Welcome! New & Returning Yeled V’Yalda Parents

to school Year 2014-2015. The YVY Parent Newsletter will be coming to you every other month with informative articles and news from Yeled V’Yalda’s different divisions. We welcome comments and suggestions. Please write to us at our office, 1312 38 Street, Brooklyn 11218, or email to cbuchman@yeled.org.

News Briefs

An overview of recent events at YVY

YVY Health Advisory Committee Meets

YVY’s Health Advisory Committee convened for its semi-annual meeting this past May. The Committee is charged with developing health policy for the agency.

One special guest was Ezra Medical Director of Vision Services, Dr. Daniella Rutner, OD, who talked about the importance of early detection of vision problems. Dr. Rutner agreed to present a workshop for YVY parents this fall. Dr. Jeffrey Teitelbaum, Medical Director of Ezra, in addition to weighing in on issues impacting YVY Head Start and Early Head Start children, reported that Ezra Medical Center has now hired a new primary care physician with extensive expertise in treating hypertension. Dr. Teitelbaum is a key member of the Committee whose regular attendance at meetings is truly appreciated.

(continued on page 2)
YVY CEO Solomon Igel addressed the final parent Policy Council meeting this past June.

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**YVY Head Start/Early Head Start Releases Final School Readiness Child Outcomes Data for 2013-2014**

All Yeled V’Yalda Head Start and Early Head Start children are assessed three times a year to assure that they are making progress in all the areas of development described in the Head Start Child Development and Early Learning Framework. The instrument used is the Teaching Strategies Gold Child Assessment.

At this, the final checkpoint of the year, YVY is pleased to report that all children in its care have progressed over the course of the year, with more than 90% of YVY children achieving or exceeding widely-held expectations for their age group in many of the domains of development. Overall, YVY children showed marked growth in the six domains of development covered by the Gold assessment tool. The full report is available on the YVY website, [www.yeled.org](http://www.yeled.org).

YVY recognizes the effort that its dedicated teachers have expended to assure that every child in their classrooms reaches his or her maximum potential. YVY directors continuously work with teachers to refine and enhance their teaching skills.

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**YVY Board of Directors Meets for Special Session**

YVY’s Board of Directors, which meets on a regular basis, serves as the governing body for YVY Head Start and Early Head Start. The YVY Board is comprised of committed community members who serve on a voluntary basis. It includes CPA’s, local business people with expertise in finance, and representatives of local schools and faith-based organizations. The Board bears general responsibility for planning, formulating general procedures, making budgetary decisions, and exercising oversight of the organization’s financial management. It also monitors the organization’s overall performance. Along with YVY’s Policy Council, comprised of current and past YVY Head Start parents, it must also approve or disapprove any actions taken by the agency in these areas.

A special session of the YVY Board of Directors addressed changes in the laws governing non-profits. YVY Director of Compliance and Legal Affairs, Ruth Akerman, Esq., presented new regulations and requirements which pertain to Head Start, the Department of Health, and the state and federal governments. YVY policies and by-laws were amended accordingly, and required Board sub-committees were set up.

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**YVY Parent Workshops continue to engage YVY parents.**

We Care parents attended a workshop on “What to do Until the Ambulance Arrives,” given by First Aid/CPR instructor Molly Tropser.

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**New Positions at YVY Head Start**

In anticipation of the new school year, two new program-wide positions have been created at Yeled V’Yalda Head Start/Early Head Start. Rochel Ablesky has been appointed to the new position of Education Coordinator, and Henny Krasnianski-Kohn is now the full-time Coordinator of Professional Development. Both Ms. Krasnianski-Kohn and Ms. Ablesky bring many years of experience as YVY site Education Directors to their new positions.

As the coordinator of professional development, Ms. Krasnianski-Kohn will provide ongoing training for Head Start teachers in making data-driven decisions to enhance their teaching skills.

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decisions based on child assessment. She will also work with them on developing and implementing more effective instructional strategies. Ms. Abelsky will work on developing and implementing consistent and effective education policies and procedures to facilitate monitoring and to assure agency-wide compliance with all Head Start and UPK mandates.

