



**Los Angeles County  
Office of Education**  
Leading Educators • Supporting Students  
Serving Communities

# The Write Start

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A Newsletter for the LACOE Head Start and State Preschool Community

## The Director's Message

**Change. Transition. Adaptability. Quality.**

These are more than buzzwords. They chart a sure path to success. Any organization that hopes to prosper must accommodate change and the inevitable transition that follows it. LACOE Head Start-State Preschool certainly has changed in recent months, with the retirement of its director and of new beginnings for the LACOE superintendent, Dr. Arturo Delgado. In another area, the Office of Head Start has mandated the increased scrutiny of enrolled children, requiring due diligence to ensure their eligibility for services. It seems that the state of transition has become the new normal. That's where adaptability factors in.



Keesha Woods

At every level of our organization, people are taking on more and different responsibilities, updating skills, and seeking out efficiencies--all in pursuit of our common goal -- quality services to children and families.

Our flagging economy has forced us to pare down in many areas, but our mission will tolerate no shortcuts. We hold the lives of babies in our hands, a serious business that demands the highest quality of care and service, no matter what the extenuating circumstances. That is why I admire the positive attitude and impressive commitment shown by so many of our staff, to the demands of the start-up and close-out processes and to the inventory tasks, which sometimes go late into the evening hours. That is also why I have been forced to make some difficult decisions, among them reducing funds for under-enrollment.

Thank you for your continued efforts to ask these questions every day: How did I achieve quality today? Did the children and the families we serve get the very best we have to offer? Being mindful of these goals ensures that we do more than meet our obligations—we exceed them.

As I adapt to my new responsibilities as interim director, I have been so grateful for your support. I too, strive for excellence. Agency directors and LACOE staff have been extremely supportive and focused. Again, I thank each of you for the work you do and your commitment to children and families.



**Recognizing the Mission** – LACOE Superintendent, Dr. Arturo Delgado addressed the Policy Council and met with staff during a recent visit to the Head Start grantee. He is greeted at the front desk by Rachael Diaz, senior typist clerk.

## Save the Dates

LACOE Head Start-State Preschool will host its third learning and resource fair Saturday, May 19, 2012. The event will take place from 10 a.m. to 3 p.m. at the Los Angeles EXPO Center, 3980 Bill Robertson Lane, at the intersection of Martin Luther King Jr. Blvd.

In addition to learning activities for the kids, workshops for parents, and entertainment for all, the fair will feature exhibits with education, nutrition and family support services. On-site health screenings will be provided by local healthcare providers.

For further information, and for volunteer opportunities, call the info line at 1-877-332-3659.

The Head Start-State Preschool Early Care & Education Resource Center grand opening is set for Jan. 9, 2012. See article on Page 3.

## Coming Events December 2011 – January 2012

Dec 7-9	Policy Council New Member Training	Jan 9	Head Start – State Preschool Early Care & Education Resource Center Grand Opening
Dec 9-11	Zero to Three 26th National Training Institute, Washington, DC	Jan 10	Policy Council Meeting
Dec 9-13	28th Annual Head Start Parent Conference, New Orleans, LA	Jan 19	Directors' Meeting
Dec 13	Policy Council Meeting	Jan 23-26	2012 Winter Leadership Institute, Washington, D.C.
Dec 15	Directors' Meeting		

## Grantee Outreach Team Branches Out

Head Start outreach has broadened considerably this year in an effort to increase and ensure full enrollment at our agencies. The grantee office has partnered with Department of Children and Family Services (DCFS) to maximize efforts to increase enrollment of children in foster care.

They have achieved increased outreach to families with infants and children with disabilities. Also, they have partnered with staff from delegate agencies to man outreach/information tables at scheduled events. The outreach team has utilized an electronic advertising campaign with The Forum in Inglewood, and has run a 30-second Head Start promotional video through TransitTV presented on Metro buses countywide.

This year's events highlight participation in the Parent Involvement Academy, Baby City, the Walk Now for Autism event at the Rose Bowl, presentations at Los Angeles County libraries, DCFS presentations, Le FERIA Es El Momento with Univision, and the Stephanie's Day event at CBS Studios.

"Our goal this year has been to identify areas where there has been a challenge to be fully enrolled and assist agencies in getting the word out that Head Start is available.

I believe these efforts, along with ChildPlus and other systems currently in place, have contributed to the overall increase of slots being filled as early as they have," said John Berndt, outreach program manager.



