



2025-2026 Parent Calendar

Anoka/Washington County Head Start-Early Head Start Program
A program of Anoka County Community Action Program, Inc. www.accap.org

Serving pregnant women and families with children birth to 5 years old.

(Throughout this calendar, the terms “Head Start and A/W” will be used to include both Anoka/Washington County Head Start and Early Head Start programs.)

AW Head Start’s mission is to provide comprehensive early childhood and family development services that empower children and families to achieve school readiness and lifelong success.

Events in this calendar are subject to change.

You will be given notice when events are canceled, rescheduled or held virtually.



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

ACCAP is an Equal Opportunity Agency in Employment and Client Services.
Upon request, ACCAP will make this document available in alternative formats per requirements of ADA.

Teacher: _____
 Center/Room: _____
 Days and Hours: _____
 Phone Number: _____
 Extension: _____

Other Important Numbers

Emergency:

Fire, Police, Ambulance.....911
 Poison Control Center.....1-800-222-1222
 MN Dept. of Licensing.....651-431-6500
 Infectious Disease Reporting.....651-201-5414
 Minnesota Department of Health...612-215-5800

Parent/Guardian(s) at Work/School

Neighbor

Doctor

Other

If your child will be absent, notify your child's teacher prior to class.

Please watch TV Channels 4, 5, 9 or 11 for school closing announcements during bad weather. Please keep your phone number current to receive automated School Messenger calls about school closings and other updates.

(For more information on school closings see Parent Handbook page 36)

ACCAP Mission Statement:
The Anoka County Community Action Program, Inc. (ACCAP) is an innovative catalyst for empowering lower income Anoka County residents to achieve their aspirations and dreams.

ACCAP Head Start Phone Numbers

Main Switchboard.....(763) 783-4300
 Busing Services.....(763) 783-4309
 Educational Services.....(763) 783-4359
 Health & Nutrition Services.....(763) 783-4370
 Family and Community Partnerships (FCP).....(763) 783-4371
 Enrollment.....(763) 783-4350
 Enrollment Hotline.....(763) 783-4314
 Disability Services.....(763) 783-4381
 Administrative Services.....(763) 783-4328
 Spanish Line.....(763) 783-4305

Center

Coon Rapids Family Dev. Center.....(763) 783-4300
 Crayon Box.....(763) 574-0258
 Forest Lake.....(651) 464-7505
 Home Base.....(763) 783-4300
 Newport.....(651) 769-0382
 Oakdale.....(651) 748-0021



Head Start-Early Head Start Mission Statement:
Provide comprehensive early childhood and family development services that empower children and families to achieve school readiness and lifelong success.

For a listing of Anoka County Community Action Program (ACCAP) programs, call (763) 783-4747

ACCAP Office

Patrick McFarland, Executive Director
 1201 89th Ave Suite 3500
 Blaine, MN 55434.....(763) 783-4747
 Fax Number.....(763) 783-4700
 TTY (Hearing Impaired).....711

ACCAP's Website:
<http://www.accap.org>

Head Start Facebook Page:

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

Anoka County Head Start Office Family Development Center (FDC)

Jacqueline Cross, Program Director
 Office Hours: 8:00 a.m. to 4:30 p.m. (Mon.-Fri.)
 9574 Foley Blvd., Coon Rapids, MN 55433
 Phone.....(763) 783-4300
 Fax Number.....(763) 783-4333
 Spanish Line.....(763) 783-4305



Head Start-Early Head Start Centers/Classrooms 2025-2026

KEY: PY: Part Year (6.5 hrs/day; 9 months)
FY: Full Year (6.5 hrs/day; 11 months)
EHS-CCP: Early Head Start-Child Care Partnership (up to 10 hrs/day, 12 months)

Center/Class

Family Development Center Room 101
Family Development Center Room 102
Family Development Center Room 103
Family Development Center Room 104
Family Development Center Room 105
Family Development Center Room 106
Family Development Center Room 107
Family Development Center Room 108
Family Development Center Room 111
Family Development Center Room 114
Family Development Center Room 115
Family Development Center Room 116
Family Development Center Room 117
Family Development Center Room 118
Family Development Center Room 119
Family Development Center Room 120
Family Development Center Room 121
Crayon Box (Partnership)
Forest Lake Center
Hugo Center
Newport Center
Oakdale Center
Crayon Box - Fridley
Crayon Box - Coon Rapids

Class Description

PY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (8:00-2:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (8:00-2:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (8:00-2:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (10:00-4:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
EHS- Home Base Socialization Days
FY (8:30-3:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (9:30-4:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (10:00-4:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (8:30-3:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (9:30-4:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (8:00-2:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (9:30-4:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
PY (9:00-3:30) Up to 20 Children; 3-5 Year Olds Monday - Thursday
EHS- Home Base Socialization Days; Pending
FY (8:30-3:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
FY (8:30-3:00) Up to 20 Children; 3-5 Year Olds Monday - Thursday
EHS-CCP - Child Care Center 6 weeks - 36 months Monday - Friday
EHS-CCP - Child Care Center 6 weeks - 36 months Monday - Friday



Anoka/Washington County Head Start-Early Head Start

Program Expectations

Parents/Guardians have the greatest impact on their child's education and development. This is why parents/guardians are encouraged to take an active part in Head Start. Please review your Family Handbook for policies and information which cover all aspects of the Head Start family experience.

ATTENDANCE

It is very important that your child attends school regularly. Federal guidelines require us to monitor and report daily attendance and to maintain a rate of at least 85% average daily attendance for the program as well as identify & implement attendance improvement strategies for any children at risk of missing 10% of the program year. If your child will be absent, please notify your child's teacher prior to class via phone call to classroom.

PARENT/GUARDIAN-TEACHER CONFERENCES

Twice during the school year for Part Year and three times for Full Year, you will meet with your child's teacher to review your child's classroom work, set goals and go over records in your child's file.

