



FRAGA GAB



Family Resource Agency of North Georgia

November 2011

Staff Of The Month



Dee Gentry Owen is an FSS at Dade HS/EHS.

Staff of the Month for November is Dee Gentry Owens, FSS at Dade HS/EHS.

"Dee is a Family Service Specialist at Dade Head Start/EHS. She is also second in charge and will jump right in and help whenever needed. Recently Dee filled in while the Center Mgr. was out on leave. That means she was both "Acting Center Manager", and "Family Service Specialist".

During this time of "double-duty", the licensing consultant made a surprise visit, but Dee handled everything and the licensing visit went smoothly. Dade is blessed with wonderful staff, and Dee is an extra special blessing!!

We are so THANKFUL for your contributions!"

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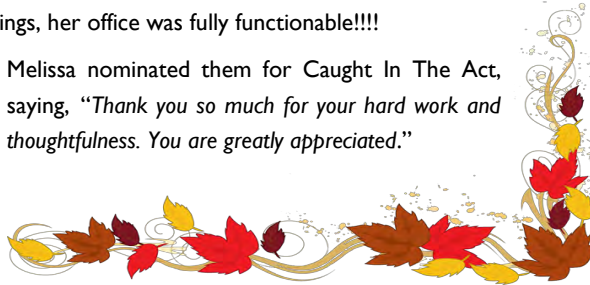
CAUGHT *in the Act*



Michelle Howard (left, Child Development Manager), and Martha Baker and Betsy Taggart (below left and right, Quality Monitors) went way above the call of duty recently when the downstairs offices were moved. Not only did they have to help move and reorganize their own offices, they also helped move and organize Melissa's office so that when she came back from some out of town meetings and trainings, her office was fully functional!!!!



Melissa nominated them for Caught In The Act, saying, *"Thank you so much for your hard work and thoughtfulness. You are greatly appreciated."*



PLEASE REMEMBER

- Don't forget your Health Risk Assessment! Have you made your appointment? You should have received a copy of the Health Risk Assessment form by email last month. If you didn't and you need one to take with you to your physician's office on the day of your visit, it is available on the FRA Tennessee website.
- If you have been scheduled to come to the HS Orientation sessions at the Admin office, please be sure to bring your lunch or you can plan to purchase lunch nearby. Come prepared to learn and to have fun!
- Pre-K Lead Teacher Training will be Dec. 8th at the Admin office.



HINTS FOR A HEALTHIER THANKSGIVING



1. **Stick to healthy portions.** Fill half your plate with vegetables, fruit and a whole wheat role, a quarter of it with potatoes or stuffing, and the other quarter with turkey or ham. One plate is all you need.
2. **Eat before you indulge.** Starving yourself up until the big dinner thinking you're saving calories for the big meal is a sure-fire recipe for overeating later. Be sure to eat breakfast and/or snack lightly.
3. **Substitute healthy ingredients for unhealthy ones.** Swap chicken broth for butter in mashed potatoes or toasted almonds for fried onions on the green bean casserole.
4. **Drink lots of water and take a walk after eating.** People often mistake thirst for hunger, so stay hydrated. And get your metabolism going with a walk instead of laying on the couch after the meal.
5. **Avoid snacking throughout the day.** Once you've had your meal and you've filled your plate, cover up the food and put it away to limit mindless munching.

~ Source: adapted from www.myhealthnewsdaily.com.



From The Director's Desk

By Rebecca Fulgham, Director



Fall Conference: The Georgia Head Start Association Fall Statewide Conference will be held Nov. 16-18 at the Dalton Trade and Convention Center. Westside Head Start children will be doing a presentation to welcome the Head Start programs from across the state!

Chattooga EHS, Ringgold EHS, and Valley Point HS: We will be having Open House / Ribbon Cutting ceremonies to celebrate the purchase of the Chattooga EHS site and the new centers at Ringgold EHS and Valley Point HS. The Catoosa County Schools, supplemented by their insurance, had a new facility constructed at Ringgold High School to house our EHS center and our insurance had a new facility constructed for Valley Point to replace the modulars that burned. All of these centers are serving our children and families in their new locations.

ARRA Expansion: The six (6) EHS Expansion classrooms are now officially part of our ongoing EHS program!

