

SCIOTO COUNTY COMMUNITY ACTION
HEAD START/ EARLY HEAD START

JANUARY 2024

SCHOOL FAMILY NEWSLETTER

CAO SMOKING CESSATION

Scioto County Community Action Promotes Nicotine Cessation.

Have you made a resolution to stop the use of Nicotine? Smoking, Chewing, Or electronic delivery systems. Let us help you. Come to our first smoking cessation class.

Thursday, January 11, 2024

5:30pm

At Highland Head Start

Dinner and Childcare will be provided
If interested call Katie 740-354-3333 Ext. 240



UPCOMING EVENTS

- **January 11th** CAO Smoking Cessation 5:30pm
- **January 12th** Come & get the CAO Connection and Coats 10am-3pm
- **January 22nd** Policy Council Meeting 5:00pm
- **January 15th** No School Martin Luther King Jr. Day
- **January 25th** Conscious Discipline Family Game Night 5:30pm



COME AND GET THE COMMUNITY ACTION CONNECTION

Come and see what Scioto County Community Action has to offer **Friday, January 12, 2024 between 10:00am-3:00pm at Highland Head Start.**

Scioto County Community Action WIC, HEAP, Weatherization,, Workforce, and Head Start will be available. We will also have free coats and cocoa.



Introduction to Conscious Discipline

Conscious Discipline is an approach that promotes self-regulation and social-emotional learning in children and adults. It emphasizes the importance of building positive relationships, teaching effective communication skills, and fostering a sense of belonging and safety within a community. Through Conscious Discipline, individuals learn to develop empathy, problem solving abilities, and resilience. This approach also provided practical techniques and strategies for implementing Conscious Discipline in various settings, such as education. **The ultimate goal is to create a nurturing environment that supports the social, emotional, and cognitive development of all individuals involved. We use Conscious Discipline at Head Start/ Early Head Start. We hope to teach you more in the up coming months to use in your home.**

January 25, 2024 at Highland Head Start 5:30pm

We will be having our First Parent Conscious Discipline Family Game Night.

We will be welcoming 25 parents to come join us. If you are interested call Katie 740-354-3333 Ext. 240 to register.

Dinner, Childcare will be provided.

Cold Weather

Bundle Up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or blanket over the child once you've safely strapped them into their car seat.

Information from Head Start ECLKC

Closing and Delays

For Closing and Delays Check on our
Facebook page

**Community Action Organization of Scioto
County Head Start/Early Head Start**
WNXT Radio Station and WSAZ. You can also
call Highland 740-354-3333 Extension 4.

Policy Council Officers



Welcoming our new Policy Council Officers of 2023-2024.
Amy Phillips - Chair Person
Hannah Todd- Co-Chair Person
Brittany Bowen- Secretary
Looking forward to seeing all of our new members **Monday,
January 22, 2024 at 5:00pm**

Scioto County Community Action Head Start Enrollment

We still have open slots available for Head Start. If you know someone looking let them know. At Scioto County Community Action Head Start we help with potty training. We offer free meals daily and all day services.
Call 740-354-3333



Community Corner

LUCASVILLE LIBRARY

Toddler Time

STORIES AND SONGS,
FINGERPLAYS, FORMING
FRIENDSHIPS AND FUN!

- ★ For ages 3 and under
- ★ Every Tuesday at 11 AM
- ★ Winter Session runs from January 29th - April 13th

FREE AND OPEN TO ALL


Call 740-259-6119 for more information or to register



BREAKFAST CLUB

for kids 12 & under

Rise and shine with a trip to the Portsmouth Library on the last Saturday of the month. Enjoy a light breakfast while you sit back to watch popular cartoons and kids movies.



**JANUARY
27TH
10am - Noon**

