

# ***Buchanan County Head Start Preschool***

*Where learning is fun!*



**2020-2021**

## **Parent Handbook And Resource Guide**

Buchanan County Head Start  
Covid-19

Hello Parents.

Buchanan County Head Start has updated the Parent Handbook to include the following guidelines and regulations from the State Licensing Agency and the Local Health Department. These could change if the Governor and Local Officials change the phase the current phase. They are as follows:

**TRANSPORTATION**

Buses will have limited seating; siblings are allowed to sit together. Otherwise, children will be staggered in seats and have assigned seats. Children will be loaded in back to front of bus. Driver and monitor will be required to wear a mask. Children will not be allowed to ride another bus to another home in the evening, Parents will have to make arrangements before end of day.

Monitor will be taking the temperature of child at each bus stop before child can enter bus. Parent or guardian must remain with child until temperature is checked. If child has a temperature of 100.4 or above, he will not be allowed on bus and must remain home until he is fever free for 24 hours. NO Back Packs allowed on buses.

Buses will start pick up of children at 8 am and Dismissal of school is at 2:15.

Parent pick-up will be at 2 pm each day. Parent will call center prior to arriving at school, and a designated staff member will bring child to door. NO Parents are allowed in building.

**CAR RIDERS**

Parent may bring child to center each morning. A designated staff member will take child's temperature before entering classroom. If the child has a temperature of 100.4 or above, child will NOT be allowed in building and must remain home until child is temperature free for 24 hours. Parents will NOT be allowed in building.

## **SICKNESS**

If a child becomes during the school day, there will be a designated place that the child will be taken to until someone can pick up child.

## **CLASSROOM SCHEDULE**

Due to licensing requirements, there can only be 9 kids per day in classroom to maintain social distancing. BCHS will provide each child with his own supplies in a back pack that will be hung on the back on his seat. The child's blankets and pillows will be placed in there also. The blankets will remain at school and be washed by designated staff member.

### **Daily Schedule**

8:00-9:00 Arrival— Greet Child/Families. Temperature checked, help children store belongings, choose activity

9:00-9:30-Breakfast in classroom

9:30-40-Morning meeting-songs, finger plays, attendance, and introduce concepts of the day, talk about choices for morning and activities for the day. Read aloud-small group time in which the theme-based books (OWLS) is read for the week. Extension is provided during small group and center time.

9:45-10:15- Center time/small group time- Observe/interact with individual children to expand learning. Lead a short, small group activity that builds in children's skills and interests. Work with children engaged in study activities.

10:15-10:30-Clean-up help children put away materials in each interest area.  
Bathroom time

10:30-11:10--Outdoor playtime: observe/interact with children as they play ball, jump rope, play games, teacher-directed games or free play on playground. Extend studies outdoors. Make nature discoveries.

11:10-11:30-Whole group time- will range according to developmental ages/times of year. Invite children to share what they did, music/movement activities, journal time, etc.

11:30-11:50 Story Time-Props, plays, finger plays flannel boards/ music/ AI's Pals

11:50-12:00--Wash Hands-Prepare for lunch-Bathroom

12:00-12:30—Lunch- encourage conversation during lunch time/ Staff will eat with children.

12:30 -12:45 Bathroom/Prepare for rest time

12:45-1:45-REST TIME

1:45-2:00-Snack Time

2:00— Parent Pick up --Bathroom, wash hands prepare for departure

2:15—Departure

### Meals

All meals will be eaten in classroom. All utensils will be disposable. NO FOOD will be allowed to be brought to classroom.

### Bathrooms

Each bathroom will be cleaned after each child usage by designated staff member.

Handwashing will be done frequently.

NO TEETH BRUSHING

### **FIELD TRIPS**

At this time NO FIELD TRIPS Are permitted.

