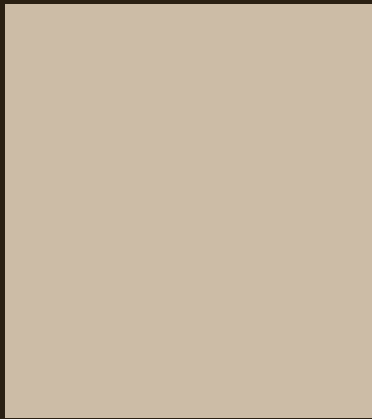




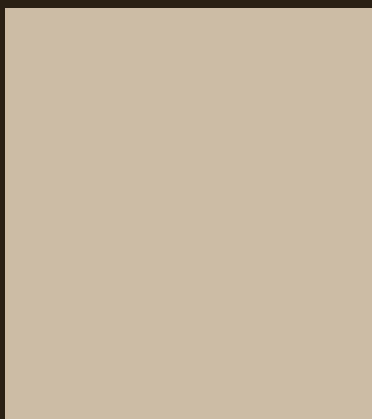
Early Childhood Education

Board Administrative Report

November 2023



***"College and Career
Start Here"***



**WWW.PALMDALESD.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: **802** (80.6%)
(Report 2001)

Head Start Home-based:

Slots: 72 Enrolled: **55** (76.4%)
Total Head Start Slots: 1,067
Head Start total Enrolled: **857** (80.3%)
(Report 2001)

Early Head Start:

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

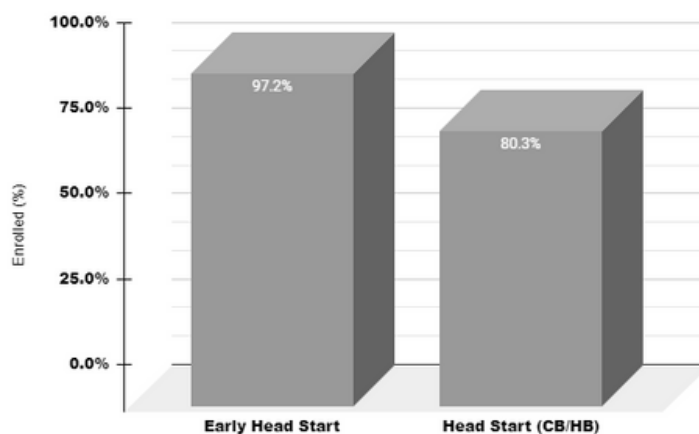
Total HS and EHS Slots: 1,175

Total HS and EHS Enrolled:

962 (81.9%)

November Enrollment Percentages

November Enrollment



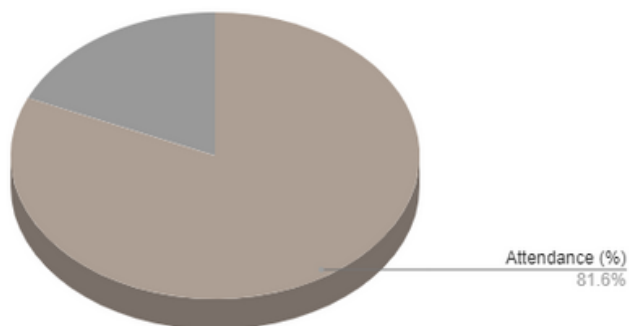
MEAL COUNTS

Program	Breakfast	AM Snack	Lunch	PM Snack
Head Start	9,407	1,075	9,109	8,533
Early Head Start	0	0	0	0

November Attendance - Head Start

November Attendance

Head Start



Office of Head Start attendance requirement: 85%

PSD attendance: 81.6%

(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
82.89%	79.11%	79.96%	90.14%	87.08%	83.23%	83.33%
Palm Tree	Site 18	Tamarisk	Tierra Bonita	Tumbleweed	Wilsona	Yucca
76.73%	82.97%	84.59%	79.30%	80.23%	82.09%	80.87%
November 2023 Program Attendance Total:			82.32%			

Enrollments By Site

Center Based						
Chaparral	District Office	Avenue J	Highland	Manzanita	Mesquite	Ocotillo
47	15	34	20	40	31	48
Palm Tree	Site 18	Tamarisk	Tierra Bonita	Tumbleweed	Wilsona	Yucca
76	170	32	16	194	33	79
Palmdale/Littlerock Home Based						
Room 1	Room 2	Room 3	Littlerock - Room 4			
12	11	06	11			
Lancaster Home Based						
Room 1	Room 2					
7	7					
EHS Home Based						
Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
12	10	11	12	12	12	12
Room 8	Room 9					
11	11					

