the end of the day.

Children enrolled at HS/EHS have the chance to build friendships with other children and adults. They learn through play—actively exploring the world around them. During free play, children participate in art, water play, music, movement, and story time. They develop emotional control, readiness to learn, and independence. Most importantly, children learn to feel good about themselves and school! To support this, HS/EHS staff:

- Involve parents in planning child activities and gathering in-kind at home.
- Give children many opportunities for success and lots of positive messages.
- Help children learn how to solve problems.
- Meet with you four times during the year to talk about goals for your child.
- Offer cooking activities and teach good health and safety habits.
- Support individual and cultural differences that help children develop self-identity and strengthen their family and community relationships. Activities of a religious nature are not a part of Head Start/EHS.

Holidays and Celebrations

Holidays and celebrations are discussed and agreed upon at each site by parents and staff and honor each family's uniqueness.

“Sample” Classroom Schedule

Arrival	Hand washing	Snack
Breakfast/brush teeth	Lunch	Outside Play
Choice Activities	Nap Time (Full day only)	Departure

Dressing for School

Your child should:

- Wear comfortable play clothes that are easy to wash—we do lots of messy projects.
- Dress for the weather, including hats, mittens, and boots. We go outside almost daily. **NOTE:** Follow the *Child Care Weather Watch* guidelines on page 14. Also see *Air Pollution and School Activities* on page 15.
- Bring an extra set of clothes to be left at the site.
- Wear shoes that are safe for running, climbing and playing (no flip-flops or strapless sandals, please).

Child Guidance and Discipline

Sometimes a child may hurt themselves or another child, run, or stop other children from learning. Head Start/EHS staff and parents talk and work together to develop a behavior plan. We also work with other professionals as needed to help make the classroom a safe, enjoyable place for all children.

Reminders for Parents

Cell phones must be turned “OFF” or silenced:

While picking-up **and** dropping-off children.
While volunteering.

While nursing your child on-site.
While attending meetings or activities, including field trips.

Please do not allow your child to bring their toys to school. **You Must Sign Your Child In and Out of the Classroom Daily! Full Legal Signatures Are Required.**

Children’s Services

Toilet Training

Teachers follow the parent’s lead. We can help you look for signs that your child is ready to try the toilet. Children who will be potty trained will need some extra underwear and clothes at school. Children are encouraged but not forced to use the toilet. Talk with your child’s teacher about the use of training pants and pull-ups.

Biting

We encourage your child to use “words,” not their mouth or teeth to communicate, but sometimes children bite. Ice-packs will be applied to the injury. Accident reports will be made, and you will be notified that day if your child is bitten or has bitten another child/adult. If biting becomes frequent, we will meet with parents and make a plan for home and school.

Infant/Toddler Services

Communication

You are welcome to join your child in the classroom. You can rock or nurse your baby and participate in activities throughout the day. It is important to let us know every day about your baby or toddler. We invite you to use the “Daily Communication Log” in each room. Tell the teacher about any changes in food, bottles, sleep, emotions, and health. We welcome your ideas concerning family traditions and activity ideas.

Feeding

Breastfeeding: This is the best food for infants. We want to support you when nursing your baby. We can provide you with a comfortable, private place to feed your baby. Let’s talk about what you need.

Bottles: Tell us what formula your baby is using. In most cases, we will provide that formula. If it is a low-iron formula, we will need a note from your child’s doctor. Infants will be held while drinking from a bottle.

Meals: We offer healthy, nutritionally balanced meals and snacks. We eat family style meals. Between about six months

and one year of age your child can begin to drink from a cup. This will prepare your child for being weaned from the bottle between 12-13 months. Tell us what foods your baby eats at home and when they try a new food. Introducing new foods is up to the parent; teachers will help you.

Diapering

We will keep a record of when your child is changed. We follow stringent sanitary procedures by wearing disposable gloves and using disposable changing table paper. Afterwards, hands and the changing area are cleaned with a sanitizing solution.

