



"Come n Learn" Headstart Program Newsletter

Volume 8, Issue 8

April 2007 Issue

FROM THE DIRECTOR

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SPRING HAS ARRIVED! It is good to shed the heavy winter clothing and be outside more. In our culture spring is a time for new beginnings. As trees, plants and flowers begin to grow and bloom, so it is we want our children to share in this excitement. We hope, as parents you too will also join us as we celebrate the warmer weather.

We have just completed our 2nd Annual Leadership Conference, "Breaking rail, Leading The Way" and the feedback tells us it was enjoyed by all. We were fortunate that a number of our parents could participate.

We have has some in service training for the teachers and are looking to there wellness and to keep our team going strong. This allows us to focus on our goals both through our teaching practice and through staff development.

We enjoy creating and sending this newsletter to our parents, it helps keep our communication lines open and also we invite you to drop by and visit us.

We keep on repeating the same message "Research tell us that our children learn best when their parents are involved in there education".

After 10 years I still feel honored to be a part of your child's learning team as they inspire me with their creative energy, wisdom and dedication.

Please do not hesitate to call me if you have any questions or concerns or ideas. My door is always open.

Sin-

cerely,
Delora



Free Law Clinic

Date: Wed, April 11/07

Time: 12-2 pm

Place: 2910-5th Avenue

**Please call Maddie
@ 525-4161 to book an
appointment.**

Skillet Chicken Risotto

You need: 1 1/2 cups of uncooked rice, 1 can creamed soup, 2 cups cooked chicken chunks, 1 pkg. mixed vegetables, 1 cup of shredded cheddar cheese

In skillet, melt 2 Tbs. Butter over medium heat. Add rice, 3 1/3 cups of diluted soup, chicken, 1/4 tsp. Salt and 1/4 tsp. Pepper; boil. Stir several times; cover. Over low heat, cook until rice is tender. Stir in thawed vegetables. Sprinkle with cheese; cover. Heat until cheese is melted, 10 minutes.

April 2007 Upcoming Events

If you need a ride or childcare call Maddie at 525-4161

Parenting Classes

April 2-5/07 from 1pm- 3pm @ HeadStart

Impact Evaluation

Tuesday, April 3/07 @ 1235-2nd Ave. North from
5:30pm—9 pm

School Closed for Easter

April 9-13/07 resumes classes on Mon. Apr. 16/07

Cooking Group

April 10/07 @ 6-8:30 pm @ Headstart

Parent Board Meeting

Monday, April 16/07 @ 5:30 pm

All Parent Meeting

Tuesday, April 17/07 @ 5:30 pm

Babysitting Course– 11yrs. and Up

Starts April 19/07 goes for 6 weeks every Thursday.

Progress Reports

Friday, April 20/07 & Monday, April 23/07

Coffee Night

Tuesday, April 24/07 @ 6:30-8:00 pm

Movie Night

Monday, April 30/07 @ 6:00 pm

Greetings from Karen Bird,

So spring has finally sprung! Try not to get too discouraged about the weather today (snowing and raining), remember that spring showers brings forth spring flowers. A sure sign that Spring is here is the Milky Way on Victoria is open and Garage sale signs are up.

Holidays for staff and students are just around the corner. School will be **closed** for the week of April 6 – April 13. **Classes begin on April 16th, 2007.**

We have had some changes last month in Teacher Michelle's classroom. Her four year old afternoon has been changed to a three year old class and we have filled the spaces. We thank all the parents who came out to the orientation on March 20 the All Parent meeting.

Thank you to everyone that purchased chocolates from the Parent Board fundraiser. We have had a busy month, with the dental checks, new staff and some staff leaving. Lisa Buffalo has moved on to a new position elsewhere and though we will miss her we do

wish her the best. Ross Prosper has taken a two week leave and we welcome Dan Mill in the sub for Ross. Vanessa Carrier will return to Teacher Morris's room on April 2, 2007.

We have had our 2nd Annual Conference at the Travelodge March 15, 16 and 17th. It was very successful and we are preparing for the 3rd Annual for next year. Each conference is getting bigger and better.

