



# EOCF's 2011 Policy Council Newsletter

Volume 2,  
Issue 2  
May 2011

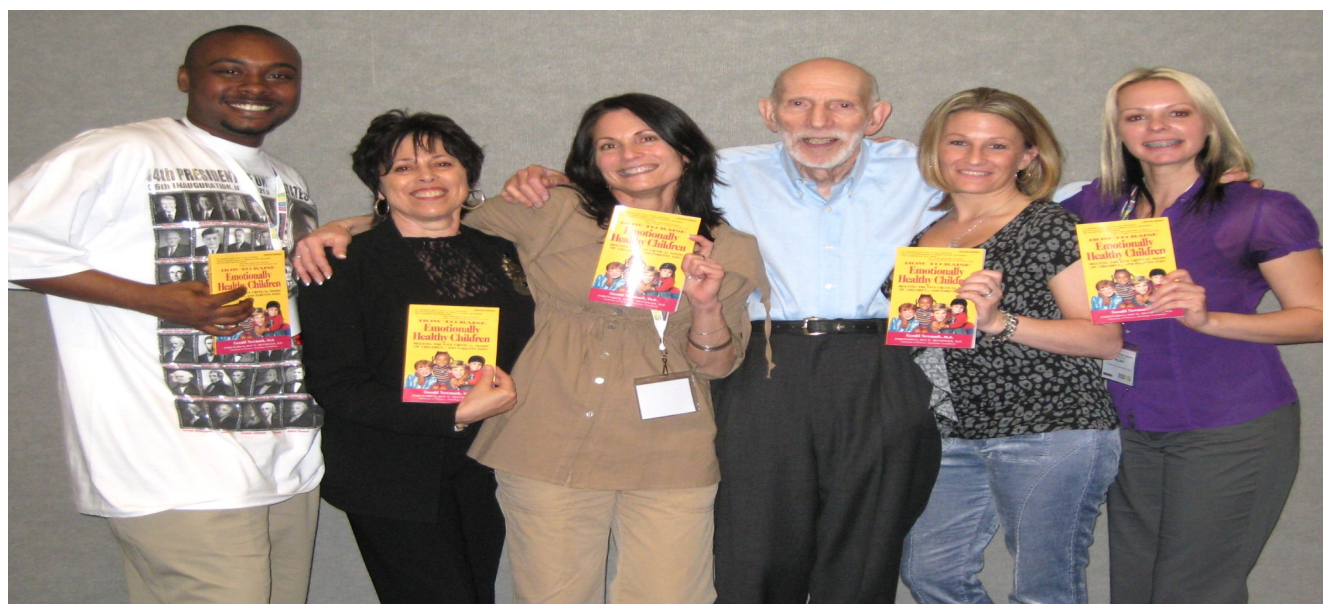
## POLICY COUNCIL PARENTS CO-PRESENT TRAINING WITH DR. NEWMARK AT NATIONAL HEAD START CONFERENCE

When EOCF offered me the opportunity as a Policy Council parent and Head Start Delegate to attend the National Head Start Association (NHSA) Conference in Kansas City, Missouri, April 3-9, I had no idea what to expect. I thought I'd attend workshops on a daily basis and come back full of knowledge and great memories. Then we were offered an even greater opportunity, to co-present with Dr. Gerald Newmark as part of his "SUCCESSFULLY INTEGRATING HOW TO RAISE EMOTIONALLY HEALTHY CHILDREN IN HEAD START/EARLY HEAD START PROGRAMS" training. Fortunately, fellow delegate Brandyn Brooks and I had just completed 6 weeks of parenting classes at EOCF's partner site, Y's Care, based on the book How to Raise Emotionally Healthy Children (HTREHC), written by Dr. Newmark.

We presented our 6 hour training to over 100 people at NHSA and it was the highlight of the conference. Dr. Newmark introduced the 5 critical needs of all children...and parents too, (to feel respected, important, accepted, included and secure) as outlined in his book. EOCF's Family Involvement Manager, Debra Samuel, discussed how to implement the 5 critical needs into the workplace to contribute to developing an emotionally healthy workplace. Melissa Poston, EOCF Teacher/Family Advocate and leader of EOCF's HTREHC staff coaching committee, spoke about how to apply the 5 critical needs in the classroom and as part of a parenting education approach. Brandyn and I spoke from our perspective about the benefits of participating with other parents in How to Raise Emotionally Healthy Children parenting education sessions and how our families benefitted by applying the 5 critical needs at home.

Attending the parenting education sessions at Y's Care based on Dr. Newmark's book has changed my life for the better. Being a single mother of five children often leaves me feeling frustrated, short fused, and rushed. The concepts in this book taught me how to slow down and enjoy my children a lot more. I've learned to self-reflect and be a student of my own behavior. I've learned how to help my children feel respected, important, accepted, included and secure. Because I am alone as a parent, I don't have a partner to turn to when I need help with parental decisions, solutions, and so much more. How to Raise Emotionally Healthy Children has become the resource I depend on for help with parenting. I feel as though I have finally found an instruction book to assist me in raising my children.  
— Rachel Collins, Policy Council Treasurer & Head Start Delegate

**Pictured below: Brandyn Brooks, Deborah Newmark, Debra Samuel, Dr. Gerald Newmark, Rachel Collins, and Melissa Poston**



## **PLEASE SIGN THE PRESIDENT’S FATHERHOOD AND MENTORING INITIATIVE...**

President Obama is deeply committed to the cause of responsible fatherhood in our country. As the father of two young girls and someone who grew up without his dad in the home, the president knows firsthand the power of a father’s presence in the lives of his children—and the holes dads leave when they are absent. That’s why he launched the President’s Fatherhood and Mentoring initiative. Its goal: to encourage individuals, especially fathers, to be involved in the lives of their children, and to be positive role models and mentors for other children in their lives and communities. Signing the Pledge is just one way to show that you will do your part to be a positive and supportive figure in the lives of children to help them reach their full potential.