### **PARENT MEETINGS**

All monthly Parent Meetings will be held either virtual/ Central Office

## Buchanan County Head Start Preschool

1234 Almarine Drive  
PO Box 1167 Grundy, VA 24614  
276.935.2333 (Telephone) 276.935.1943 (Fax)

### BCHS Staff/Classrooms

Employee	Title	Phone Number
Brenda Coleman	Director	276.244.1366
Jennifer Ratliff	CFO/HR	276.244.1361
Pamela Gibson	ERSEA/Nutrition Manager	276.244.1364
Carol Breeding	Education Manager	276.244.1365
Iva Pittman	Health & Disability Manager	276.244.1368
Martha Campbell	Parent Involvement/Transportation Manager	276.244.1369
Susan Blankenship	Billing Clerk/Purchasing Agent	276.244.1362
Easter Rife	FSP – Hurley, Riverview 2, Twin Valley 1 & 2	276.244.1367
Elizabeth Owens	Home Visitor	276.244.1370
<b>Council Head Start</b>	<b>Council Elementary School</b>	<b>276.859.7150</b>
Amy Brown – Teacher	Wendy Owens – Aide/FSP/Bus Driver	Beulah Dye – Bus Driver
	Sophia Owens-Monitor	Renee Compton--Monitor
<b>Hurley #1 Head Start</b>	<b>Hurley Elem./Middle School</b>	<b>276.528.1120</b>
Rita Justus – Teacher	Brittney Justus-- Bus Driver/Aide	Becky Smith – Bus Driver
	Sonya Hurley-Monitor	-Monitor
<b>Hurley #2 Head Start</b>	<b>Hurley Elem./Middle School</b>	<b>276.528.1121</b>
Dana Hurley – Teacher	Jeannie Broyles – Aide	Sandra Bandy – Bus Driver
		Melanie Cooper--Monitor
<b>Riverview #1 Head Start</b>	<b>Riverview Elem./Middle School</b>	<b>276.244.1801</b>
Rhonda Griffey – Teacher	Amy Swiney – Bus Driver/Aide/FSP	Lisa Mounts– Bus Driver
	Laken Gibson – Monitor	Dianne Stump-Monitor
<b>Riverview # 2 Head Start</b>	<b>Riverview Elem./Middle School</b>	<b>276.244.1800</b>
Marlana Vance- Teacher	Regina Owens – Aide/Monitor	Sandy Stiltner – Bus Driver
	Jeanie Ward -Monitor	Barbara Ramey -P.T. Bus Driver RV 1 & 2
<b>Twin Valley #1 Head Start</b>	<b>Twin Valley Elem./Middle School</b>	<b>276.498.5120</b>

Brittany Wimmer – Teacher	Sarah Collins – Aide//Monitor	Rebekah Mullins – Bus Driver
		Janie Keen --Monitor
<b>Twin Valley #2 Head Start</b>	<b>Twin Valley Elem./Middle School</b>	<b>276.498.5121</b>
April Meadows – Teacher	Kathy Street - Bus Driver/Aide	Carrie Compton – Bus Driver
	Jolene Nickels--Monitor	

**Head Start:** An Early Childhood Development Program.

Since 1965, Head Start has provided comprehensive health, education, nutrition and social services to more than thirty (30) million preschool children. Head Start is a Federal Program that promotes the ‘school readiness’ of children ages birth to five by enhancing their cognitive, social, and emotional development.

Head Start believes that the gains made by the child must be understood and built upon by the family and the community. TO ACHIEVE THIS GOAL, PARENTS AND OTHER MEMBERS OF THE FAMILY ARE INVITED IN THE EXPERIENCE EACH RECEIVES. Head Start services are designed to be responsive to each child and family’s ethnic, cultural, and linguistic heritage.

To stimulate child growth and family development, Head Start focuses upon four component areas. These component areas and what each provides are outlined below:

- Varied learning experience appropriate to the child’s age. These experiences help children develop socially, intellectually, physically, and emotionally.
- Medical, dental, and speech screenings and follow-up. Health, nutrition, and mental health education for children as well as for the family.
- Increase a family’s awareness of community and social services agencies; help develop ways of meeting individual/family needs.
- Provides parents opportunities to participate in decision-making groups, develop parent activities, and work with children in cooperation with staff.

### **Program Operations**

Buchanan County Head Start Preschool operates classroom and home-based options throughout Buchanan County, Virginia. Safety is our first and foremost priority.

All classroom-based options are with children attending school Monday-Friday from 8 AM until 3 PM. Children in the classroom receive breakfast, lunch and a snack daily.

In home-based programs, a Home Visitor makes one weekly home visit (90 minutes) and brings the children together for a group socialization experience twice monthly. Lunch will be provided. Home

Visitors set up a schedule with their families so that each family's home visit takes place the same day and time each month.

- Classroom-staff work variety from (8am until 4pm), Bus driver's pick up the first child at 8am and drop off the last at 4pm.

### **Calls to the Classrooms**

WE KNOW EMERGENCIES DO ARISE, we request that an emergency be the only reason for calling the classroom between the hours of 9am and 3pm. If you need to call the center, we would appreciate it, if, you would call between the hours of 8:00 and 9:00am and 3:00 and 3:30 pm.

Should you call between the hours of 9 am and 3 pm, a staff person will have to leave a group in order to answer the phone. Your cooperation with this request will help ensure that your child receives the attention and supervision he/she needs from staff. If an emergency should occur at the classroom, you will be notified by phone. If you're not available then your contact person will be called from your child's emergency procedure. PLEASE KEEP NAMES AND NUMBERS OF CONTACT PERSONS UPDATED THROUGHOUT THE YEAR.

If you should need to transport your child to the center, please note the following:

1. You must accompany your child to the classroom and sign them in/out whenever you drop off/pickup him/her.
2. Please park in designed parking areas.
3. YOU MUST GO TO THE OFFICE AND SIGN IN AND GET A VISITOR'S BADGE, before accompanying your child to the classroom. REMEMBER ONLY THOSE AUTHORIZED BY PARENTS WILL BE ALLOWED TO PICK UP A CHILD.