Sleeping

In keeping with state safe sleep guidelines, infants will be placed on their backs in their own crib. Staff do not use blankets, bumper pads, mobiles, or stuffed animals in the crib. No child over 6 weeks of age will be swaddled or restrained in any way. Infants will be provided with sleep sacks for safe sleeping. Infants and toddlers can be rocked to sleep or swaddled to rest but the blanket or swaddling will be removed before placing the child in the crib to rest. The intent is to provide a safe, soothing, and comfortable place for children to sleep.

Special Services

Mental Health

We consider mental health to be a foundation for the HS/EHS program. Mental health is about our social and emotional well-being, and affects the relationship between children and parents and our relationship with everyone around us.

Our goals for children and families are to:

- Respect children and adults as individuals.
- Provide a safe, secure, and nurturing environment for children, parents and staff.
- Encourage the learning of social skills, which lead to positive self-esteem.
- Seek help when needed.

Classrooms, family service staff, and mental health consultants help children learn to share feelings, build trust, problem-solve, resolve conflicts, and develop independence and attachments. All of these lead to the development of positive mental health. Parent training is offered in these same areas. HS/EHS has mental health staff, or mental health consultant, at your site on a regular schedule. Ask staff for more information. Community resources are also available.

Disabilities

Staff complete health and developmental screenings within 45 days of enrollment. This is to identify areas where more evaluation may help us provide better services for your child. We work with community specialists and your neighborhood public school to get extra evaluations and services for your child. If you have any concerns or think your child may need some extra help, please talk to your child's teacher. Parents are encouraged to bring an advocate or support person to any meetings regarding special services or when working to resolve a conflict.

Nutrition Services

Children in our program are served nutritious meals following the Child and Adult Care Food Program guidelines. **If your child has food and/or milk allergies, please let us know!** Your family services coordinator and teacher will work with you, our cooks, and the nutrition specialist, a registered dietitian, to meet your child's needs.

Mealtime is Part of Class Time

Children learn a lot at the table when they serve and pour for themselves, pass foods and take part in conversations. They are even willing to try foods they might not eat at home! Parents tell us this all the time. So be positive and don't tell your child, "You won't like that!"

Children in a full-day program receive breakfast, lunch, and an afternoon snack. Children who come for the morning session receive breakfast when they arrive and lunch before they go home. Afternoon session children receive lunch when they first arrive and a snack before they go home.

Because we don't allow food to leave the classroom, please let your child sit at the table to finish their meal or snack.

- Parent volunteers may eat in the classroom when their participation is scheduled at least two days in advance, and they are helping out with the meal.

- Due to rising food costs, we can only provide a child-sized meal and only two volunteers at a time are allowed to eat in the classroom.
- Non-enrolled siblings of enrolled children are not allowed to eat meals in the classroom.

My Plate

Head Start and Early Head Start are using an early childhood health/nutrition curriculum developed by The Children’s Museum of Manhattan (CMOM) and The National Institutes of Health’s (NIH’s) We Can! program. We like this curriculum because it teaches positive messages about health/nutrition in fun and engaging ways and it uses art, literacy, math, and physical activities to teach health and nutrition. We hope to engage everyone with information and strategies to make healthy choices at school and at home! Ask your teacher what the lesson for the month is so you can support your child’s learning at home.

Food Experiences in the Classroom

At least once a month, the preschool classrooms do a food preparation project during class time. If you have ideas about simple foods that children can help prepare, let your child’s teacher know. Food may only be purchased by HS staff for all activities.

Head Start/EHS Promotes Healthy Food Choices

- Our policy does not allow sweets to be brought into the classroom for birthdays or other occasions. There are other ways to celebrate. Talk to your child’s teacher for other ideas.
- Please, no gum or candy in the classroom.
- Please do not bring home-canned, frozen, or prepared foods (including home-grown fruits and vegetables) to school for classroom use.

The menu is posted in classrooms each week and is also sent home with your monthly site newsletters.

Health Services

Our goal is good health for your child and your entire family. We work with you to develop the Health Services you and your family need. We desire to ensure your child has a medical home and continuous accessible health care.