We will be holding a Babysitting Course in April starting on the 19th, 2007 at 6:00 – 8:00. On Thursday nights in March we hosted old time dancing lessons. We learned some new steps, had a lot of fun and got in some exercise. All Head Start Parents are welcome to coffee nights every second Tuesday nights with childcare and transportation provided. Register by calling Maddie at 525-4161.

Parents please bring your child out to the bus and buckle them in. We appreciate all parents that do take the time to help your child in and out of the bus. Enjoy your holidays and have fun.

Karen Bird

AFS – Mentoring Program

The AFS – Mentoring Program officially opened on October 16, 2006. The Mentoring Program is set up to provide support services for adults (*18 and over*) that have been diagnosed or identified as having been affected with Fetal Alcohol Spectrum Disorder or FASD. FASD is a lifelong brain disorder resulting from prenatal exposure to alcohol. We have a simple referral/application form that can be easily completed, so if you would like to apply for our service or you know of any person that may benefit from our service please call 525-4161 and ask for David Bird – Program Coordinator.

The program recently hosted a luncheon meeting with housing agencies and community agencies to try and solve some of our client's housing needs. It

was attended by 18 individuals and we were able to make some progress to assist our client's housing needs.

We are in the process of evaluating the AFS Mentoring project. Surveys have been completed by the clients, referral agencies, and housing authorities that have participated in the program and an evaluation report will be completed very shortly.

On March 17, 2007 the FASD Network of Regina organized a fundraiser for the Mentoring Program. Brent Butt from the TV show *Corner Gas* was the evening entertainment and it was an evening of laughter, mock-tails, and a silent auction with all the proceeds being donated to the AFS - Mentoring Program. It was a very successful evening, so thank you to all those that participated and made a

A Message from KidsFirst:

Well I hope everyone has been enjoying the warmer weather!

As many of you have probably heard already one of our long term Home Visitors has taken a year leave. We extend Renita many good wishes and look forward to seeing her again soon.

Upcoming Programs:

April 2-5 **Nobody's Perfect Parenting Group**
April 6 **Good Friday OFFICE CLOSED**
April 9 **Easter Monday OFFICE CLOSED**
April 10 **Cooking Group**
April 24 **Parent Coffee Night**
These groups are open to everyone. Please call the office to register.

Special Events:

On March 12 KidsFirst Regina unveiled the FASD Awareness quilt at United Way. Later that afternoon it was placed on display at City Hall and remained on display until March 16. We would like to thank all the KidsFirst families that

participated in the quilting project.

KidsFirst Birthday:

Tobi Tran	April 2
Delora Parisian	April 3
Karen Bird	April 5
TRACI REJC	APRIL 13

Quote:

**Live the best way you can;
then stay close enough to your children for it to
rub off.**

Kids Are Funny!!

As we stepped off the hospital elevator into the maternity ward to visit my sister's new baby, I told my five-year-old son, "This is the floor you were born on!" To my surprise, Liam got a disgusted look on his face.

**"What's wrong?" I asked. "The floor?"
Couldn't they have given you a bed?"**

Greetings to All,
Spring has finally sprung. It has been a long winter and now we can enjoy the great outdoors without freezing. I encourage anyone that is interested in more information about Fostering to call our agency. Or let people know about our Foster Care Support Program. I challenge everyone that reads this newsletter to tell at least one person about our Aboriginal Foster Care Program! We are in great need of Foster Homes.
Thank you,
Wanda Rockthunder

Foster Care Support Program

Aboriginal Families Needed for Foster Parenting!



Are you First Nation, Metis or Inuit?
Would you like to be a Foster Parent, but don't know where to go?
Would you like to be involved in taking care of our many Aboriginal children in the Foster Care System, but don't know who to talk to and are unsure of how the system works?

Now, you have somewhere to go, and someone to talk to.

- ✓ Aboriginal Family Services is working in partnership with the Department of Community Resources - DCR (formerly Social Services) to recruit, train and support Aboriginal Families for the purpose of Foster Parenting.
- ü At the Aboriginal Family Service Center, you will be working with an Aboriginal person to assist you in receiving Foster Parent Status.
- ü If you have questions or concerns about DCR & Foster Care, there is someone you can talk to about it.
- ü If you have any questions about our program please do not hesitate to call.

Contact: Wanda @ 525-4161

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