

Heads Up



SUMMER 2026 NEWSLETTER

TRADUCCIÓN EN ESPAÑOL INCLUIDA - PG. 10

DIRECTOR'S CORNER

A LETTER FROM
VENETIA L. PEACOCK,
SENIOR DIRECTOR



Armando Rodriguez, Community Partnerships Manager with Venetia L. Peacock, Senior Director

Sometimes change opens the door to exciting new opportunities. We want to begin by sharing our heartfelt appreciation for Pasadena Learning Center. Our partnership has meant so much to us, and while they are moving on to their next chapter, we're grateful for the collaboration and care we've shared with families.

Looking ahead, we're excited to announce that three new Early Head Start classrooms will be opening at the Compton campus. This expansion will allow us to continue providing seamless care for children from infancy through pre-K, all on one campus. We are now accepting applications for 24 available spots and actively hiring teachers, with the goal of welcoming families in early June.

Our partnership with Lawson Academy at Coolwood continues to grow strong, and we look forward to expanding this collaboration to Compton Head Start in August. This partnership blends the strengths of Head Start and Lawson Academy by bringing together curriculum, teaching teams and a shared commitment to student success.

We are proud to celebrate the first graduating class of our Rising Stars Leadership Academy. Congratulations to Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer and Zenita Sanders, who successfully completed the nine-month program designed to build a strong leadership pipeline within HCDE Head Start. Watching their growth and dedication has been truly inspiring, and we can't wait to see the positive impact they'll continue to make.

As summer approaches, we encourage all parents to keep learning fun and alive at home. Read together, explore your community, cook side by side and talk about new discoveries. These everyday moments help children hold on to the skills they've learned and build confidence for the year ahead. At Head Start, we're committed to giving every child and every family a strong start.

Have a fun, safe and productive summer!

VENETIA L. PEACOCK
HCDE Head Start Senior Director



Families urged to make their voices heard

Voting is one of the most direct ways families can shape the policies that affect their daily lives, according to Civic Engagement Coordinator Arnaldo Sandoval-Guerrero. Education funding, healthcare access, housing and programs like Head Start are all tied to a policy choice.

“Every elected official makes decisions that impact our communities,” Sandoval-Guerrero said. “When we don’t vote, we leave those decisions to others.”

To have a say in the upcoming midterm elections on Nov. 3, the first step is to register to vote, and for those already registered, to ensure their information is correct and they are still on the voter rolls.

Important races to watch out for include the seats for Texas Governor, the U.S. Senate, the State Legislature, the State Board of Education and numerous races for county and city offices. Sandoval-Guerrero urged eligible voters to educate themselves about the candidates and any propositions on the ballot.

Voting isn’t the only way that families can shape policies that affect their daily lives. Sandoval-Guerrero said civic engagement means staying informed, talking with neighbors, attending school board meetings, contacting elected officials and encouraging others to participate. He encouraged families to bring their children to the voting polls.

“Letting them watch you participate teaches them their community matters and that their voice matters too,” Sandoval-Guerrero said.

The deadline to register to vote in the midterms is Oct. 5.

To register to vote, confirm voter registration status or update a change of address or name, visit votetexas.gov/register-to-vote/.

For information about candidates and propositions, visit

- harrisvotes.com,
- lwtexas.org,
- ballotpedia.org/Texas_elections,_2026.

Managing stress vital for family well-being

According to a 2024 U.S. Surgeon General report parental stress is a public health concern – the well-being of parents and caregivers is directly tied to the well-being of children. Financial worries, balancing work and family life and the relentless grim news on media outlets are common stressors. When parents are stressed, they tend to be less patient, inattentive and harsher with discipline. Children pick up on those tendencies, and it can impact their behavior, mood, relationships and sleep.

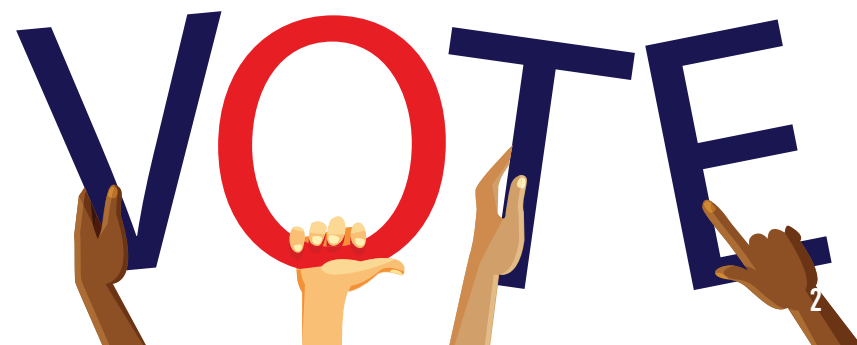
Children learn about emotions and how to cope with stress from their parents. When parents are able to manage their own stress and model healthy coping skills, it promotes happiness for themselves and helps children learn to build those same habits. The American Psychological Association has these tips for parents who feel stressed.

- Talk about it – have regular conversations with your family to promote open communication and understand how everyone is doing.
- Make your physical space more relaxing – cleaning can help you feel a sense of control.
- Make good choices for yourself – nutrition, physical activity and adequate sleep can help lessen the effects of stress.

There are a number of community support services available for parents under stress. Harris County offers free counseling, parenting classes, crisis intervention and basic needs assistance. Call 211 or 713-970-7000 or visit resources.harriscountytexas.gov/Our-Services/Services-for-Families

Family Houston offers mental health counseling, financial stability coaching and community support services: familyhouston.org

Raise Up Families offers emotional wellness, support groups for parents and individual counseling: raiseupfamilies.org



HCDE Head Start spreads the love

HCDE Head Start celebrated #HeadStartLove in February to honor the outstanding and dedicated staff members who create loving, safe and supportive environments for children and families. Eight people were nominated by their coworkers for this year's campaign.



MARIE FRANCIS
TIDWELL

Described as an amazing co-worker, Tidwell EHS Teacher **Marie Francis** was nominated for her dedication, compassion and support for her students.



YOLANDA AGUILAR
TIDWELL

Tidwell Teacher Assistant **Yolanda Aguilar** was said to go above and beyond her duties and is patient, loving and attentive to her students.



CELENE VASQUEZ
CHANNELVIEW

Celene Vasquez, Channelview's FSP, has created a loving, safe and excellent learning environment and ensures families receive the resources they need.



CHRISTINA MCCARTNEY
BARRETT

Christina McCartney, Barrett Assistant Campus Manager, was described as a great leader and team player, who is kind, compassionate and helpful.



SHENEKIA HINES
DOGAN

Dogan Campus Manager **Shenekia Hines** demonstrates a strong work ethic and professionalism and was described as a great leader.



CATHERINE THOMAS
BARRETT

Barrett FSP **Catherine Thomas** was nominated because she exemplifies HCDE Head Start's values. Thomas was described as a loving, caring and respectful leader.



CYNTHIA MIRELES
HUMBLE

Cynthia Mireles, EHS Teacher at Humble, was selected for her ability to engage families and build strong partnerships. Mireles was said to lead with integrity, honesty and compassion.