Enrollment Breakdown by Category

0-100%	101-130%	Over-Income	Foster	Experiencing Homelessness	Public Assistance	TANF
182	64	58	59	18	514	187
20.0%	7.0%	7.0%	6.0%	2.0%	58.0%	27.1%

ERSEA Updates

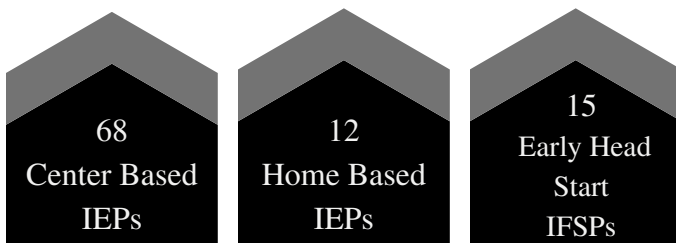
- Family Service Advocates (FSA's) and the PSD Leadership team participated in updating the 2024/2025 eligibilities and enrollment forms.
- 2024/2025 Selection Criteria was approved by the PSD/ECE policy committee. Selection Criteria will move on to be approved by the PSD Board by December 12, 2023.
- Enrollment Action Plan developed to enroll open slots for Center and Home-based Head Start.
- CLASS observations are taking place at school sites. Observations will be completed and scores will be aggregated in the month of December, 2023.
- School Readiness Coordinator and the ERSEA team presented to teachers the "Suspension/Expulsion forms" mandated by State. The FSA's are working on obtaining the "Suspension/Expulsion" form signed by State and HS/State program option parents.

MENTAL HEALTH & DISABILITIES REPORT

AMY WILLEY

Mental Health & Disabilities Data

IEPs and IFSPs



Total for November: 80

IEP & IFSP Percentage Total: 8.0%

Office of Head Start disabilities requirement: 10%

Referrals

of Disabilities Referrals Submitted this Month: 12

**# of Concerns based ASQ/ASQ-SE
Head Start: 179
Early Head Start: 13**

Mental Health Referrals Submitted: 3

Selection Criteria

The Disabilities and Mental Health Department participated in the discussion for the 2024-2025 school year Selection Criteria. Per Head Start standards, there is a 10% eligibility requirement for students with development needs. The discussion focused on current needs of the program and ways to best support families and students for the upcoming school year. (Goal 2)

Wellness Together

Wellness Together/Hear You.Org continued to support the staff with strategies for specific classroom needs and provided guidance on social emotional development. Parent Child Interactive Therapy is available to support families in the home environment through Here You.Org. (Goal 3)

Classroom Assessment Scoring System

CLASS (Classroom Assessment Scoring System) was conducted during the month of November. Emotional Support is one of the three areas of focus during classroom observations. The dimensions that are part of emotional support include positive climate, negative climate, teacher sensitivity and regard for student perspective. During multiple classroom visits the song Silly to Calm was used to support student's self-regulation skills. (Goal 1)



EDUCATION REPORT

ELIZABETH MORA

CLASS Observations

The month of November the ECE Leadership team took on the responsibility of reviewing all classrooms with CLASS. **What is CLASS® and how does it work?** At the pre-K (ages 3–5) age level, the CLASS tool is divided into three domains. Each domain looks at different kinds of interactions.

- **Emotional Support:** Emotional Support is all about relationships—how we interact with each other to establish emotional connection. It's all about creating a warm, positive place where children feel safe to take risks and make friends.
- **Classroom Organization:** Think of this domain as measuring how effectively teachers prepare an environment in which children can learn. It looks at how time is spent, ensuring that teachers are making the most of every moment.
- **Instructional Support:** Often deemed the most difficult domain, Instructional Support measures how well teachers help children learn creatively. Teachers must facilitate conversations in which children begin connecting the dots between what they're learning with their real life.

How Does CLASS® Relate To Parents? While these domains are specific to teachers in a classroom environment, you can incorporate these ideas at home. Every interchange during each part of the day results in opportunities for interactions that benefit your child!

CLASS Domain/Dimension: Emotional Support/Positive Climate

What could this look like? Having conversations with children about their day. **Why is this important?** Talking with your children about their day and acknowledging their feelings is crucial to their emotional security. Their response and behavior have a meaning and a message that often tells you more than their words.

Do they seem more anxious about going to a playdate? Talk them through why they're feeling this way and come up with a plan to help them overcome their insecurities. Creating an environment in which they're comfortable to tell you how they feel results in happier, more confident children who are ready to learn.