### **Parents and Families of Head Start**

WE NEED YOU! Parents and families play a very big role in Head Start. We believe that you are the most important person in your child's life. YOUR CHILD NEEDS YOU! Studies show that children whose parents become involved in their child's preschool program have a more successful school experience. This is a partnership- we must work together for the benefit of your child.

PARENT AND FAMILY ENGAGEMENT in Head Start is about building relationships with families that support family well-being, supporting strong relationships between parents and their children, and nurturing ongoing learning and development for both parents and children. Parents and families will observe, guide, promote and participate in the everyday learning of their children at home, school, and in their communities. Parents and family advance their own learning interest through education, training, and other experiences that support their parenting, careers, and life goals. Parent and family engagement will empower parents and families to be advocates for their child's life-long learning, participate in leadership, decision-making, and

community to improve children's development and learning experiences. Parent, Family, and Community Engagement is a road map for progress in achieving the kinds of outcomes that lead to positive and enduring change for children and families.

Families play a critical role in helping their children to prepare for school and a lifetime of academic success. Head Start is required to consult with parents in establishing school readiness goals. School readiness goals are the expectations that children's status and progressions across domains of language and literacy. Cognition and general knowledge, approaches toward learning physical, well-being and motor development, social and emotional development will improve their readiness for kindergarten. It matters to Head Start when parents and families are engaged in their children's development and learning.

The Federal Government, believing that you are the prime educators of your children, requires opportunities for parent participation in the Head Start Program. The Performance Standards clearly defines the role and tasks of parents and indicates there are at least four areas of parent participation.

1. Parent's as participants in the process of making decisions about the nature and operations of the program.
2. Parents as paid staff, volunteers, and observers in the classroom.
3. Activities for the parents, they have helped develop.
4. Parents working at home with their own children in cooperation with Head Start staff to support the child's Head Start experience.

Each center-based and home-based option together forms a Parent Center Committee (PCC), elects' officers, and holds meetings to discuss such things as program policies and procedures, field trips, parent trainings parent events...

Each committee elects' representatives to a group called the POLICY COUNCIL (PC). Governance training held each year for those elected to serve on the Policy Council. This training will acquaint the representatives more about what happens at Policy Council meetings and the roles and responsibilities of each person. The representatives meet monthly to discuss the concerns of their local committees, consult with the Head Start Director, and approves or disapproves, specific items such as the budget, program plans, the hiring and firing of personnel, policy changes, the grant applications...

Monthly parent workshops provided for training on specific topics. In addition, we want to help you gain information on any topic that interests you. Please let it be known what topics of interests you have.



Head Start is not just a program for children; it's designed to meet the needs of families! We encourage you to share your needs and skills with our staff. We will help you find ways of meeting those needs and of contributing your skills. In order to help you benefit from your experience, we are asking each parent and/or guardian to make every effort to volunteer a minimum of 8 hours each month in an activity of your choosing, such as volunteering in the classroom, attending parent meetings, parent support groups or parent training, and participating in home visits. Also, ask the Management Staff about opportunities to volunteer in Central Office.

As volunteer, you sign a confidentiality form and get a TB screening. This is required for all head Start volunteers and staff.

Permission form must be notarized before anyone other than parent/Guardian can authorize services for child to the Head Start Program.

REMEMBER!!The more you do for your program, the better your child's Head Start experience will be, and hopefully the better you will be for having given of yourself to a worthwhile program.

### **Creating a Learning Environment for Young Children**

Successful pre-school classrooms are places where children feel loved and secure. We currently use the "Creative Curriculum", "Opening the World of Learning", "Sing., Spell, Read and Write". "Al's Pals "and "Zoo phonics" which shows how to implement developmentally appropriate practices in our preschool classrooms. The room is set up so that children can be active learners. You will see children busy playing. The teachers realize that their play is important, that play is children's work and that children learn by doing! Developmentally appropriate practice means teaching in ways that match the way children develop and learn.

Teachers are providing experiences that will stimulate the child's thinking, and encourage language, social, physical, and intellectual development.

Teachers are providing experiences that promote "excitement" about learning.

Children are given the opportunity to feel good about themselves and what they can do, to be independent and do as much as possible by themselves.

The room is divided up in "interest centers" or "learning areas" where there are a variety of grouped materials that children choose to play with in a variety of ways (art, dramatic play, math & science, blocks library, and manipulative).

The children are actively involved with the materials and each other.

Children are encouraged to try new things, to try out their ideas, and to work at their own pace.

Children are encouraged to make choices and decisions about what they are going to do and how they are going to do it. (For example: a teacher may ask, “What are you going to use to make your airplane?” Paper and glue,” Where in the room would you find paper and glue? “Art area,” What are you going to do then with your airplane after you make it?” “Play with it at outside time”, etc.).

