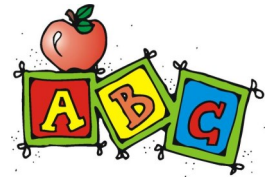


Kids Are First, Inc.

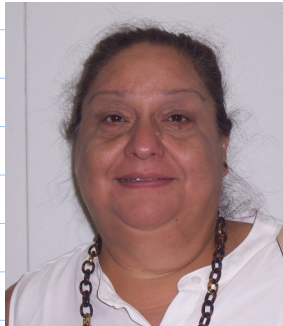


Welcome Back

Employee Recognition

**October 31,
2016**

**Volume 2,
Issue 1**



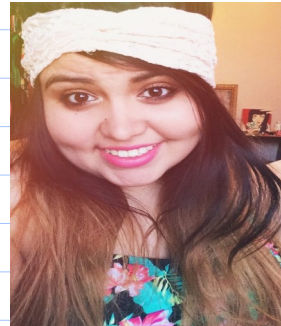
The Administrative staff would like to extend a great big thank you to Maria Cruz from Pearsall Center, Maria Rios and Brittany Bonilla from the Carrizo Center for going the extra mile to help out the Cotulla Center when help was needed .

Ms. Cruz prepared



the meals for Cotulla's 46 children, which were then catered to the Cotulla Center to provide lunch for the children.

Maria Rios and Brittany Bonilla traveled from Carrizo Springs to Cotulla daily to report to classroom duty.



The agency has employees that are very devoted to their job and demonstrate it by going above and beyond what is expected of them.

Thank you center staff you are the heart of the program

In-Kind Collection

- ◇ Las Colonias
\$306,872.59
- ◇ LBJ—
238,002.72
- ◇ Pearsall -
174,374.97
- ◇ Seco Mines
172,640.43
- ◇ Carrizo -
131,698.96
- ◇ Rosita Valley -
69,171.08
- ◇ Cotulla—
30,019.00

**Year to Date:
\$1,136,574.20**

Pearsall Center News

Pearsall Center children started school and have been getting to know each other and their teachers.

Parents have been busy attending

Parent Center Committee Meetings and Trainings. 20 parents attended the first parent meeting in September. Open

house was also held in August, at this time the children had an opportunity to meet their teachers.

Seco Mines Center News

Classes in Seco Mines Center have started, the teachers have been busy getting to know their classmates and learning about routines in their classrooms.

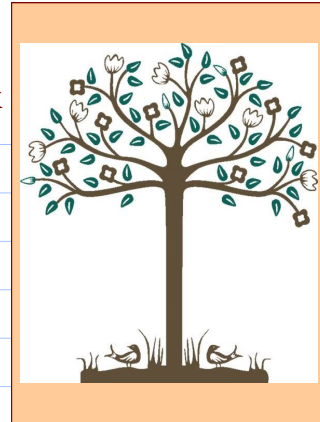
The staff from Seco Mines would like to acknowledge the students from SWTJC and the parent volunteers who are volunteering at the center. The volunteers commitment to the

children is commended, the staff and children send out a big thank you!

The Parent Center Committee met for their first meeting in September with 27 parents present, those same

parents received a Parent

Orientation by reviewing the Parent/Staff Operational Handbook with coordinators from administration office.



**"Tell me and I forget.
Teach me and I remember.
Involve me and I will
learn."
Benjamin Franklin**

Carrizo Center News

The children from Carrizo Springs Center have been very busy getting to know each other and their teachers. They have been creating musical instruments and molding with clay, while they are having fun the children are learning how to create and

exercise their fine motor skills.

Parents who attended the first parent meeting and training received valuable information on the agency's Operational Handbook and received training on recognizing child abuse

and neglect. A big thank you to the 19 parents who participated.

"Volunteers do not necessarily have the time; they just have the heart."

~Elizabeth Andrew

Lyndon B. Johnson Center News

LBJ children and staff celebrated dieciseis de Septiembre with cultural activities that allowed parents to join in the fun with their children.

The parents first Parent Center Committee meeting

took place on September 7, 2016. The meeting and training was very successful with 33 parents participating. During the training parents were provided orientation on KAF's policies and procedures.