IN-KIND & PARENT/GUARDIAN INVOLVEMENT

There are many ways to be involved in Head Start, including volunteering in the classroom, sharing a special talent and participating in program leadership opportunities. All parents/guardians are encouraged to participate at some level in their center activities. Volunteering enriches the classroom experience for children and provides opportunities to learn about the program while developing their own skills and knowledge in an array of volunteer opportunities. Please see the volunteering section in the Parent Handbook and review your Volunteer Handbook for suggestions for becoming involved.

YOUR CHILD'S SCHOOL CLOTHES

Please remember to dress your child in comfortable, weather appropriate clothing that can be easily washed. During messy activities, we always have the children wear protective covering and take precautions to protect their clothing. However, there are times that paint and/or other items may get on your child's clothes. Outdoor play may also invite dirt or grass stains that can soil new clothes. In order to keep your child safe from falls, all children need to wear closed-toed shoes with rubber soles, such as tennis shoes, to be safe when playing. Please provide the classroom an extra set of clothes for your child.

HEALTH CARE

You must maintain a current medical exam and dental exam on file for your child. This is a report that was completed in the last year by your doctor or dentist. If no medical report on file it must be turned in within 30 days of enrollment. Also, per state law we must have documentation of current immunizations or a signed notarized statement of objection or a medical exemption to enroll your child.

FAMILY & COMMUNITY PARTNERSHIPS

Your child's Family Service Worker will inform your family about parent engagement opportunities and other services. They are also available to support your family in meeting goals and providing community resources.

VISITING THE CENTER

Parents/Guardians may visit their child's center any time during hours of operation. A great opportunity to visit your child's classroom is to volunteer at the center.

HOME VISITS

Head Start believes that the parent/guardian-teacher partnership is key to a successful preschool program. Your active participation in home visits is very important to your child's Head Start experience.

Be a Partner in Your Child's Head Start Experience

- Show your child that you value their education each day.
- Volunteer in your child's classroom.
- Ask specific questions about what happened at Head Start such as what games they played, what songs they learned, what art projects they made, or what they ate.



September 2025

- What's Happening This Month:**
- Initial Home Visits
 - Tornado Drill Month
 - Bus Safety/Training/Evacuation Drills

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Agency Holiday Head Start Closed No Classes	2	3	4 Open House 3:00 PM - 6:00 PM Governing Board Meeting	5	6
		Initial Home Visits				
7	8 First Day of Classes	9	10	11	12	13
14	15	16 Policy Council Meeting	17	18	19 Home-Base Socialization 9:30 AM - 12:00 PM	20
		Bus Safety Training				
21	22	23	24 Children's Dental FDC	25 Fabulous Fun for Fathers #1 FDC	26 Head Start Building Closed Staff Development Day	27
		Bus Safety Training				
28	29	30	Please watch for parent notices in your child's backpack.			

Immunization Shots

When Does My Child Need Shots/Immunizations?

Head Start requires your child to have up-to-date shots in order to attend classes. Immunization (shots) is the process by which a person becomes protected against a disease. This term is often used in association with shots, vaccination, and inoculation.

- Children need most of their shots by the age of two. Plan to get your child's shots at birth, two months, four months, six months and 12-18 months.
- It is very important to get children's shots at the right ages. The schedule may vary depending on your specific doctor and child. To be protected, your child needs all required shots.
- Children also need shots at four to six years and 12 years old.
- Keep good records of your child's shots. Your child will need them for day-care, school, camp and doctor visits.

Where can I go to get children's shots?

See your doctor, clinic or local health department for shots. Many communities offer free and low cost shots at public clinics. You may be eligible to get free shots through a program called Minnesota Vaccines for Children (MnVFC). You can take part in MnVFC if your child:

- Is enrolled in Medical Assistance (MA), General Assistance Medical Care (GAMC) or Minnesota Care
- Does not have health insurance
- Does not have health insurance that covers shots
- Has health insurance that only covers part of the cost of shots (and you have to pay a co-payment or deductible)
- Is American Indian or Alaskan Native

Why does my child need shots/immunizations?

Shots or immunizations protect children from some very serious diseases. Some of these diseases are much more serious for children than they are for adults. Your child can get the diseases listed on the following chart from other children and adults who have not had their shots.

Call **Head Start Health & Nutrition Services** at (763) 783-4370 if you need help finding a place to get shots. Please remember that Head Start must have up-to-date immunization documentation upon enrollment.



Why does the government require that certain vaccines be given to children?

It is the responsibility of individual states to determine which vaccines are required by law, although most look to the schedule of recommended childhood vaccines that is established and updated each year by the Committee on Infectious Diseases of the American Academy of Pediatrics, the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention and the American Academy of Family Physicians. (The recommended childhood immunization schedule is available at www.cdc.gov/nip/recs/child-schedule.PDF.)

School immunization laws were first established to control outbreaks of smallpox and have subsequently been used to avoid epidemics of vaccine-preventable contagious diseases, such as measles, pertussis (whooping cough) and polio (formerly known as 'infantile paralysis'). Currently, all 50 states have school immunization laws, although there are differences in what may be required in different states.

States require vaccines because they have a responsibility to protect both individuals and the entire population of their state. Vaccine requirements for school entry help ensure that most people are protected through immunization. Because contagious diseases spread among susceptible people (those who have not been immunized and the small percentage of people for whom the vaccine was not fully effective), vaccination reduces the chance of infection and outbreaks of disease in schools and communities by reducing the number of unprotected people who may be infected and subsequently transmit the disease.

Are there legal consequences for parents if they choose not to vaccinate their children?

As of May 2025, all 50 states allow vaccination exemptions for medical reasons; 46 states allow exemptions for religious reasons and 17 states allow exemptions for philosophical reasons.

- There is no legal penalty for parents or guardians who obtain exemptions for these reasons. However, unvaccinated children are at greater risk of catching vaccine-preventable diseases.
- In most states, a child can attend school or day care if a proper exemption is obtained. However, when there is an outbreak of vaccine preventable disease, children who have not had the disease and who have not been vaccinated are often excluded from school or day care.
- California, Connecticut, Maine and New York are the only states that do not allow exemptions for religious reasons.
- The 17 states that allow exemptions for philosophical reasons are Arizona, Arkansas, Colorado, Idaho, Louisiana, Michigan, Minnesota, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Texas, Utah, Washington, West Virginia and Wisconsin.
- Updated information on state immunization requirements is available on the Immunize.org website at immunize.org/official-guidance/state-policies/vaccine-requirements/exemptions-child-school-2024/.