Children are encouraged to solve problems and think for themselves. (For example, Johnny, R.J. wants to know how you built steps for your house, maybe you could show him so he can do it, too. ” Susie, how did you make all those balls with your play dough?”) Children are encouraged to do things for themselves. They brush teeth, help set the table for lunch, choose materials and return them to the shelves, clean up their own spills (example, milk at lunch), etc.

Each day children have an opportunity to play alone, work in small groups, in quiet and active activities, and outdoors. Each classroom has set a daily routine so that children will know what will happen next.

**Daily Schedule Example:** (times may vary, due to bus schedules)

8:00- 9:00- Arrival – Greet children/families, help children store belongings, choose an activity, puzzles, bookstack.

9:00-9:30—Breakfast

9:30-9:45---Morning meeting-songs, finger plays, attendance, and introduce concepts of the day, talk about choices for the morning and activities for the day.

9:45-10:00—Read aloud- small group time in which the theme-based books (OWLS) is read for the week. Extension is provided during small group and center time.

10:00-10:30—Center time/small group time—Observe/interact with individual children to expand learning. Lead a short, small group activity that builds in children’s skills and interests. Work with children engaged in study activities.

10:30-10:40-Clean up—help children put away materials in each interest area.

10:40-11:00 Whole group time- time will range according to developmental ages/times of year. Invite children to share what they did, music/movement activities, journal times, etc.

11:00-11:40—Outdoor playtime: Observe/interact with children as they play ball, jump rope, play games, teacher-directed games or free play on playground. Extend studies outdoors...Make nature discoveries.

11:40-11:50- Story time—Props, plays, finger plays, flannel boards

11:50-12:00—WASH HANDS –PREPARE FOR LUNCH

12:00-12:45—Lunch- encourage conversation during lunch time

12:45-1:00 Music

1:00-1:15— “Al’s Pal’s”—social emotional lesson

1:15-1:30---Tooth brushing/bathroom-prepare for rest time.

1:30-2:15----REST TIME

2:15-2:30—SNACK TIME

2:30-2:45 –Bathroom, Wash hands, Prepare for departure.

3:00 Departure

### **Classroom Management**

The goal of appropriate classroom management is to provide a secure and safe environment where children feel free to put their energy into exploring and learning. It is important to help children learn self-control and learn to be responsible and manage their own behavior.

Teachers explain classroom rules to the children and remind them when needed (these are posted in the classroom for the volunteer’s information). Each center has an EMERGENCY PREPAREDNESS PLAN that is available for parents to review.

Teacher use positive suggestion of what the child can do. For example: to a child climbing on the shelves, “You need to keep your feet on the floor. If you want to climb on the shelves, they might break or tip over. If you want to climb you can climb on the climber at outside time.”

Teachers follow-up directions with action so that children learn to believe that adults, will do what they say. If an adult reminds a child, for example, that he or she can cut with scissors, but if you throw them, they will be taken; this “promise” should be kept. The teacher may say, “I guess you’ll need to choose something else to do right now maybe tomorrow you’ll decide to try again using the scissors.”

Teachers offer children choices to help them learn what they are capable of making decisions themselves. For example: “Do you want to put away the blocks by yourself or would you like me to help you?” “you can sit beside me or there’s a space beside Susie.” The choices given are acceptable to the teacher and not given as threats.

Directions stated clearly so that children understand what is expected, for example, “Before we go outside we all need to put on our coats.”

Teachers are careful to give attention through praise and encouragement, and plenty of hugs and caring, throughout the day.

The teachers find one of the best ways of preventing misbehavior is to provide lot of interesting things for children to do and to show an interest in what the children are doing.

### **Field Trips and Education**

Field trips planned for the enrichment and growth of enrolled children.

All children must have written permission from their parent or guardian before leaving home for any kind of field trip. (This includes for any reason and is required in addition to the emergency room form.) A field trip permission form is signed before the scheduled event. Forms signed prior of the event will allow parents time to attend the trips if they so desire. PARENTS ARE ALWAYS WELCOME TO ATTEND FIELD TRIPS.

Parents who transport children to and from field trips in private cars are solely responsible for their children. The Head Start Program will not assume responsibility for children in private cars.

Parents on field trips will help supervise children if the need should arise. Children are not to leave the bus until adults are there to assist them and take them by the hand.

All adults and non-Head Start children will eat similar items as the children on field trips. Adults will not serve dessert unless the children receive dessert. Parents cannot purchase extra food for their children unless they purchase the same for all children. An exception, if a written permission submitted from a doctor or under special circumstances.

### **Attendance Policy**

#### **Classroom-Based**

Children need to attend preschool every day. When children are absent, they do not take part in activities designed to meet their needs. We ask you; please send your child to the center each day except in situations of illness or family emergency.

In order to maintain our funding, we must try to maintain a 100% average daily attendance of children in the center. We are required to have an excuse signed by the parent for each absence. Please be prompt in getting these to us. Each bus carries excuses forms. All you must do is check the reason absence, sign it and return it to the bus driver. Our staff will make every effort to work with you to resolve attendance problems, by contacting family when child is absent to see if assistance is needed.