The children had the opportunity to get acquainted with their classmates and teacher, while learning daily routines that will help them get ready to their learning adventure.

Las Colonias Center News

Dieciseis de Septiembre celebration was held with activities that had parents come to the center to spend time with their children. The staff would like to thank all the parents who took time out of their day to join in the festivities.

The Parent Center Committee held their first meeting .

Parent Orientation provided the parents information about the Head Start and Early Head Start Program and how the case managers are here to assist them in getting their child on a Well Child Exam schedule and assist them with any follow ups that may be needed.

An Appreciation Gathering was held to thank Mr. Rogelio Enriquez for his do-

nations on behalf of Bealls.



Cotulla Center news

The Cotulla staff welcomed all the students and parents to a brand new school year. The parents participated in activities by bringing family pictures from home and sharing with the rest of the children.

Parents were trained by staff on Parent/Staff Operational Handbook, Kids Are First Policies and Procedures. During the training parents learned the importance of sending their children to school everyday. Parents also learned about other

services such as nutrition, family & disability services.

Did you know?

All of KAF, Inc. services are FREE of charge.

Let you neighbor know.

Rosita Valley Center News

The beginning of another school year is an exciting time for the staff from Rosita Valley. It is a time to get to know their students and their parents.

the opportunity to learn about the agency's services that are offered to parents.



training on program operations, and were trained on their Civil Rights.

The first Parent Center Committee met and had

Parents received

Share the news-letter with your child

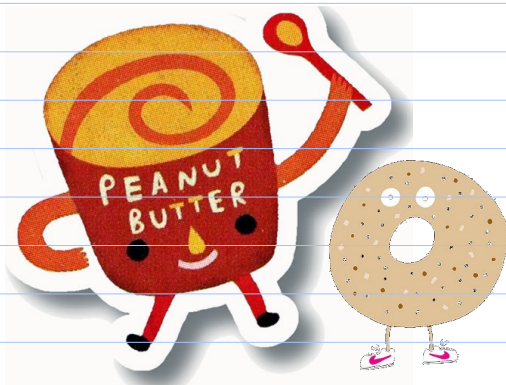
Why Snacks?

Smart snacking is good for your whole family!

Fun for Kids!

Quick snacks:

- Whole fruit, sliced into finger foods
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Crackers with lowfat or fat-free cheese
- Whole-wheat bagel and peanut butter
- Lowfat or fat-free frozen yogurt



Easy-to-make snacks:

- **Milk shake-ups:** Pour fat-free milk, 100% juice, and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze 100% fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or lowfat yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.

Your child's favorite food-group snacks:

Provided by

NIBBLES FOR HEALTH 21 Nutrition Newsletters for Parents of Young Children, USDA, Food and

Nutrition Service

ACTIVE PLAY

Tips for Families from the Head Start National Center on Health

Good activity habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

Play Time Can Be Active Time!

For Your Infant:

Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give him plenty of chances to stretch, reach, and kick so he can reach important milestones like crawling and sitting up.

Avoid putting a TV in your baby's room. The more YOU talk to and play with your baby, the more likely he is to be healthy as he grows.

For Your Toddler:

Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together.

Try to limit TV watching to 2 hours or less a day. Children who have lots of active play time outside and indoors are more likely to stay healthy and active as they grow up.

For Your Preschooler:

Help your child to stay active and learn at the same time by spending time outdoors.

Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more

For Yourself and Your Family:

When you spend time being active, your child learns healthy habits from you.

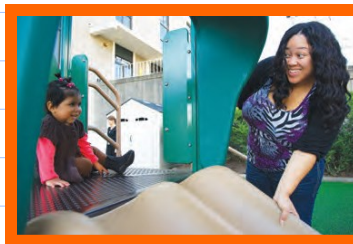
Set time, play-



mealtime, and bedtime routines to make daily life easier to handle.

