

# Connector



## PSESD Early Learning Monthly Newsletter November 2021

### Mental Health in a Pandemic

**THE TRAUMA STEWARDSHIP INSTITUTE'S**  
*Tiny* **SURVIVAL GUIDE**

- PROTECT YOUR MORNINGS** [or whenever you wake up] less cortisol, more intentionality.
- GO OUTSIDE** [or look outside] perspective, context + something larger than this.
- BE ACTIVE** [avoid stagnation] in body, mind, spirit.
- CULTIVATE RELATIONSHIPS** those that are edifying + healthy.
- NURTURE GRATITUDE** what is one thing, right now, that is going well?
- DETOX** if navigating addictions be wise + safe limit news + social media.
- SPEND TIME WITH ANIMALS** ↓ stress hormones, ↑ comfort.
- METABOLIZE YOUR EXPERIENCING** re-regulate your nervous system.
- SIMPLIFY** [less is more] be aware of decision fatigue + cognitive overload.
- ADMIRE ART** the gift of feeling transported.
- LAUGH** pure humor = a sustaining force.
- FOSTER HUMILITY & EXTEND GRACE** self-righteousness + hubris = unhelpful.
- SLEEP** to cleanse + repair brain + body.
- CLARIFY INTENTIONS** how can i refrain from causing harm, how can i contribute meaningfully?
- BE REALISTIC + COMPASSIONATE** [with yourself] be mindful of the quality of your presence. it means so much to others.

© The Trauma Stewardship Institute 2020

Click to enlarge

Stress is a normal part of the human experience. When that stress becomes toxic or chronic, it can lead to negative impacts on one's overall health and wellness. This free [handout](#) from the [Trauma Stewardship Institute](#) offers simple ideas and reminders of things we can do throughout the day to re-regulate our nervous systems.

~ Your PSESD Early Learning Team

### PSESD Early Learning Connector

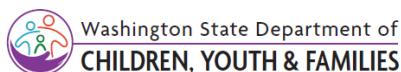
#### Editing

Venissia Buyco

#### Production

Cammy Ariola-Moku

The Early Learning Connector e-newsletter is produced monthly throughout the school year, providing information for the PSESD Early Learning Program.



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# What's New in General

## New Onboarding Tools for Teachers and Family Support Staff

Lisa Vamvas and Carolyn Burke | Education Coaches

There are two new onboarding tools for newly hired staff – one for Teachers and one for Family Support. To support the onboarding process, the tools are to be used in conjunction with PSESD Coaches to provide an interdisciplinary approach to learning all the requirements for their position. The Teacher onboarding tool can be found in the ELPM under [Resources in the Education tab](#). The Family Support onboarding tool can be found in the ELPM under [Resources in the Family Engagement tab](#). If you have just hired new staff, or are a new Teacher or Family Support, please [reach out to your Coach](#) to set up onboarding.

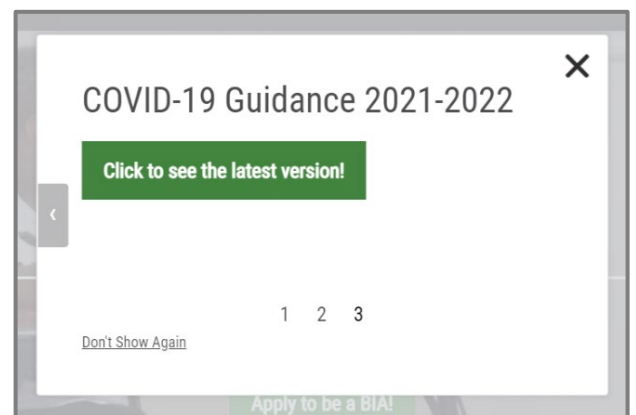


## COVID-19 Guidance

Make sure to refer to the [COVID-19 Guidance](#) periodically for adjustments to regular procedures. You can find it in the following places:

- [EarlyLearningWA home page](#) picture gallery (scroll right)
- [For Staff > COVID-19 Information > 2021-2022 Procedures and Forms](#)
- Linked at the top of every page of the [Connector](#)

When updates to the Guidance are made, it is published on Friday morning. You'll see a "page pop" on the [EarlyLearningWA home page](#) from the publish time all the way through 6 pm the following Monday. You can't miss it!