Your cooperation toward good attendance for your child is necessary and appreciated. The more he/she attends, the greater growth is his/her development.

### **Discipline**

There shall be no PHYSICAL punishment or DISCIPLINARY ACTION administered to the body such as, but not limited to, spanking, forcing a child to assume an uncomfortable position; restraining to restrict movement through binding or tying; enclosing in a confined space, box, or similar cubicle; or using exercise as a punishment. Children should not be shaken at any time. The center shall neither force nor withhold meals or snacks. Staff shall not be verbally abusive which include, but limited to, threats. Or belittling remarks about any child or the family. Buchanan County Head Start is required by Virginia Department of Social Services Minimum Standards for Licensed Child Care Centers to inform parents of unacceptable discipline methods.

In the case of unacceptable (violent or aggressive behavior to self or others) with the consent of the parent/guardian, the child will be referred to for mental health evaluation. Buchanan County Head Start will work diligently with family and resources to foster positive behavior. Buchanan County Head Start will work with families and mental health professionals to adjust to appropriate behavior within the classroom.

### **Home Base Option**

Home Base is a partnership between parents and Home Visitor in which Home Visitor work with parents to help meet educational, social, nutrition, and health needs of the family. The Home Visitor encourages parents to see themselves as teachers of their children. Home Visitor will take time during each home visit to talk about child development, how to use the home as a learning environment and parenting skills that address questions or concerns that parents of preschoolers often have. Parent and Home Visitor together will set goals for the enrolled child and other family members and will plan activities or steps toward reaching those goals. Home Base is for the entire family.

Home Visitor will assist in setting goals and planning activities for any family member. A typical home visit includes:

1. Greeting: time to talk about the past week and discuss anything the parent wants to talk about.
2. Review of last week's activities
3. Activities to reach goals that were set for the current home visit. These can be for parent or child or both. Each home visit will include a story and exercise that parents help choose and carry out.
4. Nutrition or health activity or information this may include discussing a topic that the parent is interested in, such as herbs, low-salt diets, exercise tips, etc., plus making a nutritious snack.
5. Parenting skills to address situations, preschool children face, such as, sharing, watching TV, discipline, crying, etc.
6. Social Services information-about services available to help the family reach their goals.
7. Time to talk about appointments, special events, meetings, etc.

8. Time to discuss what goals were met during the home visit and plan a follow-up. Sometimes leave materials for the follow-up. Discuss how parents can use their daily routine to teach their children. It is the daily follow-up activities that parents will see an enormous amount of growth and learning take place.
9. Time to set objectives for the next home visit. These may be based on key experiences, interests, needs, current events, or continuing to work on past objective.

### **Socializations in Home Base**

Home base parents and children also have opportunities to get together with other parents and children outside of the home at least twice a month. This is a time for them to meet and to interact with other children, to see what a classroom is like, to engage in active learning and go on field trips to places of interest. Parents must attend socialization days.

### **Attendance Policy for Home Base**

Your Home Visitor comes to your home each week. If your child is ill, or an emergency arises, please contact your HOME VISITOR as soon as possible to plan to reschedule or make-up the visit. Should you miss home visits excessively and unexcused we will look for a solution. Home Visitor are required to make an amount of visits each year. Home Visitor will make up home visit on the first available Friday. Your cooperation is appreciated.

### **Smoking Policy**

At NO time is smoking allowed on any Head Start vehicle, or at any Head Start facility and or/ grounds.

Field trips –NO SMOKING in front of the children or around the children. Also, please refrain from smoking when bringing child to bus and getting child off bus. The smoke enters all through the bus. Children and adults have a various allergy and the cigarette smoke triggers reactions.

### **When Your Child is Ill**

Many illnesses spread from one child to another. An ill child may not feel up to participating in Head Start activities. Should your child become ill, we ask that you:

#### **Classroom-Based**

1. Keep your child home from the center.
2. Call the center to tell them that the child is ill and will not be in the classroom. Staff will consult the Virginia State Dept. of Health Communicable Disease Chart to determine when the child may return to the classroom.

#### **Home-Based**

Contact the Home Visitor to tell her that your child is ill. Together you will decide if you will have a home visit.

An Infection Control Policy and Communicable Disease Reference Chart is enclosed for you.

Please take time to read and follow the instructions of the Infection Control Policy and the Communicable Disease Reference Chart. The Infection Control Policy and Communicable Disease reference Chart are as follows:

### **Infection Control Policy**

It is inevitable that children will get sick, no matter where they are. As children begin to have contact with the world outside that of their own families, they are in contact with germs and bacteria that are foreign to their bodies and they build immunities. We cannot, nor would we want to, shield a child completely from the outside world. If we did, the natural immunities a child gains through contact with others would not develop and simple cold could become a serious illness. We, however, want to protect a child from an unusually high exposure to germs all at once.