**Spreading the Word** – The outreach team has made significant strides this year in its recruitment effort to area families. Sherrell Jackson, senior typist clerk, is shown participating in an arts and crafts project with a child at the Back to School event at the Foundation for the Junior Blind in Los Angeles. Cynthia Hernandez, secretary, and Judith Sierra, language interpreter, explain the Head Start program to participants at the Adelante Young Men's Conference at Pasadena City College.



**Debut** – Teachers, staff, dignitaries and parents attended the grand opening of the TRF Hawthorne Plaza site in August. The site serves 140 children, and offers eight classes. From left: Elaine Atlow, TRF executive director, Congresswoman Maxine Waters, Keesha Woods, LACOE interim director, and Colleen Anderson, member, TRF Board of Directors.



**Rapt** – Keesha Woods, LACOE Head Start interim director, reads to Foundation Head Start students as a part of National Adult Education and Family Literacy Week in September. She shares "Chicka Chicka Boom Boom" with students at the La Mirada site near Hollywood.



## Highlights from the Policy Council

The Policy Council welcomed Dr. Arturo Delgado as the new Superintendent during their Policy Council meeting in September. The Policy Council looks forward to working with Dr. Delgado and Maria Reza, LACOE Board liaison, to increase parent involvement and the number of parent advocates and leaders in the community.

Members of the Policy Council Executive Committee attended the California Head Start Association's Leadership Summit in San Diego and had the opportunity to meet Yvette Sanchez Fuentes, director of the Office of Head Start.

The Policy Council notes with pride that two of its former leaders, David Heredia and Jose Zambrano, have received significant appointments with the State PTA. In addition, Zambrano has been selected as a member to the Advisory Board for the National Center on Parent, Family, and Community Engagement Brazelton Touchpoints Center. Congratulations to Sophia Waugh, Policy Council community representative, for her appointment as a member to the California Head Start Association (CHSA) Board. Waugh will represent the Policy Council for a two-year term and work with CHSA to increase Head Start's partnership with PTA at the national level.

**Important Dates:** Recognition and Policy Council New Member Training December 7-9, 2011.

The Policy Council is currently recruiting members of the community to serve on the Policy Council for 2012-2013. Interested individuals may contact William Daniel, Governance consultant at (562) 940-1754. ■

## Wellness Corner

*Reprinted with permission from David Granirer MA, North America's Psychotherapist/Stand-up Comic*

### Laughter: The Best Medicine

We've all heard the saying, "Laughter is the best medicine," but now it's scientifically proven! According to Dr. Lee Berk of the Loma Linda School of Public Health in California, laughter strengthens the immune system and lowers levels of stress hormones like cortisol and epinephrine. After a bout of laughter, blood pressure drops to a lower, healthier level than when the laughter began. Dr. William Fry of Stanford University found that "twenty seconds of guffawing gives the heart the same workout as three minutes of hard rowing." Another year-long study of heart attack victims done at the Oakhurst Health Research Institute in California found that of those who spent half an hour a day watching comedy videos, 10 percent had a second heart attack, whereas 30 percent of those who did not watch had a second attack.

Since laughing is something people can do sitting down, costs no money, and requires no special exercise equipment or skill, it's the perfect workout for anyone who doesn't have the time or desire to participate in a regular fitness program.

So here's a tip for the next time you feel stressed and need a wellness break. It's called the Smile Time-Out. Take a deep breath, smile, exhale, and say "Aaah" while visualizing all your muscles and cells smiling. Then add to that a memory of a time you felt really good and laughed and laughed. Remember, even when you fake a smile or laugh, you get the same physiological benefits as when it's the real thing, because your mind is smart, but your body is stupid and can't tell the difference! ■

## Parent Spotlight



Former Policy Council Chair, David Heredia, is now in his third year serving on the California State PTA Board of Managers.



David Heredia

He is chair of the Diversity and Inclusion Committee. He is working to reach out to all ethnic committees, military families and families with children with a disability. He now makes Modesto, California his home where he lives with his wife, two sons, and two daughters.

Former Policy Council Executive Officer, Hau Nguyen, works at Pasadena Community College (PCC) as a lead lab technician. She carries 15 units at PCC, and plans to transfer to UCLA next year where she will major in Applied Mathematics.



Hau Nguyen

Nguyen remarked that she will always be grateful to Head Start for helping her achieve her goals. ■



## Head Start-State Preschool Early Care and Education Resource Center Grand Opening

Head Start will launch a fully functional resource/lending library to serve as a training, professional development, and work space for grantee and delegate agency staff, as well as Head Start parents and community representatives.

The library will house a variety of resources from curricula to research articles in all content areas, as well as administrative tools such as staffing and competency assessments for staff and training videos and DVDs.