Families were given FAMILY BOOKS. These books were sent home for children to complete with their families by adding pictures of family activities and then they will share them with their classmates. The books will help children become familiar with each other and bring to the classroom diversity and multiculturalism.

HEALTH REPORT

VICTORIA ERMILIO, MSN, RN, CSN

Health Data

Head Start Health Requirements – August through November 2023

	August	September	October	November
Physical Exams	55%	58%	68%	73%
Dental Exams	49%	55%	65%	70%
Hearing	66%	71%	94%	97%
Vision	66%	71%	95%	97%
TB Screening	84%	94%	97%	98%

Health Team Updates

The Health Team continues to perform ongoing monitoring of health requirements and providing assistance to families to meet the Head Start Performance Standards. Our Registered Nurse and Licensed Vocational Nurses connect with parents to determine what level of support is needed to ensure children are attending routine physical examinations and providing assistance to families when health concerns are identified. Our goal is to make sure children are able to attend school safely and reap the benefits of early childhood education. Our health team works in collaboration with our Family Service Advocates to provide transportation to medical appointments and to assist parents in better understanding a medical diagnosis and/or treatment plan.



FAMILY COMMUNITY PARTNERSHIP & PROGRAM GOVERNANCE REPORT

PAULINA PANDURO

Program Governance

The Executive Meeting took place on November 16th and 3 parents along with staff were present to review the November Policy Committee agenda. Policy Committee meeting was held virtually Wednesday, November 29th. A total of 10 members were present, 9 members were voting. The following recommendations were approved:

- Approval of a new hire- ECE Teacher
- Approval of a new hire- Family Service Advocate
- Approval of No Cost Extension Request for Grant 09CH010753
- Approval of lease agreements for the sites Ave J and Wilsona
- Approval of ECE Selection Criteria 2024-2025
- Approval of EHS B Bar 2 and HS B Bar 3
- Approval of HS T&TA Bar

Parent Interest Survey

The Parent Interest Survey is sent out to parents at the beginning of the school year to measure family interests and needs. Based on the parent answers, the family engagement department provides workshops and resources in those categories. A total of 414 (38%) parents answered the survey.

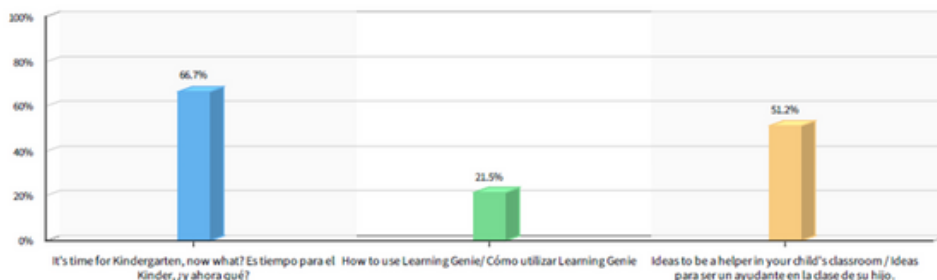
- School Readiness – 66.7% *It's time for Kindergarten now what?*

1. What workshops would you like to see regarding School Readiness? ¿Qué talleres le gustaría ver sobre la Preparación Escolar?
(414 Responses)

It's time for Kindergarten, now what? Es tiempo para el Kinder, ¿y ahora qué?

How to use Learning Genie/ Cómo utilizar Learning Genie

Ideas to be a helper in your child's classroom / Ideas para ser un ayudante en la clase de su hijo.

