



UCAP STAFF NEWSLETTER



FALL 2022

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Back to School Edition

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Open Doors and Open Hearts

Head Start centers welcome children, families, & the community with special events

Brstow Head Start & Early Head Start: We had 19 father figures bring children today as part of Dads Take Your Child to School Day! We did certificates and donuts for them. It was great dad participation!!



Blackwell Head Start & Early Head Start: We had a "Night Before School Starts" for kids and their parents to come by to see the classrooms and to take a picture under a balloon arch.



Perry Early Head Start & Head Start: We hosted an Open house for all of our families. The Noble County YMCA attended to sign families up for memberships and the Lions Club did eye screenings on each child. All staff worked together to complete HT/WT screenings, blood pressure, etc. We had snacks and activities in each classroom for the children and families. It went really well and got the children excited for the first day of school!



Sapulpa Head Start 0-5: Each morning and afternoon the door is unlocked and Parents drop off and pick up their children and If I'm not out greeting them, some come by the office to say hello.

Perry Head Start & Early Head Start: We held a Grandparents' Day celebration.



Staff Recognition

- ★ **Alison Wright** is the new multi-purpose aide at Drumright Head Start. She's pulled weeds, done days upon days of dishes, cleans toilets and never complained. She's been absolutely amazing.
- ★ **Beverly Johnson**, CSM from Perry Head Start & Early Head Start. On top of her normal daily duties, she's also had many other challenges lately. She's worked hard on getting new staff hired and trained, worked with the contractors at EHS and completing the STARS application. We all appreciate her so much!
- ★ **Stormy Hubbard**, a Head Start teacher from Blackwell. She has a hard classroom this year and is really stepping up to make it a positive experience for all the children in the room!
- ★ **Mary Gilford**, Family & Community Engagement Manager and Area Supervisor. Because regardless of what's on her plate, she takes the time to come by and ask how we are and if we need any help. If we say we need help, she rolls up her sleeves and doesn't hesitate to help us. With the beginning of school and being short staffed it has been very chaotic. Mary's smile allows us to stop, breathe and smile back. You feel that sense of peace and safety when she's present. She's a team player and I love being on her team.
- ★ **Misty Stafford** because she took over as center director of Blackwell Head Start and Early Head Start, and is embracing it like a champ!
- ★ Each and every center who has put in the time and work (and tears) to obtain **5 Stars** in the new QRIS system!
- ★ **Traci Cook**, Stillwater Head Start 0-5 FSA, and **Dahrenda Shaw**, Prenatal Program Coordinator, Family & Community Engagement Coordinator, and Area Supervisor, became certified breastfeeding counselors.

WELLNESS CORNER

HAPPY BRAIN CHEMICALS: HOW TO HACK THEM

DOPAMINE

THE REWARD CHEMICAL 

- Try something new
- Listen to music
- Make a small list of tasks and complete them

SEROTONIN

THE MOOD STABILIZER 

- Get some sunlight
- Exercise
- Meditate
- A healthy diet

OXYTOCIN

THE LOVE HORMONE 

- Get or give a massage
- Spend time with friends
- Show affection
- Do something nice for someone

ENDORPHINS

THE PAIN RELIEVER 

- Regular exercise
- Yoga and meditation
- Create music or art
- Laughter

WHAT MAKES US AWESOME

- ☆ **Blackwell**: "We have been short-staffed but everyone has jumped in to help anyway they could."
- ☆ **Drumright**: "We have created amazing Head Start classrooms. They feel cozy, warm, and inviting. We've filled out classrooms with beautiful rugs, lamps, and real plants."
- ☆ **Sapulpa 0-5**: "We welcome everyone because our differences make us unique and there is no judgment here. We are all on the same journey in life and helping each other will make our loads easier. We are all worthy!"
- ☆ **Perry**: "There has been a new level of excitement and spark in all EHS/HS staff this year! The amount of love the teacher's give each and every child is so amazing to watch. We also work so well as a team and can't wait to see what the rest of the year brings!"
- ☆ **Stillwater EHS**: "We are all unique individuals, and we bring different things to the table. We are a family, and we care about each other and help each other in need."

"Someone is sitting in the shade today because someone planted a tree a long time ago." - Warren Buffett

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