



Head Start Herald

From the Desk of Mrs. Tanya Coles, Head Start Director:

Hello there! I am so excited to be able to serve as the newest Head Start Director for York County! Serving children, families, and local communities has been my heart's work for the last 15 years of my career. Growing up, organizations such as Head Start supported and helped my family so I am thankful to be in a position to give back that same level of support.

While I am new, I recognize that a new school year, a new classroom with new teachers, and new faces (such as mines) can be a little scary for our little ones. We can help our little ones learn how to self-soothe by helping them build their regulation skills. Sesame Workshop is a wonderful resource for families that can be a helpful tool in navigating those big emotions.

Some activities that can help your child build those self-comforting skills includes:

Count on This! The 10-Second Hum: By humming for 10 seconds or more, both children and adults can soothe their minds and bodies.

Count on This! The 6-Second Hug: Hugs that last six seconds or more are best for soothing our minds and calming our bodies... helpful for adults and children alike!

Count on This! 3 Things: Noticing, savoring, and cherishing our favorite things helps both children and grown-ups build a positive mindset that supports emotional well-being.

These activities and more information can be found here: <https://sesameworkshop.org/topics/mentalhealth>. The most powerful tool that we have in helping children learn how to regulate their emotions is our presence! Positive, nurturing relationships are key in children feeling safe and supported as they deal with their big emotions. Here at York County Head Start, we always strive to build those positive, nurturing relationships with our children and families!



A child's life is like
a piece of paper
on which every person
leaves a mark.

We are excited about the upcoming events for our program and THANK YOU for gifting us with the opportunity to serve your family!

Tanya Coles, Head Start Director



Important Dates and INFORMATION

Day	Date	Time	Event
Friday	October 4		No School for Students: In-service Day
Tuesday	October 8	9:00	Dental Visit w/ Dr. Oakes BM → YKT → GYC
Thursday	October 10	9:00 am	Policy Council Training Breakfast IHOP: Grafton
Friday	October 11	5:30-6:30 pm	Fall Festival @ GYC (Emergency Responder visits)
Wednesday	October 16	10:00 am	Policy Council @ GYC or 
Friday	October 18	— —	Yorktown Day: School Closed
Tuesday & Wednesday	October 22 & 23	— —	No School for Students: In-service Day
Tuesday	October 29	9:00 am	GYC Fall field day @ GYC
Wednesday	October 30	9:00 am	BM and YKTN Fall field day @ GYC

Please bring your child's backpack to school every day and ensure that you check it every morning and evening. For safety and security, children are only allowed to bring clear backpacks to school provided by Head Start. No toys, food, medication, or other items should be brought to school in your child's backpack.

****Facebook****

Like us on Facebook and keep up-to-date on all events and school closures.

<https://www.facebook.com/YorkCountyVirginiaHeadStart>



WELCOME

York County Head Start Classroom Would Like To See You

York County Head Start Classrooms would like to invite you to participate.

Parents are a child's first and most important teacher and parent involvement is linked to a child's educational success and positive self-esteem. York County Head Start prioritizes parent involvement, as our success depends on it. The more involved in you are in your child's education, the more successful your child and our program will be. We are a "parent-driven" organization and encourage you to say yes to getting involved. The children love to see family members in their classrooms.

Look at all the opportunities to volunteer:

- Volunteer in the classroom
- Help out during meal times
- Participate on the Parent Committees
- Become a Policy Council Member
- Volunteer to read
- Volunteer on the Education Review Team or Health Advisory Committee
- Attend field trips
- Work a special event
- Help with recruitment
- Volunteer to decorate a bulletin board

Any amount of time you can volunteer is greatly appreciated and thank you to all those parents who have already committed to your child's success and the success of the York County Head Start Program.

Head Start Teaching Staff

Don't miss out on important information and meetings and exciting events! Check your email frequently for important information from Head Start!

You will be receiving **emails** and **text messages** from **SchoolMessage@childplus.net**

You will also receive emails from various Head Start staff members.

All of their emails will end with **@yorkcounty.gov**.

Family Service



Welcome from the Family Services Team!

We are excited to begin the 2024-2025 school year! We are happy to work with you and assist in making these years productive for your child. The Family Services team is committed to providing Parent Involvement Activities and Training. Family Services will work closely with you to provide community resources and training information that will meet your family's needs.

Each family is assigned a Family Services Specialist who will partner with you to identify your family's strengths and establish any goals that you may have for yourself or your family. To do so, we ask that you plan to make arrangements to meet with your Family Services Specialist to discuss your interests, family goals, and resources and opportunities available to you.

Family Goal Setting is an investment in your family's future success. The Family Goal Setting process is a great way the whole family can work together towards positive outcomes.