LORNA PATTERSON
HUMBLE

Humble Assistant Campus Manager **Lorna Patterson** was nominated for her positive attitude and sense of fairness. Patterson was said to be the kind of leader who makes sure everyone feels valued.

"HCDE Head Start is grateful to have wonderful and dedicated staff like these, along with the ones who took the time to uplift and affirm their colleagues."

Venetia L. Peacock
HCDE Head Start Senior Director



Assistance available for struggling families

Surging gas prices due to the conflict with Iran are affecting everything from the cost of groceries and transportation to utilities and housing, and Head Start families may be feeling the impact. Thankfully, there is assistance for those in need and advice on how to manage family finances and make a household budget go further.

Low income families can utilize local assistance programs. The Lone Star Card for eligible low income families provides access to the Supplemental Nutrition Assistance Program (SNAP) food benefits and the Temporary Assistance for Needy Families (TANF) cash benefits. The federal Housing Choice Voucher Program (Section 8) provides rental assistance, while the Lifeline Assistance Program provides discounts for phone and Internet services to eligible consumers.

Numerous nonprofits across the city also offer assistance for such things as groceries, utilities, rent and financial counseling. They include: Raise Up Families, Catholic Charities,

BakerRipley, Memorial Assistance Ministries, Houston Financial Empowerment Center, Salvation Army Greater Houston Command, Northwest Assistance Ministries, Society of St. Vincent de Paul, United Way of Greater Houston and Houston Food Bank. Campus FSPs can connect families to any of these programs and other services.

Here's some tips for families struggling to make ends meet:

- Make a monthly budget focusing on essential needs.
- Use apps like GasBuddy and Grocery Dealz to track pricing.
- Eliminate excess spending, such as subscription services.
- Seek lower cost providers for utilities, phone and Internet.
- Pay essential bills.
- Pay credit card minimums.
- Utilize food banks and pantries.

For information, call 211 or visit unitedwayhouston.org/what-we-do/211-texas-united-way-helpline/

For information on budgeting, visit consumer.gov/your-money/making-budget



Making mealtime dollars go further

Nutrition Services Manager Taylor Hagness acknowledged the difficulties some Head Start families face as they try to stretch their dollars at the grocery store and come up with healthy, nutritious meals for the whole family.

When it comes to weekly shopping, Hagness advised planning meals in advance, buying store brands and fruits and vegetables in season and using apps to compare prices. Buying ingredients in bulk also reduces costs. For instance, ground beef can be used for a spaghetti sauce, for tacos or combined with BBQ sauce for a sloppy joe. Hagness said using frozen fruits and veggies and canned items also reduces costs, though it's important to check labelling for

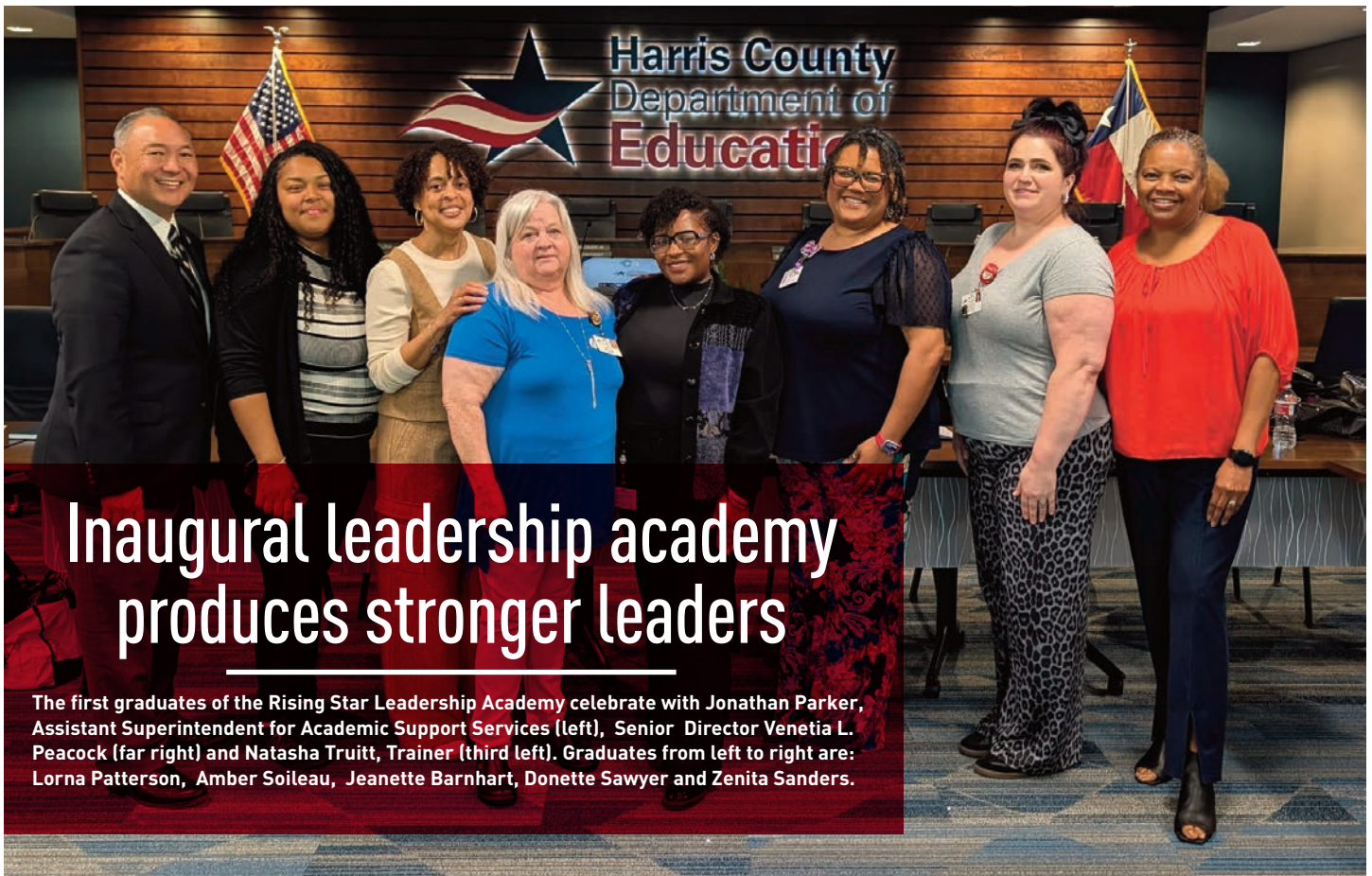
added ingredients and sodium levels. Another way to reduce costs is to order online with curbside pickup to avoid impulse buying.

To simplify a weekly grocery shop, Hagness suggested using the 6-to-1 shopping method created by Chef Will Coleman. It encompasses six vegetables, five fruits, four proteins, three starches, two sauces and one treat.