**YVY Head Start/Early Head Start Personnel Attend Trainings**

Along with several YVY Education Directors, Ms. Abelsky and Ms. Krasianski-Kohn attended the Region II Leadership Academy on Practice-Based Coaching in East Brunswick, New Jersey this past July and August. YVY will be implementing practice-based coaching in its Head Start sites this coming fall as part of a multi-pronged approach to improve teaching practices across the board in YVY.

Veteran Head Start Director Wayne Goldberg was one of an elite group of Head Start Directors chosen by the National Center on Program Management and Fiscal Operations (PMFO) to participate in its New Director Coaching Initiative. This initiative pairs new directors with experienced directors who provide them with support and coaching in their new positions. Mr. Goldberg attended a three-day orientation to the coaching program in July.

Deputy Director, EHS Home Based, Hindy Teitelbaum, along with Coordinator Chavie Elewitz and Home Visitor Breindy Leizerson attended the Birth to Three Conference in Washington, D.C. in July.

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**UPK Expansion at YVY**

This fall, as part of the city-wide expansion of Universal Pre-Kindergarten, three additional Brooklyn YVY sites will host UPK half-day classrooms, and two Staten Island sites will be converted to full-day UPK in partnership with Head Start. Staff and equipment are in place, and children have been registered. At this point, almost all YVY locations have UPK partnerships for their four-year-old classrooms. YVY’s application for the UPK program is in line with the Head Start requirement for enhanced Head Start revenue from child-care partnerships.

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**YVY Head Start Readies Disabilities Services for the New School Year**

Many of the children enrolled in YVY Head Start receive services such as speech therapy, occupational therapy, physical therapy, counseling, or special education services. The Head Start Performance Standards mandate that all Head Starts serve such “children with disabilities.” A staff of Coordinators in the YVY Head Start Disabilities Division works together with YVY’s own Disabilities Department, which provides therapists, to assure that all parties involved – therapists, parents, teachers, and administrators – work together in a seamless fashion, so that the children with therapy are fully integrated in “the full range of activities” in the Head Start classroom and that special accommodations are made when necessary, as the Standards further mandate (CFR1308).

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**YVY Research Institute Head Presents at Conferences**

YVY Director of Policy and Research for Education Dr. Isabelle Barriere presented the projects she has been conducting at different YVY sites on Dual Language Learners at a symposium at the Head Start Research Conference in Washington in July. Dr. Barriere also presented on work conducted in the context of the YVY Research Institute at the biennial conference of the Society for Pidgin and Creole Linguistics in July.

Dr. Barriere was among the specialists who contributed an article to the first Encyclopedia of Language Development.
This year, Head Start will mark the fiftieth anniversary of its founding as part of President Lyndon B. Johnson’s Great Society campaign. In these fifty years, Head Start has helped more than 22 million children. This issue of the YvY Newsletter celebrates Head Start by highlighting some of the activities that engage Head Start and Early Head Start children and help them attain school readiness.
We read, read, read

We practice writing

We even make our own books

We learn about the world

Sometimes we take trips to local stores

We nap

We play musical instruments

We plant

Our YvY Head Start Day (continued on page 6)
We learn and laugh together

We bake

We play dress up

We paint whatever we want

We do exercise

We visit the park and take other trips

We learn to use computers

We measure and figure things out

We build with blocks
Sometimes we have visitors:
1. A fireman teaches us about safety
2. The police come to talk to us
3. Even dads come sometimes

We learn to help each other

We do all kinds of puzzles

We play outdoors

We celebrate our birthdays

When we are ready to leave Head Start, we have a big party and get a certificate.
News Briefs (Continued from page 5)

YVY EHS Home-Based Supervisor Daniella Dvash presented an interactive training on “Discovering the Mathematical Experiences in Everyday Routines” to Early Head Start teachers and Home Visitors.

Ongoing training by Early Childhood Specialist Amy Flynn assures that YVY Education Directors are prepared to guide the teachers they supervise.