October 2025

What's Happening This Month:

- Height and Weight Screening Due
- Vision & Hearing Screening Month
- Fire Prevention Month
- First Meal Monitoring

Parent Meeting Month

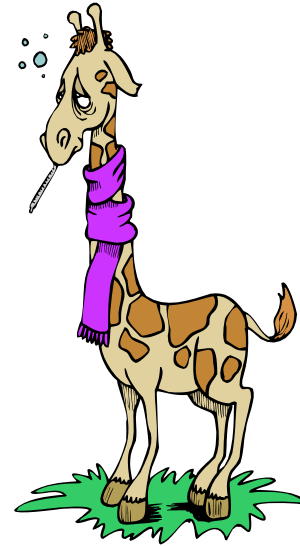
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Please watch for parent notices in your child's backpack.</p>			1	2 Governing Board Meeting	3 Home-Base Socialization 9:30 AM - 12:00 PM	4
			5	6	7	8
12	13	14 EHS Parent/Guardian Meeting & Fall Family Night	15 Apple Tree Dental FDC	16	17 Home-Base Socialization 9:30 AM - 12:00 PM	18
19	20	21 Policy Council Meeting	22	23	24	25
26	27	28	29	30 F.R.E.D #1 FDC	31	

HEALTH GUIDELINES

Please **DO NOT** send your children to school if they have any of the following:

***Note: Some illnesses will require a Proof of Treatment form, signed by your child's physician, before your child can return to school.**

1. Temperature above 100.4° F anytime within 24 hours before school.
2. Vomiting anytime within 24 hours before school.
3. Diarrhea anytime within 24 hours before school.
4. Open and draining skin sores.
5. Unknown or unfamiliar rash.
6. Red, inflamed or draining eyes or ears.
7. Constant cough or nasal drainage.
8. Signs of pain - stomach, headache, sore throat, etc.
9. Unusual tiredness, paleness or irritability.
10. Any infectious disease.
11. Ringworm, scabies or an embedded wood tick.
12. Chicken Pox until the lesions are crusted over.
13. Broken or fractured bone. Child must have a signed **Proof of Treatment** form stating they have been seen by a medical provider and a **Care Plan** in place for school.



When in doubt, please play it safe for your child and other children by keeping your child home. Your child's teacher will call for you to pick up your child if they have any of the following:

1. Elevated temperature (over 100.4° F)
2. Vomiting (2 or more times)
3. Diarrhea (with 3 or more loose stools)
4. Constantly crying - fussy
5. Symptoms of illness, such as red throat, constant cough, red inflamed eyes, rashes, etc.
6. When in doubt, your child may be sent home for observation.
7. If an embedded wood tick is found on your child we will notify you but not remove it.



November 2025

What's Happening This Month:

- Parent/Teacher Conferences
- Health & Mental Health Advisory Meeting
- Policy Council New Member Training

Parent Meeting Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please watch for parent notices in your child's backpack.						1
2 Daylight Saving Time Ends	3	4	5	6 Governing Board Meeting	7 Home-Base Socialization 9:30 AM - 12:00 PM	8
9	10	11 Agency Holiday Head Start Closed No Classes	12 Children's Dental FDC	13 Anoka County WIC FDC 8:00 AM - 11:00 AM Health & Mental Health Advisory Meeting 10:30 AM	14	15
16	17	18 Policy Council Meeting & New Member Training	19	20 F.R.E.D #2 FDC	21 Home-Base Socialization 9:30 AM - 12:00 PM Parent/Teacher Conferences	22
23	24	25	26	27 Agency Holiday Head Start Closed No Classes	28 Agency Holiday Head Start Closed	29
30	Parent/Teacher Conferences - All Center-Based Classes Closed					

HEAD START GUIDELINES FOR RETURNING TO SCHOOL AFTER AN ILLNESS

Some illnesses might require a proof of treatment form completed by your child's physician.

