



Early Childhood Education

Board Administrative Report

October 2023



*"College and Career
Start Here"*



WWW.PALMDALESCHOOLDISTRICT.ORG
(667) 273.4710 | (661) 273.5139 FAX

EARLY CHILDHOOD EDUCATION PROGRAM GOALS

GOAL #1

Providing Direction - Provide strategic direction to all ECE stakeholders focused on enriching quality interactions to support classroom instruction and learning for all.

GOAL #2

Safe and Affirming School Environments - Promote and create an inclusive, competitive, safe, nurturing environment to support cultural awareness in which families, children and staff thrive.

GOAL #3

Family and Community Environments - Engage and empower diverse families and communities in authentic learning and collaboration through comprehensive services to support the well-being and education of the child.



The Palmdale Promise

Vision: Palmdale will become a district where...Every Student Leaves Ready for Success in High School and Beyond: College, Career, the Global World.

Mission: The mission of the Palmdale School District is to implement our vision with actions and services targeted to students, parents and staff so our students can live their lives to their full potential.

ENROLLMENT, MEAL COUNTS, & ATTENDANCE DATA

ENROLLMENT

Number of Slots

Head Start Center-based:

Slots: 995 Enrolled: **797** (80.1%)
(Report 2001)

Head Start Home-based:

Slots: 72 Enrolled: **50** (69.4%)
Total Head Start Slots: 1,067
Head Start total Enrolled: **847** (79.4%)
(Report 2001)

Early Head Start:

Slots: 108 Enrolled: **105** (97.2%)
(Report 2001)

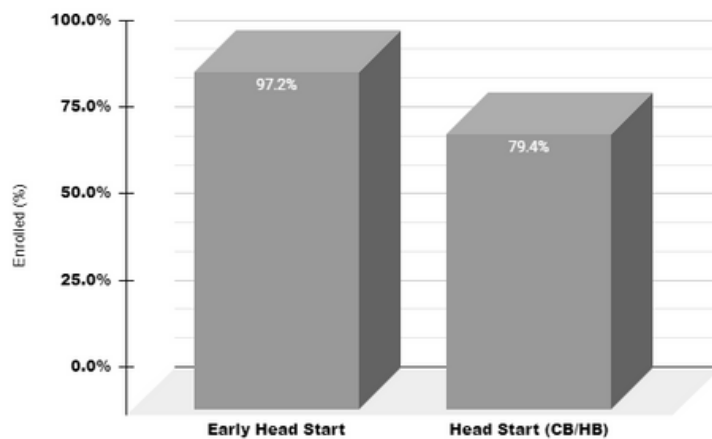
Total HS and EHS Slots: 1,175

Total HS and EHS Enrolled:

952 (81.0%)

October Enrollment Percentages

October Enrollment



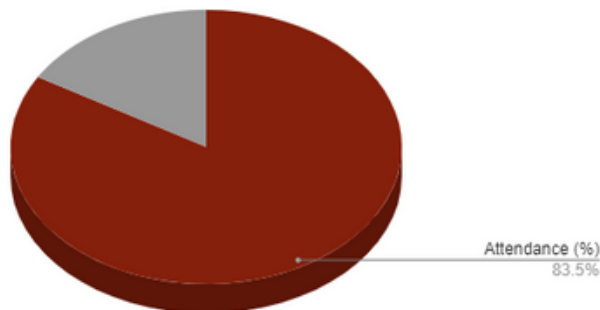
MEAL COUNTS

Program	Breakfast	AM Snack	Lunch	PM Snack
Head Start	12,053	1,326	11,814	11,207
Early Head Start	0	0	0	0

October Attendance - Head Start

October Attendance

Head Start



Office of Head Start attendance requirement: 85%

PSD attendance: 83.5%

(Report 2301)

ERSEA REPORT

JOE VEGA-SMITH

ERSEA Data

Attendance Percentages by Site

***Office of Head Start Attendance Requirement is 85%**

Chaparral	District Office	Avenue J	Highland	Manzanita	Mesquite	Ocotillo
87.15%	81.16%	83.24%	82.11%	90.79%	78.87%	88.57%
Palm Tree	Site 18	Tamarisk	Tierra Bonita	Tumbleweed	Wilsona	Yucca
82.81%	85.47%	84.59%	72.15%	82.46%	85.87%	84.12%
October 2023 Program Attendance Total:			83.53%			

Enrollments By Site

Center Based						
Chaparral	District Office	Avenue J	Highland	Manzanita	Mesquite	Ocotillo
48	15	34	19	39	31	48
Palm Tree	Site 18	Tamarisk	Tierra Bonita	Tumbleweed	Wilsona	Yucca
77	170	32	16	194	33	73
Palmdale/Littlerock Home Based						
Room 1	Room 2	Room 3	Littlerock - Room 4			
10	12	07	11			
Lancaster Home Based						
Room 1	Room 2					
7	5					
EHS Home Based						
Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
12	11	11	11	10	12	12
Room 8	Room 9					
12	12					

Enrollment Breakdown by Category

0-100%	101-130%	Over-Income	Foster	Experiencing Homelessness	Public Assistance	TANF
217	64	58	59.00%	24	562	186
22.0%	7.0%	6.0%	6.0%	2.0%	57.0%	27.1%

ERSEA Updates

- Family Service Advocates (FSAs), PSD-ECE Leadership and Admin Clerks participated in the 2024-2025 Selection Criteria.
- Enrollment Action Plan developed to enroll open slots for Center and Home-based Head Start.
- FSAs are monitoring site attendance percentages and following up with families of children with a high number of absences to provide support.
- School Readiness Coordinator and Family Service Specialist participated in the Family Service Advocate interviews.
- ERSEA staff worked on updating forms for the State program option.

MENTAL HEALTH & DISABILITIES REPORT

AMY WILLEY

Mental Health & Disabilities Data

IEPs and IFSPs



Total for September: 76

IEP & IFSP Percentage Total: 7.9%

Office of Head Start disabilities requirement: 10%

Referrals

of Disabilities Referrals Submitted this Month: 14

of Concerns based ASQ/ASQ-SE
Head Start: 190
Early Head Start: 15

Mental Health Referrals Submitted: 7

Professional Development Day

On October 6, 2023, ECE staff participated in professional development. One of the topics presented was Mindful Rest. The article “Nap Time is for Letting Go” by NAEYC was used as a starting point for the presentation. The main points of the article provided staff with ideas to support children during the transition to rest time, deep breathing exercises, progressive muscle relaxation, visualization, music and how to incorporate stories into rest time. The article is a great resource for parents, too! (Goal 1, Goal 2)

Scan the QR Code
to access “Nap
Time is for
Letting Go”