## Early Learning is Hiring!

Check out our [Jobs page](#) for open positions at PSESD and Early Learning centers.

We are also looking for Bilingual Instructional Assistants. Please share the [flyer](#)!



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# Data



## Drop & Transfer Requests in ChildPlus

**Tiffany Lyons, Data Systems Technician | ERSEA**

A few reminders when requesting drops and transfers in ChildPlus:

When sending a drop request, please ensure attendance is entered and current in ChildPlus. This is to ensure the child's first and last day attended can be verified.

1. Provide the ChildPlus CPID number. Do not give the child's full name.
2. Include the last day attended or when the parent requested.
3. Include the reason why the child dropped.
4. You will receive an email when the request is complete.

When sending a transfer request, please include the following:

1. Provide the ChildPlus CPID number. Do not give the child's full name.
2. Include the **last day in the child's current class** and provide the classroom number.
3. Include the **first day in the child's new class** and provide the classroom number.
4. You will receive an email when the request is complete.

Please send all drop and transfer requests to [Tiffany Lyons](#).

## Enrolling Children in ChildPlus

**Tiffany Lyons, Data Systems Technician | ERSEA**

A few reminders when processing enrollments in ChildPlus:

### Head Start/Early Head Start:

1. Ensure there is a 2021-2022 program term created in ChildPlus.
2. In the **Enrollment** tab, scroll down and select **Accepted** and enter date and classroom. Do not select Funding.
3. If the classroom has already been assigned, please double check the classroom to ensure it is correct before you enroll.
4. Once classes begin, enroll each child on the first day they start class – not before they start.



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# Data

5. When you enroll in ChildPlus, it automatically enters an entry date. The entry date is the **first day the child starts in class. Do not change the entry date. The enrollment date and Entry date must match in ChildPlus.**
6. If you expect a child to start on a certain day and does not arrive, you must wait to enroll.

## ECEAP:

Adding a Family in ChildPlus under the **Services** tab: If you see the child has already been entered, **do not add a duplicate entry.**

1. Children entered in ELMS with an Expected Start Date must also be entered in ChildPlus with an Accepted Status. This step is often missed. You must enter an Accepted date in ChildPlus.
2. Ensure there is a 2021-2022 program term created in ChildPlus.
3. In the **Enrollment** tab, scroll down and select **Accepted** and enter date and classroom. Do not select Funding.
4. If the classroom has already been assigned, please double check the classroom to ensure it is correct before you enroll.
5. Once classes begin, enroll each child on the first day they start class – not before they start.
6. In ELMS, enter the **Actual Start Date.**
7. In ChildPlus, the enrollment date automatically enters an entry date. The entry date is the **first day the child starts in class. If the child does not come the day expected, you must wait to enroll in ChildPlus.**
8. **The Actual Start Date in ELMS and the Enrollment/Entry date in ChildPlus must match.**

For support and questions, please contact your [Family Engagement Coach](#).

# Policy & Legislative Updates

Stay tuned for updates next month



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Photo by PSESD Early Learning

# Policy Council Updates

Visit the [Policy Council page](#) regularly for a calendar of Policy Council events, information, recruitment tools, meeting materials, and more!

## Policy Council 2021-2022

### Quincy Stone, Parent Leadership Manager

We know you're busy recruiting and voting-in your Policy Council Parent Representatives for the 2021-2022 year! Below are some reminders about upcoming dates and useful materials:

- Policy Council recruitment flyer is available in [English](#) and [Spanish](#)!
- [Meeting date flyers](#) are available in English and Spanish.
- **PC Reps are available** to speak at your in-person and/or virtual parent events, contact [Quincy Stone](#).
- **Trainings** are coming up this month. All meetings will be held virtually until further notice. For guidance on parent reimbursement, please see Parent Leadership Reimbursement - COVID-19 Guidelines (English and Spanish) on the Policy Council webpage.

### **Trainings (For elected and/or prospective parent representatives)**

November 9 — 10:00 a.m. to 1:00 p.m.

Spanish interpreters will be available. If other languages are needed, contact [Quincy Stone](#).