Diseases/Illnesses	About the Disease	Incubation	Symptoms and Treatment	School Return Policy
Chicken Pox	Chicken Pox is a viral illness that most children get at some time.	10-21 days from exposure	Skin rash starts with raised red spots that look like pimples, but quickly develop into blisters with a red base which break and form scabs; fever, itching. NO ASPIRIN unless directed by doctor. Treat fever.	When sores are dry and crusted.
Cold Sores	Cold sores are a viral illness that most children get at some time.	2-21 days	Fever blisters on lips, face or mouth. They will crust over and heal in a few days.	No exclusion, unless sores do not heal or become infected.
Colds (Respiratory Infections)	Colds are very common in infants and children. Caused by viruses and may last several days or weeks.	1-10 days	Runny nose, sneezing, chills, fever, sore throat, cough and tiredness. See physician for high fever, persistent cough or sore throat.	24 hours after fever resolves without the use of fever reducing medicine
COVID-19	An infections disease caused by the SARS-COV-2 Virus.	2-14 Days	Fever or chills; Cough; Shortness of breath or difficulty breathing; New loss of taste or smell; Sore throat.	24 hours after fever resolves without the use of fever reducing medicine AND other symptoms are improving.
Diarrhea (Acute or Persistent)	Diarrhea is common in young children because their sensitive digestive systems react to infections or new foods.	1 day to 4 weeks	Increased number of loose, watery stools. Contact your physician.	24 hours after last loose stool.
Fifth's Disease	Viral infection, mildly contagious.	6-14 days	Red blush or sunburned rash appears over both cheeks, next day red round spots appear on arms and legs. When rash fades, lacy marble-like pattern appears.	Children who have the lacy rash are no longer contagious.
Head Lice Eggs (Nits)	Lice resemble flakes of dandruff, but will not brush out. Must be treated, if not treated will spread rapidly.	None	Small white particles on the hair follicle, itching of the scalp. Contact medical home to confirm diagnosis and ask for treatment recommendations.	Treatment recommended but may return to school.
Impetigo	Impetigo is a bacteria skin infection caused by strep or staph bacteria.	1-10 days	Small pus-filled sores with yellow crust. Contact your physician.	24 hours after meds are started and must have a physician's note.
Measles, Mumps and Rubella (German Measles)	Measles, mumps and rubella are serious diseases. They spread when germs are passed from an infected person to the nose or throat of others.	10-14 days	Begins with fever, watery eyes, runny nose, cough. Red blotchy rash appears in 3 days. Swollen glands may indicate mumps or rubella. Contact your physician.	Must have a written note from physician.
Meningitis (Hemophilus-Influenza)	Meningitis is an infection of brain and spinal cord coverings.	Unknown	Sleepiness, fever, stiff neck, vomiting and lack of appetite. Contact your physician.	Must have a written note from physician.
Pin Worms	Parasite that infects the intestine. Highly contagious.	4-6 weeks	Rectal itching, especially at night. Contact your physician.	Must have a written note from physician.
Pink Eye (Conjunctivitis)	Pink Eye is caused by a virus or bacteria and is highly contagious.	1-3 days	Red, watery, burning, itching eyes, thick discharge. Contact your physician.	After the medication has been used for 24 hours and/or a physician's written notice.
Reye's Syndrome	Disease that affects all body organs, most lethally the liver and brain.	None	Vomiting, sleepiness, disorientation may develop after flu or chicken pox. Contact your physician	Must have a written note from physician.
Ringworm (Scalp)	Ringworm is a fungus and can affect the skin on the face, neck, body and legs depending on what type.	10-14 days	Round dry patches, bald scalp and pimples on scalp. Hairs become brittle and break. Contact your physician.	24 hours after treatment was started and a written note from physician.
Scabies	Scabies is caused by a parasite which burrows under the skin.	2 weeks to 2 months	Rash, intense itching in the folds of the skin. Contact your physician.	24 hours after treatment was started and a written note from physician.
Strep Throat (Scarlet Fever)	Strep is caused by a bacteria and is contagious.	1-3 days	Swollen glands, fever, sore throat, fine red rash. Contact your physician.	24 hours after medication was started and a written note from physician.
Vomiting	Not a disease	Unknown, Many Causes	Keep child hydrated and watch for a fever. Keep child comfortable and cool.	24 hours after last incident of vomiting and no additional symptoms.

December 2025

What's Happening This Month:

- Bus Evacuations
- Policy Council New Member Training
- Winter Break

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Governing Board Meeting Families Doing Good Together - Newport 6:00 PM - 7:30 PM	5 Home-Base Socialization 9:30 AM - 12:00 PM	6
7	8	9	10	11 Anoka County WIC FDC 8:00 - 11:00 AM Families Doing Good Together - FDC 6:00 PM - 7:30 PM	12	13
14	15	16 Policy Council Meeting & New Member Training	17	18	19 Home-Base Socialization 9:30 AM - 12:00 PM	20
21	22	23	24 No Head Start Classes Offices/Buildings close at 12:00 pm	25 Winter Break - No Head Start Classes / All Head Start Offices & Buildings Closed	26	27
28	29 Winter Break - No Head Start Classes / All Head Start Offices & Buildings Closed			30	31	<p style="text-align: center;">Please watch for parent notices in your child's backpack.</p>

Health Emergency Chart

IN CASE OF SERIOUS INJURY OR ILLNESS: DIAL 911

Information listed below is for your reference only

FIRST AID TREATMENT

- Get prompt professional help. Check patient for medical alert bracelet or wallet card indicating chronic diseases. Keep calm, give your name and location, briefly explain what has happened and ask what to do until help arrives. If you cannot get immediate help, the following safety measures may provide emergency relief.

POISONING - Call 911

- Call 911 or Poison Control 1-800-222-1222
- Explain: (1) what unusual symptoms the patient shows, (2) what substance and amount may have been involved (trade name, manufacturer, label warning), and (3) patient's age, weight, and general health.

INHALATION POISONING - Call 911

(Gas, Fumes, Smoke)

- Call 911. Get patient into fresh air.
- If breathing has stopped, start CPR and do not stop until patient is breathing or emergency help arrives.

BLEEDING - Call 911

Until emergency help arrives:

- When a finger or hand pressure is inadequate to control bleeding, place a thick pad of clean cloth or bandage directly over wound and hold in place with a belt, bandage, neckties, cloth strips, etc. taking care not to stop the circulation to the rest of the limb.
- For injuries where a tie cannot be used, such as to the groin, back, chest, head, or neck, place a thick pad of clean cloth or bandage directly over the wound and control bleeding with finger or hand pressure.
- If bones are not broken, raise bleeding part higher than the rest of the body.
- If injury is extensive, treat for shock.



BURNS AND SCALDS - Call 911

Until you get medical help:

- Immerse burned area immediately in tap or cool water or apply clean, cool, moist towel. Do not use ice.
- Maintain treatment until pain or burning stops. For exposure to chemicals, flush skin with plenty of running water, but only cover exposed area with a clean bandage if the chemical has caused a burn. Avoid breaking blisters that may appear.
- Do not use ointments, greases, powders, etc.
- If burns are extensive, keep patient quiet and treat for shock. Get patient to doctor or hospital as soon as possible.
- If patient is conscious, can swallow, and does not have mouth burns, give plenty of water (unless they are experiencing shock).

SHOCK - Call 911

Shock usually accompanies severe injury or emotional upset. The signs are cold and clammy skin, pale face, chills, confusion, FREQUENT nausea or vomiting, or shallow breathing. Until emergency help arrives:

- Have patient lie down with legs elevated (unless fracture or back injury suspected).
- Keep patient covered to prevent chilling or loss of body heat.
- DO NOT give them anything to drink.

BROKEN BONES - Call 911

In case of a suspected fracture to any part of the body, or if any injury to the neck or back is suspected:

- Do not move patient without medical supervision, unless absolutely necessary.

For other fractures, until emergency help arrives, take the following precaution:

- Do not move the injured part.