10 Steps in the Family Goal Setting Process:

1. Dream the goals!
2. Identify the obstacles that may prevent you from reaching your goals.
3. Determine the things you need to help you achieve your goals.
4. Set a target date for completion.
5. Make a Step-by-Step Plan.
6. Follow your plan.
7. Write down your goals and review them often.
8. Review and adjust your plan.
9. Highlight and celebrate your accomplishments.
10. Work toward the completion of your goals.

REMINDER

Please call 890-3888 to discuss your child's health status before coming to school, if your child or anyone in your household has been diagnosed with or exposed to RSV, COVID-19, or another communicable disease. We want to do all that we can to continue to protect Head Start's children and staff. It is a confidential matter but it is our reality. We cannot protect your child, other children, and our dedicated team if we are not aware. We ask that you please make us aware so that we can problem-solve together. It is the only way that we can limit the spread of viruses that are spreading in our community. Thank you for your cooperation.

Family Service



VOLUNTEER



Volunteer Tracking Sheet

Student Name: _____ Teacher Name _____

Parent/Caregiver Name: _____

Parents: Please record when you volunteered and return to classroom teacher or Family Services Specialist.

Date	Activity	Who volunteered?	Time Spent
8/19	Parent Orientation		
	Open House		
8/22	Back 2 School Night		
9/17	Parent Connections		
	At Home Family Activity School Supplies Scavenger Hunt		
	At Home Family Activity Color the Backpacks		
	Building Preschool Routines		

Parent's Signature: _____ Date: _____



Dear Head Start Families,

The therapists at Abundant Life Partners are thrilled to continue our partnership with York County Head start for the 2024-2025 school year. We would like to take this opportunity to introduce our services and ourselves.

Our partnership with York County Head Start allows us to provide

- Mental-health focused teacher training
- Classroom observations, recommendations and in classroom support
- Parent education
- Confidential onsite counseling services for identified students
- Referrals for in-office counseling services

With five locations across Williamsburg and the option for virtual therapy, it is our mission to make counseling accessible. Our services include counseling for children, teens, adults, couples, families, and groups, as well as medication management (virtually).

Meet the Abundant Life Partners Head Start Team



**Sarah Merten
LPC**

Sarah is a Licensed Professional Counselor and clinical supervisor at

Abundant Life Partners. Sarah is leading our partnership with Head Start. Sarah has a background in education. Since becoming a therapist, she has provided mental health services for children and adolescents in many capacities. She has a passion for helping both children and parents develop skills.



**Ella Bryant, Resident in
Counseling**

Ella is a Resident in Counseling working under the supervision of Sarah Merten for the Head Start partnership. She has worked with young children both in the private practice

setting and in early intensive behavior intervention treatment centers. Ella is now working with Abundant Life Partners to earn hours towards becoming a licensed professional counselor.



CJ is a second-year student in completing her Master's in Clinical Mental Health Counseling, interning under the supervision of Sarah Merten. Her background is in crisis care and she has experience in individual counseling. CJ is working with Abundant Life Partners and Head Start to earn hours towards her degree.

To learn more about our services and to meet the rest of the ALP team, please visit abundantlifepartners.com or scan the QR code below.





Health Services

Stay Informed with RAVE Alert

York County has launched a new emergency notification system, RAVE Alert, to keep you informed during emergencies. This system delivers real-time alerts through text, email, calls, and app notifications on severe weather, safety threats, and important updates. All residents are encouraged to register at www.ravealertyorkcounty.com to ensure they receive critical information when it matters most. Stay safe and stay connected!



Phone Call



Text Message



Email

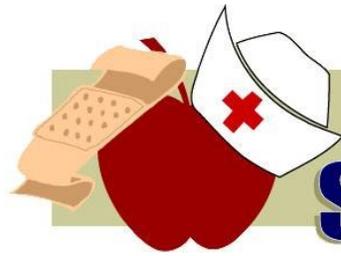


Social Media

Powered by
 Smart911



Scan QR Code Above for Quick Access to Website



Health Services

Manténgase informado con la alerta RAVE

El condado de York ha lanzado un nuevo sistema de notificación de emergencia, RAVE Alert, para mantenerlo informado durante las emergencias. Este sistema ofrece alertas en tiempo real a través de mensajes de texto, correo electrónico, llamadas y notificaciones de aplicaciones sobre condiciones climáticas adversas, amenazas a la seguridad y actualizaciones importantes. Se anima a todos los residentes a registrarse en www.ravealertyorkcounty.com para asegurarse de recibir información crítica cuando más importa.



Phone Call



Text Message

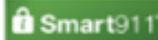


Email



Social Media

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