In a child care setting, children are in contact with groups of other children outside their families. It is in this situation that the illness of one child can spread rapidly through the group to other children, and staff members, if stringent measures are not taken.

For this reason, the staff at the center will take constant precautions to prevent the spread of disease. Many common childhood diseases are contagious. They spread by germs, which spread in several ways. Intestinal tract infections spread through stools. Respiratory tract infections spread through coughs, sneeze, and runny noses. Other diseases spread through direct contact/ careful hand washing by staff and children can eliminate approximately 75% of the risk of spreading these illnesses. Other precautions include separating sick children and working to maintain sanitary conditions throughout the center.

You, the parents, can help us in our effort to keep your children healthy. We ask your cooperation in the following ways:

1. If your child is exposed, to any of the diseases listed on the accompanying chart, we ask that you notify us of the exposure.
2. If your child shows any of the symptoms listed below, you will be called to come immediately and get the child. Please help us to protect other children by responding promptly. If the child has any of the following symptoms at home, we ask that you keep him/her out of school until the symptoms are gone or until your physician says it is all right to return.

The symptom includes:

- Fever—100 orally: 101 rectally (or higher)
- Severe coughing- child gets red or blue in the face, child makes high-pitched croupy or whooping sounds after coughs
- Difficult or rapid breathing
- Yellowish skin or eyes
- Pinkeye-tears, redness, or eyelids lining, followed by swelling and discharge of puss
- Unusual spots or rashes
- Sore throat or trouble swallowing
- Infected skin patches
- Crusty, bright yellow, dry, or gummy areas of skin- possibly accompanied by fever
- Unusually dark tea colored urine, especially with a fever
- Gray or white stool
- Headache and stiff neck
- Vomiting/ and or diarrhea
- Severe itching of body or scalp or scratching of scalp
- Chicken pox.

If any of the above symptoms are present or if child appears cranky or less active than usual, cries more than usual, or just seems generally unwell at home, you are asked to look for any of the above symptoms or inform the child's teacher so that the child can be watched carefully for the development of symptoms. A communicable disease reference chart is located in each classroom for review. It is imperative that we all work together to keep all of the children who attend the center as healthy and happy as possible. WE THANK YOU for your cooperation.

### **Mental Health Services Provided to Head Start Children**

- Ensure prevention and early identification of problems that may interfere with a child's development; and
- Support mental health activities by staff and parents which are matched children's needs and abilities;
- Assist all children in the program with emotional, cognitive, and social development;
- Provide developmentally Delayed/Disability children with the necessary services to maximize their full potential;
- Serve as a link for staff and parents in obtaining and/or providing therapy and resources. If family / child has experienced trauma in their life, such as homeless, death, divorce, incarcerated parents, foster care, substance abuse, etc.

### **Warning Signs for Children at Risk for Mental Health Problems**



- Aggressive behavior/ destructive to self or others
- Withdrawn/ very sad
- Sudden behavior change/ bizarre behavior
- Extreme mood swings
- Fearful

### **Head Start Parent/Guardians and Mental Health**

Parents/guardians are active participants in Head Start and can benefit from a mental health program that promotes wellness in a multitude of ways. A significant benefit derived, through their interactions with staff, as they observe modeling of positive mental health skills. A good program will ensure that the staffs approach to parents/guardians is supportive, encourages independence and is respectful of cultural, language, and individual differences.

Specially designed training sessions and volunteer opportunities will offer parents/guardians information and skills that can promote good mental health for themselves and their families. A preventive program for parents/guardians provides opportunities for them to contribute their ideas and talents while at the same time receiving support.

### **Weather Conditions**

1. When public schools are closed due to bad weather, the Head Start Centers and Home Base is closed.
2. When public schools are opening one (1) hour late, Head Start Centers will operate on a thirty (30) minute delay. When schools are two (2) hours late, Head Start will operate on a one (1) hour delay. When public schools are on a three (3) hour delay, Head Start will operate on a two (2) delay.
3. Sometime the public schools will open but, because of roads that our buses must travel, Head Start will not open. Please listen to your local radio station for announcement of closings. Your local radio station WNRG--WMJD 940 AM and 100.7 FM on your radio. The teacher, teacher's assistant, or bus driver will call you to inform you of any cancellations. One call will be in operation also. See below for more information concerning one call.
4. Home visit days cancelled due to weather conditions, make-up days, will be scheduled for Fridays. Families will be notified in advance in reference to changes in schedules.

### **ONE CALL**

Our program uses the one call system as soon as contact numbers have been installed into the telephone system. Please make a list of numbers where you can be notified in case of emergencies, cancellations or early dismissals and give them to the center teacher, teacher assistant, or bus driver. **Please keep telephone numbers up to date with the teachers in case of emergency.**

### **Head Start Transportation Guidelines**

Classroom-based children transported daily to and from their Head Start classroom on the Head Start bus. All pick-up and drop-off locations shall be located on the bus route as designed by the Transportation Service Manager.