January 2026

What's Happening This Month:

- Winter Break
- Second Meal Monitoring

Parent Meeting Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please watch for parent notices in your child's backpack.				1 Winter Break - No Head Start Classes / Building Closed	2	3
4	5 Classes Resume	6	7	8 Anoka County WIC FDC 8:00 - 11:00 AM Governing Board Meeting	9 Home-Base Socialization 9:30 AM - 12:00 PM	10
11	12	13	14	15	16 Head Start Closed Staff Development Day	17
18	19 Agency Holiday Head Start Closed No Classes	20 Policy Council Meeting	21	22	23 Home-Base Socialization 9:30 AM - 12:00 PM	24
25	26	27	28	29 F.R.E.D #3 FDC	30	31

Safety Tips

Sudden Unexpected Infant Death

Also known as SUID, this is the sudden and unexpected death of an infant under one year of age that remains unexplained after complete evaluation. SUID usually has no warning signs, and is the most common cause of death in children one month to one year of age. The following are things you can do to reduce your child's risk:

- Place your baby on his/her back to sleep
- Do not sleep with baby on the couch
- Consider using a clean, dry pacifier for sleep
- Keep all toys out of sleep area
- Limit use of car seats, bouncy seats, carriers
- Place baby on firm sleep surface
- Do not add pillows, soft bedding etc. to beds
- Encourage "tummy time"

Abusive Head Trauma

Abusive Head Trauma is an act of violence and is a form of child abuse. Children that are shaken, infants to children three years of age, have large heads and under-developed neck muscles and brains. Boys are shaken twice as often as girls. The most common reason for shaking is that normal parent/guardians get stressed beyond their coping skills. One third of shaken children die, one third are disabled and one third are "normal." Some resources available to families can be found at www.dontshake.org

Poisoning

Post the number of the poison control center by each telephone: 1-800-222-1222
Poisoning from common household items like medicine, makeup and cleaning products make up the greatest number of home poisonings. Keep all of these items out of sight and out of children's reach.

More than 700 plants in the United States and Canada have been identified as poisonous. They can be dangerous and even deadly. If you think your child may have swallowed any part of a poisonous plant, first remove any remaining pieces from the child's mouth. Then bring the child and a piece of the plant to the phone and call the poison control center.

Choking

Choking is the fourth leading cause of accidental death in young children, especially those under the age of three. The following is a partial list of foods that are extremely dangerous, especially for children under the age of three:

- Hot dogs
- Hard candies
- Grapes
- Nuts
- Raw carrots
- Raisins
- Gum
- Popcorn

Young children, along with infants and toddlers, may also choke on small objects like coins, safety pins, crayon pieces, small parts of toys, balloons and other small objects. Place these things out of children's reach.

Water Safety

Children can drown in less than two inches of water in a matter of seconds. Even small buckets or wading pools with a few inches of water collected at the bottom can prove hazardous for young children. Consider using a sprinkler for water fun. Children should never be around water unsupervised, including bathtubs. Learning to swim and teaching water safety is fun for children, but also a wise investment.



February 2026

What's Happening This Month:

- Parent/Teacher Conferences
- Annual Joint Governing Board & Policy Council Meeting

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Anoka County WIC FDC 8:00-11:00 AM	6 Home-Base Socialization 9:30 AM - 12:00 PM	7
8	9	10 Governing Board & Policy Council Joint Meeting/Training	11 Evening Parent/ Teacher Conferences	12 All Center-Based Classes Closed Parent/Teacher Conferences	13	14
Parent/Teacher Conferences						
15	16 Agency Holiday Head Start Closed No Classes	17	18	19	20 Home-Base Socialization 9:30 AM - 12:00 PM	21
22	23	24	25	26 Fabulous Fun for Fathers #2 FDC	27	28

**Please watch for parent notices
in your child's backpack.**

PEDESTRIAN SAFETY

Adapted from www.safechild.net

Walking and Playing Outside

A recent pedestrian safety study found that toddlers (1-2 yrs) are more likely to be injured in residential driveways as vehicles back up, whereas preschoolers are more frequently injured while crossing or darting mid-block on residential streets. Children also use the street as an extension of their front yard. Parents should reinforce street safety by explaining consequences and by exercising a close watch on children outdoors.

- Teach your children never to run into the street, even to chase a ball or toy.
- Teach your children to watch for cars backing out of driveways when walking on sidewalks.
- Teach your children how traffic lights work and emphasize that even though the light may be red, turning vehicles may still cross their path.
- Teach your children to walk only when the **Walk** signal is lit and not to cross when the **Walk** signal is blinking or the **Do Not Walk** signal is lit.
- If your children must walk at night, teach them to use a flashlight to improve their vision. Also, add reflective tape to their clothing to help alert drivers to their presence.
- Do not allow children to play unsupervised in driveways, unfenced yards, streets, or parking lots.
- Set an example for children by following proper pedestrian safety rules.

Crossing the Street

Practice these rules of safety with your child when walking and crossing the street:

- **Never allow children under age ten to cross the street alone.**
- Walk on sidewalks and paths if possible.
- Walk, don't run, across the street. This gives drivers time to see you.
- Watch for cars that are turning or backing up.
- If there is no sidewalk and your children have to walk in the road, teach them to walk facing traffic, so that they can see the cars coming and the drivers can see them.
- Walk as far to the left as possible, keeping as far from the roadway and out of traffic as they can.
- **Look left, right, and left again before they step into the street.**
- If a car is parked where they are crossing, first make sure there is no driver in the car, then go to the edge of the car and look left-right-left until no cars are coming.
- Try to make eye contact with drivers before crossing in front of them.
- Tell your children that even though they can see the driver, the driver may not see them.
- Keep looking both ways for cars while they are crossing the street.
- Cross only at corners and marked crosswalks. If there is a crosswalk button, press the button and wait for the walk signal to indicate that it is safe to cross.

- Teach your children to wear bright clothing in the daytime and reflective materials on the front and back of their clothing at dawn and dusk.
- **Always hold your child's hand in a parking lot.** When walking through a parking lot, steer your child away from side view mirrors on cars. They are just the right height to bang heads of four to seven year olds (who are not paying attention as they walk between two cars).