Talk with your child's pediatrician, Head Start staff, and other parents to get ideas for making playtime

of to than 2 hours TV a day are more likely to be overweight as they get old-



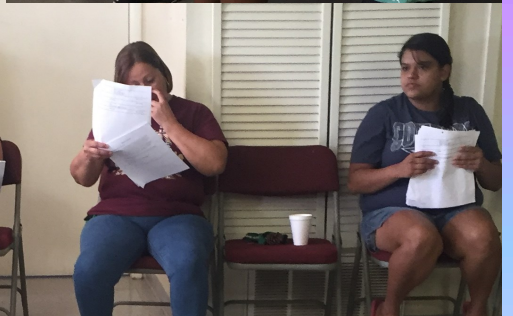
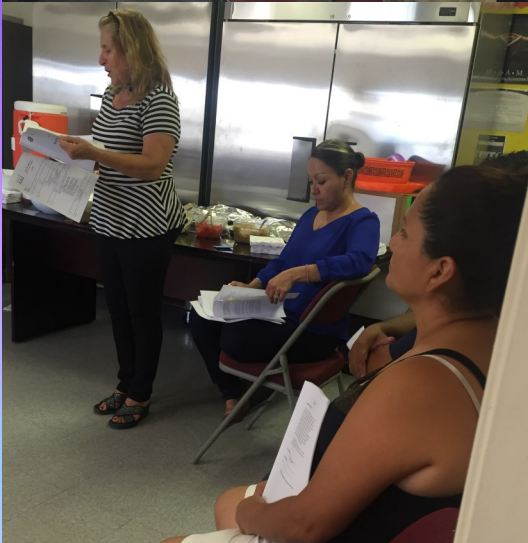
active time.





Carrizo Center

Cotulla Center





Pearsall Center





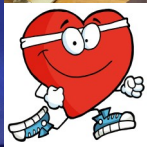
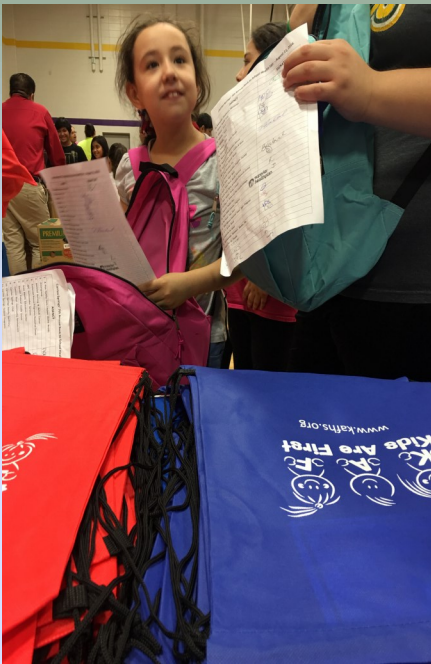
LBU



Las Colonias Center

Rosita Valley Center





Health Fair!



Thank you!
Rogelio Enriquez
Bealls Manager



2
0
1
6
-
2
0
1
7



P
O
L
I
C
Y

C
O
U
N
C
I
L

Board of Directors

- **Sonia Guerrero, Chair**
Dimmit County
- **Eduardo Villarreal, Vice President**
Maverick County
- **Asalia Casares, Treasurer**
Maverick County
- **Alfredo Z. Padilla, Sgt. At Arms**
Dimmit County
- **Mercedes Puente, Secretary**
Dimmit County

Kids Are First, Inc.

2208 N. 1st Street

Carrizo Springs, TX 78834

830 876-9265

We're on the Web!
www.kafhs.org

Mission

The Mission of Kids Are First, Inc., is to provide high quality, comprehensive and integrated services to multicultural families. Our multi-disciplinary team ensures the delivery of Early Childhood Education, Health and Safety, Nutrition, Family Advocacy and Services to children with disabilities. In collaboration with community resources, families are supported to reach self-sufficiency through intentional advocacy.

Thank you 2015-2016 Policy Council

Stephanie Alvarado—
Carrizo

Maira Flores— Rosita Valley

Flora Flores—Cotulla

Community Representative:
Virginia Ibarra

Brenda Espinoza—Pearsall

Board Liaison:
Sonia Guerrero

Genoveva Flores—L.C.

Marianna Flores— L.C.

Arturo Rivera—L.C.

Lidia America Puente—LBJ

Elisa Hernandez—LBJ

Moises Rocha—Seco Mines



Teaching is the profession that teaches all of the other professions