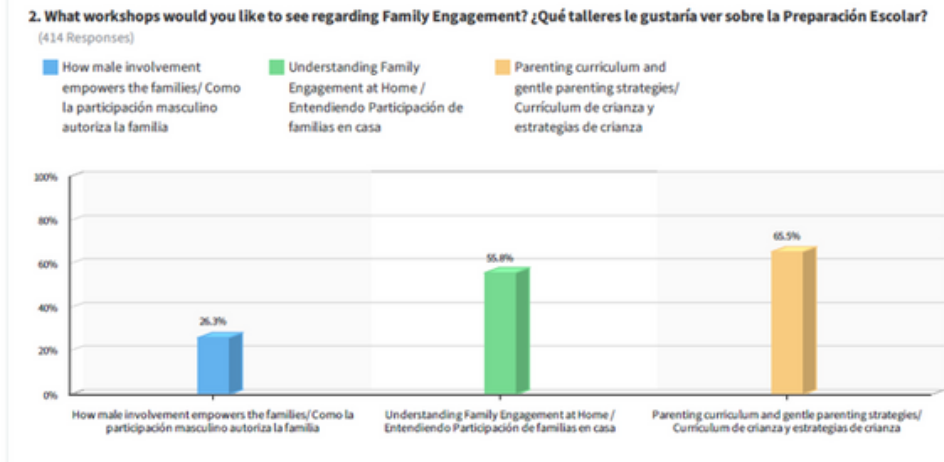


FAMILY COMMUNITY PARTNERSHIP & PROGRAM GOVERNANCE REPORT

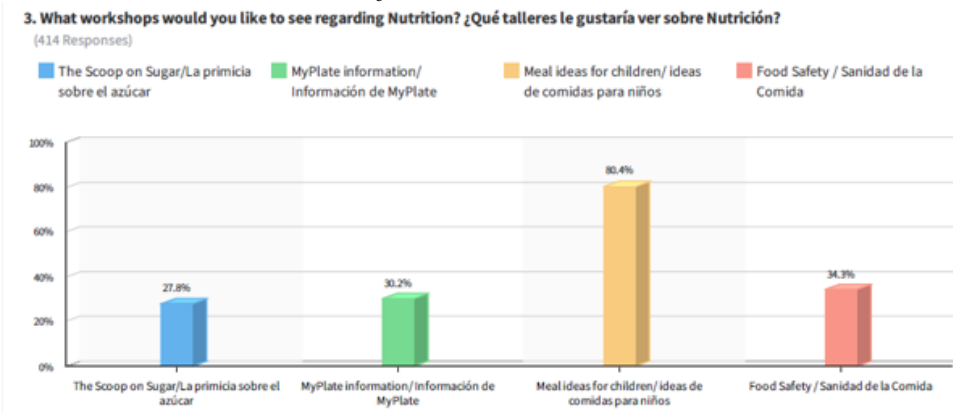
PAULINA PANDURO

Parent Interest Survey (continued)

- Family Engagement- 66.5% *Parenting Curriculum*

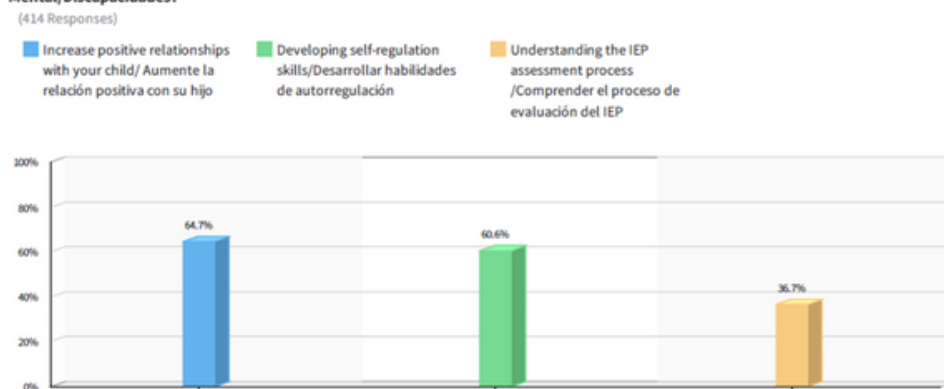


- Nutrition- 80% *Meal ideas for children*



- Mental Health & Disabilities 64.7% *Increase Positive Relationships with your child;*
60.6% *Developing self-regulation skills*

4. What workshops would you like to see regarding Mental Health/Disabilities? ¿Qué talleres le gustaría ver sobre Salud Mental/Discapacidades?



FAMILY COMMUNITY PARTNERSHIP & PROGRAM GOVERNANCE REPORT

PAULINA PANDURO

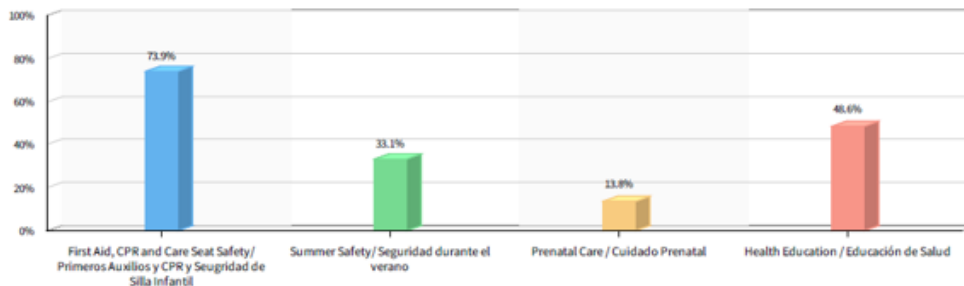
Parent Interest Survey (continued)

- Health and Family Well-being 73.9% First Aid, CPR, Car Seat Safety

5. What workshops would you like to see regarding Health and Family Well-being? ¿Qué talleres le gustaría ver sobre La Salud y el Bienestar de la Familia?