Head Start/EHS Health Screenings

Staff provide the following health screenings for all enrolled children: vision, hearing, height, and weight.

Emergencies or Sudden Illness

- We will provide emergency First Aid and will call 911 if needed.
- We will call you at home, school, or work in case of an emergency. If you are not available, we will call the emergency contact that you have listed on your Release and Treatment Authorization form. ***(Please tell us when phone numbers for you or your emergency contacts, doctor, or dentist change).***
- We will ask you to sign a release so that your child can be treated at a hospital in case of a serious injury or illness when we are unable to reach you or your emergency contacts. If you cannot get to the center and your child is being transported to the hospital, a staff member will accompany your child and remain with your child until you or a family member arrive.

Health Care Plan

Staff follow the Health Care Plan to provide comprehensive health services to all enrolled children. To learn more about the Health Care Plan, contact your center’s staff or the Health Services Specialist.

Be Very Wise — Immunize!

It is very important to keep your child up-to-date with immunizations. Keep your child current with immunizations according to the Washington State Department of Health Vaccine Schedule Required For Child Care/Preschool Attendance.

For more information, talk with your FSC, health care provider, or go to the DOH website:

www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/VaccineRequirements. You may also contact your HS/EHS health specialist at **533-4833**.

Well-Child Exam

Well-child exams assure that your child is healthy and developing normally. Infants and toddlers need exams frequently while preschoolers need them yearly. Follow the schedule your health care provider recommends for your child. Although it is not a requirement of participation in the HS/EHS program, it is a program requirement for staff to obtain a copy of the most recent current exam for your child records.

Dental Exam

Dental exams are required for all children. Family service coordinators can enroll your children in the ABCD Dental Program and assist you to find a dentist. As with the well child exams, the staff will request verification of the most recent exam for your child's records.

Medication at School

If your child is taking any form of medication, our first preference is for medication to be given at home, before and after school. If medication needs to be given at school, we must have authorization from your doctor before beginning and/or discontinuing medications. Check with your family services coordinator or the health specialist/RN for details.

When Your Child is Sick

Please call as soon as possible if your child is sick or won't be at school that day! If children have diarrhea, a fever, or are vomiting they must be symptom free for 24 hours before returning. **If your child is too sick to play outside, then your child is too sick to be at school.** Sick children **cannot** remain at school. In certain cases, if your child has been hospitalized or seen in the ER or Urgent Care, we ask that you bring a note from your doctor when your child returns to class letting us know that your child is well enough to return to school. We have a health care plan that gives more detail about illness. If you are interested, ask a staff person to share that with you.

When to keep your child home:

Vomiting	Two or more times in 24 hours.
Rash or lice	Body rash, especially with a fever or itching. Live lice until child has been treated.
Diarrhea	Three or more watery stools in 24 hours.
Eye Infection	Thick mucus or pus draining from the eye.
Sore throat	With fever or swollen glands.
Just not feeling very good	Unusually tired, pale, lack of appetite, confused, or cranky.
Fever	Temperature of 100° or more (taken under the arm) and sore throat, rash, vomiting, diarrhea, earache, or just not feeling well.

Parent/Family Services

Our program staff will work with you to identify and build on your strengths and to find the resources you need.

Who?

Each classroom has a Direct Service Team (DST): the family services coordinator (FSC), lead teacher, and associate teacher who will work with your child and family.

What?

Throughout the year, we work together as partners. Your family service coordinator (FSC) will work with you and your family to identify your goals and locate community resources to help you reach those goals.

Each site will provide unique opportunities for parents and children to learn and have fun together.

How?

Our staff is here to:

- **Support you** in your role as your child's most important teacher.
- **Listen** to you in order to help you in developing and reaching your goals.

- **Assist** you in gaining work experience and seek training programs
- **Provide information** and classes on topics of interest.
- **Refer you** to resources throughout the community to meet the needs of you and your family.