Wellness Together

On Tuesday October 24th, Wellness Together provided Palmdale ECE with a virtual parent workshop about how to support self-regulation and big emotions in children. Positive reinforcement skills, self-regulation, co-regulation, what is emotional dysregulation and behavior support were discussed in the hour presentation. The Disabilities and Mental Health department worked collaboratively with Family Partnership to provide this workshop. (Goal 2 and Goal 3)



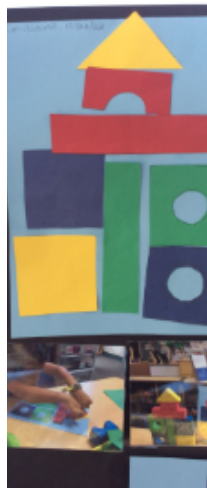
EDUCATION REPORT

ELIZABETH MORA

Exploring Through Various Studies

In the month of October, teachers and children throughout the program have successfully explored various curriculum studies such as Buildings, Bread, Trees, and Clothing. These studies have inspired some amazing projects and activities. Teachers used various aspects of STEAM, language development, art, and other Early Childhood Domains.

These pictures are example of the impressive work the children created from the District Office classroom's culmination of the Building study.



Education Updates

In addition to all that incredible learning experiences in the classroom, teachers assess the children to determine areas of need, so they can individualize each child's learning. This assessment is called the DRDP (Desired Results Developmental Profile) was due. The Palmdale Early Childhood Education Program does three rounds of the DRDP in accordance with the Head Start Performance Standards and State requirements. The first round of DRDP assessments was due in October.

The DRDP is an assessment that reviews the growth and development of the children in the ECE program. It is divided into eight domains that include: seven measures in Approaches to Learning-Self Regulation (ATL-REG), five measures in Social and Emotional Development (SED), ten measures in Language and Literacy Development (LLD), four measures in English Language Development (ELD), eleven measures in Cognition, which include Math and Science (COG), ten measures in Physical Development-Health (PD-HLTH), five measures in History-Social science (HSS), and four measures in Visual and Performing Arts (VPA).

EDUCATION REPORT

ELIZABETH MORA

Education Updates

New School Readiness Goals

Palmdale School District, along with our co-recipient CCRC, have developed three new School Readiness Goals for the 2023-2024 school year. These goals are created based on the outcomes of previous years, the trends in early childhood education and the needs of our community. The goals directly relate to the DRDP measures and the Early Learning Outcomes Framework (ELOF). Our new goals are:

School Readiness Goal 1- With guidance from a familiar adult/and or peer children will increasingly develop strategies for regulating feelings, behavior, and establish positive relationships. This goal aligns with ELOF: Social Emotional Development and DRDP Objective: SED 2, ATL-REG 5.

School Readiness Goal 2- Children will increase their ability to communicate through sounds, gestures, and visual symbols using the home language as a foundation. This goal aligns with ELOF: Language and Literacy/DLL and DRDP Objective: LLD 4 & ELD 2.

School Readiness Goal 3- Cognitive/STEAM: Children will increase their curiosity, reasoning and understanding of their natural world, through adult facilitation of inquiry experiences with science, technology, engineering, arts, and math. This goal aligns with ELOF: Cognition/Scientific Reasoning/Physical and DRDP Objective: COG-11, COG-8, PD-HLTH 1.

Data and Outcomes for First Round of DRDP

For the first reporting period, PSD scored above the benchmark for Goals 2 and 3. Goal 1 was met, but it is the goal that we need to focus on. This goal is regarding social emotional development and self regulation. We have been working with First Steps, Wellness Together and other community resources to support the children and families in this area of development.

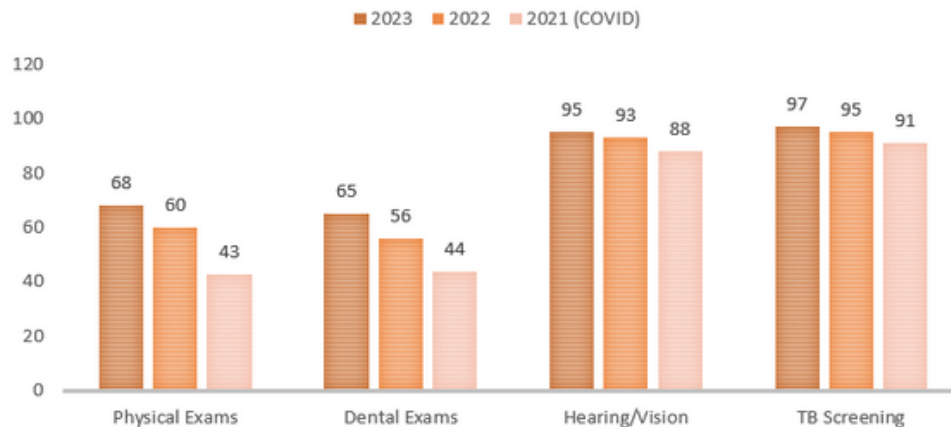
We will continue to support teachers with professional development for effective STEAM implementation in the ECE classrooms and in the home for the home visiting teachers. We will also provide support for the teachers to develop more lessons in the area of social emotional development as well as support our families by providing mental health services and activities for their children.

HEALTH REPORT

VICTORIA ERMILIO, MSN, RN, CSN

Health Data

HEALTH REQUIRMENTS % OCTOBER 2021, 2022 AND 2023



Health Team Updates

CPR for New and Pregnant Mommies

In October, the Health Team collaborated with Family Engagement Services to provide a CPR class for 25 new and pregnant mommies. The CPR class included infant CPR and first aid. This class was in English and a Spanish class is coming soon. All parents who attended this class also received free diapers, wipes, formula, baby clothes and other household items.

Health Action Plans

The Health Team has implemented a new process for Health Action Plans. We want to ensure that all staff, including substitutes, who enter a classroom know which children have health concerns. The Health Action Plans explain the child's health condition and direct staff on what to do if the child needs medical assistance related to their medical condition. Health Action Plans are created by the RN based on the recommendations and guidance from the American Academy of Pediatrics for each medical concern. We have designed a consistent space in every classroom near medications and the first aid bag. In addition, we are now able to track all Health Action Plans in Child Plus to ensure that the Health Team has received the plans back signed by the classroom staff and the parent. A Health Action Plan Professional Development Training is scheduled for November to explain in detail the new process and to review the sections of a health action plan.