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# Center Directors

## Review the E-Alerts for October 2021

**Also check your inbox for any additional emails sent by your Team Manager.**

**10/29** [ECEAP Only – Over Income Request Update](#)

**10/21** [ASQ Online and ASQ SE-2](#)

**10/18** [Family Support Training](#)

**10/5** [Background Checks for Head Start Staff](#)

**10/1** [October 1 Deadline for Background Check Clearance](#)

## Center Director Meetings

Check the [Center Director page](#) monthly for Zoom links, recorded updates, and recorded meetings.

## New Background Check Requirements Effective 10/1/2021

**Beth Larsen, Program Manager | Safety**

**Cheryl Habgood, Systems Manager | Professional Learning**

Changes have been made due to a new federal law which affect both ECEAP and Head Start.

### Head Start/Early Head Start:

Head Start Performance Standards require all Early Learning practices, protocols, and procedures to follow State code regulations, or whichever regulation is more stringent. The Portable Background Check (PBC) clearance through Washington State meets the Background Check requirements for Head Start Performance Standards and all Head Start staff must complete the Portable Background Check through the Washington State MERIT system.

- Any new Head Start or Early Head Start staff member must create an account through MERIT and submit the Portable Background Check application and complete the fingerprinting process. Once applicant receives a **Cleared** PBC they can be officially hired into the position.
- The employment offer can be made “contingent on a cleared PBC.”
- Once the potential employee provides the cleared PBC, they may begin working.
- As you onboard your new staff member be certain to ask the employee to update their Professional Record in MERIT to reflect the new position.

We understand the challenges this change in procedure creates. We continue to advocate with the Office of Head Start to allow for a PBC to be in process to match the flexibility allowed in ECEAP. We will announce any change in the required Head Start/Early Head Start procedure with any updates.

### ECEAP:

The Portable Background Check must be in process **before** a new ECEAP staff member begins working.



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- If they do not already have a cleared PBC, help them to complete the Portable Background Check Application located in the My Applications tab in MERIT.
- To avoid delay in the process, it is imperative that the staff member is supported in completing the fingerprinting appointment and process.
- Once the application is submitted, they are approved to work **with supervision** until the PBC is cleared.
- As you onboard your new staff member be certain to ask the employee to update their Professional Record in MERIT to reflect the new position.

Please reach out to [Beth Larsen](#) or [Cheryl Habgood](#) with any questions.

## Foundational Training on Race Series for Center Leadership

[Heather Kawamoto & Michelle Morse](#) | [Equity in Education Program Managers](#)



Join us as we bring together Center Leadership to reflect on how to lead sites and centers with racial equity. Explore how to create nests for staff at the center, the historical constructs of race, how to recognize our own implicit bias and its impact on our work, what it means to be a center leader and hold positional power, and interrupt white supremacy cultural characteristics while leading with racial equity.

The series will be held over 6 consecutive Tuesdays, November 2 – December 7, from 9:30-11:30 am.

Please register using the [Training and Meeting Calendar](#).

Please feel free to reach out to [Heather Kawamoto](#) and [Michelle Morse](#) with any questions.

## Staff Information Forms

**Reminder:** Please complete the appropriate online [Staff Information Form](#) as soon as you know of any staff changes.

Contact the following with questions:

#### Qualifications:

[Cheryl Habgood](#)

#### Portable Background Checks/ Staff Member Safety Plans:

[Beth Larsen](#)

#### All Other Hiring Questions:

Your Team Technical  
Assistance Coordinator  
(Monitor)

#### Assistance with Document Uploads:

[Venissia Buyco](#)

## Child Care Stabilization Grants Coming Soon

[Talena Dixon, Director](#) | [Program Operation & ECEAP](#)

The Washington State Department of Children, Youth, and Families (DCYF) is providing direct support through Child Care Stabilization Grants. Grants will be available for licensed child care providers and license-exempt Family, Friend, and Neighbor (FFN) providers. Child Care Stabilization Grants will support providers in sustaining their child care business and ensuring affordable, high-quality child care services are available to families.





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## Early Learning Facilities Fund Applications Open Now

### Talena Dixon, Director | Program Operations & ECEAP

The 2021-2023 Early Learning Facilities (ELF) grant application is now open. Please visit the [website](#) for the link to the Zoom, Grants application, and to access supporting materials.