Parent Engagement and Leadership Opportunities

Policy Council

Policy Council (PC) is the program-wide parent decision-making group that meets monthly. Parents and community members help make program decisions, hire staff, and approve the budget. Parents and staff members share ideas and concerns. Training is provided for Policy Council members. If you are interested in learning more about PC, ask your FSC, teacher, or center manager.

Health Services Advisory Committee (HSAC)

This group of parents, staff members, and community health care professionals meet three times a year to address program issues in the medical, dental, mental health, nutrition and human services fields. Parents are encouraged to represent their center at HSAC.

Program Self-Assessment

Every year, parents and staff see how Head Start/EHS is doing in meeting family and child needs, as well as federal program rules. Parent participation is very important.

Site Parent Meetings

All parents are encouraged to attend parent meetings. They are held regularly at your center to give you information about what is happening at HS/EHS and in your community. Parent Committee meetings help parents:

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|---------------------------------------|-----------------------------------------------|
| Meet new people and have fun. | Hear about Policy Council and other meetings. |
| Share information and solve problems. | Talk with staff. |
| Plan activities for parents and kids. | Share program improvement ideas. |

You Can be an Advisor and a Decision Maker

- | | |
|-----------------------------------------------|---------------------------------------------------------|
| Attend Parent Committee Meetings. | Become a Policy Council representative or alternate. |
| Serve on program-wide committees. | Serve on the Health Services Advisory Committee (HSAC). |
| Help with the yearly program self-assessment. | |

Parent Education

At each site parents complete an interest survey to indicate which topics are of interest to them.

Parent Training Opportunities May Include

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|------------------------------------|--------------------------------------|------------------|
| Dealing with stress | Job search skills | First Aid/CPR |
| Positive ways to discipline kids | Recognizing substance abuse | Money management |
| Preventing child abuse and neglect | Family literacy activities | Nutrition |
| Household repairs and safety tips | Developing mentally healthy children | Computer skills |
| Career planning | | Fatherhood |

Parent Education Opportunities

HS/EHS has community partnerships to support parents in furthering their education and employment readiness skills:

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|------------------------------------|------------------------------------------------------------------------------|
| GED classes | Education and training programs offered at the Community Colleges of Spokane |
| English as a Second Language (ESL) | |
| High School Completion | |

Family Service Coordinators have information on the following resources:

- | | |
|----------------------------|-----------------------------------|
| Financial Aid/Scholarships | Career Planning/Job Search Skills |
| Child Care | Work and volunteer experience |

HS/EHS may pay for parent trainings and the child care costs while you are attending the training. Talk to a staff person.

Communication

Everyone comes to HS/EHS with their own beliefs, values and experiences in life. At HS/EHS, we value the uniqueness of each person. We encourage all children, parents, and staff to talk to each other using the following ground rules:

Show respect to others
Be a good listener

Honor differences
Talk for yourself; use “I” instead of “you” or “they”

Because we’re unique individuals, seeing the world from our own point of view, at times we’re bound to disagree with others. Focus on the situation or behavior, not on the person. Maintain positive relationships with other parents and staff.

Conflict Resolution Tips:

Note: The information below will be explained to you by a HS/EHS staff member upon request. Please ask questions if you don’t understand something. If you need an advocate, one can be provided upon request. You may also bring an advocate to help negotiate the dispute.

At HS/EHS we have a “chain of command” for parents, staff, and volunteers to follow. If you have a concern, please:

- Talk directly to the person (if appropriate) and try to work out the problem.
- If that doesn’t work, talk to the classroom teacher or FSC, or their supervisor (Center Manager).

Unresolved complaints or conflicts should be forwarded to the Director of Operations (DO). The DO may meet with the complaining/disputing parties to mediate/negotiate the conflict. If the complaint and/or dispute cannot be resolved at this level it shall be forwarded to the District Director (DD) for further mediation. The DD may confer with the Policy Council Executive Committee depending on the nature of the complaint. The DD ensures that the complaint will be responded to in writing in a timely manner after the complaint is received. If the complaint is not resolved and further mediation is needed, the CCS Chancellor, who shall act as a representative of the Grantee Board, the Community Colleges of Spokane Board of Trustees (BOT), may be asked to meet with the parties involved for resolution.