Driveway Safety

To avoid injuring a child when backing out of your garage or driveway, drivers should practice these safeguards:

- Tell another adult when you are about to use the car, so he or she can make sure your child doesn't follow you.
- Walk around your car before getting inside to be sure no children are nearby.
- Look for toys and other indications that children may be nearby.
- Look in the rear view and side view mirrors when you get into the car, after you have buckled your safety belt, and again after you have started the car. Continue to check the mirrors as you slowly back up.
- Avoid parking your car in the driveway. Children have been injured or killed when an unoccupied vehicle rolled backwards. If you park in the driveway, always use the emergency brake and lock the car.



March 2026

What's Happening This Month:

- Second Height & Weight Screenings
- Bus Evacuations
- AmeriCorps Week
- Special Persons Week

Parent Meeting Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Governing Board Meeting	6 Home-Base Socialization 9:30 AM - 12:00 PM	7
8 Daylight Saving Time Begins	9	10	11	12 Anoka County WIC FDC 8:00-11:00 AM	13	14
AmeriCorps Week						
15	16	17 Policy Council Meeting	18	19	20 Home-Base Socialization 9:30 AM - 12:00 PM	21
Special Persons Week						
22	23	24	25	26 F.R.E.D #4 FDC	27	28
29	30	31	Please watch for parent notices in your child's backpack.			

Parenting

Setting & Enforcing Family Rules

Children begin to understand the idea of family rules around the age of two. Children enjoy helping make rules.

- When setting rules, keep them simple and easy
- Limit the number of family rules to a few
- Repeat the rules often
- Establish what happens when rules are broken
- Change old rules and establish new rules as children grow and mature

Expect that all family members, adults and children, will follow the family rules. Only establish rules that really matter to you. Some examples include:

- Treat each other with respect
- Use kind words
- Use gentle touches
- Pick up your things
- Use quiet voices
- Listen to one another

Children feel secure when parents and families enforce rules. It is the parent's job to set limits and enforce boundaries.

- When your child breaks a family rule, what happens? To be effective, the consequences must fit the behavior.
- As children grow older, they should help make changes in the family rules. Children can learn to set rules and help decide consequences for broken rules.
- When you've heard a request, listened to the reasons, taken time to discuss the subject, given your answer and your reason and decided the answer is "no", there is no need to change your mind. This is when a caregiver may have to say, "Subject closed!"

Parent Education - ReadyRosie

To encourage parent education, our Head Start-Early Head Start program uses a researched-based parenting curriculum that builds on parents' knowledge called ReadyRosie. ReadyRosie uses 'modeled moment' English and Spanish video playlists that are delivered to families via text and/or email throughout the school year. These videos provide ideas and activities to turn everyday moments with your child into teachable moments as well as provide resources for families. We encourage all Head Start parents/guardians to participate in ReadyRosie. More information on how to sign up will be shared at enrollment and throughout the year.

Positive Discipline Suggestions

Here are some suggestions for positive discipline ideas:

- Constantly recognize and reinforce positive behavior.
- Hug your children often.
- Talk and listen to your children. Respect their ideas and points of view. When you respect your children, they will be more willing to respect you.
- Express disapproval of the behavior--not disapproval of your child. "I don't like it when you hit me."
- Set clear limits and be consistent. State your expectations in positive ways. "After you clean your room, you can ride your bike," or, "Homework must be done before the TV is turned on."
- Teach your children how to solve their own problems. "Let's sit for a minute so we can settle down." Say, "I'm sorry for yelling at you." Tell your children that you love them, especially when they may be feeling angry.
- Give your child choices when possible. "Do you want your eggs scrambled or poached?" "Do you want to wear your red shirt or your blue shirt?" Be sure you can accept the decision.
- Allow your child to experience the safe consequences of his or her behavior. The purpose of consequences is to teach self-discipline--not to punish the child. Older children will learn to consider the consequences before deciding to break or follow a rule.
- Teach social skills. Some magic words include: "Please", "Thank you", "You're welcome", and "Excuse me". Remember to say them to your child as well.
- Give your child permission to express all kinds of emotions. It's okay to be angry or sad. Ask your child to talk about his/her feelings.
- Teach your children responsibility by giving them daily chores. See daily calendar suggestions.
- Think before you speak! Say, "I need to think about this before I can give you an answer." When you respond too quickly, you may want to change your mind after you've thought about the request.

***Discipline means to lead,
to guide, and to teach
your children.***



What's Happening This Month:

- Child Abuse Awareness Month & Wear Blue Day
- Severe Weather Awareness Month
- Spring Break
- Tornado & Fire Drills
- Week of the Young Child
- National Volunteer Week

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Please watch for parent notices in your child's backpack.</p>			1	2 Governing Board Meeting	3 Spring Break Head Start Closed	4
			5	6 Spring Break Head Start Closed	7 Classes Resume	8 Center-Based Classes Wear Blue Day
Week of the Young Child						
12	13	14	15	16 MN Early Learning Corps Family Night FDC	17 Home-Base Socialization 9:30 AM - 12:00 PM	18
19	20	21 Policy Council Meeting	22	23 F.R.E.D #5 FDC	24	25
National Volunteer Week						
26	27	28	29	30		

Encourage Your Child

Parents can help children feel good about themselves. Parents can encourage good behavior by using positive reinforcement. Here are some ways to support your child's good behavior:

- Give non-verbal rewards that include a smile, a nod, a wink, a hug, a pat on the back.
- Be specific with your praise. Turn "Good boy." into "You must be proud of the good job you did putting away your game."
- Encourage children in their efforts. Say, "That must have been hard to do."
- Find some way every day to say, "I love you just because you're you."
- Reward good behavior by saying, "I enjoyed being with you in the grocery store."
- Focus on your children's strengths. Let them know you appreciate them.
- Say encouraging and supportive words when you see your child struggling or becoming frustrated.
- Try to spend at least as much time encouraging, praising, and reinforcing positive behavior as you do enforcing consequences for negative behavior.