Exceptions to this policy handled on an individual basis provided the parent or legal guardian of an enrolled child shall:

Submit a written request to the Center Teacher including an explanation of a special circumstances necessitating an exception to the transportation policy.

Once a parent or guardian has submitted his written request for an exception, the Center Teacher will make a transportation recommendation subject to the final approval of the Transportation Service Manager.

Changes in pick-up or drop-off locations within the bus route considered after the parent or legal guardian has submitted a written request to the bus driver.

### **Transportation**

1. Parent/Guardian must bring child to the bus each morning and must come to the bus in the afternoon to receive the child. Should you or an authorized person not come in the afternoon to get your child from the bus, your child will be returned to the classroom. It will then be your responsibility to pick him/her up from the classroom. **IF, by 4:00pm you have not contacted the center or picked up your child, staff will notify DSS Protective Services.**

2. If possible, please notify the driver in advance if your child will not attend school that day. Staff is not to call and ask if child is riding the bus.

3. Head Start buses are ONLY, for Head Start activities.

4. Eating, drinking, and smoking are prohibited on Head Start buses. **Smoking is prohibited at all Head Start activities.**

5. Transportation to and from any Head Start activity will be provided whenever possible. Call the Parent Involvement Manager if you need assistance.

6. Seat belts and upper restraints are to be used at all times. PLEASE help us by discussing this safety measure with your child. The buses cannot run unless ALL riders are using proper safety equipment.

7. If you want staff to release your child to someone other than yourself, you must give staff your written permission. We will release your child ONLY to those persons for whom we have your written

authorization or those on the emergency procedure form. (NO EXCEPTIONS). Make sure you have all the names on the form of those you want to pick up your child or get your child off the bus.

8. Only enrolled Head Start children, Parent/Guardian or young siblings over 2 years of age any ride the bus. No public-school age children allowed on bus.

### **Food & Nutrition**

An important objective of Head Start is to improve the nutritional value of children's diets. At the beginning of the program year, a diet history is obtained for the child's eating habits, or if your child has any special dietary needs or food allergies, please tell our staff so that we may make meal arrangements. Head Start must have written statement from the child's Doctor for special dietary needs.

Breakfast, lunch, and snack are provided for the Classroom-Based Children. Teachers and Home Visitors plan nutrition activities once a month and nutrition education are available to parents both individually and in-group parent trainings.

Since children eat their meals in the cafeteria, parents are discouraged from giving food to their children to bring to school. The parent who volunteers at the classroom is welcome to eat lunch with staff and children. Again, our program discourages parents from bringing food from home because of health regulations, a general lack of storage space, refrigeration, and preparation facilities. Between 9:00am and 1:00 pm we are permitted to serve food that has been prepared in a Department of Health approved kitchen.

Menus for food are designed to meet USDA requirements. Whenever possible we try to limit the amounts of fats, salt, and sugar in these foods as recommended by the Surgeon General's "Dietary Guidelines for Americans." We do not serve foods or drinks that contain caffeine and/or artificial sweeteners.

### **Physical Examination & Immunization Record**

It is important that every child enrolled in the Head Start Program receive a complete and thorough physical evaluation prior to entering the classroom or beginning home visits in the Home-Based option. Discuss your child's health with the doctor at the time of examination. You, as a parent, can tell the doctor about your child's medical history.

State law requires that parents have their children immunized against diphtheria, tetanus (lock-jaw), pertussis (whooping cough), polio, rubella (measles), rubella (German measles), and mumps. Our program recommends that children have the HIB or PRP-D that immunizes against H. Influenza. Therefore, every child must have documentation prior to enter the Head Start Program. We ask that you obtain a record of your child's immunizations for our program.

If a child is immunized earlier, periodic boosters may be needed to maintain immunity to the various diseases. If you have no regular doctor to get your child the immunizations and boosters, contact your local health department. The Head Start Program requires a parent to accompany their child when visiting a doctor's office or the health department for immunizations, and Head Start staff will be happy to assist in appointment making and providing transportation.

In order for the program to meet and comply with Head Start Performance Standards, Head Start programs must ensure that all children receive a lead toxicity screening. The center for Medicare & Medicaid Services (CMS) requires that all Medicaid-eligible children receive a screening blood test at 12 months and 24 months of age. If parents are unable to provide written documentation that their child received lead screening blood test at ages 12 and 24 months, then CMS requires that the children receive a lead screening blood test between the ages of 36 months and 72 months. Head Start must work in partnership with parents to make sure every child receives this screening.

### **Medication at the Classroom**

If your child has a medical condition that medicine is necessary, a Medication Authorization form from the Physician is REQUIRED. The following procedures observed:

1. The Medication Authorization must be complete and signed by the physician and parent/guardian.
2. Prescription medication must be in its original container with the child's names, name of medication, date of prescription and instructions for administering to the child.
3. Staff will keep a record of the date and time each dose is given.
4. We do NOT apply sunscreen, insect repellent or diaper ointment, unless prescribed and authorized by a physician.
5. Two staff people will be present when or if any medication is given and if any sunscreen, repellent or ointment is applied to any child.

