

Davis/Summit Head Start
Policy Council Minutes
November 20, 2019

Meeting called to order: 6:00 p.m.

Welcome: Riley Thomson, Policy Council Chair, welcomed everyone and established a quorum.

- Riley went over October PC minutes. Motion to approve made by Flora Green, 2nd by Diantha Mangelson, passed unanimously.
- Riley went over the Policy Council Budget – Motion to approve made by Diantha Mangelson, 2nd by Stephanie McRae, passed unanimously.
- Riley explained about “Sister Schools”. She has put people that have been on Policy Council before with new people, so that everyone has a contact to reach out to if they miss a meeting or have questions. She passed out the list that she’s created.
- Lamont Hampton from Open Doors shared information on Circles program. One of the main things that they really work on is Surviving vs Thriving – so they really work on budgeting to help people get ahead. They are really working to see how to help families better. They are restructuring and moving forward. Discussed the difference between Thriving vs Surviving. Biggest difference is mindset – how far out in the future you can plan. They are starting to see more people with saving accounts so feel like there is success. Budgeting is really important for planning for the future. Next Circles coop starts January 7. They are starting Tuesday night classes since Thursday is packed. Call Ashley at 385-209-6191 to sign up. Classes are for the whole family.
- Paola Reyes went over October Budgets. We are currently 33.33% through our Continuous Grant year. Head Start (7320) is 24.46% spent, and Head Start Training (7318) is 28.10% spent. EHS (7314) is 29% spent, and EHS Training (7315) is 36% spent. In-Kind for Head Start is at 25.12% and EHS is 31.73% received.
- Went over the Purchase Card report. Motion to approve budgets made by Stephanie McRae, 2nd by Nicole Sarno, passed unanimously.
- Riley and Amelia Phippen led a Leadership Training. Discussed self-awareness and mindfulness. Passed out a handout about mindfulness with ideas and did a mindful activity. Pay attention to where our emotions are coming from and it will help us be more patient with others. Marianne led exercises from Conscious Discipline that they teach the kids in the classroom to help them learn to self-regulate and be aware of their emotions, and help them calm down. Breathing is a great way for kids to calm down.

Community Reps

- **DSD School Board – John Robison/Cheryl Phipps** – Excused John tonight. Because there are two people serving on our Policy Council from the Board – they have a real passion for helping families in need. They are working on the budget for next year and are looking at helping the groups that are in need instead of making everything equitable. Cheryl said that if you have problems in schools, that is their role to help resolve issues. She sent around her card and said if anyone has a problem that they are not sure where to turn, to please contact her and let her be a resource and serve you.

- **PTA – Shelyce Keyes** – Activity for Strengthening Families was very successful. Gave a huge shout-out to Head Start for their table and helping. February is PTA day at the Legislature. It's a ways away – but be thinking about attending. They will solidify the date and let us know – it may be around the 12th. If we have 5 or more parents interested in going we will take people down.
- **WIC – Teresa Smith** – passed out fliers with some of the services through WIC. They have a way to set up appointments and get information through text now. They are going to go to e-WIC hopefully in April so there will be no more checks. Passed out a pen with the WIC number. Encouraged everyone to get a flu shot.
- **Bountiful Food Pantry – Lorna Koci** – this is a really busy time in the Food Pantry. They are really watching the increase on food tax. If anyone wants to do their research and let their representative know that that is a really bad idea! Still helping about 2500 kids with Pantry Packs every week. Working to help with Head Start Schools. Dental Program is moving forward.
- **DSD SPED – Jennifer Clark** – If you have concerns with your child's development, talk to your teacher first, then they will contact SPED to look at the needs and go from there.
- **Davis County Health Dept – Terri Sory** – They have been working on an Opioid Tool kit and it is finally finished! She passed out a booklet with information for drug disposal, treatment centers, poison control, school resources, etc. This is a great resource.
- **Safe Harbor – Miranda Sleeman** – They do weekly groups for kids, but they also do children parties for the kids with all 3 buildings to help the kids have a good time.

Teresa Oster gave the director's report

New Hires: None

- Teresa went over the enrollment report. HS Enrollment is at 99%. We are currently serving 59/401 Head Start children on IEP's. EHS Enrollment is at 99%. There are 9/101 Early Head Start children currently on IFSP's. Attendance for EHS Center Based was at 80.3% and Head Start was at 87.34%.
- She went over the USDA Reimbursement: USDA Reimbursement for October is: Head Start \$310.20 – YTD is \$767.04. Early Head Start \$744.98 – YTD is \$2134.02.
- Teresa went over the PIR (Program Information Report) summary from last year.
- Heather Linehan went over Policies and Procedures. We do not have any Policy changes this year, we are putting it in a new format so that it is easier to read with live links and not duplicating Policies and Procedures from the District. Motion to approve made by Diantha Mangelson, 2nd by Stacey Smith, passed unanimously.

News from the Field:

Michelle Allen – HS/EHS Mental Health Consultant explained that she works with the teachers in the classroom with children with social/emotional needs. She also works with Staff on mental wellness and works with any families that need assistance on strategies. She will come do trainings at Be There's also if anyone is interested. Discussed ACE'S (Adverse Childhood Experiences) and ways to

reduce health risks. If parents are suffering from any ACE's there are ways to get help so that it doesn't affect your children. You can contact Michelle at any time.

 **Broke into Committees:**

PDM: Reviewed By-Laws and updated with more clear language – Stephanie McRae, Nicole Sarno, passed unanimously.

Education/Health: Discussed Opioid toolkit and the best way to get information to parents.

FCP: Discussed best way to get information to parents, why they aren't signing up for classes and recruitment ideas.

Motion to adjourn made by Stephanie McRae, 2nd Jamie Mitchell, passed unanimously.

Important Dates to Remember:

FISH Activity – Winter Workshops – Wed. Dec 4, 2019

Winter Break – December 23-January 3

Next Policy Council meeting will be December 18th at 6:00 pm.

Policy Council Chair – Riley Thomson