As for where to shop, Aldi, Trader Joe's, Walmart, Fiesta Mart offer reasonable prices. Costco and Sam's Club membership offer bulk shopping with benefits such as lower gas prices and auto repair.

Hagness had these ideas for a daily, low-cost and healthy menu:

- **Breakfast:** Oatmeal with peanut butter and bananas; plain low-fat yogurt with frozen berries; eggs any style and toast.
- **Lunch:** Grilled cheese sandwich, home-made soup of broth, noodles, fresh or canned vegetables and canned chicken, plus a fruit.
- **Dinner:** Frozen fish with rice and coleslaw; spaghetti sauce with ground beef and diced vegetables with pasta; ground beef tacos with black beans, rice and salsa.
- **Snacks:** A snack might include peanut butter and crackers, fresh fruit, chopped veggies with humus or ranch dressing.



Inaugural leadership academy produces stronger leaders

The first graduates of the Rising Star Leadership Academy celebrate with Jonathan Parker, Assistant Superintendent for Academic Support Services (left), Senior Director Venetia L. Peacock (far right) and Natasha Truitt, Trainer (third left). Graduates from left to right are: Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer and Zenita Sanders.

The Rising Stars Leadership Academy will graduate its first group of participants in June and no-one is more excited than HCDE Head Start Senior Director Venetia L. Peacock, who helped initiate the program.

"I would like to congratulate the graduates," Peacock said. "It has been a privilege to watch them grow both personally and professionally, and I'm truly excited to see the leadership they are already bringing to their roles and how they will continue to rise and make an impact on our Head Start program in the future."

Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer and Zenita Sanders successfully completed the nine-month program, created to build a strong leadership pipeline within HCDE Head Start.

"The Rising Stars Leadership Academy has truly helped shape me into a leader who uplifts others and drives positive change," said Soileau, Assistant Campus Manager at Baytown EHS. "I'm walking away more confident, more focused and definitely ready for what's next."

Patterson, Humble Assistant Campus Manager, said the course challenged her to reflect on her leadership practices, step outside her comfort zone and apply new strategies in her daily work.

"I have learned that leadership is about building strong relationships, fostering trust and leading by example," she said. "I've also learned the importance of empowering others and creating a positive environment where everyone can succeed."

Designed to cultivate leadership skills, managerial knowledge and organizational vision, the program covered a range of topics and featured a variety of speakers who are leaders within Head Start and in the community. Topics were about building relationships, developing people, effective communication, inspiring others and accountability.

Both Soileau and Patterson participated in the program because they wanted to strengthen their leadership skills and prepare for other roles.

"I saw this as an opportunity to better support my team, enhance my communication and lead with greater intention within our program," Patterson said.

Soileau said hearing from experienced leaders pushed her to think bigger and lead better.

"It's been a space for growth, reflection and real conversations," Soileau said.



Leticia Peña (La Porte Early Head Start) earns top recognition with her flavorful corn salad.



A'Nyriah Smith-Watson (Dogan Head Start) wins top honors with her creative Lettuce Taco Boat.

Food Science Fair winners display creativity

Of the dozens of entries in the Parent-Child Food Science Fair, two students emerged as overall winners. A'Nyriah Smith-Watson with her Lettuce Taco Boat and Leticia Pena with her corn salad won the title of "Little Chef Big Flavors Master Cook-off." A'Nyriah is a student at Dogan, and Leticia is in LaPorte's Early Head Start program.

Courtney Johnson, Education and Special Services Manager, said the Food Science Fair is a way to turn everyday experiences with food into meaningful, hands-on exploration, while promoting healthy eating habits that involve the family and the community.

"Young children are naturally curious about what they eat, and a food science fair allows them to investigate concepts like taste, texture, nutrition and simple chemical changes in a way that is engaging and developmentally appropriate," Johnson said.

Families were tasked with picking a fruit or vegetable and incorporating them into a dish or drink. Each campus held its own competition, with winners advancing to the cook-off on March 26. Assistant Superintendent Jonathan Parker, LaPorte SuperMENTor Roberto Smith and Ramona Burton, Operations Coordinator, judged the event, held at the Administration Building.

Congratulations also go to the campus winners. They include:

Tidwell: Alexander Mendez (EHS) and Angel Constana-Salguero (HS);

Community Partners: Rhoadie Humphrey;

John G. Jones: William Duran;

Pasadena Learning Center: Karolina Quinones Moreno and Taylani Lacour Guyton;

Baytown: Gianni Curi (EHS) and Isabella Cardenas (HS);

Humble: Taylor Suarez Duran (EHS) and Jason Adams (HS);

Coolwood: Ryan Leonard (EHS) and Abdiel Ortiz (HS);

Barrett: Samuel Anguiano (EHS) and Kenyah Marshall (HS);

Channelview: Benjamin Contreras;

Compton: Isabella Lopez;

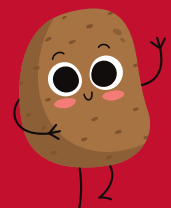
Dogan: A'Nyriah Smith-Watson;

Fonwood: Kasanova Reed Dunbar;

JD Walker: Chrisette Russell;

Sheffield: Reyna Funes Ceron;

La Porte: Leticia Pena (EHS) and Mila Vazquez (HS).





City brims with low cost summer activities

For Head Start families seeking free or low cost activities during the summer Houston has much to offer, from the outdoors at the many parks and water parks to the cool indoors of libraries and museums.

The Children's Museum of Houston, Museum of Fine Arts Houston, Houston Museum of Natural Science, The Health Museum and Buffalo Soldiers National Museum offer free and discounted admission on Thursdays. Visit their websites for details. Meanwhile, Houston Zoo offers discounts for the zoo and adjacent water park.

Houston Parks and Recreation Department oversees 232 playgrounds and 27 spray grounds across the city. Many parks offer a variety of activities such as film nights, walking trails, arts and crafts, games and exercise programs. Amongst them are Levy Park, Hermann Park, Smither Park, Discovery Green, Buffalo Bayou Park and Memorial Park. Miller Outdoor Theatre features live performances throughout the summer.

Houston Arboretum & Nature Center offers nature walks and outdoor education. The City of Houston Community Centers offer free summer enrichment programs, including soccer, tennis and swimming for ages 4-18. The Houston Public Library system has a summer reading program and activities at all its locations. Families can participate in the YMCA Healthy Kids Day to engage in group exercise and interactive, health-focused activities.

For families in need, there are a number of food programs for children during the summer months. The Houston Food Bank's Kids Café partners with various community sites around the city. The City of Houston Summer Food Service Program offers meals for youth. HISD offers free breakfast and lunch for children 18 and younger (and students up to age 21 with disabilities) Monday to Friday June 10-July 17. For the App SchoolCafé; Text "food" or "comida" to 304-304 or call 211.

Summer is a time to prioritize safety



Now that summer is here, it's important for parents of young children to take strict precautions to protect them from heat related illnesses and keep them safe around water. Additionally, it's never too early to start talking about stranger danger. Health Services Manager Tamara Duncan said parents can teach their children who might be a stranger, to be aware of their surroundings and speak up if they don't feel safe or something is wrong.