No retaliation of any kind will be tolerated by, for, or against anyone involved in the dispute and/or conflict resolution process. This includes any contact with the individuals involved in the dispute or any actions taken against an individual involved in the dispute. The DO will track all parent/community complaints and/or disputes and will report grievances to the DD and/or CCS Chancellor as needed.

Note: Our HS/EHS program follows the CCS Student Code of Conduct and General Policies, which includes a zero tolerance for “*physical abuse, threats, intimidation and/or other conduct which threatens or endangers the health or safety of any person, including one’s self*” (WAC 132Q-30-214). **With your help, we can work it out! Together, let’s make HS/EHS a fun place to learn, play, and work.**

Licensing, Plans, and Policies

Non-discrimination Policy

It is the policy of Spokane HS/ECEAP/EHS that persons shall not be discriminated against (in services) because of race, color, national origin, creed, religion, sex, age, or disability. This policy applies to every aspect of the agency’s programs, practices, and activities, including client services and employment services. Any person who believes he or she has been discriminated against should contact the HS/EHS district director at 533-4820.

USDA prohibits discrimination against its customers. If you believe you experienced discrimination when obtaining services from a program that receives financial assistance from USDA, you may file a complaint with USDA. OASCR, through the Office of Adjudication, will investigate and resolve complaints of discrimination in programs operated or assisted by USDA. In programs receiving Federal financial assistance from USDA, discrimination is prohibited on the bases of race, color, religious creed, sex, political beliefs, age, disability, national origin, or limited English proficiency. (Not all bases apply to all programs.) Reprisal is prohibited based on prior civil rights activity. To file a discrimination complaint, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/ad-3027-usda-program-discrimination-complaint-form) (www.ascr.usda.gov/ad-3027-usda-program-discrimination-complaint-form). You or your authorized representative must sign the complaint form. You may write a letter instead of using a complaint form (U.S. Department of Agriculture; Director, Office of Adjudication; 1400 Independence Avenue, SW; Washington, DC 20250-9410). It must contain all of the information requested in the form and be signed by you or your authorized representative. Incomplete information will delay complaint processing. Employment civil rights complaints will not be accepted through this email address. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.), should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

Emergency Preparedness

Staff and children practice monthly fire drills and quarterly disaster drills, such as earthquake, lock-down, and bomb threat procedures. You can contact your center manager for more information about your center's Disaster Plan.

You may see your site's office staff for more information about:

Child Care Licensing

Pesticide (schedule of application)

Disaster Preparedness Plan

Health Care Plan

Classroom Photos

With your permission, your child's teachers may take pictures of your child for educational/classroom purposes. During special classroom activities, be aware that other parents may take pictures and make recordings of their child which may also include your child. Parents should not post pictures of other children on social media sites. It is each parent's responsibility to monitor the photographing or recording of his or her own children. HS/ECEAP/EHS has no control over the use or distribution of photos taken by parents.

Policy Review

Our staff will explain our policies and procedures about your family's participation in HS/EHS. Please be sure that you clearly understand each of the following policies as they are explained to you.

Attendance

Regular attendance is an important part of children's success in school. Children make better progress when attendance is consistent and the earlier the better in establishing the habit of regular attendance. When a child's attendance becomes irregular, contact with the family will be made. Children who continue to be absent and who show no improvement in attendance may be dropped from the program.

Parents are expected to call the center if a child will be absent.

Child Care

Due to liability concerns, only children enrolled in our program are to be at the center during their regular class session. The program will reimburse for childcare costs for volunteer activities that have been authorized by staff.

Child Management

Spanking, slapping, yanking, or name-calling of children is not allowed in the center or on the center grounds by anyone, including the child's parents.

