



Building a Solid Foundation



Dear Families,

WOW, January was a fluctuation of weather from warm to cold, to snow, to super cold. Just a reminder that if CDS Head Start is closed you will get a text message, we will put in on our FB page and on our website cdsheadstart.com

This month teachers will be scheduling parent/teacher conferences to communicate your child's progress, please do not miss your appointment.

LAMAR HEAD START FEBRUARY 2022

February Family Night

February 17th @ 5:30pm

At the Community Building Food will be provided

The librarian will be there to read a special book to the kids

Sign up online or talk to me if you would like to attend. Due to COVID we can only have 2 guests per student.

Cecilia Dowell,
Center Manager

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Family Partnership Agreement (FPA)

At the beginning of the year you met with our Family Health Advocate

Dora Arana to set Family Goals,

maybe you wanted to go back to

school, get a better job or create

bedtime routines for your child. At

that time you also set a timetable to

make progress or achieve that goal.

This time of the year Dora will be

meeting with you to check on the

strategies you had set for achieving

these goals and what kind of pro-

gress you are having towards achiev-

ing your goals.

Otero Junior College Child Development Services

Volume 1, Edition 6

February 2022

UPCOMING DATES

February 1st—WebX
Parent Workshop

February 2nd—VW Den-
tal education and
screenings

February 3rd—Early Re-
lease of Students—
NOON

February 3rd and 4th
Parent/Teacher Confer-
ences

Understanding How Sugar Contributes to Tooth Decay

Children who frequently consume foods and drinks containing natural and/or added sugars during the day are more likely to develop tooth decay than those who consume them less often. Parents may not know that many of the foods and drinks they give children contain sugar.



Finding Hidden Sugar

Many foods and drinks contain added sugar. Sugar in foods can be listed by many different names. The best place to check for sugar is in the ingredients list on the food label. Look for words like:

Beet sugar Corn sweeteners Corn syrup Cane juice High fructose corn syrup

Honey Malt syrup Maple syrup Molasses Raw sugar White sugar Brown sugar

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dental WebX 6:00pm	2 VW Den- tal on- site	3 Early Re- lease NOON P/T CONFERENCES AT THE CENTER	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Family Night 5:30pm	18	19
20	21	22	23	24	25	26
27	28					



We're helping to protect our families and staff from COVID-19

From the time an employee arrives at work to prepare to see your child to many hours after your child has left the building, Otero College Child Development Services takes many steps to help slow the spread of COVID-19. If you have specific questions about center procedures, please call your center.

Download on the App Store
GET IT ON Google Play

Masks required for everyone ages 2 and up



Screening employees and children daily for COVID-19



Ensure frequent handwashing by everyone



Regular and frequent disinfecting and cleaning of frequently touched surfaces (toys, furniture, doorknobs, etc.)



Please remember: If your child is sick, keep them home



Anyone who enters a CDS facility is required to be fully vaccinated or participate in weekly testing



Dental Health Month

There will be a parent workshop on February 1st on WebX, similar to ZOOM. The VW staff will be giving parents dental information as well as answering questions that you might have.

The workshop link is on our website cdsheadstart.com

We will also have special guests join us in the classrooms on February 2nd. Valley Wide Dental Staff will be coming in to talk to the students about dental health and how to take care of their teeth. They will also do dental screenings with children who have not yet went to the dentist.