Parents should follow these measures to ensure their children have a fun and safe summer.

- Stay hydrated.
- Apply SPF 30+ every two hours.
- Avoid being outdoors between 10 a.m. and 4 p.m.
- Wear lightweight clothing and a hat.
- Never leave children or pets in cars and make sure vehicles are locked at home.
- Maintain active supervision near water at all times.
- Use bug spray for mosquitoes and check for ticks.
- Recognize signs of heat exhaustion and heatstroke.
- Wear a helmet when riding a bike or scooter.

Teacher shortage promises job opportunities within Head Start

A shortage of eligible teaching staff has opened up opportunities for would be teachers and teaching assistants for the HCDE Early Head Start and Head Start programs across the service area. While the need for teachers is especially acute, there is also a need to fill positions in the Nutrition, Family Services and Custodial departments.

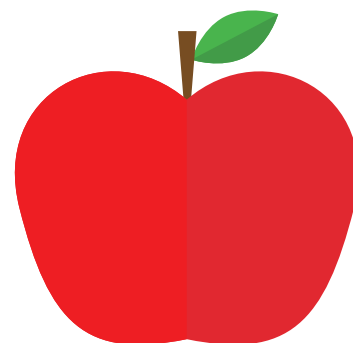
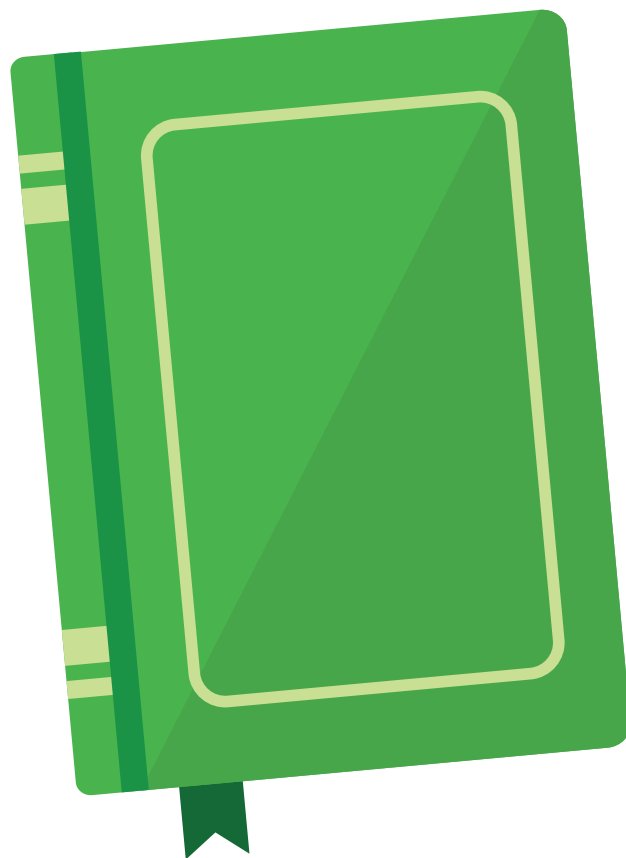
Yadira De La Cruz, Professional Development Coordinator, said working at Head Start is rewarding in many ways. She said employees get to witness children achieve important developmental milestones, grow as confident, capable learners and establish meaningful partnerships with families to support them as they work toward personal, educational and family goals.

HCDE HEAD START WILL BE HOSTING TWO JOB FAIRS IN JUNE.

The first is on June 6 from 9 a.m. to 2 p.m.
and another is scheduled for June 25
from 9 a.m. to 3 p.m.

Walk-ins are welcome.

Would be applicants are encouraged to complete their application online at hcde-texas.org/hcde-is-hiring/human-resources prior to attending. They should also bring a copy of their résumé and a copy of their transcript. To learn about job descriptions and find out what qualifications are needed, visit hcdetexas.schoolspring.com/



MARK YOUR CALENDAR

Check with a Campus Manager for details of these and other happenings as dates may vary according to each campus.

JUNE

1-2 Holiday
3-4 Professional Development Days (**No Students**)
8 EHS First Day of Summer Session (**Closed Fridays**)
29-30 Holiday

JULY

1-2 Holiday
23 EHS Last Day of Summer Session
27-28 Professional Development Days

AUGUST

7-9 Tax Free Weekend
17 First Day of School

CAMPUS DIRECTORY

BARRETT 713-696-3119
808 1/2 Magnolia Ave., Crosby, TX 77532
Lisa Johnson, Campus Manager

BAYTOWN 713-696-3120
317 Massey Tompkins Rd., Baytown, TX 77521
Toyin Mobee, Campus Manager

CHANNELVIEW 713-696-1852
16102 Ridlon, Channelview, TX 77530
Maria Cruz, Campus Manager

COMPTON 713-635-4142
9720 Spaulding St., Houston, TX 77016
Merevonna Ross-Daniel, Campus Manager

COOLWOOD 713-451-9024
767 Coolwood Dr., Houston, TX 77013
Karen Washington, Campus Manager

DOGAN 713-672-0207
4202 Liberty Rd., Houston, TX 77026
Shenekia Hines, Campus Manager

FONWOOD 713-556-3830
9709 Mesa Dr., Houston, TX 77078
Annette Barnes, Campus Manager

HUMBLE 713-696-3121
130 Atascocita Rd., Humble, TX 77396
Debbie Jones, Campus Manager

J.D. WALKER 713-696-3122
7613A Wade Rd., Baytown, TX 77521
Lisa Wells, Campus Manager

LA PORTE 713-696-3123
927 South 1st St., La Porte, TX 77571
Traci Houston, Campus Manager

SHEFFIELD 713-450-3813
14300 Wallisville Rd., Houston, TX 77049
Markeysha Hinderman, Campus Manager

TIDWELL 713-696-3124
8302 John Ralston Rd., Houston, TX 77044
Keyanna Levison, Campus Manager

HARRIS COUNTY DEPARTMENT OF EDUCATION HEAD START 713-672-9343
6300 Irvington Blvd., Houston, TX 77022

HCDE HEAD START MISSION AND VISION

To improve school readiness for children, families and the community.

To create a learning environment of excellence dedicated to positively impacting our children, families, employees, community partners and society.

This is a product of the Head Start division of Harris County Department of Education. Interested persons can also review this report online and obtain additional information related to the Department by visiting www.hcde-texas.org. It is the policy of Harris County Department of Education not to discriminate on the basis of race, color, national origin, gender, limited English proficiency or handicapping condition(s) in its programs.

This institution is an equal opportunity provider.

HCDE HEAD START TEAM

Superintendent
James Colbert, Jr.