FAMILY COMMUNITY PARTNERSHIP & PROGRAM GOVERNANCE REPORT

PAULINA PANDURO

Program Governance

The Executive Meeting took place on October 19th and three parents along with staff were present to review the Policy Committee agenda. Policy Committee meeting was held virtually Wednesday, October 25th. A total of ten members were present, nine members were voting. The following recommendations were approved:

- Approval of Non-Federal Share Waiver
- Approval of CCRC Contract CY 2024
- Approval of new ECE teacher- Rosa Garcia

Parent Volunteers

Volunteers play a valuable role in the Palmdale School District Early Childhood Education (ECE) Program. They bring a different set of abilities, a unique perspective, and diverse experiences to the classroom. Volunteering is a great way to help parents gain involvement in their child's education. ECE staff truly appreciates all the time and unique skills volunteers provide that help enrich the program's quality. The program and families are excited to resume in person volunteering in the classroom this year! Office staff members have been supporting families to ensure the appropriate documents are submitted to be cleared to volunteer in their child's class. All volunteer requirements and documents can be found on the ECE Webpage.

All parents who want to volunteer in an Early Childhood Education classroom must have the appropriate immunizations, which are MMR, TDaP, and Flu/Influenza. They must also have a negative TB Skin Test or Chest X-Ray. As of this month, forty-eight parents have submitted the appropriate documents to become parent volunteers. We look forward to seeing more parents participate in their child's classroom as the school year continues!

(Goal 3)



Scan the QR Code to
access the Early
Childhood Education
page on the Palmdale
School District Website

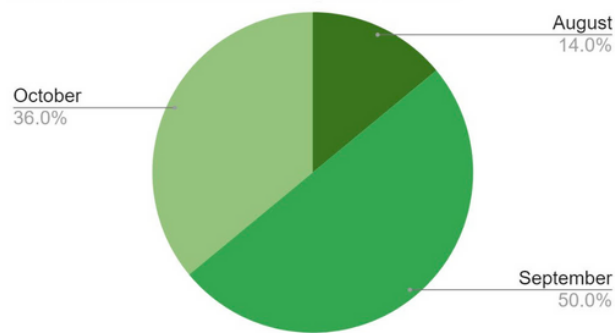


NUTRITION

LILLIE BIGLER, MS, RDN

Nutrition Data

Meal Observations for 23-24 August to October



Safe and Nutritious Meals

By the end of October, the Nutrition Department had completed 100% of the first round of CACFP Meal Observations for the 23-24 school year. Rounds two and three will begin in December and February, respectively. A main focus of Meal Observations is encouraging adequate handwashing which is 20 seconds before and after meals. A handwashing handout is attached for reference. (Goals 1, 2, 3)

The Nutrition Department assisted in Site 18's Share-a-Treat event and provided healthy snacks for over 170 ECE students.



Resources for Free Food in the Antelope Valley



Palmdale School District Menus

Scan the QR Code and select your child's school site. Then click on the ECE menus. District Office, Avenue J, and Tierra Bonita meals are prepared by the "Tamarisk" kitchen staff. Highland meals are prepared by the "Ocotillo" kitchen staff

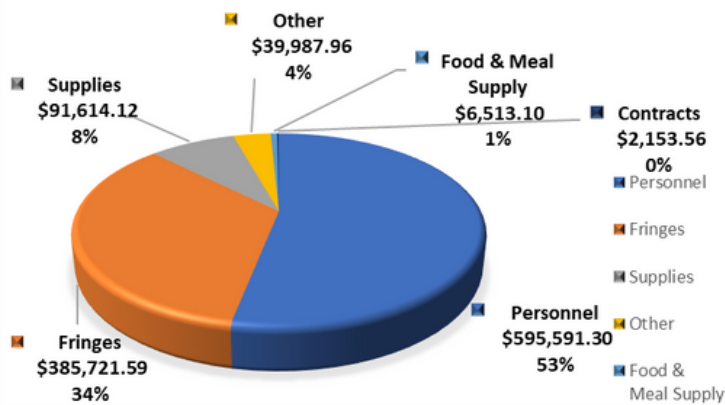


FISCAL REPORT

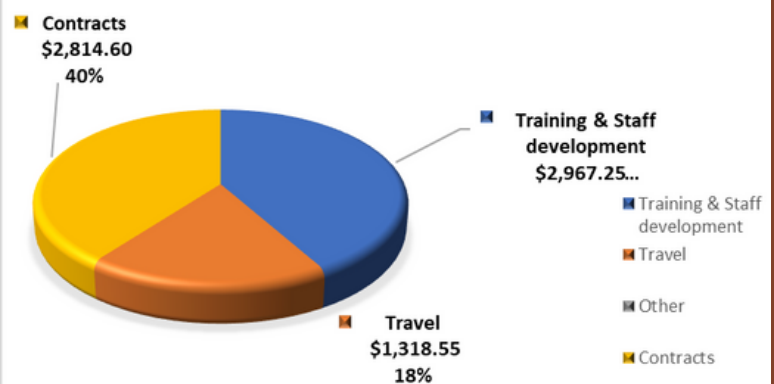
M. CARMEN SERRANO

Expenditures for Head Start, Head Start Training & Technical Assistance, Early Head Start, Early Head Start Technical & Training Assistance Programs