Center Visits: James Anderson, CEO, will begin scheduling visits to the centers. He may again attend some of your staff meetings so you will have an opportunity to ask questions, make suggestions or let him know what is going on in your centers.



Paula's Point Of View

By Paula Bacon, Assistant Director

As you know, we were awarded 7 playground grants back in June with 6 others to be awarded in January. However, I am pleased to say that we are getting those 6 now and that two of the centers that had been denied the grant, Pennville and Whitfield HS, have been changed and are getting the playground equipment we requested. We have one other center we hope will be changed and awarded. Equipment is coming in and being installed and I hope the children are enjoying the new items.

Open houses and ribbon cutting ceremonies at different centers are coming up and I am looking forward to getting out and visiting the centers and seeing staff and the work that you are doing to make our program such a success. Thanks for all you do!



Melissa's Page

By Melissa Hankins, Child Development Coordinator

School Readiness. I attended a training about school readiness in October 2011 (the first National Birth-to-5 Leadership Institute training).

We know more than ever before about how young children develop and how to best support early learning. The first five years of life are critical to a child's lifelong development. Young children's earliest experiences and environments set the stage for future development and success in school and life. Early experiences influence brain development, establishing the neural connections that provide the foundation for language, reasoning, problem solving, social skills, behavior and emotional health.

To the left is a picture of the Head Start Framework model. The Head Start Framework addresses all aspects of Early Childhood development: Approaches to Learning, Social and Emotional Development, Physical Development and Health, Cognition and General Knowledge, and Language and Literacy. Each segment of the "wheel" represents a vital sphere of learning and development for children.

School readiness is a comprehensive effort to prepare children for school and the future. The Head Start Framework represents the foundation of our Agency's approach to School Readiness.





Think Pink!

By Teresa Millican, Program Coordinator

Thank you to Park Creek staff for the meaningful, pleasant, and productive meeting held with Dalton City Schools staff about our successful inclusion efforts at your site. The anecdotes of the children's activities were priceless, especially the one where the child was told "We don't do that to our friends at school" and she promptly told the other child to wait until she got him home - ha!

I am so proud of your centers for getting us to the 10% enrolled with disabilities mark. The following centers have been outstanding, and these statistics are year to date:

Early Head Start:

Dade=17%, Mt. View=19%, Westside=13%, Whitfield=23%, and Ringgold is almost there with 8%!

Head Start:

Battlewood=12%, Cloud Springs=35%, Dade=22%, Murray=11%, Park Creek=44%, Pennville=35%, Pioneer=44%, Ringgold Primary=35%, Tiger Creek=10%, Whitfield=25%, and Valley Point is almost there with 9%!

May you have a blessed Thanksgiving. I am thankful for all the love and compassion you show to our children and families.



By Becky Goins, Trainer

Individual Professional Development Plan evaluations will be happening soon! Evaluations must take place by November 30, 2011 so please be prepared to have your "Short Term Goals I have Accomplished" forms ready for your meeting with the Center Manager. If you are having trouble meeting short term goals give me a call and I'll help you!

If you receive flex time don't forget to turn in a completed Class Attendance Verification form with every timesheet.

We have a hero in Mrs. Isabel and Ms. Jackie's room at Chattooga HS. Last month, Karsyn England woke up to a smoke-filled house. He quickly woke his mom up and the family escaped the house without injury. Later that week, the City Manager, Russell Thompson, and the Mayor, Harry Harvey, came to our center to present Karsyn with a certificate on behalf of the County Commissioner, Jason Winters, in recognition of Karsyn's bravery. We are all proud of Karsyn for remembering what our local fire department has taught the children to do in the event of a fire emergency.

Special Projects News

By Debbie McKissick, Special Projects Coordinator



We would like to recognize the following centers who had "Cite-Free" Licensing visits recently. Way to go!!!! Dalton Heritage, Westside Head Start/Early Head Start, and Whitfield Head Start/Early Head Start.

Thanks for your hard work everyday out at the centers.