(414 Responses)

First Aid, CPR and Care Seat Safety / Primeros Auxilios y CPR y Seguridad de Silla Infantil Summer Safety/ Seguridad durante el verano Prenatal Care / Cuidado Prenatal Health Education / Educación de Salud

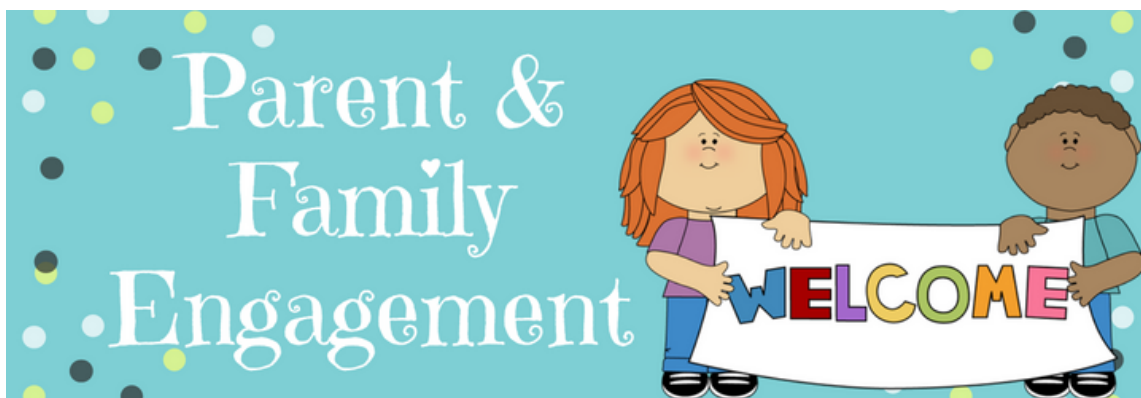
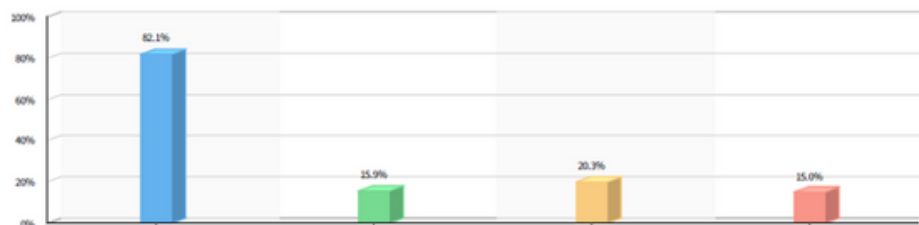


- Adult Education 82% Learn how to enhance your family's financial skills

6. What workshops would you like to see regarding Adult Education? ¿Qué talleres le gustaría ver sobre Educación de Adultos?

(414 Responses)

Learn how to enhance your family financial skills/ Aprenda cómo mejorar sus habilidades financieras DAP program information ESL / Clases de Inglés Citizenship Classes / Clases de Ciudadanía

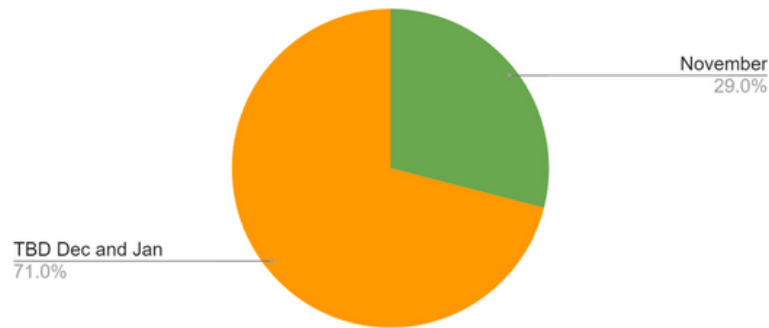


NUTRITION

LILLIE BIGLER, MS, RDN

Nutrition Data

Meal Observations for 23-24 November to January



Safe and Nutritious Meals

The Nutrition Department works continuously to assure that children receive safe and nutritious meals. In November, the Nutrition Department began the second round of CACFP Meal Observations for the 23-24 school year. (Goals 1, 2, 3)

Promoting Health & Wellness

The Nutrition Department attended a 90-minute webinar titled Promoting Health and Wellness Through Head Start Partnerships, hosted by the USDA and the Office of Head Start. The panel speakers explored how Head Start programs, researchers, extension specialists, and community stakeholders partner to create healthy families and communities. (Goals 1, 2, 3) The webinar is available to watch [here](#).