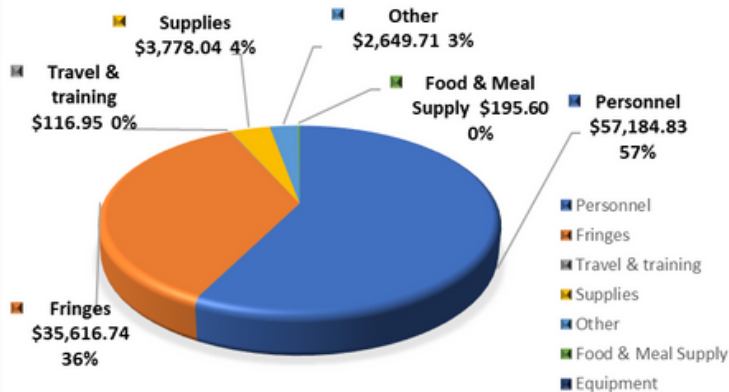
OCT 2023 HS B EXPENDITURES



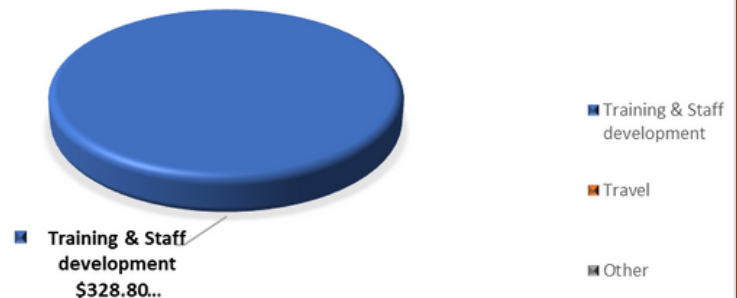
OCT 2023 HS T&TA EXPENDITURES



OCT 2023 EHS B EXPENDITURES

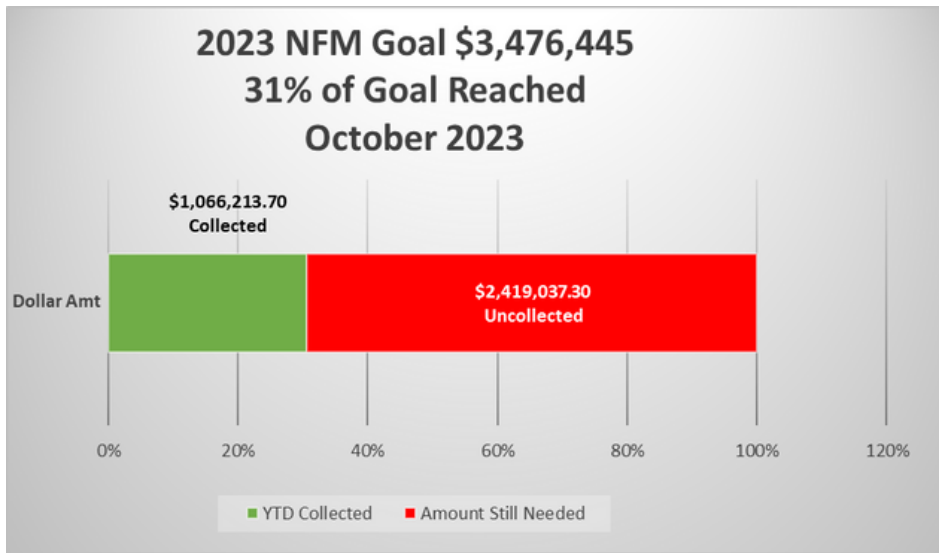


OCT 2023 EHS T&TA EXPENDITURES



Palmdale School District continues to offer breakfast and lunch through the Child & Adult Care Food Program (CACFP). The cost of adult meals, snacks and paper supplies are reflected in the Food and Meal Supply costs.

Palmdale School District Early Childhood Education NFM Goal



In-Kind 2023 Goal:

\$3.5 million

Current Amount Collected:

\$1,066,213.70

In-Kind Needed per month:

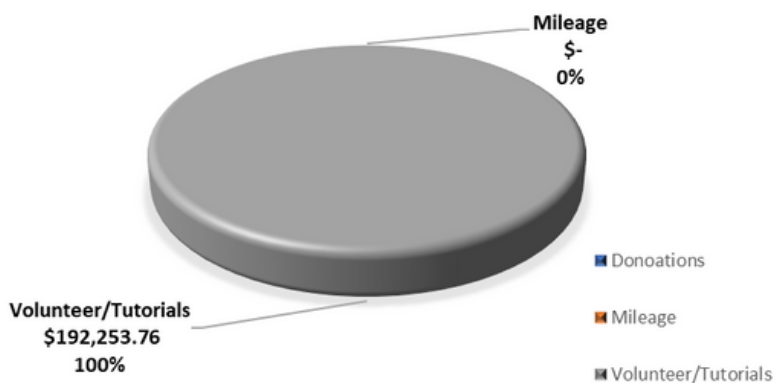
\$291,000

Progress Towards Goal:

31%

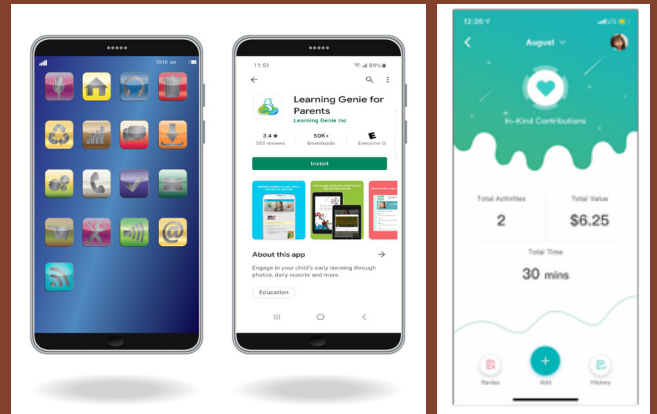
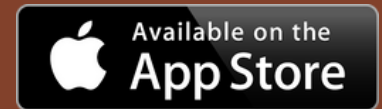
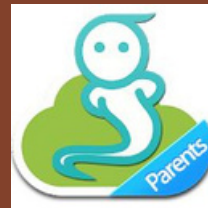
In-Kind Parent Volunteer & Activity Submissions

NON-FEDERAL MATCH- OCT 2023



Parents and Families can submit tutorials for In-Kind right from their phone or tablet with the Learning Genie App.

This includes Parent Meetings!



HEADSTART In-Kind

Turn in your In-Kind

Top class wins a medallion every month!

Log into Learning Genie and input your in-kind. Every month the class with the most hours will win a medallion for each student. At the end of the year the classes with the most hours for the year will earn a trophy.

You may download the Application

Or you may log in: <https://web.learning-genie.com>

Need assistance on training please contact your site FSA

Office (661) 273-4710

We are launching a reward program to encourage parents and children to log in their In-Kind hours in Learning Genie. We are increasing support for parents and sending constant reminders to boost In-Kind submission.

ADMINISTRATIVE REPORT

CHRIS BURTON & LISA FOWLER

The Great Shakeout - October 19, 2023

The majority of our sites participated with the main campuses for the Great Shake Out emergency drill as well as the ECE office. Our teachers first instructed the students to duck and cover before joining the rest of the classrooms and school site outside. Safety is our number one priority and we want to ensure that the staff and students are well-prepared for a disaster. (Goal 2)



Ensuring a Safe and Clean Environment

Safety is a priority in keeping our students safe. The staff actively supervises and provides nurturing and caring environments to ensure students are safe. Administrators and our Grantee, CCRC (Continuous Quality Improvement Team), conducted Safety Walks at five of our ECE sites to ensure our sites are free from any potential hazards. Our custodial staff also works very hard to clean and sanitize the classrooms and office nightly. (Goal 2).

Lakeshore Learning Center



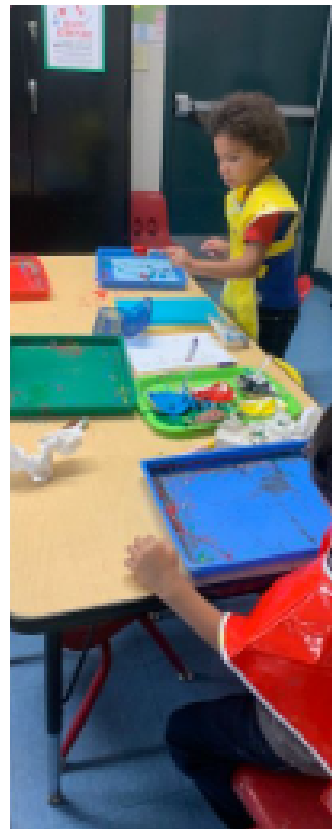
On October 13, 2023, ECE Director, Dr. Melanie Culver, several of our Management Team, as well as some Lead Teachers took a trip down to the Lakeshore Headquarters to tour the facility and engage in some STEAM Professional Development with Lakeshore staff. This trip was also an opportunity for teachers to see products at their flagship store and help make program recommendations on purchases. Staff enjoyed the being able to engage and collaborate with one another outside of the classroom.