Before beginning your application, please be sure to read the Program Guidelines, Notice of Funding Opportunity, and Frequently Asked Questions documents. We also encourage you to review the September 15 recording of our ELF informational [webinar](#).

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# Education

## Fall Checkpoints

### Lisa Vamvas, Education Coach

It is Fall Checkpoint time! Please make sure all checkpoints are complete and finalized for all children by **November 15, 2021**.

Keep the following in mind when completing checkpoints:

- **All children** must have completed checkpoints.
- Children who score a two or more on the Home Language Survey are also required to have completed checkpoints for objectives 37 & 38 (English Language Acquisition).
- An age/grade (color band) is required prior to checkpoint completion.
- If a child has been enrolled for less than two weeks and you do not have enough documentation or data to complete one or more checkpoints for that child, you must indicate that for each missed checkpoint.

If you have questions or need support in completing Fall Checkpoints, please reach out to your [Education Coach](#).

## Home Language Surveys

### Maha Shamdeen, Michelle Williams-Nelson, Jesse Acosta, and Lindsay Belden | DLL Coaches

Home Language Surveys are required for every child and must be completed within the first two weeks of each child's enrollment in your program. It determines whether the GOLD® English language acquisition objectives, Objective 37, "Demonstrates progress in listening to and understanding English," and Objective 38, "Demonstrates progress in speaking English" will be included in a child's record in MyTeachingStrategies®.

If you have questions or need support in completing the Home Language Surveys, please reach out to your [Dual Language Learner Coach](#).





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## Next Steps for ASQ-3 Screening Results: Referral Indicated or Rescreen/Monitor

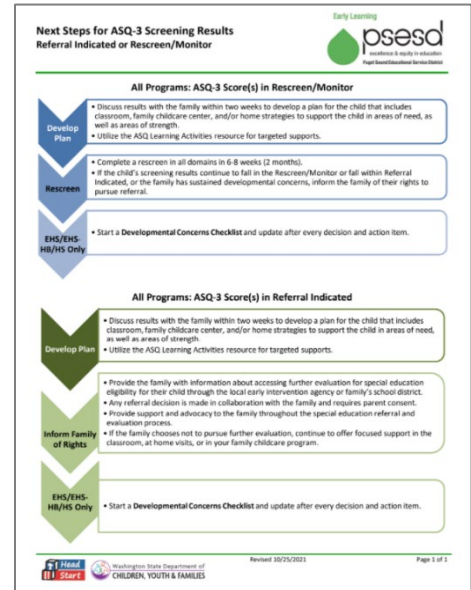
**Tamara Griffith, Dani Hoffman, and Johna Rhooms | Disabilities Consultants**

Screenings are crucial in identifying children who may benefit from further evaluation and early intervention or special education services. Within two weeks of completed screenings, educators discuss screening results and next steps with families.

**For children who score Rescreen/Monitor or Referral Indicated on the ASQ-3, sites are required to follow up with families to support areas of developmental concerns** (as described in the [Required 45-Day Developmental Screenings Procedure](#)).

Click the [graphic](#) on the right for more.

Please reach out to your primary [Disabilities Consultant](#) for further guidance on required follow ups.



Click to enlarge

## Disabilities Consultants November Office Hours: Understanding and Embedding IFSP/IEP Goals

**Tamara Griffith, Dani Hoffman, and Johna Rhooms | Disabilities Consultants**

All programs (EHS, EHS-HB, HS, ECEAP, FCC) are required to acquire copies of IFSPs and IEPs for all children enrolled in your program and embed components of the IFSP/IEP into your classroom. We are hosting two live office hours in November to provide consultation. We hope you can join us! See details below.

**PSESD Disabilities Consultants November Office Hours:  
Understanding and Embedding IFSP/IEP Goals (RingCentral)  
Hosted by Tamara Griffith, Johna Rhooms, & Dani Hoffman**

**Tuesday, November 9, 9 - 10 AM**

Meeting ID: 1492326760  
Password: VaeQbXTm3K

**Wednesday, November 10, 2 - 3 PM**

Meeting ID: 1450726442  
Password: gTuDDstpZK

**We will be hosting two live sessions to provide consultation in how to meaningfully use IFSPs and IEPs to inform individualizing and inclusive practices, including: components of IFSPs/IEPs, where to find child's goals, reviewing accommodations and modifications, and embedding IFSP/IEP components both into your lesson planning and classroom environment.**

We are looking forward to hearing your questions and providing some answers.

