



# Parent/Child Incorporated of San Antonio & Bexar County

## Parent Gazette

October 2021 Edition



Greetings,

Don't you love the change of season? The fall season is finally here, even though it may not feel like it at times. Unfortunately, with the change of season, people tend to get sicker in the fall and wintertime of the year. That's is why we are asking for your help! Due to the circulating and highly contagious Delta variant, we ask you to partner with us. If you notice any signs of an infection with your child, please keep your child at home, and refer them to their healthcare provider for testing and care. We desire to continue in-person learning, but we need your help. We are here to discuss any concerns you have. Our agency serves children under the age of 12 who are not eligible for vaccination currently. Therefore, we are implementing layered prevention strategies to protect students, teachers, staff, visitors, and other members of your households. Our focus is to be strategic and keep everyone safe this school year! We are here to assist you with resources and services to help get you through any difficulties you may face. My objective is to be transparent as possible through partnership to fight off this deadly virus. We are grateful that you entrust us with your child's educational needs. I believe learning and growing together provides academic, mental, social, emotional, and physical wellness and stability for your child's educational success.



# Hello Fall



Thank you for partnering with us. Let's have a great and safe school year!

Dr. Sharon Small



Dr. Sharon M. Small  
Chief Executive Officer/IIS/EHS Director  
MEd, MA, PhD

I'M A SUCCESS  
by  
DR. SHARON SMALL

I'M A SUCCESS AND I KNOW WHY  
Soy un éxito y sé por qué

MY MOTTO IS TO TRY, TRY, TRY  
Mi lema es tratar, tratar, tratar

TO DO AND BE MY VERY BEST  
Para hacer y ser mi mayor esfuerzo

THAT IS WHY, I'M A SUCCESS!  
Por eso, ¡Soy un éxito!



"PCI...Growing San Antonio's Tomorrow...Today!"

# HEALTH NEWS

## PCI Daily Health Observation

A daily health check of each child is made upon arrival in the parent or caregiver's presence. To prevent the spread of infection, communication between teachers and parents about the child's health status is vital to identify any specific signs or symptoms of illness. Children with any symptoms of illness will not be allowed to remain in the center:

- Temperature over 100 degrees
- An unexplained rash
- Vomiting (in the past 24 hours)
- Diarrhea (in the past 24 hours)
- Thick, green drainage from the nose
- Discharge from the eyes
- Lice
- A contagious disease (ex. Chickenpox)

## RSV Explained



### Respiratory Syncytial Virus

A highly contagious illness that causes infection of the lungs and breathing passages.

Symptoms include:

- Fever
- Severe cough
- Wheezing and rapid breathing or difficulty breathing



### Droplet Transmission

RSV is spread through droplets from coughs and sneezes.

Droplets transferred from:

- Hard surfaces (i.e. doorknobs)
- Clothing
- Skin-to-skin contact

### Population Most At-Risk

Infants and young babies are severely affected by RSV. RSV infections typically occur in epidemics, often occurring in daycares.



### Steps to Prevent RSV

Prevention efforts parents can take include:

- Hand washing
- Keep sick children home
- Monthly injection (children especially at-risk)

## Call Doctor...

Contact your provider if your child starts displaying the following:

- High fever
- Wheezing or seems to be working harder to breathe
- Decreased activity
- Prolonged illness
- Retracting of ribs



## Don't Forget Your Flu Shot!

The flu vaccination can prevent:

- ear infections
- sinus problems
- pneumonia
- dehydration
- brain infection
- death



**Who?**  
Anyone age 6 months or older



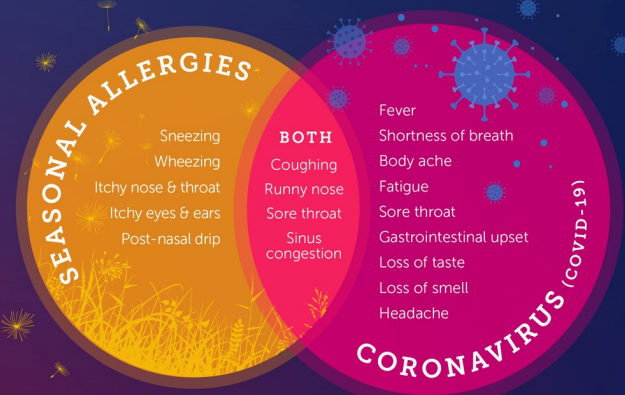
**When?**  
Ideally, by the end of October



**Why?**  
Kids younger than 5 are at higher risk of developing serious flu-related complications

## CORONAVIRUS -or- allergies?

The Coronavirus (COVID-19) outbreak is happening at the same time as many seasonal allergies. How can you tell the difference?





Despite the interruptions caused by the pandemic, Head Start has been able to pivot to keep providing high quality education and services.