ADMINISTRATIVE REPORT

CHRIS BURTON & LISA FOWLER

Informal Visits

As we conduct our weekly visits to check on overall safety of the site, ratios, quality instruction, and fidelity to the curriculum, we have observed superb activities in action. Teachers incorporate technology, music, hands-on application, high-level interaction, and STEAM activities to align with the Creative Curriculum studies. Below are several examples of student learning in the various programs that we provide.



DIRECTOR'S REPORT

DR. MELANIE CULVER

CLASS Observations

Our Leadership Team has started CLASS (Classroom Assessment Scoring System) observations for all classrooms. The team is comprised of eight CLASS reliable observers who are scheduled to observe classes between October and January. This observation is used to assess the quality of the interactions between teachers and children in the classroom, since these interactions are the primary way of supporting children's development and learning. Interactions and classroom environments should be engaging for children, measured through the following domains: Emotional Support, Classroom Organization and Instructional Support.

Emotional Support includes being responsive to children's feelings, responding to academic and emotional needs, encouragement, reassurance, helping children solve problems, redirecting challenging behavior, and supporting positive peer relationships.

Classroom Organization includes having consistent schedules, establishing classroom routines, staff working together as a team, and the use of sensitive and appropriate strategies when guiding children.

Instructional Support examines how the adopted curriculum is implemented effectively in the classroom to promote cognitive and language development. This is achieved by making concepts real world connections for children, asking open-ended questions, providing support and feedback, as well as modeling problem-solving out loud for children to hear.

Data from these observations will be analyzed and used to plan professional development for staff to continue making positive gains in these areas.

Annual Palmdale Holiday Parade is Coming Soon!



Palmdale School District, the Antelope Valley Hispanic Chamber of Commerce and the City of Palmdale are sponsoring the 2023 "Winter Wonderland Parade" on Saturday, December 9th from 10 a.m. to 12 p.m. This year, the theme is Winter Wonderland! Please come join us to see all of the wonderful entries, including bands, dancers and other special guests!

DIRECTOR'S REPORT

DR. MELANIE CULVER

In-Kind Activity

Children and families received a “Family Book” to work on at home to help the class learn more about each child and their family. The books can be returned back to the classroom once they are completed, so children in the class have access to these books as part of their library selections.

The purpose of this project is to have an opportunity for families to contribute to the classroom in a way that adds literacy, family engagement, multiculturalism, diversity and language to our classroom libraries. At the end of the year, children can take a personal piece of their school and family experience for their home library.



Learning Genie - Volunteer Hours

This is a friendly reminder to enter your hours in the Learning Genie app for any time spent:

- Attending site parent meetings and Policy Committee meetings
- Attending parent workshops
- Getting the meal cart for the classroom
- Reading a book with your child (talk about their favorite part of the book, the characters, guess what will happen next, etc.)
- Teaching your child how to do personal care routines (i.e. properly brushing teeth, washing their face, potty training, brushing/combining hair, washing hands, getting dressed, etc.)
- Taking a walk and talking about the colors of the cars you pass or the colors of the leaves on the trees
- Talking about safety when out on a walk, at the park, in the store

These are just a few examples of activities that can count towards Non-Federal Match hours.

We only have three more months before we start a new cycle, so please be sure to enter your time!

TOGETHER WE CAN ACHIEVE THIS!

**Maximum hours
per week is now 28
hours. That is an
average of 4 hours
per day.**



ALL SUPERHEROES NEED FLU AND COVID-19 VACCINES!



***TALK TO YOUR DOCTOR ABOUT GETTING FLU AND
COVID-19 VACCINES!***

California Department of Public Health, Immunization Branch



IMM-1443 (7/23)

COVID-19 Updates

COVID-19 Testing – What You Need to Know

When should you test?

If you feel sick and have symptoms of COVID-19

- Test right away. If your first test is negative, [test again 1-2 days later](#).

After exposure

- Even if you don't feel sick, test after exposure and again [3-5 days after last exposure](#).

Before visiting those at high risk

- Test just before visiting individuals who are at higher risk for severe illness (older adults or people with weakened immunity).

When traveling

- Follow [CDC travel recommendations](#).



Positive test?

- **Stay home.** Let your work or school know, follow their guidance and [COVID-19 isolation recommendations](#) to prevent spreading the virus to others.
- **Ages 12 or older?** Get [FREE medications for COVID-19](#) that are safe and highly effective at preventing serious illness, when taken within 5-7 days of symptom onset.

Negative test but still have COVID-19 symptoms?

- **Wear a mask.** Check with your work or school for further guidance.
- Test again in 1-2 days.

Need more tests?

- You may be able to [get FREE tests](#) with medical insurance at your local drugstore (in-store or online).
- Purchase from your local drugstore or pharmacy (in-store or online).
- **Expiration Update:** Most at-home tests have [FDA extensions](#) and can be used longer than the dates printed on the boxes.

Where else to test?

- Visit [MyTurn](#), or for those without health insurance, find a [no-cost testing site online](#) or call (833) 422-4255 or 211.



Scan the QR code to see
interactive links on this flyer



COVID-19 Updates

Pruebas de COVID-19 – Lo que debe saber

¿Cuándo debe hacerse una prueba?

Si se siente enfermo y tiene síntomas de COVID-19

- Hágase una prueba de inmediato. Si la primera vez el resultado es negativo, hágase la prueba nuevamente uno o dos días después.

Después de haber estado expuesto

- Incluso si no se siente enfermo, hágase una prueba cuando sepa sobre la exposición y de tres a cinco días después de la última exposición.

Después de viajar

- Si utilizó transporte público o estuvo en espacios con muchas personas, es posible que haya estado expuesto. Hágase una prueba de tres a cinco días después de regresar.

Reuniones grandes

- Hágase una prueba antes de asistir a reuniones grandes en espacios cerrados o visitar a personas con riesgo alto de contraer enfermedades graves (adultos mayores o personas con baja inmunidad). Considere hacerse una prueba de tres a cinco días luego de la reunión o evento.



¿La prueba dio positivo?