Child Protective Services (CPS)

If staff suspects that a child may be in danger of abuse or neglect, we are required by state law to call CPS. If possible, staff will tell the parent after the call is made. If parents have concerns, they may call CPS directly or discuss it with a staff person. Our goal is to help you strengthen your family.

Confidentiality

Family records are confidential. HS/EHS follows Federal Regulations on how to maintain records. The Notice of Privacy Practices explains parents' rights to confidentiality while enrolled in HS/EHS. Only the child's parents or program staff may look at the records. All other people or agencies must have the parent's written permission or a court order to obtain records. Parents can request to look at and/or copy their own child's file following agency procedures. Files are destroyed three (3) years after a child leaves the program.

Drug-Free Environment

We promote drug/alcohol free environments according to the CCS Student Code of Conduct and General Policies.

Fraud

Head Start/Early Head Start is a federally funded program. Eligible families benefit from participating in the program. Families must meet specific requirements as defined in section 1305 of the performance standards in order to be eligible for the program. If participants intentionally provide false information, it could jeopardize their child's eligibility and continued enrollment in the program.

Illness

Children should not attend school if any of the conditions listed in the Parent Handbook or a contagious disease is known or suspected.

Lateness

Children are expected to arrive on time, stay for the complete session, and be picked up on time. Sites that charge a child care fee may have additional late fees. Parents of children in full-day programs are encouraged to drop off their children by breakfast (see center for schedule). Pick-up time is flexible within regular hours of operation. Late fees may apply if children are picked up after regular hours.

Outside Play

Children will be expected to go outside for some time during the school session. Generally, we don't have enough staff available to keep some children indoors when the group goes outside.

Pick-Up

Staff will only release children to those people the parent has authorized in writing. The person picking up the child must be at least 13 years of age and be authorized by the parent. If a biological parent wants to pick up a child, the staff must release that child unless we have a copy on file of a court order restricting that parent. Anyone picking up a child should be prepared to produce identification if requested since all staff may not be familiar with parents or family members. If an adult comes to the center and appears to be intoxicated or otherwise impaired when picking up the child, the authorities may be called. Repeated late delivery or pick-up will be subject to a late arrival/pick-up contract. If parents and emergency contacts cannot be reached within one hour of closing time, law enforcement will be contacted.

Tobacco-Free Environment

According to WA state law RCW 70.160.030, we are a tobacco free environment. No smoking, including e-cigarettes, will be allowed in any of our facilities or vehicles, or at any of our activities. Staff may request parents not smoke during home visits.

Transportation

Due to liability concerns, staff are not allowed to transport parents or children in private vehicles. Transportation for field trips/school activities must be provided by approved contracted bus service or public transportation.

Program Options

HS/EHS offers services to eligible families at nine sites.

Part-Day Programs

- Children attend school during a morning or afternoon session.
- Classes are Monday through Thursday – no classes on Friday.
- There is no cost to families.
- Part day programs are offered at AEC, ECCC, Woodridge, WCCC, NCDC, and Holmes.
- A collaboration program with Spokane Public Schools special education (CAPE) is offered at the Woodridge, Holmes and NCDC centers.

Home Visiting Program

- This option is provided only at the West Boone Center.
- Pregnant women and families with infants and toddlers are visited in their homes weekly by trained Home Visitors that focus on age appropriate child development activities. During the home visit, each child's development is discussed and activities are planned to help children learn and grow. Family basic needs, strengths and goals are also discussed.
- Stay-n-Play Sessions are offered in five week blocks throughout the year. Parents and children attend Stay-n-Play at the center once weekly.
- Weekly Stay-n-Play (conducted by a lead teacher) is held at the West Boone Center and provides parents and their children a variety of classroom activities that are specifically designed for infant and toddler needs.
- There is no cost to families, and snacks are provided at Stay-n-Play.

Full-Day Programs

- Children attend school all day while parents are in school or working.
- Classes are Monday through Friday.
- The programs on campus are open only the days the campus is open for classes (exception: SFCC full-year EHSX classrooms).
- There is a monthly fee for full-day services in addition to an annual enrollment fee.
- Full-day services are offered at SCC and SFCC for enrolled full-time students.
- Full-day services at WCCC, NCDC, and West Boone Center are for working families.