These Office Hours sessions are open to all center, Home-Based, FCC, and WCCW staff. PSESD staff may also join the call.



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**[Tamara Griffith](#)**  
**([TGriffith@psed.org](mailto:TGriffith@psed.org))**

Primary Assignment: Team C

Team A Tiered Support: Renton SD & Tacoma Day



**[Johna Rhooms](#)**  
**([JRhooms@psed.org](mailto:JRhooms@psed.org))**

Primary Assignment: Team D

Team A Tiered Support: Bates, MCFHC, Tahoma SD



**[Dani Hoffman](#)**  
**([DHoffman@psed.org](mailto:DHoffman@psed.org))**

Primary Assignment: Team B

Team A Tiered Support: Enumclaw, Home-Based, PCHS, TCC, Tacoma SD

If neither of the timeslots above meet your needs, remember you can request to virtually meet with your primary Disabilities Consultant at another time that works for you.

**Resources:**

[Release or Exchange of Confidential Information - Non-Health](#)  
[Inclusion of Children with Disabilities and Developmental Delays Guidance](#)

**Reading Books in the Native Language**

**Maha Shamdeen, Michelle Williams-Nelson, Jesse Acosta, and Lindsay Belden | DLL Coaches**

We all have great memories of unique childhood books read to us or as a gift. These memories extended no matter what language read to you. Educators must encourage parents to read books in their native language while learning the English language. Learners who are being read in their native language develop literacy skills in the native and English languages. Reading books in a native language empowers cognitive development and linguistic skills. Visit [Why Reading to Your Kids in Your Home Language Will Help Them Become Better Readers](#).



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# ERSEA

Martha Waiters, ERSEA Consultant

## Change to Eligibility Document Guidance

**ECEAP:** If you use a family- or employer-signed Income Statement, do not destroy it or return it to the family. Keep it in the family file in the eligibility section.

**HS/EHS:** Upload the Income Statement in ChildPlus with the other eligibility documents, then securely destroy it or return it to the family.

The [ERSEA Procedure](#) has been updated with this new guidance.

## Working Connections Child Care Updates

Working Connections Child Care (WCCC) Subsidy or other childcare subsidy approval letter must be provided as proof of eligibility for Public Assistance for HS Working Day (full day full year) and EHS CCP programs. If subsidy documentation is not available at the time of eligibility determination, use the family's annual income and compare to [WCCC Income Eligibility Requirements](#) to determine if the family is potentially eligible for childcare subsidy. In this circumstance, you must upload WCCC eligibility requirements to ChildPlus along with other documents used to determine eligibility. Collect subsidy documentation at enrollment as proof and upload to ChildPlus before child starts class.

## Supplementary Income Chart - ECEAP

A [Supplementary Income Chart](#) has been added to [Income Tools in the ELPM](#). This includes columns for 140% FPL and 384% FPL to assist you with processing ECEAP applications based on the new allowable children.

## Over-Income Reminder

ECEAP children with Over Income status may not attend class until Sue Gettmann, Data Systems Technician, has them fully enrolled in ELMS.

If you have any questions, please email [ERSEA@psed.org](mailto:ERSEA@psed.org).



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# Multilingual Services

JoAnna Williams-Diggs, Senior Coordinator | Multilingual Services



## Interpreter Directory

Make sure to click the orange Interpreter Directory button in your monthly Connector email to get the most up-to-date information.

Connector emails are no longer able to include physical attachments.

Interpreter Directory

## Multilingual Services Updates

Bilingual Instructional Assistants (BIAs), Interpreters and DLL Coaches are excited to work with you, families, and children in your program. If you have a child in your class in need of language support, please complete a [BIA Request](#)

We are experiencing a shortage of available BIAs. Multilingual Services (MLS) is looking for new BIAs to be a part of our program. If you know anyone who may be interested in part time employment, please ask them to [email me](#).

Please review the [September Connector \(page 13\)](#) for Interpreter and BIA updates. The updated monthly Interpreter Directory is linked in your Connector email.