- **Quédese en casa.** Informe a su trabajo o a su escuela, siga sus indicaciones y recomendaciones de aislamiento por COVID-19 para prevenir la propagación del virus a otras personas.
- **¿Es mayor de 12 años?** Obtenga medicamentos GRATUITOS para la COVID-19, los cuales son seguros y altamente eficaces en la prevención de enfermedades graves si se toman dentro de los cinco a siete días del comienzo de los síntomas.

¿La prueba dio negativo, pero tiene síntomas de COVID-19?

- **Use mascarilla.** Consulte en su trabajo o escuela para obtener más indicaciones.
- Hágase una prueba nuevamente en uno o dos días.

¿Necesita hacerse más pruebas?

- Puede obtener pruebas GRATUITAS con su seguro médico en su farmacia local (en tienda o en línea).
- Compre en su farmacia local (en tienda o en línea).
- **Aviso sobre el vencimiento:** La mayoría de las pruebas hogareñas tienen extensiones de la FDA y pueden utilizarse por un periodo de tiempo más largo del que figura en la caja.

¿Dónde más se puede realizar la prueba?

- Visite MyTurn o, si no tiene seguro de salud, localice un sitio de pruebas sin cargo en línea o llame al (833) 422-4255 o 211.



Escanee el código QR para ver los enlaces interactivos de este folleto



Welcoming all Antelope Valley residents
in need of food assistance to attend our
FREE client choice distribution.

2023 AVPH Food Pantry

EVERY 2ND AND 4TH FRIDAY
8AM - 11AM
first come, first serve

*With the exception of November and December

July 14 and 28	October 13 and 27
August 11 and 25	*November 3 and 17
September 8 and 22	*December 8 and 15

**44226 10th Street West
Lancaster, CA 93534**

SCAN
HERE



EMERGENCY HOT MEALS
1ST AND 3RD FRIDAYS, 10AM - 12PM
FIRST COME, FIRST SERVE

For more information or to arrange donations, please contact
Ashley Orellana at (661) 942-4719 ext. 222 or aorellana@avph.org
or Jacqueline Johnson at (661) 942-4719 ext. 226 or jjohnson@avph.org

Don't forget
your reusable
bags!



Funded by USDA SNAP, an equal opportunity
provider and employer. Visit
www.CalFreshHealthyLiving.org for healthy tips.

Damos la bienvenida a los vecinos del Valle del Antílope que necesiten ayuda a la distribución GRATIS de alimentos de su elección (usted escoge lo que necesita).

2023 AVPH Food Pantry

Cada 2^º y 4^º Viernes del mes
8AM - 11AM

Se atiende en orden de llegada

*Con la excepción de Noviembre y Diciembre

14 y 28 de Julio

13 y 27 de Octubre

11 y 25 de Agosto

3 y 17 de Noviembre*

8 y 22 de Septiembre

8 y 15 de Diciembre*

44226 10th Street West
Lancaster, CA 93534

ESCANEA
AQUI



COMIDA CALIENTE DE EMERGENCIA
CADA 1^º Y 3^º VIERNES, 10AM - 12PM
SE SIRVE EN ORDEN DE LLEGADA

¡No olvide sus
bolsas
reciclables!



Para mas información o para organizar donaciones por favor contacte
Ashley Orellana al (661) 942-4719 ext. 222 o aorellana@avph.org
o Jacqueline Johnson al (661) 942-4719 ext. 226 o jjohnson@avph.org



Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CalFreshHealthyLiving.org.

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

Lavado de manos: Mantenga sana a su familia

El lavado de manos es una manera fácil, barata y eficaz de prevenir la propagación de microbios y mantener sanos a los niños y a los adultos. Cuando su familia está sana, no tiene que preocuparse por faltar a la escuela, al trabajo o a otras actividades.

Ayude a que su hijo aprenda a lavarse las manos

Los padres y los cuidadores cumplen un papel importante en enseñarles a los niños a lavarse las manos. El lavado de manos puede convertirse en un hábito saludable para toda la vida si comienza a enseñarles esta práctica desde que son pequeños. Enséñeles a los niños los [cinco pasos fáciles para lavarse las manos](#) —mojarse, hacer espuma, restregar, enjuagar, y secar— y los momentos clave para lavarse las manos, como después de ir al baño o antes de comer. Puede encontrar formas de hacer que sea divertido, como inventar su propia canción de lavado de manos o convertirlo en un juego.

Dé el ejemplo al lavarse las manos

Los niños pequeños aprenden imitando los comportamientos de los adultos en su vida. Cuando usted hace que el lavado de manos sea parte de su rutina, está dando un ejemplo para que sus hijos sigan.



LA VIDA ES MEJOR CON LAS

**MANOS
LIMPIAS**



www.cdc.gov/lavadodemanos

Este material fue elaborado por los CDC. La campaña La Vida es Mejor con las Manos Limpias es posible gracias a una asociación entre la Fundación de los CDC, GOJO y Staples. El HHS y los CDC no respaldan productos, servicios ni empresas comerciales.



CS310275-A

El lavado de manos
puede prevenir

1 de cada 3
enfermedades diarreicas



1 de cada 5
infecciones respiratorias, como
el resfriado o la influenza



Recuérdese lo frecuentemente

Aprender a lavarse las manos toma tiempo. Al principio, su hijo necesitará que le recuerde regularmente cómo y cuándo lavarse las manos. Es particularmente importante recordarles a los niños que se laven las manos después de ir al baño, antes de comer, después de tocar mascotas, después de jugar afuera y después de toser, estornudar o sonarse la nariz. Pero una vez que el lavado de manos se convierta en un hábito y en parte normal del día del niño, lo practicará toda la vida.

¿Y si no hay agua y jabón disponibles?

Lavarse las manos con agua y jabón es la mejor manera de eliminar los microbios. Si no tiene agua y jabón disponibles, use un desinfectante de manos a base de alcohol que contenga al menos un 60% de alcohol y lávese las manos con agua y jabón en cuanto pueda.

¿Sabías Que?

Las toallas húmedas para bebés podrían hacer que las manos parezcan limpias, pero no están diseñadas para eliminar los microbios de las manos. Los CDC recomiendan lavarse las manos con agua y jabón cuando sea posible.



Recuerde hacer que el lavado de manos sea un hábito saludable ¡en la casa, la escuela y durante las actividades recreativas!