The library will be open during grantee-sponsored training and technical assistance events, as well as by appointment. It will benefit Head Start delegate agencies and the local greater early childhood education community, alike.

"I am very honored to help build this library from 'scratch.' I enjoyed meeting employees from different service areas. They do such important work – work that has a lasting effect," said Donna Murray, Resource Center librarian.

The grand opening is scheduled for January 9, 2012. ■

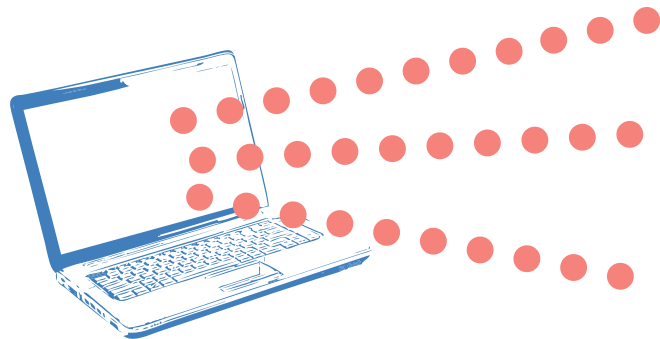


(Left to right) Judith Sierra, Oscar Carmona and Rosie Pinedo

### Pursuing Excellence

Oscar Carmona, language interpreter, conducted a training titled "Interpreting and Translating for Educational Organizations: Preschool to K-12" during the 52nd Annual American Translators Association Conference in Boston. Interpreters and translators from 47 U.S. states and 44 countries were in attendance. Language interpreters Rosie Pinedo and Judith Sierra also attended the conference held in October.

"Having attended this conference has brought me a new sense of responsibility and pride in being a language interpreter and translator. But being able to present at the world-renowned conference, being among language specialists from 44 countries and being acknowledged as a language professional has been a humbling and motivating experience," Carmona said.



### ChildPlus Training Videos Now Online!

The first series of online training videos are posted on [prekkid.org](http://prekkid.org). Follow the link or copy and paste to your browser: <http://www.prekkid.org/agencies/reporting.php>

Self-paced training videos:

- Adding DRDP Results
- Individual Attendance and Meal Count

Staff needing access to these ChildPlus modules should first review the videos, and then notify their supervisor to request access.

Each agency should maintain a "master list" of users requesting access to either module, and submit via e-mail to: [cp\\_support@lacoedu](mailto:cp_support@lacoedu)



### Imparting Wisdom

Liz Rojas, Head Start Governance specialist, participated in the "Parents and Grandparents: Educating the Next Generation" panel discussion with representatives from Los Angeles Universal Preschool (LAUP), and Preschool California. The event, sponsored and hosted by AARP, was held at the New Philadelphia AME Church in Rancho Dominguez. The audience was urged to engage in a discussion about how families can navigate the educational system and advocate for their children. "I was honored to be a part of the panel, and to talk about Head Start and the great services we provide, not just to our children, but to families and



the community. I was also honored to listen to grandparents who were so knowledgeable about our program. It was an awesome experience to hear them talk of their experience and to share their knowledge." The discussion was part of AARP's "California to Serve Not to be Served" weeklong event November 5-12, 2011



### Kudos!

PACE was highlighted in the Johnson & Johnson "Our Global Giving 2010 Contributions Report." Specifically, the section acknowledges programs like PACE that implement the UCLA/Johnson & Johnson Health Care Institute to help parents address basic health needs.

### Special Delivery!

Congratulations to Tony Wu and his wife Nancy on the birth of their son **Eli S. Wu** on September 6, 2011 at 9:10 a.m. Eli weighed in at 7.07 pounds and measured 21 inches long.

### The Write Start

*The Write Start* welcomes your articles pertaining to Head Start activities and events. Please submit them to: [thewritestart@lacoedu](mailto:thewritestart@lacoedu). The deadline for the next edition is **Friday, December 9, 2011**. You may also fax your submission to 562/940-1740, Attn: Sherri Ford-Mackey.

An official newsletter of the Los Angeles County Office of Education's Head Start-State Preschool Division, 10100 Pioneer Blvd., Ste. 325, Santa Fe Springs, CA 90670 (562/940-1770). Superintendent: Dr. Arturo Delgado. Interim Director: Keesha Woods. Produced by the LACOE Communications Department in partnership with The Head Start-State Preschool Write Start Team. Contributing writers for this issue: Debi Anderson, John Berndt, Bill Daniel, Sherri Ford-Mackey, Danee Jones-Mitchell, Tran Quach, Keesha Woods. Editor: Rick de la Torre. Graphics/layout: John Paster.