### **Child Abuse & Neglect Services**

Federal and State Law require us (the Program) to report any suspected cases of child abuse and neglect to our Social Service Department.

Neglect defined as any caretaker not providing the basic needs of life to a child, such as food, clothing, shelter, medical treatment or education. Abuse is defined as any type of physical, emotional or sexual harm to a minor by a person over 13 years.

Parent training will be provided each year to help identify this and/or deal with situation, should you ever come in contact with it. The Virginia Hot Line for reporting is toll free and the number is 1-800-552-7096. Please make every effort to attend this training.

### **SEX OFFENDER REGISTRY NOTIFICATION**

Buchanan County Head Start recognizes the danger sex offenders pose to student safety. Therefore, to protect students while they travel to and from the center, attend school or are at school-related activities, each center in the Buchanan County Head Start Service Area shall request electronic notification of the registering or reregistering of any sex offender in the same or contiguous zip codes as the Head Start Center. Such request and notifications shall be made according to the procedures established by the Virginia Department of State Police (State Police).

Prohibited Activities—Some registered sex offenders cannot live within 500 feet of a primary, secondary, or high school, child day care center or public park that shares a border with a school and is regularly used for school activities. Some registered sex offenders are prohibited from “loitering” within 100 feet of the premises of any place he knows or has reason to know is

- A primary, secondary or high school
- A child day program, or
- For the purpose of having any contact whatsoever with children that are not in his custody, of any place owned or operated by a locality that is playground, athletic field or facility, or gymnasium.

Sexually Violent offenders cannot enter or be present during school hours, and during school-related or school-sponsored activities upon any public or private elementary or secondary school or child day center property.

Sexually Violent offenders cannot be on any property (public or private) during hours when such property is solely being used by a public or private elementary or secondary school for a school-related or school-sponsored activity.

Sexually Violent Offenders cannot enter onto a school bus.

The laws that govern a sex offender’s residence, work location, and proximity to schools and daycare facilities can be found in full under the following statutes:

- 18.2-370.2-Sex offenses prohibiting proximity to children; penalty
- 18.2-370.3-Sex offenses prohibiting residing in proximity to children; penalty
- 18.2-370.4-Sex offenses prohibiting working on school property; penalty
- 18.2-370.5-Sex offenses prohibiting entry onto school property; penalty

**If you or any family member is a registered sex offender, it is your responsibility to inform the classroom teacher.** The procedure will be followed as defined in the Code of Va. 18.2-370.5/Buchanan County Head Start Sex Offender Registry Notification Policy.

## **EMERGENCY NUMBERS**

Sheriff's Department..... (276) 935-2313  
Virginia State Police..... (276) 597-7440  
Fire Department..... (276) 935-2313  
Grundy Ambulance Service..... (276) 935-2313

### **Medical - Hospitals**

Buchanan County Health Department..... (276) 935-4591  
Bristol Regional Medical Hospital..... (615) 968 1121  
Buchanan General Hospital..... (276) 935-1000  
Dr. J.P. Sutherland, Jr. Clinic..... (276) 935-7515  
Clinch Valley Medical Center..... (276) 596-6000  
The Clinic-Claypool Hill..... (276) 964-6771  
Tri State Clinic..... (276) 935-6055  
Johnston Memorial Hospital..... (276) 676-7000  
Thompson Family Health Clinic..... (276) 597-7081  
Buchanan County Rural Health Clinic..... (276) 935-1724  
Pikeville Medical Center..... (606)218-3500

### **Dentist**

Dr. Householder..... (276) 988-7522  
Dr. Brooks Crumpton..... (276) 498-7049  
Dr. B. Coleman..... (606) 835-2167  
Dr. Steve Ball..... (276) 873-4003  
Dr. Al Pelphry..... (606) 436-1461  
Dr. F. Hackney..... (276) 935-4565  
Dr. Todd Pillion..... (276) 963-8633  
Dr. Marcus Buskill..... (276) 963-3705  
Dr. Glenn Catron..... (276) 988-5554

### **National Hotline & Emergency Numbers**

Alcohol Hotline..... 1-800-252-6465  
American Council of the Blind ..... 1-800-424-8666  
American Kidney Fund ..... 1-800-638-8299  
American Lung Association..... 1-800-345-5864  
Buchanan County Dept. of Social Services ..... 1-276-935-8106  
Buchanan County Chamber of Commerce .....1-276-935-4147  
Virginia Workforce ..... 1-276-597-2528  
Buchanan County Office of Emergency..... 1-276-935-7419  
Blue Ridge Poison Center..... 1-800-451-1428  
Child Abuse Hotline..... 1-800-552-7096  
Domestic Violence Hotline..... 1-276-935-3272  
Cumberland Mountain Community Mental Health Service .....1-276-935-7154