Assistant Superintendent
Jonathan M. Parker

Senior Director
Venetia L. Peacock

Assistant Director of Education and Operations
James Stancill

Assistant Director of Compliance and Family Services
Gulshan Rahman

Community Partnerships Manager
Armando Rodriguez

Compliance Manager
Gino Kamaya

Education & Special Services Manager
Courtney Johnson

Family Services Manager
Jasmine Imo

Health Services Manager
Tamara Duncan

Nutrition Services Manager
Taylor Hagness

Operations Services Manager
Suzanne Cates
Taiwan Williams

Compliance
Stacy Destin
Esperanza Gonzalez
Rose Menefee

Education
Ashlee Arceneux
Ruby Blue
LaKisha Dailey
Mallory Lacerda
Kiaundra Lamontagne
Courtney Scott
Brenda Smith

Family
Yuridia Maldonado
Tamara Marshall
Cesilia Pereira

Health
Alyse Lewis
Carlos Martinez

Nutrition
Eva Valdes-Burgos
Raven Jones

Operations
Ramona Burton
Sherry Eagleton

Professional Development
Yadira De La Cruz

2026 HCDE BOARD MEMBERS

Board President
Amy Flores Hinojosa

Board Vice President
Richard Cantu

Board Second Vice President
Erica Davis

Board Members
Eric Dick
Andrea Duhon
Silky Joshi-Malik
John McGee

2026 HEAD START NEWSLETTER TEAM

Production Manager
Armando Rodriguez

Translator
Albourn Translations

Editor
Annette Baird

Designer
Jim Cunningham

Heads Up



BOLETÍN DE VERANO DE 2026

RINCÓN DEL DIRECTOR

A veces, el cambio abre la puerta a nuevas y emocionantes oportunidades. Queremos comenzar expresando nuestro más sincero agradecimiento a Pasadena Learning Center. Nuestra colaboración ha significado mucho para nosotros y, aunque ellos avanzan hacia un nuevo capítulo, estamos agradecidos por la colaboración y el cuidado que compartimos con las familias.

De cara al futuro, nos emociona anunciar que se abrirán tres nuevos salones de Early Head Start en el campus de Compton. Esta expansión nos permitirá continuar ofreciendo una atención para niños sin interrupciones, desde la primera infancia hasta prekínder, todo en un mismo campus. Ya estamos aceptando solicitudes para 24 lugares disponibles y estamos activamente contratando maestros con la meta de dar la bienvenida a las familias a principios de junio.



Venetia L. Peacock, Directora Sénior, junto con Gulshan Rahman y James Stancill, Directores Asistentes.

Nuestra colaboración con Lawson Academy en Coolwood sigue fortaleciéndose y esperamos ampliarla a Compton Head Start en agosto. Esta colaboración une las fortalezas de Head Start y Lawson Academy al combinar el plan de estudios, los equipos de maestros y un compromiso compartido con el éxito estudiantil.

Estamos orgullosos de celebrar la primera generación graduada de la Rising Stars Leadership Academy. Felicitamos a Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer y Zenita Sanders, quienes completaron con éxito este programa de nueve meses diseñado para fortalecer una línea de liderazgo dentro de HCDE Head Start. Observar su crecimiento y dedicación ha sido verdaderamente inspirador, y esperamos con ansias ver el impacto positivo que seguirán logrando.

Con la llegada del verano, animamos a los padres a mantener vivo y divertido el aprendizaje en casa. Lean o cocinen juntos, exploren su comunidad y hablen sobre nuevos descubrimientos. Estos momentos del día a día ayudan a que los niños conserven las habilidades aprendidas y ganen confianza para año siguiente. En Head Start, estamos comprometidos a ofrecer a niño y familia un comienzo sólido.

¡Que tengan un verano divertido, seguro y productivo!

VENETIA L. PEACOCK

Directora sénior de Head Start de HCDE

Se anima a las familias a alzar la voz

Votar es una de las formas más directas en que las familias pueden influir en las políticas que afectan sus vidas diarias, según Arnaldo Sandoval-Guerrero, coordinador de compromiso cívico. El financiamiento para las escuelas, el acceso a la atención médica, la vivienda y los programas como Head Start están ligados a una decisión política.

Para tener voz en las elecciones de medio término del 3 de noviembre, Sandoval-Guerrero anima a las personas que estén en condiciones a registrarse para votar, y a quienes ya lo han hecho, les recomienda verificar que su información sea correcta y que aún estén en la lista de votantes.

Entre las elecciones más importantes a seguir están los cargos de gobernador de Texas, del Senado de Estados Unidos, de la legislatura estatal y de la Junta Estatal de Educación, además de numerosas elecciones para puestos en condados y ciudades.

Votar no es la única forma en que las familias pueden influir en las políticas que afectan su vida diaria. Sandoval-Guerrero mencionó que el compromiso cívico también incluye mantenerse informado, hablar con vecinos, asistir a reuniones de la junta escolar, contactar a funcionarios electos y animar a otras personas a participar.

El plazo para registrarse para votar en las elecciones de medio término es el 5 de octubre. Para registrarse para votar o actualizar un cambio de información, visite votetexas.gov/register-to-vote/.

Para obtener información sobre los candidatos y las propuestas, visite

- harrisvotes.com,
- lwtexas.org.

Para obtener más información y conocer sobre la votación en su área, visite: linktr.ee/HCDEVotes

Manejar el estrés es vital para el bienestar familiar

Según un informe de 2024 del cirujano general de EE. UU., el estrés parental es un problema de salud pública: el bienestar de los padres y los cuidadores está directamente relacionado con el bienestar de los niños. Las preocupaciones económicas, el equilibrio entre el trabajo y la vida familiar, y las constantes noticias negativas en los medios son factores de estrés comunes. Cuando los padres están estresados, tienden a ser menos pacientes, menos atentos y más severos en cuanto a la disciplina. Los niños perciben estas tendencias, y esto puede afectar su comportamiento, estado de ánimo, relaciones y sueño.

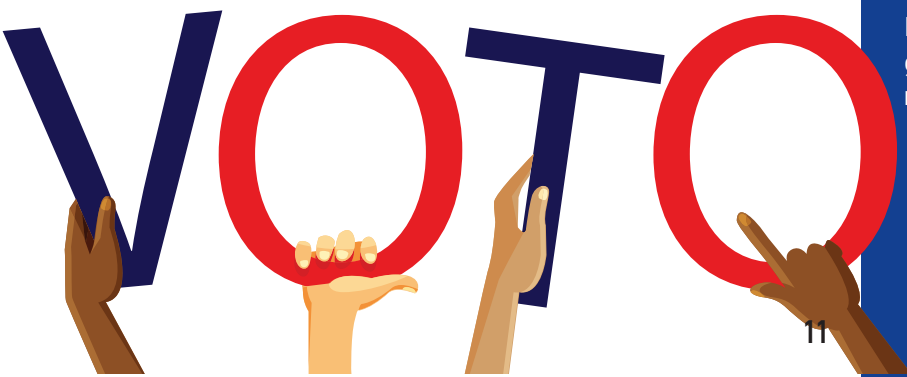
La Asociación Americana de Psicología ofrece estos consejos para padres que se sienten estresados:

- Hablar al respecto: mantener conversaciones frecuentes con su familia para fomentar la comunicación abierta y entender cómo se sienten todos.
- Hacer que su entorno físico sea más relajante: limpiar puede ayudar a sentir una mayor sensación de control.
- Tomar buenas decisiones para sí mismo: la alimentación, la actividad física y un sueño adecuado pueden ayudar a reducir los efectos del estrés.