Each Family is Special

All families have strengths. Think about what is positive about your family and build on those strengths. Find positive ways to discipline that best fit your own family's style and your personality. Examples of positive parenting are to:

- Nurture your child's self esteem.
- Encourage your child to accept responsibility for his/her actions.
- Develop a sense of humor with your child.
- Teach your child to become independent.
- Encourage your child to be sensitive and aware of the needs of others.
- Teach your child limits through family rules.
- Help your child learn problem-solving skills.
- Help your child learn self-discipline.
- Have fun as a family.



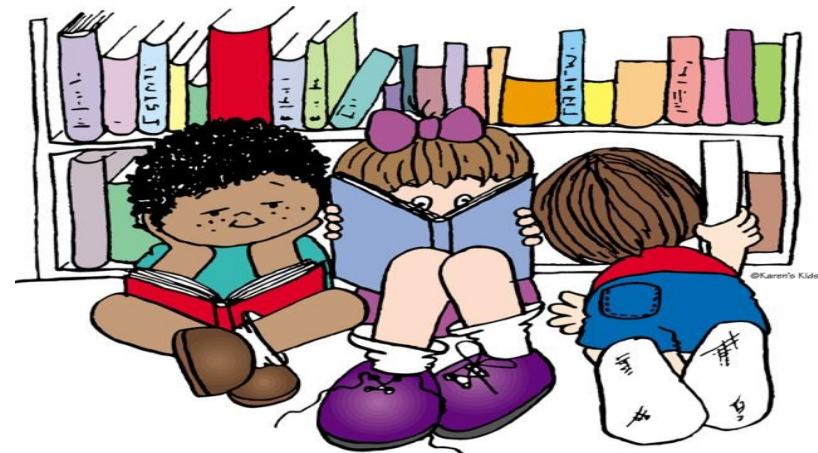
Reading Fun

Visit the public library with your child. Look for books that are age appropriate. Even babies enjoy picture books, especially ones made out of cloth.

Whether you read a story or tell a story of your own, your child is learning how to imagine and how words communicate ideas. As your child is having fun hearing the stories, you are helping him/her learn by putting ideas and words together.

The best way for your child to learn to love reading is to read each day. Reading can be done anywhere; in a car, at a fast-food restaurant, on a bus, at an office, in the park, or at home. Keep books or other reading materials handy so it's always an easy activity to choose. Looking at picture books is a wonderful way to encourage young readers.

Head Start has a parent lending library. Ask your teacher where yours is located.



What's Happening This Month:

- ACCAP Annual Meeting
- National Teacher Appreciation Week
- Full Year Parent/Teacher Conferences
- Part Year Last Center Day
- Part Year End of Year Home Visits
- Parent/Teacher Home Visits/Conferences

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="color: red; text-align: center;">Please watch for parent notices in your child's backpack.</p>					<p style="text-align: center;">1 ACCAP Annual Meeting - Head Start Offices Closed</p>	2
				3	4	5
National Teacher Appreciation Week						
10	11	12	13	14 F.R.E.D #6 FDC	15 PY Home Visits & FY Parent/Teacher Conferences Home-Base Socialization 9:30 AM - 12:00 PM	16
17	18	19 PART YEAR LAST CENTER DAY	<p style="text-align: center;">Full Year Closed Parent/Teacher Conferences Part Year End of Year Home Visits</p>		22	23
24	<p style="text-align: center;">25 Agency Holiday Head Start Closed No Classes</p>	26	27	28	29 Home-Base Socialization 9:30 AM - 12:00 PM	30
31						

Certification of Standards of Conduct

Related Performance Standard: 45 CFR 1302.90(c)

All staff members, consultants and volunteers of ACCAP Head Start-Early Head Start will follow the Certification of Standards of Conduct required by Federal Regulations including, but not limited to:

1. All staff members, consultants and volunteers will respect and promote the unique identity of each child and family and will refrain from stereotyping on the basis of gender, race, ethnicity, culture, religion and disability.
2. All staff members, consultants and volunteers will follow program confidentiality policies concerning information about children, families and other staff members.
3. All staff members, consultants and volunteers are aware of the policy that no child will be left alone or unsupervised while under their care.
4. All staff members, consultants and volunteers will use positive methods of child guidance and will not engage in corporal punishment, emotional or physical abuse or humiliation.
5. All staff members, consultants and volunteers will not employ methods of discipline that involve isolation, the use of food as a punishment or reward or the denial of basic needs
6. All staff members, consultants and volunteers will not intentionally enroll ineligible families into the program.
7. All staff members, consultants and volunteers will maintain the Head Start child/staff ratio, which requires a group of children be supervised and/or taught by two adult staff members at all times.
8. All staff members, consultants and volunteers acknowledge that they have been trained on active supervision procedures and reporting to the program of any supervision incident that may occur.
9. All staff members, consultants and volunteers are aware that there may be penalties for violating the child/staff ratio and active supervision policies and procedures.

Anoka/Washington County Head Start-Early Head Start values the participation and contributions of its staff, consultants, and volunteers. These Standards of Conduct contain our beliefs and are a necessary part of a fair, just, and humane early childhood education program. All staff members, contractors and consultants are asked to review this statement as an affirmation of their beliefs. (Full Head Start Standards of Conduct will be made available upon request)



June 2026

What's Happening This Month:

- Fire Extinguisher Checks
- FY Bus Safety/Training/Evacuation Drills

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Governing Board Meeting	5	6
7	8	9 EHS Parent Meeting/Summer Family Night FDC	10	11	12 Home-Base Socialization 9:30 AM - 12:00 PM	13
14	15 Flag Day Observed	16 Policy Council Meeting	17	18	19 Agency Holiday Head Start Closed No Classes	20
21	22	23	24	25 Fabulous Fun for Fathers #3 FDC	26 Home-Base Socialization 9:30 AM - 12:00 PM	27
28	29	30	Please watch for parent notices in your child's backpack.			