CLASS Observations

CLASS Observations for the 23-24 school year took place in November and the Nutrition Facilitator took part in 11 observations to help measure and improve the interactions between students and teachers. (Goals 1, 2, 3)

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

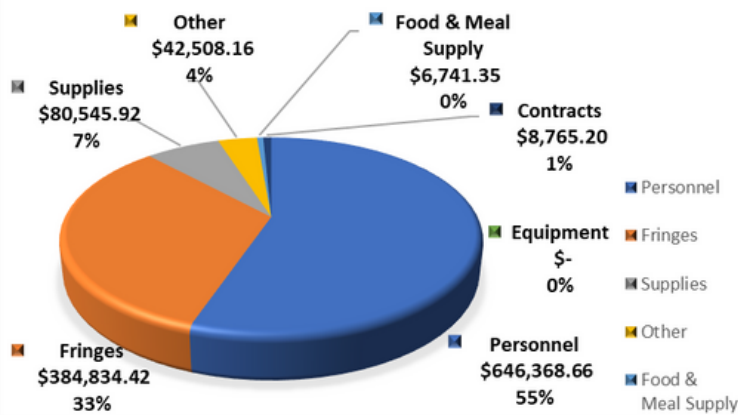


FISCAL REPORT

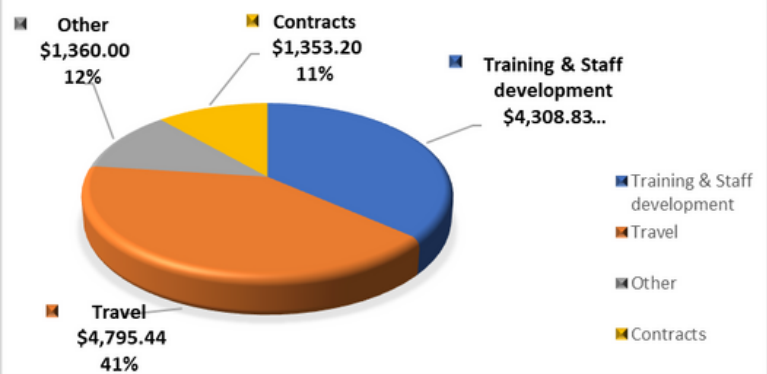
M. CARMEN SERRANO

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

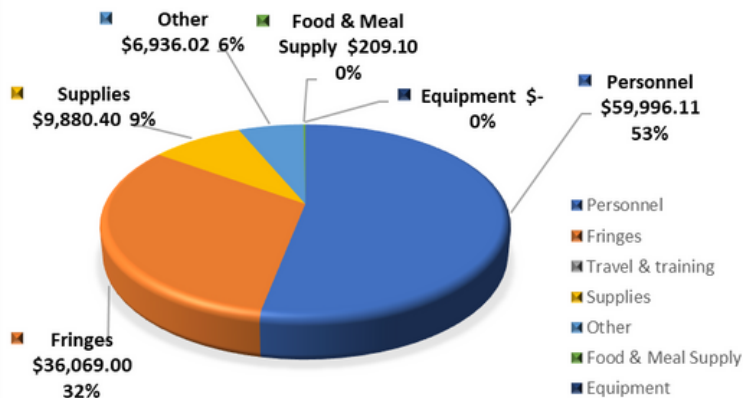
NOV 2023 HS B EXPENDITURES



NOV 2023 HS T&TA EXPENDITURES



NOV 2023 EHS B EXPENDITURES



NOV 2023 EHS T&TA EXPENDITURES



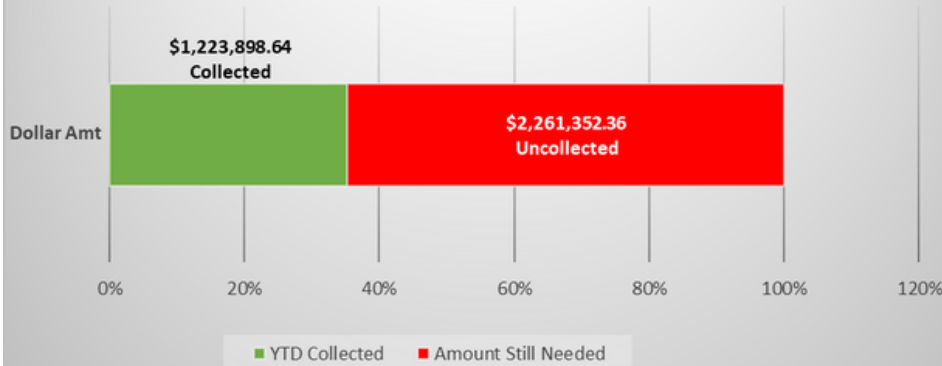
Palmdale School District continues to offer breakfast and lunch through the Child & Adult Care Food Program (CACFP). The cost of adult meals, snacks and paper supplies are reflected in the Food and Meal Supply costs.