For more information on any of Yeled V’Yalda’s services, please call the following numbers:

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Headstart</td>
<td>718.686.3700 *3</td>
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<td>Special Education</td>
<td>718.686.3700 *1</td>
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<tr>
<td>Early Intervention</td>
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<tr>
<td>Fitness Center</td>
<td>718.686.3700 *7</td>
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<tr>
<td>Early Headstart</td>
<td>718.514.8600 *1</td>
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<tr>
<td>ABA Program</td>
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<td>Project REACH</td>
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<td>Ezra Medical Center</td>
<td>718.686.7600</td>
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<td>WIC Program</td>
<td>718.686.3799</td>
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<tr>
<td>NYS Health Marketplace</td>
<td>718.686.2189</td>
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<tr>
<td>Healthy Families</td>
<td>718.686.2132</td>
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YVY Health Plan Marketplace

Michelle Gruber, Program Director YVY NYS of Health Marketplace, and Navigator Batsheva Raiport brought YVY services to a Coney Island Health Fair. Here, Michelle enrolls a new participant in Medicaid.

September 2014

ONGOING ACTIVITIES
Parenting Workshops
99 Hayward Street
1257 38 Street
6022 Farnam Street
Fitnes for Men
99 Hayward Street
Every week

Expectant Mom’s Program
Aerobics and Childbirth Education
Parenting Skills for Postpartum Moms
1257 38 Street
Every other week

SPECIAL ACTIVITIES
Head Start and Early Head Start Orientation
By site

STATEN ISLAND
Home Visits
Orientation
Back to School
Parent Training/Elections
Parents will be informed of start dates for all activities by their child’s site
It is not unusual for young children to have separation anxiety during their transition from home or playgroup to preschool. It is normal for a child to feel anxious when he or she is left with a new caregiver, such as a pre-school teacher, for the first time. The degree of separation anxiety a child exhibits varies, depending on his temperament and other factors such as position in the family. Some children are able to say “good-bye” easily. Most preschool children, however, have hard time parting from a parent on the first days of school.

Following are some ideas that can help lessen separation anxiety:

- **Phase into a routine now** Whether it is bedtime, meals, or morning preparations, starting a routine at the end of the summer eases the transition back to school in the fall.

- **Talk to your child about school**. Tell your child what school will be like: having a cubby, circle time, arts and crafts, outside play time, etc. Read a book together about going to school. Ask your child what he thinks will happen there. Tell your child about your positive school experiences.

- **Make a play date** with a potential classmate before school starts. In this way your child will find at least one familiar face in the classroom.

- **Come to parent orientation**. Bringing your child to school where s/he can meet teachers and classmates and become familiar with the classroom setting can alleviate some of your child’s anxiety about starting or returning to school.

- **Bring a transitional object to school**. Bringing a favorite toy, stuffed animal or blanket to school helps your child feel secure in a new environment. Children can leave the object in their cubby and look at it or touch it when they miss their parent, or they can choose to carry it around the classroom until they feel comfortable.

- **Bring a family picture**. Some children feel more secure when they can look at or hold onto a picture of their family when their parents are not around.

- **Reassure your child** that you are coming back at the end of the day. If your child has not previously been separated from you for an extended period of time, he will need lots of reassurance that you are coming back. To prepare him, you can play a slightly more sophisticated game of peek-a-boo. Roll a ball under the couch and ask the child if it’s still there. Then say, “Let’s take a look.” When your child finds the ball, you can say, “See, even though we couldn’t see the ball, it’s still there, just like Mommy is still there when you go to school.” What you’re doing is reinforcing ‘object permanence,’ a concept that comes earlier (by the end of the first year) but can be threatened by the emotional challenge that separation presents.
Healthy Weight for Life

by Dina Lipkind, MS, RD, CDN

September is National Childhood Obesity Awareness Month. A subcommittee of the YVY Health Advisory Committee has been formed to address problems of childhood obesity in the communities YVY serves. The committee will focus on nutrition education for parents, in addition to working with YVY Head Start and Early Head Start teachers to enhance age-appropriate nutrition education in the classroom.