**The Child Tax Credit: What Head Start Families Need to Know...** In response to the COVID-19 pandemic, the American Rescue Plan provides historic investments in children and families, including the largest ever Child Tax Credit. There's money on the table for Head Start families – \$3,600 for children under six, to be exact.

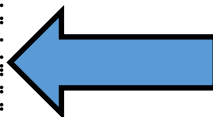
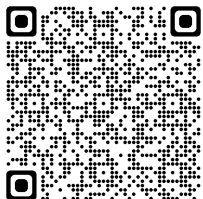
**What You Need to Know**

The American Rescue Plan raised the maximum Child Tax Credit in 2021 to \$3,600 for qualifying children under the age of 6 and to \$3,000 per child for qualifying children between ages 6 and 17, or up to \$300 per month and up to \$250 per month, respectively. Before 2021, the credit was worth up to \$2,000 per eligible child and 17-year-olds did not qualify for the credit. It's critical that families make sure they have filed taxes. As a provision of the American Rescue Plan, this change to the Child Tax Credit is not permanent. Decision makers in Washington would like to keep this increase in years to come, but will not be able to do so without demonstrated interest from families.

**What You Need to Do**

If you've filed tax returns for 2019 or 2020, or if you signed up to receive a stimulus check from the Internal Revenue Service, you will get this tax relief automatically. If you did not file taxes in 2020 or 2019, which may be the case for some income-eligible Head Start families, you are still eligible. You must use the [Child Tax Credit Non-filer Sign-up Tool](#) to enroll.

Carefully check your mail for anything from the IRS and encourage friends and neighbors to do the same. The IRS is mailing letters to non-filer households in the upcoming weeks to ensure families are aware of the steps they need to take to start receiving the increased benefit.



Use the QR Scan Code for more

# NEWS

## Health Services Advisory Committee

All Head Start and Early Head Start programs are required to establish and maintain a Health Services Advisory Committee (HSAC) to support children's healthy development. The HSAC is an advisory group usually composed of local health providers who represent a wide variety of local social services agencies. They may include pediatricians, nurses, nurse practitioners, dentists, nutritionists, and mental health providers. Head Start staff and parents also serve on the HSAC. Effective partnerships are key to the success of this approach. HSACs help programs to make decisions about health services and strengthen the communities where Head Start families live.

**You're invited to attend the next Health/Nutrition Advisory Meeting (Virtual) on October, 27th. Please RSVP, by October 25t by sending an email to Operations Resource Coordinator, Ms. Candace Collins at [ccollins@pcitx.com](mailto:ccollins@pcitx.com) A Zoom link will be sent to you via email.**



October 20 – 24: National School Bus Safety Week at all PCI Early Learning Centers

**Fall Activity**  
**Make leaf people from popsicle sticks and from outdoor leaves!**





# EVENTS

- ◆ 2: World Smile Day
- ◆ 11: Staff Development/Columbus Day.
- ◆ Agency Closure
- ◆ 25-29: Red Ribbon Activity Week/Theme Contest
- ◆ 27: Health/Nutrition Advisory Meeting
- ◆ 27: Global Cardboard Challenge
- ◆ 28: National First Responders Day
- ◆ 29: Children's Recognition Day



**OCTOBER** IS  
HEAD  
START  
AWARENESS  
MONTH!

EACH OCTOBER, PCI COMMEMORATES HEAD START AWARENESS MONTH BY HOSTING ACTIVITIES TO REFLECT ON THE PROGRAM'S SIGNIFICANT IMPACT ON OUR CHILDREN AND FAMILIES. PLEASE PARTICIPATE IN PCI'S EVENTS THIS MONTH TO RAISE AWARENESS OF THE HEAD START PROGRAM IN OUR COMMUNITY!

The mission of Parent/Child Incorporated is to provide high-quality early childhood developmental and educational services in order to empower our children and their families to become responsible citizens who value education and community.

**Parent/Child Incorporated (PCI)**

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"Growing San Antonio's Tomorrow...Today!"

## Parent/Child Incorporated (PCI)

Red Ribbon  
Week October  
25-29, 2021

"Drug-Free  
Looks  
Like Me"



**MON**

Monday 10/25  
Students are encouraged to wear their favorite sports team attire with jeans! "My Team is Drug-Free!"

**TUE**

Tuesday 10/26  
Students are encouraged to wear crazy hair/crazy socks "From Head to Toe, I'm Drug-Free!"

**WED**

Wednesday 10/27  
The students are encouraged to wear 50's attire "Drugs are Old School!" - 50's Day!

**THU**

Thursday 10/28  
The students are encouraged to wear red "Be Brave, Be Bold, Be You & wear Red!"

**FRI**

Friday 10/29  
Students are encouraged to wear super-hero costumes "You have the Power to Say No to Drugs!"