Palmdale School District Early Childhood Education NFM Goal

2023 NFM Goal \$3,476,445

35% of Goal Reached

November 2023



In-Kind 2023 Goal:

\$3.5 million

Current Amount Collected:

\$1,223,898.64

In-Kind Needed per month:

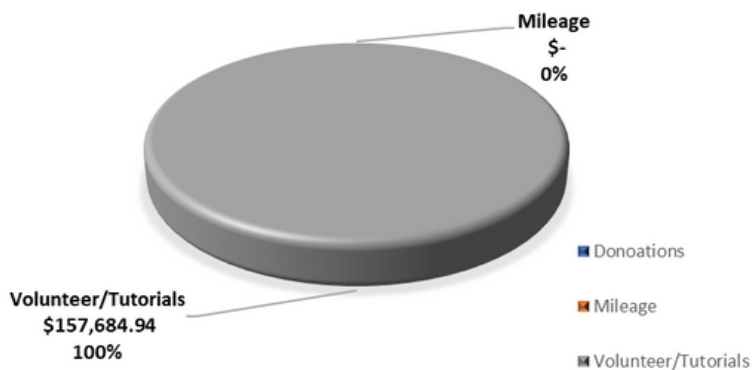
\$291,000

Progress Towards Goal:

35%

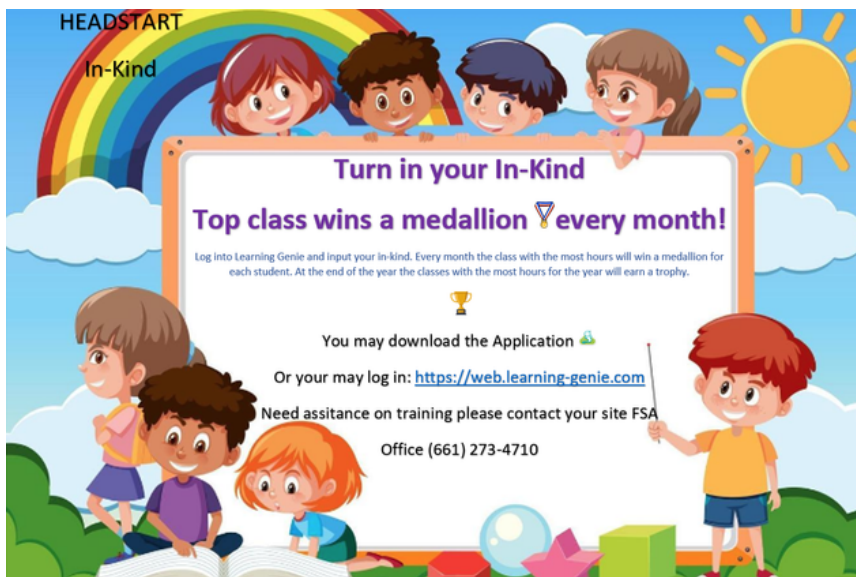
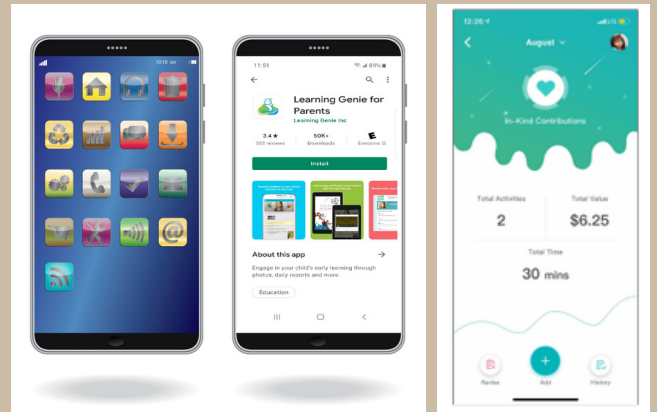
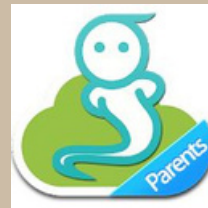
In-Kind Parent Volunteer & Activity Submissions

NON-FEDERAL MATCH- NOV 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!