Anoka/Washington County Head Start-Early Head Start Volunteer Chart

Administration and Head Start Office	Education	Recruitment & Enrollment	Health Services	Transportation	Family and Community Partnerships
<ul style="list-style-type: none"> ◆ Recruit volunteers for classrooms or special learning projects and field trips ◆ Serve as a member of the Self-Assessment team to review program requirements ◆ Assist with interviewing process ◆ Interpret for families 	<ul style="list-style-type: none"> ◆ Volunteer in your child's classroom ◆ Assist in prepping for curriculum activities ◆ Read a story to your child's class ◆ Help children in learning centers ◆ Assist during outdoor play time ◆ Interpret for children/parents ◆ Assist on field trips ◆ Assist during snack and meal time ◆ Lead song during music and movement ◆ Share information with your child's class about your job/culture. ◆ Teach the children a game or new hobby 	<ul style="list-style-type: none"> ◆ Post recruitment flyers ◆ Tell friends about Head Start ◆ Interpret for families ◆ Attend community events (Advocacy for Children Day, resource fairs) ◆ Help prepare recruitment mailings 	<ul style="list-style-type: none"> ◆ Serve on the Health Advisory Committee ◆ Share special health related lessons ◆ Assist with annual Health & Community Resource Fair ◆ Interpret for families ◆ Assist with clean up ◆ Offer cultural menu item ideas ◆ Assist with children daily health check ◆ Assist children with tooth brushing and hand washing in the classroom ◆ Assist with classroom meal service & family style dining 	<ul style="list-style-type: none"> ◆ Ride the Head Start bus as a bus monitor ◆ Assist children with the restraint system with seat belts ◆ Assist children getting on and off the bus ◆ Assist with bus evacuation drills 	<ul style="list-style-type: none"> ◆ Attend parent meetings ◆ Assist with parent engagement events ◆ Interpret for families ◆ Serve as a member of Policy Council and/or Governing Board ◆ Assist with childcare for parent activities ◆ Update and organize resource information ◆ Organize and sort donations

What's Happening This Month:

- Summer Break
- Full Year Last Center Day & End of Year Home Visits
- Last week of Early Head Start Home Visits

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Please watch for parent notices in your child's backpack.</p>			1	2 Governing Board Meeting	3 Agency Holiday Head Start Closed No Classes	4
			5	6	7	8
12	13	14	15	16	17	18
19	20	21 Policy Council Meeting	22	23	24 Home-Base Socialization 9:30 AM - 12:00 PM Full Year End of Year Home Visits	25
26	27	28 Last Day of Full Year Classes	29 Full Year End of Year Home Visits	30 Full Year End of Year Home Visits	31 Full Year End of Year Home Visits	
<p>Last Week of Early Head Start Home Visits</p>						

Child & Adult Care Food Program

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.fns.usda.gov/cr/discrimination-complaint-form>, or from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation.

The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

The WIC Program:

The WIC Program:

- ♦ Is a Nutrition and Breastfeeding Program
- ♦ Helps eligible pregnant women, new mother, babies and young children eat well, learn about nutrition, and staying healthy
- ♦ Provides nutrition education and counseling,
- ♦ nutritious foods, and referrals to health and other social services

Who can apply for the WIC Program?

- ♦ Pregnant women
- ♦ Mothers and fathers with an infant or child under the age of 5
- ♦ Foster parent(s) or guardian(s) with an infant or child under age 5

To contact the
Minnesota State
WIC Office call:
1-800-657-3942
or
1-651-201-4444

*This institution is an equal
opportunity provider.*



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Enjoy the summer with your child!		See the next pages for summer safety and activity suggestions.				1
2	3	4	5	6 Governing Board Meeting	7	8
9	10	11 Policy Council Meeting	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUMMER SAFETY TIPS

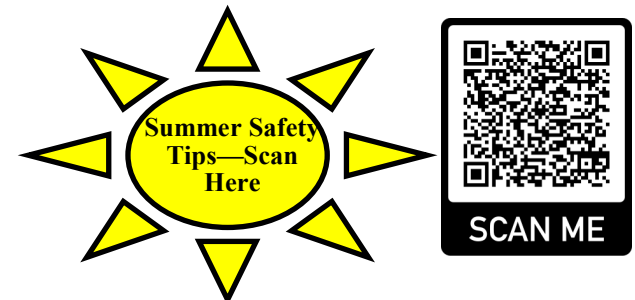


As the days get warmer and longer, help children stay safe by following these simple tips.

- Prepare and take a first aid kit wherever you go. Always include medication the children need and emergency contact information for any other children in your care. Regularly replenish Band-Aids and other materials for cuts and scrapes.
- Schedule outdoor play time to avoid the sun's peak hours, which are generally between 10 a.m. and 4 p.m. Make sure children have access to shade and plenty of drinking water when outside.
- Use broad-spectrum sunscreen with SPF 30. Apply to children's exposed skin at least 15 minutes before heading outside, even on cloudy days. Reapply every two hours and after children get wet.
- Apply insect repellent if children spend time near areas with biting insects. Read and follow instructions carefully. Do not use repellent with more than 30 percent DEET.
- Supervise children at all times during water play. Create guidelines with children and enforce the guidelines during play, such as no running near water or splashing other children.

For more information:

See "Summer Safety Tips," by the American Academy of Pediatrics. 2012. <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx> or <https://www.naeyc.org/>



Summer Months Activity Suggestions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visit a local park	Make home-made play dough.	Visit your local library	Blow bubbles	Find and count items around the house	Color in a coloring book	Play hop scotch
Take a walk	Visit a local wading pool	Plant a seed	Make a nutritious snack	Visit a zoo	Read a book aloud	Write a poem
Visit a relative	Make fruit juice ice cubes	Visit a pet store	Talk about various occupations	Complete a chore and talk about family responsibility	Make sock puppets	Go birdwatching in your neighborhood
Discover the back yard; find flowers, insects and rocks	Run through a sprinkler	Play jump rope	Talk about recycling	Plan a meal together	Make a special dessert	Count coins and talk about money, its uses & its responsibilities
Talk about pets; types and different responsibilities	Make a picture collage of friends and family	Read your favorite book	Tell a make believe story	Talk about seasons	Talk about the next school year	Practice ABC's and counting