# Family Engagement

## Disabilities Consultants November Office Hours: IFSP/IEP Data Entry

**Tamara Griffith, Dani Hoffman, and Johna Rhooms | Disabilities Consultants**

All programs (EHS, EHS-HB, HS, ECEAP, FCC) are required to acquire copies of IFSPs and IEPs for all children enrolled in your program and embed components of the IFSP/IEP into your classroom. We are hosting two live office hours in November to provide technical assistance. We hope you can join us! See details below.

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Hosted by Tamara Griffith, Johna Rhooms, & Dani Hoffman

[Tuesday, November 9 from 10-11 AM](#)

Meeting ID: 1482114085

Password: zaW6ipmuD6

[Wednesday, November 10 from 1-2 PM](#)

Meeting ID: 1468915261

Password: n6UUM2dEBc



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## PSESD Disabilities Consultants November Office Hours:

### IFSP/IEP Data Entry (RingCentral)

Hosted by Tamara Griffith, Johna Rhooms, & Dani Hoffman

**We will be hosting two live sessions to discuss how to data enter IFSPs and IEPs, including: identifying IFSP/IEP Eligibility Categories, reading Start/End dates, and answering questions around data entry.**

If you have any involvement with gathering or entering IFSPs/IEPs in your program, please join us for some important information and clarity around these procedures. It is important to enter this information correctly to satisfy Performance Standards and it can be easy to misread/mis-categorize the required details.

We are looking forward to hearing your questions and providing some answers.

These Office Hours sessions are open to all center, Home-Based, FCC, and WCCW staff. PSESD staff may also join the call.



**[Tamara Griffith](#)**  
([TGriffith@psed.org](mailto:TGriffith@psed.org))



**[Johna Rhooms](#)**  
([JRhooms@psed.org](mailto:JRhooms@psed.org))



**[Dani Hoffman](#)**  
([DHoffman@psed.org](mailto:DHoffman@psed.org))

Primary Assignment: Team C

Team A Tiered Support: Renton SD & Tacoma Day

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If neither of the timeslots above meet your needs, remember you can request to virtually meet with your primary Disabilities Consultant at another time that works for you.

### Resources:

[Release or Exchange of Confidential Information - Non-Health](#)

[IEP Data Entry in ELMS](#)

[IFSP and IEP Data Entry in ChildPlus](#)

## Peer Programs

### Quincy Stone, Parent Leadership Manager

#### Schedule a Fall Virtual Teachback Today!

A great way to involve your families at the start of the year is to have another parent share about the available opportunities to currently enrolled families in Early Learning. This is easy to do with a Fall [Teachback](#) event! Get your parents connected with each other and excited about being involved in the program! To request a virtual teachback, please complete the [teachback request form](#).

#### Health & Literacy Training begins in January!



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Peer Programs is going virtual for 2022 - meetings will be held via Zoom for 8 consecutive Thursday evenings from 6:00 to 7:30 p.m. on January 13, 20, 27, February 3, 10, 17, 24, and March 3.

Parents will be reimbursed an hourly rate for their time, as well as a technology reimbursement and a dinner allowance per meeting.

The [Peer Programs promotional video](#) is a great way to share about Peer Programs.

Peer Programs recruitment flyers available in [English](#) and [Spanish](#)!

Questions? Contact [Quincy Stone](#) at 425-917-7875.

## Parent Ambassador Applications Now Open!

Parent Ambassador 2022 Applications are now being accepted until January 3. To learn more, visit the [Parent Ambassador Application Info](#). You can also share these fliers with your parents, available in [English](#) and [Spanish](#).

## Families Eligible to Receive Up to \$3,600 With New Child Tax Credit (CTC)

### Lori Pittman, Early Learning and K to Career Policy, Advocacy and Government Relations

All Early Learning families are eligible to receive up to \$3,600 with the new Child Tax Credit (CTC). However, **they must enroll by November 15, 2021.**

Many families may not be aware, have access to apply for, or will need assistance to successfully apply for the CTC.