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

Professional Development for Teachers and Teacher Assistants

An Early Childhood Specialist from Lakeshore presented information on incorporating STEAM and CLASS strategies into the lessons and activities to all of our ECE teaching staff as well as how to implement the Bee Bot robots to introduce coding to our young students. (Goal 1)



Electronic Timing and Attendance Collection (ETAC)

The Palmdale School District (PSD) is moving toward electronic time keeping for all PSD employees. The months of November and December are the transition months and is a time for employees to get familiar with the Electronic Time and Attendance Collection system (ETAC). Effective January 2024, it will be mandated that all employees will need to enter their time in ETAC.

CLASS Observations

During the month of November, the Administrators participated in the Classroom Assessment Scoring System (CLASS) by joining the Education Team to conduct observations for continuous quality improvement. 2 (20) minute observations were conducted, per teacher, and instructional feedback was provided. (Goal 1)

We're Hiring

We conducted teacher interviews and hired one teacher for our State Preschool program at Chaparral. We currently still have one teacher position open at Yucca.

We still have TA positions available.

Please apply with the link below.

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

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

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.

(Continued on next page)

DIRECTOR'S REPORT

DR. MELANIE CULVER

“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. Lanikque 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.

Use the QR Code
below to access
the LIHEAP
Eligibility tool



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/combing 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.

TOGETHER WE CAN ACHIEVE THIS!



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

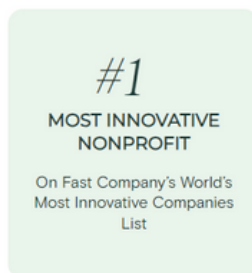


DIRECTOR'S REPORT

DR. MELANIE CULVER

Donations for Our Children and Families

We are very thankful to continue our partnership with Baby2Baby, a non-profit organization based in Los Angeles. Their mission is to provide necessities needed in the early years to children and families living in poverty across the country. The organization has generously donated many items to our program during this year, such as diapers, car seats, strollers, clothing, toiletries and toys to support the children and families in our program. Our families have been very appreciative of the items they have received as they have been a tremendous help.



Winter Break

December 18, 2023-January 5, 2024

Children return to school on January 8th



Wishing you all a safe and enjoyable
Winter Break!

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 2º y 4º 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 1º Y 3º 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

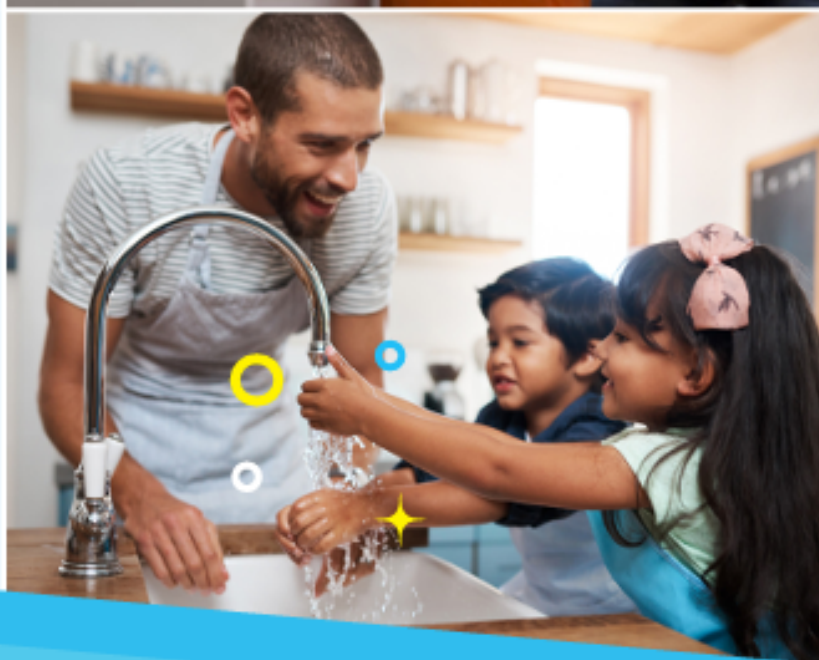
Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

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 provided for more information. 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

dpss

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 \(metrolinktrains.com\)](http://Low-income Fare Discount Program (metrolinktrains.com)).

An advertisement for Child Support Services (CSS) appointments. It features a smartphone and a laptop displaying the CSS 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 \(lacounty.gov\)](http://Child Support Services – Los Angeles County (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 \(lacounty.gov\)](http://Child Support Services – Los Angeles County (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>