In the past forty years, obesity rates in the United States have tripled among all age groups. This rise in obesity rates has also affected our children. Childhood obesity has increased more than fourfold among children ages six to eleven. More than 23 million children and teenagers ages two to nineteen in the United States are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one-third of America’s children at early risk for conditions usually associated with adulthood. Type-two diabetes, usually adult onset, has soared in children in the last fifteen years. And obese children are also at risk for high blood pressure, heart disease, and even stroke, conditions usually associated with adulthood. Psychosocial consequences of obesity can hinder children academically and socially. And, finally, obese young people have an 80 percent chance of becoming obese adults, who are at risk for additional associated health problems such as osteoarthritis and several types of cancer.

We might wonder, what has changed? Years ago, our lifestyles supported...
a healthy weight. Children played outside, walked to and from school, and engaged in other physical activity daily. The meals we ate were home made and were unlikely to include prepared foods or take-out items. Fruits and vegetables were always in our shopping carts and were a mainstay of our diets. Today we have a different experience. Our children go to school by bus and their interest in electronic devices has limited their outdoor play time. Snack foods and eating between meals are daily habits we do not even consider problematic. In fact, more than 20 percent of all school-age children have more than six snacks a day!

According to Let’s Move, an effort of First Lady Michelle Obama, “Children are now eating 31 percent more calories than we were forty years ago—including 56 percent more fats and oils and 14 percent more sugars and sweeteners. The average American now eats fifteen more pounds of sugar a year than in 1970.”

As adults, we must ensure that children get a healthy start in life. We must introduce and reinforce healthy eating habits and regular physical activity. Schools, in addition to providing healthy food options and enforcing daily physical activity, must educate children about making good food choices.

But schools cannot do the job alone. Parents have enormous influence over their children’s lifestyles by the example they set and the decisions they make. Small changes, like keeping fresh fruit within reach or going on a family walk after dinner, can have a great impact. Modeling healthy eating and a physically active lifestyle will do a great deal in setting children on the road to a lifetime of good habits.

Dina Lipkind is YVY Director of Nutrition Services.

Back2School Safety

When your child returns to school in September, it is important to remember safety rules. Discuss these rules with your children and reinforce them frequently.

Going to School by
Bus or Van

If your child goes to school by bus or van, make sure to get him/her ready or to the bus stop at least five minutes before s/he is to be picked up. Never allow children to cross the street by themselves. Dress your child appropriately – that is, in snugly fitting clothing with no hanging strings, and be sure his book-bag does not have straps that can get caught in the bus rail, door, or window. When winter comes, secure your child’s gloves with clips, not strings and be sure that scarves are short and cannot be caught in a bus door. As the bus or van approaches, make sure that your child is standing at least three giant steps away from the curb.

Wait for the bus or van to come to a complete stop before allowing your child to board, waiting for the driver’s signal. Make sure that your child is seated fully in the seat and facing forward before the vehicle begins to move. Tell your child to practice appropriate behavior and to listen to the driver.

There should be proper supervision once the vehicle arrives at school, assuring that it comes to a full stop before the children get off. When arriving on a bus, children must use the handrail when going down the bus steps. Once off the bus, a child should never be allowed to cross in front of the bus without the guidance of a trusted adult who can guide him out of the Danger Zone and keep him in the driver’s line of vision.

Driving Children to School

Parents who drive children to school should be certain they use a proper car seat for the child’s weight and that they leave him in the care of a trusted adult before leaving.

Pedestrian Safety Tips for Children

- Obeys all traffic laws and signals.
- Never run across the street.
- Always walk on the sidewalk if there is no sidewalk, always walk facing traffic.
- Always use a crosswalk when walking.
- Keep both hands and legs in the bus at all times.
- Keep your body tight against the bus at all times.
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- Always look both ways before crossing.
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Teach your children to stay out of the red danger zone when getting on and off a bus or other vehicle.

Walking to school can also pose risks. Parents need to review these pedestrian safety tips with their children.
Attention All YVY Head Start and Early Head Start Parents!

Remember to register with your site Family Worker for a free pass to the YVY Fitness Center.

Baseball and Summer go together!

YVY Silver Lake Head Start I.

Miss Janine’s four-year-old class visited the East Shore Little League where the children learned the fundamentals of baseball. The League donated the field time, equipment, and dugouts. Ms. Janine and Ms. Yaluz (teachers), Mr. Frankie (bus driver) and Mr. Pete Logan (East Shore Little League umpire) acted as coaches.