

## Message from the Executive Director



Another year is winding down, but the action never slows at Head Start of Rockland, Inc.! This year, more than 1,000 children throughout Rockland County received a premiere early education thanks to the dedication of our teaching and support staff.

Among the highlights in this edition is a snapshot of accomplishments on behalf of Head Start from Congresswoman Nita Lowey. In October, she announced her retirement after serving three

decades (over 16 terms) in the House. In 2019, she became the first woman to chair the powerful House Appropriations Committee.

Congresswoman Lowey has been a champion and a friend to Head Start, and we will miss her, although luckily she vows to continue the fight for funding education in the months ahead.

As you prepare for the holidays continue the drumbeat of education for your children. If the weather's too cold, cozy up with a book or do a simple arts and crafts project to decorate your home. There are many ways to fill the day; ask your child because they have learned so much during their time here.

On behalf of the staff and Board of Directors of Head Start of Rockland, Inc., have a wonderful holiday and a happy new year!

Sincerely,

*Ouida Foster Toutebon*

Ouida Foster Toutebon,  
Executive Director

## MARK YOUR CALENDARS

### 2020 Moving Up Ceremonies

❄️ Nyack

June 22

❄️ Spring Valley

June 24

❄️ Haverstraw

June 25

## Board Fundraiser

### 55 Years of Opportunities for Children & Families

Saturday, May 16, 2020

Haverstraw Bay Park



## Try It, Your Family Might Like It!!!!

**Head Start meals are always delicious and nutritious!** Head Start staff attended a county-wide flavor building training to learn techniques to reduce sodium in the foods it serves to students. Hands-on activities, demonstrations and taste testing were part of the training. In addition, staff learned how to creatively purchase and prepare new, low-sodium foods.

The training was held at the new Rockland Community College Hospitality & Culinary Arts Center in Nyack. **Chef Chris Spezial** and his staff guided and instructed participants on preparation methods to add flavor without adding salt, such as toasting and roasting spices and herbs.

This training was offered as part of the County health department's five-year funding for Sodium Reduction in Communities from Centers of Disease Control and Prevention (CDC) and the New York State Department of Health.

Want to reduce the sodium in marinara sauce? Here's what Head Start staff learned from Chef Spezial:

### Super Simple Low Sodium Marinara Sauce

#### Yield: 2 Cups

With just nine ingredients this easy-to-make recipe is guaranteed to be a hit in your house! It uses dried herbs, pepper flakes and granulated garlic as salt substitutes, giving the sauce a full and flavorful body.

#### Ingredients

- 🍅 1-28 ounce can, plum tomatoes, crushed
- 🍅 1/2 medium yellow onion chopped
- 🍅 2 large garlic cloves chopped
- 🍅 2 Tablespoons olive oil
- 🍅 1 teaspoon dried oregano
- 🍅 1 Tablespoon dried basil
- 🍅 Pinch of red pepper flakes
- 🍅 1 teaspoon granulated garlic
- 🍅 1 teaspoon black pepper, ground



#### Preparation

In a medium, heavy-bottomed saucepan, heat olive oil on low heat. Add chopped onions and chopped garlic. Sauté until tender, about 5 minutes. Add tomatoes (with the juices) oregano, basil, red pepper flakes, granulated garlic and pepper. Bring to a simmer over medium heat, then lower the heat to keep the sauce at a low, steady simmer for about 30 minutes. Stir occasionally. This sauce keeps well when covered and refrigerated, for up to five days or freeze it for up to six months.

## Celebrating Head Start Awareness Month

During October's Head Start Awareness Month, **Congresswoman Nita Lowey** took time to remind constituents of the hard work and dedication of Head Start educators and leaders across the Lower Hudson Valley. Here's a snapshot of her most recent actions:

- I'm proud to have led the House Appropriations Committee in ignoring President Trump's proposed cuts to Head Start and other early childhood education programs.
- If enacted, the House-passed Fiscal Year 2020 spending bill would provide nearly **\$20 billion** for early childhood programs, an increase of **\$4 billion** over current levels.
- As we negotiate the final spending legislation, I will continue to fight for investments in Head Start to bring home substantial investments in child care to help New York Families.



Congresswoman Lowey with Head Start of Rockland students.

## Head Start's Bridget Humphrey Presents at NYSCEC Conference

**Spring Valley Head Start Assistant Teacher Bridget Humphrey** presented at the New York State Federation of Chapters of the Council for Exceptional Children's (NYSCEC) annual conference in Binghamton, NY this fall. Along with Dr. Elizabeth Finnegan, she presented an interactive workshop titled, "Overcoming Writer's Block: Strategies to Teach Struggling Students How to Write."

The Council for Exceptional Children is a national organization that works to improve the educational success of children and youth with disabilities and/or gifts and talents. During the workshop, Ms. Humphrey described how graphic organizers could be matched to individual student needs and the importance of collaboration in the writing process. Many of the participants were early career teachers using Crick software to support their own struggling students.

After the workshops, one of the participants congratulated her, saying: "This was the best presentation I've been to at the conference."

Ms. Humphrey was one of the first graduates from the St. Thomas Aquinas School of Education's Dual Degree Childhood and Special Education program.



117 Route 9W  
Haverstraw, New York  
10927-1404



## Our Mission

To provide high quality early childhood education, health, nutrition and family services to low income children and families in Rockland County, while being responsive and sensitive to a variety of cultures, traditions and practices. We help children and their families reach their optimal potential.

*Please consider a donation in 2020!*

Your tax-deductible contribution to Head Start of Rockland  
will help us assist more children and their parents

\$10    \$25    \$50    \$100    \$250    Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Checks should be made to: Head Start of Rockland, 117 Route 9W, Haverstraw, NY 10927

Please visit [www.headstartofrockland.org](http://www.headstartofrockland.org) and donate. Thank you!