Family Services

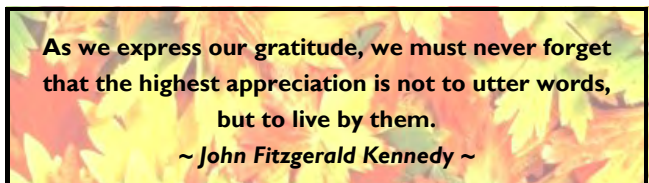
By Eva Neil, Family Services Coordinator



Without enrolled children, there would be no Head Start or Early Head Start program. Each year, we are required to be fully enrolled on the first day services are provided. This is no small task and requires a great deal of effort, diligence, and attention to detail on the part of our Family Service Specialists. While all of our FSSs met our mandate of full enrollment, those pictured above were completely enrolled at least two weeks ahead of schedule. For their hard work, they were honored with certificates, roses, and a catered breakfast.

Pictured above, left to right, are: *Front Row — Lori Taylor-Pirkle, Delma Sanders, Luz Andrade, Alba Gonzalez, Dee Owens, Mandy Hickman, Tammy Franklin, and Ashley Griffith; Back Row — Denise Butler, Linda Blevins, Bridgette Tinson, Kelly Fariss, Marilyn Patterson, Betty Wentz, Tammie Harris, Gladys Bentley, Sheila Cooper, Amanda Leverrett, Lisa Locke, and Talisyn Ridley.*

Thank you so much, ladies! What would we do without you?!



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John Fitzgerald Kennedy ~

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of North Georgia**

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**NOVEMBER
BIRTHDAYS**

- 1 Dee Owens
- 1 Tammy Franklin
- 1 Charity Powell
- 3 Darlene Marcus
- 3 Barbara Anderson
- 3 Tracy Carson
- 4 Kristen Purifory
- 5 Bridgette Tinson
- 8 Ernestina Isaola
- 9 Sharon Lyons
- 9 Terri Roberts
- 13 Sheila Walston
- 17 Latonya Thurman
- 18 Debbie Goins
- 19 Juanita Southerland
- 19 Elsa Avelar
- 22 Eva Neil
- 22 Kathy Mitchell
- 25 Holly Miolen
- 30 Syble Sitton

I'M A GREAT BIG TURKEY

(Sung to tune of: I'm A Little Teapot)

I'm a great big turkey
'Cause I'm well fed!
Watch me spread my feathers,
Watch me bob my head.
When I strut around,
I waddle, waddle, waddle.
And when I talk
I "gobble, gobble, gobble".
I'm a great big turkey
And I'd love to stay.
But Thanksgiving's coming —
So it's time to run away!

~by Jean Warren



QUALITY

CORNER

~ Submitted by
Betsy Taggart
and
Martha Baker,
Quality Monitors

**Wishing everyone a
Happy Thanksgiving
and a safe Black Friday!
We are thankful for
everything you do!**



Dade HS/EHS.

It's been a busy and exciting time at Dade. We would like to welcome Stormy Bolton to our center as our newest Substitute.



We would also like to say congratulations to Barbie Fitzpatrick and Sue Chamlee on their new grandbabies. Another congratulations goes out to Autumn Avery who is expecting!

I cannot say how proud I was when I recently found out what several staff did on their own time. We had a family who recently went through a hard time emotionally and physically. They were struggling and didn't know where to turn. Several staff decided to visit on a weekend and see what they could do to help. They painted, cleaned, and did whatever else was needed to help the family. The family was overwhelmed with gratitude and said they were so happy to know that someone truly cared for them. That's why I love working with the people I do — they don't do things for the recognition, but because they are good people who truly want to help others.

We had special visitors at our center during "Community Helper Week". Police officers and fire fighters visited and answered questions about their jobs. The children enjoyed

sitting in the police car and climbing up into the fire engine. They learned about the special equipment our officers and firefighters use to protect our families. Pictures of the children were taken and they were given coloring books to take home. The staff and children all had a good time with our Community Helpers, and we are thankful to our local law enforcement and fire department for providing this special opportunity.



Halloween has just passed, but not without a little dress-up fun to "wrap up" the month of October! We took turns dressing the children up as "mummies" (see

picture above) so that we could take pictures of them for their scrapbooks. A great time was had by all, and the photos turned out great! ~ Charlotte Cuticchia, CM.

Happy Thanksgiving!