Below are links to a variety of CTC Toolkits and more:

- [GetCTC.org](#)
- [IRS CTC Toolkit](#)
- [thesocialpresskit.com/ctcoutreach](#) – Find outreach messages for social media, text messages, emails and more
- Code for America's [Navigator Resources](#) - Organizations interested in helping families use the GetCTC.org portal can also access, featuring training guides, videos and frequently asked questions

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# Health, Nutrition, & Safety

## COVID Testing Sites

Cheryl Polasek, Program Manager | Health & Nutrition

Xinying He, Nurse Consultant

Please visit Department of Health [COVID-19 Testing Locations](#) if you are looking to make an appointment for COVID testing. There are no out of pocket costs for tests performed at county or state-supported test sites. Two testing sites were shared in the last EL Staff Meeting. They offer free testing and it's easy to make an appointment. Please see the following websites for further information about them:

- [King County](#)
- [Pierce County](#)



## To-Do Lists

[Center Director](#) | [Teaching Staff](#) | [Family Support](#) | [Health, Nutrition, Safety](#)

## News Archive

[E-Alerts](#) | [Connector](#)

## COVID-19 Information

[Information Page](#) | [COVID-19 Guidance](#)

## Other Info

[Anti-Racism Resources](#) | [PSESD Press Releases](#)

You can also find testing info from the [Pierce County Health Department](#) (list shows rapid /no rapid and what kind of rapid test).

## Accessing Your COVID Records Online

### Xinying He, Nurse Consultant

If you've misplaced or lost your card, don't worry! You can get official, verified proof of your COVID-19 vaccination online, for free. To get your copy, visit [MyIRMobile](#) to sign up. This is the same portal parents use to access their children's immunization records. For language assistance, or additional help getting your records, please call 833-VAX-HELP (833-829-4357) or contact by email at [waisrecords@doh.wa.gov](mailto:waisrecords@doh.wa.gov).

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# Mental Health

## Mental Health in a Pandemic

### Melissa Russell and Laurel Benz | Mental Health Consultants

We want to recognize that the start to this year has been a stressful and overwhelming time for our sites, centers, teachers, and family support staff. Some of this may be due to the impact that pandemic conditions have had on our mind, body, and spirit in our personal and professional lives. This could be a time to reflect on what has happened to us all, staff, families, and children. What is the impact of our own state on those we support and their children?

As a community, we want to be here to support you as you continue to navigate difficult waters. The Mental Health Consultants are also here to offer reflective practice and mental health consultations to sites and teams, which can be used to build a work climate of respect and trust.

Stress is a normal part of the human experience. When that stress becomes toxic or chronic, it can lead to negative impacts on one's overall health and wellness. This free [handout](#) from the [Trauma Stewardship Institute](#) offers simple ideas and reminders of things we can do throughout the day to re-regulate our nervous systems.

If needed, here are the numbers for the [crisis lines](#) for the different areas that our sites are located in.

**Pierce County:** 1-800-576-7764

**Southeast Washington:** 1-800-576-7764

**King County:** 1-866-427-4747

**North Central Washington:** 1-800-852-2923

These resources can be valuable for staff as well as the families that we work with, and the [website](#) also contains resources specific for teens, older adults, and families experiencing housing instability or homelessness.





## To-Do Lists

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[Anti-Racism Resources](#) | [PSESD Press Releases](#)

# Resources

## For Staff and Families

Most resources will be moved to their respective content area pages on [EarlyLearningWA](#) at the end of each month.

- [Head Start News via Early Childhood Learning and Knowledge Center \(ECLKC\)](#)
  - [Subscribe for email updates!](#)
- Free resources that can support people who are interested in opening an early childhood center-based program and/or family child care home:
  - [Blueprint for Success: manual and materials](#)
  - [Roadmap to Quality: manual and materials](#)

## Staff Strategies

### EarlyLearningWA Website Links

- [Website Support \(FAQs\)](#)
- [Early Learning Program Manual \(ELPM\)](#)
- [Website Feedback Form](#)
- [Find a Classroom](#) and [Find a Classroom Update Form](#)
- [Staff Professional Learning, ERSEA Committee, HSAC, etc.](#)

### ELMS and GOLD Resources (ECEAP Only)

- [ELMS Administrator's Manual](#)
- [ELMS Eligibility and Enrollment Manual](#)
- [ELMS Support](#)
- [Teaching Strategies GOLD® Support](#)