A Message for Parents About Pedestrian Safety

Here are some facts you should know:

- Preschool children are quick and often unaware of danger.
- Each year, many children are injured or killed when they suddenly dart into the path of a car.
- Most preschoolers are injured near their home or on their own street.
- Most crashes involving children happen between 3 p.m. and 6 p.m.
- Most crashes involving children occur in fair and warm weather.
- Twice as many preschool boys are injured than preschool girls.

This is how you can prevent these tragedies:

Supervise children at all times. Children should not be allowed to cross the street alone.

Teach them who can help them cross the street safely.

Teach by explaining. Say: “When I cross a street, I always stop at the curb. I look for cars. I look left for any traffic coming and then I look right for traffic coming that way. Then I look left again. When it is clear, I cross the street and keep looking left and right.”

Teach by Example. When you cross a street with your child, always:

1. Hold your child’s hand.
2. Stop at the curb.
3. Look LEFT-RIGHT-LEFT for traffic in all directions.
4. Cross when it is clear.
5. Keep looking for cars as you cross.
6. Encourage your child. As you both safely cross the street together, praise him/her for copying your safe actions or words. Practice what you teach at all times.

Understand the Weather

Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)										
Wind Speed in mph										
Air Temperature	Calm	5	10	15	20	25	30	35	40	
	40	40	36	34	32	30	29	28	28	27
30	30	25	21	19	17	16	16	14	13	
20	20	13	9	6	4	3	1	0	-1	
10	10	1	-4	-7	-9	-11	-12	-14	-15	
0	0	-11	-16	-19	-22	-24	-26	-27	-29	
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	

■ Comfortable for out door play
 ■ Caution
 ■ Danger

Heat Index Chart (in Fahrenheit %)													
Relative Humidity (Percent)													
Air Temperature (F)	40	45	50	55	60	65	70	75	80	85	90	95	100
	80	80	80	81	81	82	82	83	84	84	85	86	86
84	83	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	105	109	113	117	122	127	132
94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130							
104	119	124	131	137									

2010

Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

Condition GREEN - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups. INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors. YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen. OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

Condition YELLOW - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time. INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play. YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child. OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

Condition RED - most children should not play outdoors due to the health risk. INFANTS/TODDLERS should play indoors and have ample space for large motor play. YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions. OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Air Pollution and School Activities

Public Health Recommendations for Schools on Fine Particle Air Pollution



Air Quality Conditions					
First, check local air conditions at https://fortress.wa.gov/ecy/enr/wa/ and then use this chart.					
	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy/ Hazardous
Recess (15 minutes)	No restrictions.	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
P.E. (1 hour)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Limit to light outdoor activities. Allow any student to stay indoors if they don't want to go outside. Keep students with asthma, respiratory infection, lung or heart disease and diabetes indoors. Limit these students to moderate activities. Students with asthma should follow their Asthma Action Plan.	Conduct P.E. indoors. Limit students to light indoor activities. Students with asthma should be following their Asthma Action Plan.	Keep all students indoors and keep activity levels light. Students with asthma should be following their Asthma Action Plan.
Athletic Events and Practices (Vigorous activity 2-3 hours)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these students as needed. Students with asthma should follow their Asthma Action Plan.	Consider moving event indoors. If event is not cancelled, increase rest periods and substitutions to allow for lower breathing rates. Students with asthma, respiratory infection, lung and heart disease, or conditions like diabetes shouldn't play outdoors. Students with asthma should follow their Asthma Action Plan.	Cancel the event. Or move the event to an area with "Good" air quality — if this can be done without much time spent in transit through areas with poor air quality.	Cancel the event. Or move the event to an area with "Good" air quality — if this can be done without much time spent in transit through areas with poor air quality.

Light Activities: Playing board games, throwing and catching while standing, and cup stacking.