Information from the Administration for Children & Families (Office of Head Start)

Biden-Harris Administration Announces Nearly \$3.7B to Help Lower Home Energy Costs, Launches National LIHEAP Eligibility Tool

Recently, the U.S. Department of Health and Human Services (HHS), through the Administration for Children and Families (ACF), released nearly \$3.7 billion in Low Income Home Energy Assistance Program (LIHEAP) funding to help households with their home energy costs. The funding will help ensure households across the country have the support they need to maintain safe and healthy indoor temperatures, especially as the winter season approaches. With this release, the Biden-Harris administration has invested nearly \$22 billion in LIHEAP to date, which is part of the administration's broader efforts to lower costs for American families. The funding released today is part of President Biden's Investing in America agenda, which includes \$100 million in increased funding from the Bipartisan Infrastructure Law in addition to regular appropriations from the Continuing Appropriations Act, 2024.

"LIHEAP is critical to lowering energy costs for families, and protecting the health and safety of households, particularly those that include older adults, individuals with disabilities and young children," said HHS Secretary Xavier Becerra. "With additional support from President Biden's Investing in America agenda, this essential program will help households keep the heat on in the winter and stay cool in the summer while still being able to afford other essentials necessary for good health like food, medicine and housing."

"LIHEAP is a lifeline for households across the country who need support with their home energy bills," said ACF Acting Assistant Secretary Jeff Hild. "Last year alone LIHEAP served more than six million households. By helping to alleviate the burden of home energy costs, LIHEAP advances ACF's mission to promote the economic and social well-being of children, families, and communities."

LIHEAP is administered by ACF's Office of Community Services (OCS). Every year, OCS releases funding to states, Tribes and territories to assist families and individuals with heating assistance, cooling assistance, home energy equipment repair and replacement and minor energy-related home repairs. Alongside today's funding release, ACF is also officially launching a LIHEAP eligibility tool. This user-friendly tool allows households across the country to quickly identify if they might be eligible for

LIHEAP assistance by inputting basic information like income and household size.

"We know that for families and individuals with low incomes, many of whom work overtime or work multiple jobs to make ends meet, it can often be difficult and time consuming to figure out if they meet the eligibility requirements for a specific program," said OCS Director Dr. Lanique Howard. "The

LIHEAP eligibility tool alleviates some of this burden by allowing households to more quickly identify if they might be eligible in their service area."

The LIHEAP eligibility tool can be found at energyhelp.us and is available in Spanish, traditional Chinese and simplified Chinese. Individuals interested in applying for energy assistance can also visit energyhelp.us or call the National Energy Assistance Referral (NEAR) hotline toll-free at 866-674-6327.

OCS has also released a LIHEAP heating assistance toolkit, which includes a variety of outreach materials, spotlight videos and winter safety resources designed to help keep families safe and warm during cold weather.

Utility Bill Assistance



Keywords



[HOME](#) [STATE PROGRAMS](#) [TRIBAL PROGRAMS](#) [WHO WE ARE](#) [CONTACT'S](#) [DISCONNECT POLICIES](#) [STATE SNAPSHOTS](#)

Need Help With Your Energy Bills?

[Leer en Español](#) | [查看简体中文版](#) | [查看繁體中文版](#)

The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs.

Find Assistance:

CALL

Energy Assistance Hotline



Call toll-free 24/7:

1866-674-6327

Representatives are available
Weekdays from 9:00am - 7:00pm (ET)

EMAIL

Energy Assistance Hotline



E-mail:

energyassistance@ncat.org

Include your city, county, and state

SEARCH

LIHEAP Office Search Tool



Search by:

**State
Territory
Tribe**

Maravilla Foundation

5729 E. Union Pacific Ave.
Commerce, CA 90022

This provider offers energy bill assistance and weatherization services to low-income Californians in your area.

Contact Info

Phone: (323) 721-4162

Toll-free: (800) 906-4651

Weatherization Services: (323) 869-4600, (323) 869-4623

Monday through Friday: 8:00 a.m. to 4:30 p.m.

Website: <http://www.maravilla.org/Services/Utility-Assistance>

Additional Office Location

Lancaster Office

43460 Sahuayo Street, Lancaster, CA 93535

By appointment only

LIHEAP Services:

Depending on where you live, you could get help with:

Energy Bill Assistance



Help with paying for home energy bills including electricity, natural gas, propane, fuel oil, or wood.

Weatherization Support



Make your house more energy-efficient to reduce costs.

Crisis Assistance



Priority assistance for households without (or in danger of being without) heating or cooling.

Equipment Repair & Replacement



Assistance fixing your heating and cooling equipment.

Energy Education



Provides resources and strategies to assist in managing home energy usage and bills.

Disaster Assistance



Support during or after a natural disaster.

Scan the QR Code to
find out if you are
eligible



How to Apply for Services:

- Disconnection Notice: Pick up an application during office hours at their walk-in site
- Call to request an application
- For zip codes: 93243, 93510, 93532-93591, call toll free (800) 906-4651

Documents Required for Energy Services:

Documents required to apply for energy services include current income documents for your household and the most recent utility bill. Additional documentation may be required during the application process. Please contact the service provider for more information.

Assistance Information for Families

How Head Start Can Help You Access Utilities Assistance

You may have trouble paying for utilities — such as heating, cooling, your cell phone, and internet service — during emergencies and natural disasters. Head Start and Early Head Start family services staff and home visitors can partner with you to:

- Access energy assistance
- Access cell phone and internet service assistance
- Track your progress and celebrate your successes

Scan the QR Code
to go to the
LIHEAP Website



Access Energy Assistance

You may struggle to pay your electric, gas, heating oil, and water bills during an emergency or natural disaster.


- **Contact the utility company.** As a general rule, the best thing to do when you can't pay your bills is to call the utility company and open up a line of communication.
 - You can call and explain your situation and see what kind of arrangements can be made with the utility.
 - Remember to keep a written record that you called and explained your hardship. Write down the day and time of your call, as well as the name of the customer service representative you spoke with.
 - You can also check with your local government to see if a state of emergency has been declared for your community. If so, service shutoffs may be temporarily suspended.
- **Low Income Home Energy Assistance Program (LIHEAP).** LIHEAP funding was approved to help families with their home energy needs.
 - You can contact your state's or tribe's Low-Income Energy Office to determine your eligibility and apply for energy assistance. Visit the [LIHEAP website](#) to learn more.
- **National Energy Assistance Referral (NEAR).** If you need help finding your local Low-Income Energy Office, call the National Energy Assistance Referral (NEAR) service toll-free at 866-674-6327 or TTY 866-367-6228.
 - You can also visit the [NEAR website](#) or email energyassistance@ncat.org. Remember to include your city, county, and state in your email message.
 - NEAR is a free service for people who want information on how to apply for LIHEAP. This program may pay part of the energy bills of eligible families with low incomes.
- **Ineligible for LIHEAP.** If your income is too high to qualify for LIHEAP but you need help paying for energy bills, a local social services agency or nonprofit organization may have funds to help. Ask your family services staff or home visitor to help you find local agencies that can help.
 - You can also contact your gas, oil, or electric company to ask about budget billing programs or new payment options, especially for customers with disabilities who are on Supplemental Security Income (SSI).