Los servicios de apoyo comunitario están disponibles a través del condado de Harris. Llame al 211 o al 713-970-7000 o visite resources.harriscountytexas.gov/Our-Services/Services-for-Families

Family Houston ofrece orientación en salud mental y estabilidad financiera, y servicios de apoyo comunitario: familyhouston.org

Raise Up Families ofrece bienestar emocional, grupos de apoyo para padres y orientación individual: raiseupfamilies.org



HCDE Head Start reparte amor

HCDE Head Start celebró #HeadStartLove en febrero para reconocer a los destacados y comprometidos miembros del personal que crean entornos amorosos, seguros y de apoyo para niños y familias. Ocho personas fueron nominadas por sus colegas durante la campaña de este año.



MARIE FRANCIS
TIDWELL

Marie Francis, maestra de EHS en Tidwell y descrita como una colega increíble, fue nominada por su dedicación, compasión y apoyo a sus estudiantes.



YOLANDA AGUILAR
TIDWELL

Yolanda Aguilar, asistente de maestra de Tidwell, se destaca por ir más allá de sus deberes y ser paciente, amorosa y atenta con sus estudiantes.



SHENEKIA HINES
DOGAN

Shenekia Hines, administradora del campus Dogan, demuestra una sólida ética de trabajo y profesionalismo, y fue descrita como una excelente líder.



CHRISTINA MCCARTNEY
BARRETT

Christina McCartney, subdirectora del campus Barrett, fue reconocida como una gran líder y compañera de equipo, amable, compasiva y siempre dispuesta a ayudar.



CELENE VASQUEZ
CHANNELVIEW

Celene Vasquez, FSP de Channelview, ha creado un entorno de aprendizaje amoroso, seguro y excelente, y se asegura de que las familias reciban los recursos que necesitan.



CATHERINE THOMAS
BARRETT

Catherine Thomas, FSP de Barrett, fue nominada por representar los valores de HCDE Head Start. Se describió a Thomas como una líder amorosa, respetuosa y comprometida.



CYNTHIA MIRELES
HUMBLE

Cynthia Mireles, maestra de EHS en Humble, fue seleccionada por su capacidad para involucrar a las familias y construir colaboraciones sólidas. Mireles también fue reconocida por liderar con integridad, honestidad y compasión.



LORNA PATTERSON
HUMBLE

Lorna Patterson, subdirectora del campus Humble, recibió la nominación por su actitud positiva y sentido de justicia. Se dijo que Patterson es el tipo de líder que hace que todos se sientan valorados.

“HCDE Head Start agradece tener personal tan maravilloso y dedicado como ellas, así como quienes se tomaron el tiempo de reconocer y apoyar a sus colegas”.

Venetia L. Peacock
Directora sénior de Head Start de HCDE



Ayuda disponible para familias con dificultades

Hay ayuda disponible a través de numerosas agencias para que las familias de Head Start que estén lidiando con dificultades puedan hacer rendir el presupuesto del hogar. La tarjeta Lone Star para familias con bajos ingresos elegibles proporciona acceso a los beneficios alimentarios del Programa de Asistencia Nutricional Suplementaria (SNAP) y a los beneficios en efectivo del Programa de Asistencia Temporal para Familias Necesitadas (TANF). El Programa de Vales de Elección de Vivienda (Sección 8) proporciona asistencia para el pago del alquiler, mientras que el Programa de Asistencia Lifeline ofrece descuentos en servicios de teléfono e Internet a los consumidores elegibles.

Las organizaciones sin fines de lucro locales también pueden ayudar con gastos como compras, servicios básicos, renta y asesoría financiera. Entre ellas se incluyen: Raise Up Families, Catholic Charities, BakerRipley, Memorial Assistance Ministries, Houston Financial Empowerment Center, Salvation Army Greater Houston Command, Northwest Assistance

Ministries, Society of St. Vincent de Paul, United Way of Greater Houston y Houston Food Bank. Los FSP en los campus pueden conectar a las familias con cualquiera de estos programas y con otros servicios.

Consejos para familias con dificultades para cubrir sus gastos:

- Prepare un presupuesto mensual que priorice las necesidades esenciales.
- Use aplicaciones como GasBuddy y Grocery Dealz para hacer seguimiento de los precios.
- Elimine gastos innecesarios, como servicios de suscripción.
- Busque proveedores que cuesten menos para servicios básicos, teléfono e Internet.
- Pague las facturas esenciales.
- Realice el pago mínimo de las tarjetas de crédito.

Para obtener información, llame al 211 o visite unitedwayhouston.org/what-we-do/211-texas-united-way-helpline/



Cómo hacer que el dinero destinado a la comida rinda más

Para las familias de Head Start que tienen dificultades para estirar su presupuesto en compras y preparar comidas saludables y nutritivas, la administradora de Servicios de Nutrición, Taylor Hagness, ofreció estos consejos para reducir costos. Planificar las comidas con anticipación, comprar al por mayor, elegir marcas propias de la tienda, usar frutas y verduras congeladas o enlatadas y utilizar aplicaciones para comparar precios. Otra forma de reducir costos es hacer pedidos en línea para recoger en la puerta para evitar compras impulsivas.

Para simplificar las compras semanales, Hagness sugirió utilizar el método de compras "6 a 1", que incluye seis verduras, cinco frutas, cuatro proteínas, tres almidones, dos salsas y un dulce o premio.

Hagness dio estas ideas para un menú saludable de bajo costo:

- **Desayuno:** Avena con mantequilla de maní y plátanos; yogur natural bajo en grasa con frutos rojos congelados; huevos de cualquier estilo y tostadas.
- **Almuerzo:** Sándwich de queso a la parrilla, sopa casera de caldo, fideos, verduras frescas o en conserva y pollo en lata, más una fruta.
- **Cena:** Pescado congelado con arroz y ensalada de col; salsa para espagueti con carne molida, verduras picadas y pasta; tacos de carne molida con frijoles negros, arroz y salsa.
- **Refrigerio:** Mantequilla de maní con galletas; fruta fresca; verduras picadas con humus o aderezo ranch.



Los primeros graduados de la Academia de Liderazgo Rising Star celebran junto a Jonathan Parker, superintendente adjunto de Servicios de Apoyo Académico (izquierda), la directora principal Venetia L. Peacock (extrema derecha) y Natasha Truitt, capacitadora (tercera desde la izquierda). Las graduadas, de izquierda a derecha, son: Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer y Zenita Sanders.

La primera edición de la academia de liderazgo forma líderes más fuertes

La Academia de Liderazgo Rising Stars tendrá la graduación de su primer grupo de participantes en junio, y nadie está más entusiasmada que Venetia L. Peacock, directora principal de HCDE Head Start, quien ayudó a iniciar el programa.