Moderate Activities: Yoga, shooting basketballs, dance instruction, and ping pong.

Vigorous Activities: Running, jogging, basketball, football, soccer, swimming, cheerleading, and jumping rope.

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School Closures

School closures are the decision of the individual school district, usually in consultation with the local health department. Consult your local health department (www.doh.wa.gov/localhealth) if you have questions about air pollution and health.

WAQA Index

Activity recommendations are based on the Washington Air Quality Advisory (WAQA) index. The WAQA uses the same color-coded categories as the EPA's Air Quality Index (AQI), but the WAQA fine particulate matter (PM_{2.5}) categories are set at lower levels of air pollution to be more protective of health. The WAQA shows air quality as poor sooner, with less pollution in the air.

Fine Particulate Matter, Indoor Air Quality, and Health

Wildfires, wood burning, and air stagnation increase the fine particulate matter in the air we breathe. Fine particulate matter travels easily indoors, especially if ventilation systems are drawing outside air into their system. It also comes in through doors, windows, and small openings. Over time, concentrations of fine particulate matter indoors can approach concentrations outdoors.

Exercising students breathe deeper and more often and take in more air, and more air pollution, into their lungs. Breathing polluted air can cause health problems, including aggravating asthma and other respiratory diseases. Anyone experiencing symptoms such as wheezing, shortness of breath, chest pain, headache, and dizziness should be seen by a medical provider.

Schools should reduce student activities once air quality has reached or exceeds the "Unhealthy for Sensitive Groups" category. Increased physical activity requires students to breathe faster and use more oxygen. More outside air is then needed to keep carbon dioxide levels down.

School buildings with enhanced filtration will have improved indoor air quality. Supplemental use of properly sized HEPA-Charcoal air filters, that do not produce ozone, have been shown to improve indoor air quality by reducing particulate matter and chemicals in smoke.

Asthma Action Plan

<http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Asthma/WhatShouldIExpectfrommyHealthCareProvider.aspx>

More Information

For more information on indoor or outdoor air quality issues, including wildfire smoke, see <http://www.doh.wa.gov/CommunityandEnvironment/AirQuality.aspx> or contact us toll free at 1-877-485-7316.

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This document is available on request in other formats for people with disabilities. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

Head Start/Early Head Start Centers

The Spokane Head Start/ECEAP/EHS Administrative Office is located at the Esmeralda Center, 3939 N. Freya Street, Spokane, WA 99217. See our Facebook page at <https://www.facebook.com/Spokane.HS.ECEAP.EHS> or our internet site at <http://spokanehs.weebly.com/> or call 533-4800 for more information.

Center	Address	Phone	Infants (0 -12 mos.)	Toddler (1-3 yrs.)	Preschool	Child Care	Transportation
Adult Education Center	2310 North Monroe St Spokane, WA 99205	533-4650	X	X	X		
East Central Community Center	605 South Lee St Spokane, WA 99202	279-6316	X	X	X		
Holmes School	2600 West Sharp Spokane, WA 99201	354-2994			X		
Northeast Child Development Center	4001 N Cook St Spokane, WA 99207	279-6351	X	X	X	X	
SCC Bigfoot Child Care Center	1810 N Greene St, Bldg. 20 Spokane, WA 99217	533-7170		X	X	X	
SFCC Early Learning Center	3410 West Fort George Wright Dr., Bldg. 29 Spokane, WA 99224	533-3624	X	X	X	X	
West Boone Center	2427 West Boone Ave Spokane, WA 99205	279-6901	X	X		X	
West Central Community Center	1603 N Belt Spokane, WA 99205	279-6340		X	X	X	
Woodridge School	5100 W Shawnee Ave Spokane, WA 99208	354-4593			X		

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Classroom Information

My classroom number is:	
My first day of class is:	
My classroom hours are:	
My Teacher's names are:	
My Family Service Coordinator (FSC) is:	
My Cook's name is:	
My Center Manager's name is:	
My center Office Assistant's name is:	
The center phone number is:	