Assistance Information for Families

Access Phone and Internet Service Assistance

Cell phones, landline phones, and internet access are critical services during emergencies and natural disasters. You need them to communicate with others and access information when face-to-face interactions are limited.

- **Contact your service provider.** If you are worried about paying your bill, reach out to your landline phone, cell phone, or internet service company.
 - Ask what kind of arrangements they can make to help you, such as setting up a payment plan.
 - Also ask if the company has decided to waive late fees or suspensions of service during the emergency.
- **Access financial assistance.** If you do not have access to the internet or need help paying for landline phone or cell phone service, your family services staff or home visitor can connect you to [Lifeline](#) . It is a federal program that helps make communications services more affordable. Lifeline gives subscribers a discount on monthly telephone and internet services purchased from participating companies.
- **Access computers at your Head Start program.** Ask program staff if families can use computers and internet access at your program's location during the emergency.

The Affordable Connectivity Program

The [Affordable Connectivity Program](#)  replaced the Emergency Broadband Benefit Program on Dec. 31, 2021. Households enrolled in the Emergency Broadband Benefit Program as of that date will continue to receive their current monthly benefit during a 60-day transition period.

Under the new program, if your household is eligible, you can receive:

- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household.



Resources from the Department of Public Social Services



DPSS is committed to keeping the public informed about essential benefits, as well as resources offered by other service organizations in the county. Please help us to share this important information with those in your community who need it most.

An advertisement for the Metrolink Low-Income Fare Discount Program. It features a hand holding a California Electronic Benefit Transfer (EBT) card. The text reads: "THE METROLINK LOW-INCOME FARE DISCOUNT PROGRAM", "Our new low-income fare discount program offers a 50% discount on ANY Metrolink ticket or pass for riders with a valid California Electronic Benefit Transfer (EBT) card.", and "METROLINK". A QR code is present with the text "Scan for more information or visit metrolinktrains.com". At the bottom, the website "dpss.lacounty.gov" and the DPSS logo are displayed.

THE METROLINK LOW-INCOME FARE DISCOUNT PROGRAM

Our new low-income fare discount program offers a 50% discount on ANY Metrolink ticket or pass for riders with a valid California Electronic Benefit Transfer (EBT) card.

METROLINK

Scan for more information or visit metrolinktrains.com

dpss.lacounty.gov

METROLINK'S NEW LOW-INCOME FARE DISCOUNT PROGRAM

Metrolink's new Low-Income Fare Program is available now offering Metrolink tickets for free transfers on participating transit agency services in Los Angeles, Orange, Riverside, San Bernardino, and Ventura Counties. Tickets are only available for purchase from Metrolink ticket machines. Learn more at [Low-income Fare Discount Program \(metrolinktrains.com\)](https://www.metrolinktrains.com/low-income-fare-discount-program).

An advertisement for Child Support Services (CSSD) in Los Angeles County. It features a smartphone and a laptop displaying the CSSD website. The text reads: "LOS ANGELES COUNTY CHILD SUPPORT SERVICES", "Choose what works best for YOU:", "In-person or Virtual Interviews!", "Visit our website at cssd.lacounty.gov and click on 'appointments' to schedule your in-person or virtual interview!", and "(866) 901-3212" and "cssd.lacounty.gov".

LOS ANGELES COUNTY
CHILD SUPPORT SERVICES

Choose what works best for YOU:

In-person or Virtual Interviews!

Visit our website at cssd.lacounty.gov and click on "appointments" to schedule your in-person or virtual interview!

(866) 901-3212

cssd.lacounty.gov

CHILD SUPPORT SERVICES OFFERING VIRTUAL AND IN-PERSON APPOINTMENTS

The L.A. County Department of Child Support Services now offers both virtual and in-person appointments. Visit [Child Support Services – Los Angeles County \(lacounty.gov\)](https://cssd.lacounty.gov) and click on "appointments" at the top to select your office location and schedule an in-person or a virtual interview. For more information, call (866) 901-3212 or Live Chat at [Child Support Services – Los Angeles County \(lacounty.gov\)](https://cssd.lacounty.gov).

Reading is Key!

ECE is committed to ensuring our students complete our program ready for success in elementary school and beyond! Research shows that "simple access to books is one of the biggest obstacles—and perhaps the biggest opportunity—in equalizing children's literacy. The number of books in a child's home has been shown to be the best predictor of his or her scores on reading exams," (Bridges; Children's Literacy Foundation). In an effort to assist families in increasing the number of books children can access in the home, our program is providing books for children and families. There are many educational benefits to reading with your child at a young age. Here are a few of the key reasons:

Books create warm emotional bonds between adults and kids when they read books together.

Books help kids develop basic language skills and profoundly expand their vocabularies—much more than any other media.

Books are interactive; they demand that kids think. Fiction and nonfiction books widen our consciousness. They give us new ways to think and new ideas. They expand our universe beyond time and place and inspire our own original thoughts.

Books develop critical thinking skills. A book is read by an individual. It has no laugh track or musical score that emotionally primes a reader's reaction. You alone decide what you think about a book and its contents with no one leaning over your shoulder telling you how to think.

Books develop and nourish kids' imaginations, expanding their worlds. Picture books introduce young children to the world of art and literature. Novels and nonfiction books stimulate kids' sensory awareness, helping kids to see, hear, taste, feel, and smell on an imagined level. Books inform our imaginations, inspiring creativity.

Books provide the opportunity to share cultural experiences. When kids read the same book, enjoying a common reading experience, peer bonds are built within a generation. When children, parents, and grandparents share classic books, extended familial and community bonds are formed creating a shared frame of reference.

BOOKS INSPIRE US TO DREAM.

BOOKS GIVE US THE TOOLS TO ACHIEVE OUR DREAMS.

Link to full article, ["Why Do Kids Need Books?"](#)

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TUNE IN to the Palmdale Promise Radio Show

Listen to KUTY 1470 AM or 96.9 FM, Monday through Friday from 6:30-7:30 a.m. to hear helpful information about the Palmdale School District's many departments, programs, and schools.



We Are Hiring!

Join our team and make a difference!

We are currently hiring for the following positions:

- Bilingual Early Childhood Education Teacher Assistant (Spanish)
185 Days - \$15.33 - \$18.64 hourly
- Early Childhood Education Teacher Assistant
185 Days - \$15.33 - \$18.64 hourly
- Substitute Early Childhood Education Teacher Assistant
\$15.00 hourly
- Noon Duty/Campus Assistant
182 Days - \$15.50 hourly

Job information and application can be found at:

<https://www.governmentjobs.com/careers/palmdalesd>