“Estoy muy emocionada por el liderazgo que aportarán en sus posiciones actuales y por verlas crecer y avanzar en el futuro”, dijo Peacock.

Lorna Patterson, Amber Soileau, Jeanette Barnhart, Donette Sawyer y Zenita Sanders completaron con éxito este programa de nueve meses creado para fortalecer una línea de liderazgo dentro de HCDE Head Start.

El programa abarcó una variedad de temas, desde el fortalecimiento de relaciones y el desarrollo del personal hasta la comunicación efectiva y la responsabilidad, y contó con oradores líderes tanto dentro de Head Start como en la comunidad.

Soileau, subdirectora del campus en Baytown EHS, y Patterson, subdirectora en Humble, dijeron que participaron en el programa porque querían fortalecer sus habilidades de liderazgo y prepararse para otras funciones.



Leticia Peña (La Porte Early Head Start) obtuvo el máximo reconocimiento con su sabrosa ensalada de maíz.



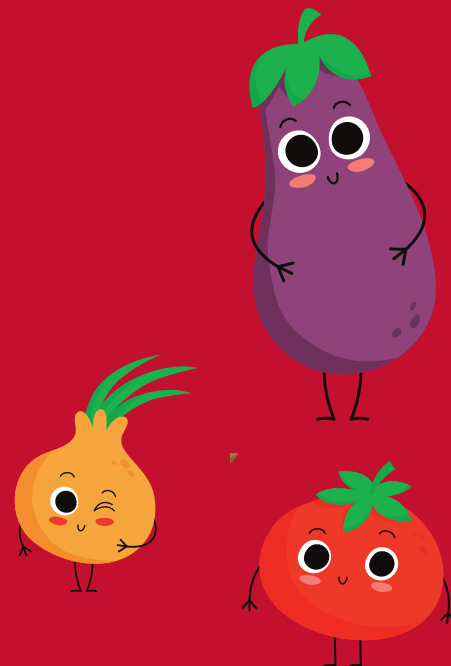
Los ganadores de la Feria de Ciencias de Alimentos demuestran su creatividad

La estudiante de Dogan, A'Nyriah Smith-Watson, con su taco de lechuga en forma de bote, y Leticia Pena, de La Porte EHS, con su ensalada de maíz, ganaron el título de "Little Chef Big Flavors Master Cook-off" en la Feria de Ciencias de Alimentos de este año.

Las familias tuvieron el reto de escoger una fruta o verdura e incorporarla en un plato o bebida. Cada campus realizó su propia competencia, y los ganadores pasaron a la competencia final de cocina el 26 de marzo.



A'Nyriah Smith-Watson (Dogan Head Start) obtuvo los máximos honores con su creativa Taco Boat de Lechuga.



Algunos de los ganadores por campus son:

Tidwell: Alexander Mendez (EHS) y Angel Constana-Salguero (HS);

Community Partners: Rhoadie Humphrey;

John G. Jones: William Duran;

Pasadena Learning Center: Karolina Quinones Moreno y Taylani Lacour Guyton;

Baytown: Gianni Curi (EHS) y Isabella Cardenas (HS);

Humble: Taylor Suarez Duran (EHS) y Jason Adams (HS);

Coolwood: Ryan Leonard (EHS) y Abdiel Ortiz (HS);

Barrett: Samuel Anguiano (EHS) y Kenyah Marshall (HS);

Channelview: Benjamin Contreras;

Compton: Isabella Lopez;

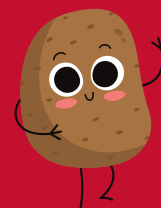
Dogan: A'Nyriah Smith-Watson;

Fonwood: Kasanova Reed Dunbar;

JD Walker: Chrisette Russell;

Sheffield: Reyna Funes Ceron;

La Porte: Leticia Pena (EHS) y Mila Vazquez (HS).





La ciudad ofrece numerosas actividades de verano de bajo costo

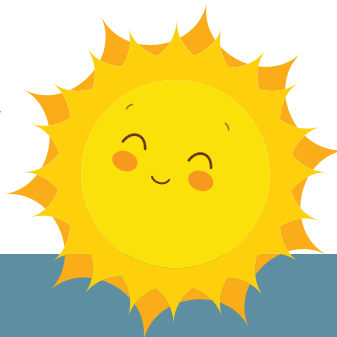
Para las familias de Head Start que buscan actividades gratuitas o de bajo costo durante el verano, Houston tiene mucho que ofrecer: desde actividades al aire libre en numerosos parques y parques acuáticos hasta opciones en interiores en bibliotecas y museos.

El Museo de los Niños de Houston, el Museo de Bellas Artes de Houston, el Museo de Ciencias Naturales de Houston, el Museo de la Salud y el Buffalo Soldiers National Museum ofrecen entrada gratuita o con descuento los jueves. El Zoológico de Houston también tiene algo que ofrecer.

El Departamento de Parques y Recreación de Houston supervisa decenas de parques, áreas de juego y juegos acuáticos. Muchos de estos ofrecen una variedad de actividades, desde senderos para caminar y programas de ejercicio hasta artes y manualidades houston.tx.gov/parks/

Los Centros Comunitarios de la Ciudad de Houston ofrecen programas gratuitos de enriquecimiento durante el verano, que incluyen fútbol, tenis y natación, mientras que el sistema de Bibliotecas Públicas de Houston cuenta con un programa de lectura de verano y actividades para niños.

Para las familias que lo necesitan, existen varios programas de alimentación para niños, como Kids Café del Banco de Alimentos de Houston, el Programa de Servicio de Alimentos de Verano de la Ciudad de Houston y el Distrito Escolar Independiente de Houston. Para la aplicación SchoolCafé: envíe un mensaje de texto con la palabra "food" o "comida" al 304-304 o llame al 211.



El verano es el momento de priorizar la seguridad

Ahora que el verano llegó, es importante que los padres de niños pequeños tomen precauciones estrictas para protegerlos de enfermedades relacionadas con el calor y mantenerlos seguros cerca del agua. Además, nunca es demasiado temprano para empezar a hablar sobre el peligro de los extraños. La gerente de Servicios de Salud, Tamara Duncan, señaló que los padres pueden enseñar a sus hijos quién podría ser un extraño, a estar atentos a su entorno y a hablar si no se sienten seguros o si algo les parece mal.

Los padres deben seguir estas medidas para garantizar que sus hijos tengan un verano divertido y seguro:

- Mantenerse hidratados.
- Aplicar protector solar SPF 30 o superior cada dos horas.
- Evitar estar al aire libre entre las 10 a. m. y las 4 p. m.
- Usar ropa ligera y un sombrero.
- Nunca dejar a niños o a mascotas en los automóviles y asegurarse de que los vehículos estén cerrados en casa.
- Mantener supervisión activa cerca del agua en todo momento.
- Usar repelente de insectos contra mosquitos y revisar si hay garrapatas.
- Reconocer los signos de agotamiento por calor y de un golpe de calor.
- Usar casco al andar en bicicleta o scooter.

La escasez de maestros genera oportunidades laborales en Head Start

La escasez de personal docente calificado ha abierto oportunidades para aspirantes a maestros y asistentes de enseñanza en los programas HCDE Early Head Start y Head Start en toda el área de servicio. Aunque la necesidad de maestros es especialmente alta, también es necesario cubrir puestos en los departamentos de Nutrición, Servicios Familiares y Conserjería.

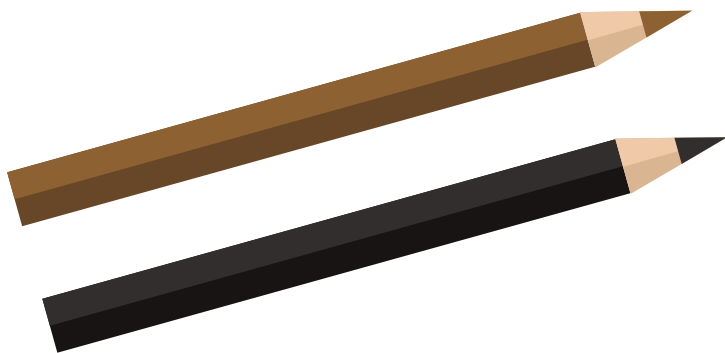
Yadira De La Cruz, coordinadora de Desarrollo Profesional, contó que trabajar en Head Start es gratificante de muchas maneras. Contó que los empleados son testigos de cómo los niños alcanzan importantes hitos en el desarrollo, crecen como estudiantes seguros y capaces, y establecen relaciones significativas con las familias para apoyarlas mientras trabajan hacia metas personales, educativas y familiares.

HCDE HEAD START ORGANIZARÁ DOS FERIAS DE EMPLEO EN JUNIO.

La primera será el 6 de junio de 9 a. m. a 2 p. m., y la otra está programada para el 25 de junio de 9 a. m. a 3 p. m.

Se reciben personas sin cita previa.

Se recomienda a los potenciales postulantes que completen su solicitud en línea en hcde-texas.org/hcde-is-hiring/human-resources antes de asistir. También deben llevar una copia de su currículum y una copia de su expediente académico. Para obtener información sobre las descripciones de los puestos y saber qué cualificaciones se necesitan, visite hcdetexas.schoolspring.com/



MARQUE SU CALENDARIO

Consulte con cada Gerente de Campus para obtener detalles sobre estos y otros eventos, ya que las fechas pueden variar según el campus.

JUNIO

1-2 Feriado
3-4 Días de Desarrollo Profesional
(No hay clases para estudiantes)
8 Primer día de la sesión de verano de EHS
(Cerrado los viernes)
29-30 Feriado

JULIO

1-2 Feriado
23 Último día de la sesión de verano de EHS
27-28 Días de Desarrollo Profesional

AGOSTO

7-9 Fin de Semana Libre de Impuestos
17 Primer día de clases

DIRECTORIO DEL CAMPUS

BARRETT 713-696-3119
808 1/2 Magnolia Ave., Crosby, TX 77532
Lisa Johnson, Campus Manager

BAYTOWN 713-696-3120
317 Massey Tompkins Rd., Baytown, TX 77521
Toyin Mobee, Campus Manager

CHANNELVIEW 713-696-1852
16102 Ridlon, Channelview, TX 77530
Maria Cruz, Campus Manager

COMPTON 713-635-4142
9720 Spaulding St., Houston, TX 77016
Merevonna Ross-Daniel, Campus Manager

COOLWOOD 713-451-9024
767 Coolwood Dr., Houston, TX 77013
Karen Washington, Campus Manager

DOGAN 713-672-0207
4202 Liberty Rd., Houston, TX 77026
Shenekia Hines, Campus Manager

FONWOOD 713-556-3830
9709 Mesa Dr., Houston, TX 77078
Annette Barnes, Campus Manager

HUMBLE 713-696-3121
130 Atascocita Rd., Humble, TX 77396
Debbie Jones, Campus Manager

J.D. WALKER 713-696-3122
7613A Wade Rd., Baytown, TX 77521
Lisa Wells, Campus Manager

LA PORTE 713-696-3123
927 South 1st St., La Porte, TX 77571
Traci Houston, Campus Manager

SHEFFIELD 713-450-3813
14300 Wallisville Rd., Houston, TX 77049
Markeysha Hinderman, Campus Manager

TIDWELL 713-696-3124
8302 John Ralston Rd., Houston, TX 77044
Keyanna Levison, Campus Manager

HARRIS COUNTY DEPARTMENT OF EDUCATION HEAD START 713-672-9343
6300 Irvington Blvd., Houston, TX 77022

MISIÓN Y VISIÓN DE HCDE HEAD START

Para mejorar la preparación para la escuela para niños, familias y la comunidad

Para crear un ambiente de aprendizaje excelente dedicado a impactar a los niños, familias, empleados, socios de la comunidad y la sociedad.

Este es un producto de la división Head Start del Departamento de Educación del Condado de Harris. Las personas interesadas también pueden revisar este informe en línea y obtener información adicional relacionada con el Departamento visitando www.hcde-texas.org. Es política del Departamento de Educación del Condado de Harris no discriminar por motivos de raza, color, origen nacional, género, dominio limitado del inglés o condición(es) de discapacidad en sus programas.

Esta institución es un proveedor de igualdad de oportunidades.

HCDE HEAD START TEAM

Superintendent

James Colbert, Jr.

Assistant Superintendent

Jonathan M. Parker

Senior Director

Venetia L. Peacock

Assistant Director of Education and Operations

Jamess Stancill

Assistant Director of Compliance and Family Services

Gulshan Rahman

Community Partnerships Manager

Armando Rodriguez

Compliance Manager

Gino Kamaya

Education & Special Services Manager

Courtney Johnson

Family Services Manager

Jasmine Imo

Health Services Manager

Tamara Duncan

Nutrition Services Manager

Taylor Hagness

Operations Services Manager

Suzanne Cates

Taiwan Williams

Compliance

Stacy Destin

Esperanza Gonzalez

Rose Menefee

Education

Ashlee Arceneux

Ruby Blue

LaKisha Dailey

Mallory Lacerda

Kiaundra Lamontagne

Courtney Scott

Brenda Smith

Family

Yuridia Maldonado

Tamara Marshall

Cesilia Pereira

Health

Alyse Lewis

Carlos Martinez

Nutrition

Eva Valdes-Burgos

Raven Jones

Operations

Ramona Burton

Sherry Eagleton

Professional Development

Yadira De La Cruz

2026 HCDE BOARD MEMBERS

Board President

Amy Flores Hinojosa

Board Vice President

Richard Cantu

Board Second Vice President

Erica Davis

Board Members

Eric Dick

Andrea Duhon

Silky Joshi-Malik

John McGee

2026 HEAD START NEWSLETTER TEAM

Production Manager

Armando Rodriguez

Translator

Albourn Translations

Editor

Annette Baird

Designer

Jim Cunningham