**Join the Presidents’ Fatherhood and Mentoring Initiative by signing the pledge at: [www.fatherhood.gov/initiative](http://www.fatherhood.gov/initiative)**

**En Español -[www.fatherhood.gov/iniciativa](http://www.fatherhood.gov/iniciativa)**

What do you get when you sign up? Information on local and national events that support fatherhood and mentorship; Links to exceptional resources ; Access to unique content ...Join us in supporting this important initiative!!!

## **My Week at the NHSA Conference in Kansas City**

During my week at NHSA, I saw how important Head Start is to our kids and the wellness of our communities. I also saw that the 5 critical needs from “How to Raise Emotionally Healthy Children” (to feel respected, important, accepted, included and secure) are present in everything and they’re not just for kids; even in sessions discussing male involvement, diversity, and parent leadership, the essence of the 5 critical needs was involved.

The NHSA Conference was one of the most fulfilling experiences I’ve ever had. The different conference sessions we attended gave me fresh perspectives on other topics that parents and educators are currently talking about. Being able to present with Dr. Newmark is something that has changed my life, and will carry over to other aspects of my life. Mrs. Newmark made us all feel like family, and she has so much “flava”, she was very fun to be around!

We met Dr. Newmark for lunch prior to our presentation and it was encouraging to hear from fresh ears about the importance of continuing with my baby daddy advocacy work and hearing from the Newmarks how powerful our participation as parents was in delivering the message of How to Raise Emotionally Healthy Children. Dr. Newmark shared with me that he wrote his book to be easy to read and implement and I was able to reach our audience by using my personal experiences with my family to show that the 5 critical needs are easy to understand. The feedback we received from the conference participants was awesome and inspiring. They especially appreciated our role as parents who were also co-presenters at NHSA.

One particular male involvement session, entitled “The Importance of Male Involvement During the Early Years Using a Culturally Sensitive Model”, set me on fire. This session was presented by Albert Pooley, the founder of the Native American Fatherhood and Families Association in Mesa, AZ. It was great to know there are other programs trying to stress the importance of positive male role models in early education. Mr. Pooley spoke from the heart about fathers and their important role in the family structure and encouraged us to engage fathers in their children’s education. It’s going to be very productive to correspond with Mr. Pooley and the other representatives of male-involvement programs I met during the conference and pick their brains about effective way to get dads engaged.

On a side note, there’s a gas station in Kansas City called “Oklahoma Joes” that has the best BBQ in the northern hemisphere!!! I waited 45 minutes in line with fellow Policy Council member Rachel Collins and EOCF staff members Melissa Poston and Debra Samuel to eat at what foodie Anthony Bourdain claims is one of “13 Places to Eat Before You Die” ...and he’s right!

I’ll remember attending the NHSA Conference as one of those events that changed the course of my life. The people we got to meet and network with will be assets in getting the information and support we need to make EOCF programs better in the future. **-Brandyn Brooks, Policy Council Delegate and Male Involvement Committee Member**

## 2011 Policy Council (PC) Action Log

(NOTE: M/SC = motioned/seconded)

### 3.29.11 Policy Council Meeting:

**M/SC** Lee Hogan-Knott / Josh Fully to approve the February 22, 2011 PC minutes as submitted. Motion passed.

**M/SC** Stephanie Bates / Rachel Collins to approve EOCF new hires/terminations report from February 2011. Motion passed.

**M/SC** Brandyn Brooks / Jessica Beavers to approve the Treasurer's Report for month ending February 28, 2011. Motion passed.

**M/SC** Jessica Beavers / Brandyn Brooks to accept the resignation of PC member Maranatha Clark and accept Eric Kaarto as a primary PC Representative. Motion passed.

**M/SC** Elaine Hull / Victoria Wood to accept the resignation of PC member Nicole Haynes. Motion passed.

**M/SC** Rachel Collins / Jessica Beavers to approve ERSE Selection Priority Criteria Score Sheet. Motion passed.

### POLICY COUNCIL EXECUTIVE SESSION:

**M/SC** Rachel Collins / Jason Corcoran to approve the involuntary termination of an EOCF employee.

### 4.26.11 Policy Council Meeting:

**M/SC** Brandyn Brooks / Jessica Beavers to approve the Treasurer's Report for March 2011. Motion passed.

**M/SC** Tonya Osgood / Elaine Hull to approve EOCF Partner New Hires for March 2011. Motion passed.

**M/SC** Tonya Osgood / Victoria Wood to approve EOCF new hires and terminations for March 2011. Motion passed.

**M/SC** Jessica Beavers / Shanna Harms to approve the March 29, 2011 PC minutes with corrections. Motion passed.

### POLICY COUNCIL EXECUTIVE SESSION:

**M/SC** Lee Knott / Elaine Hull to approve the involuntary termination of an EOCF employee. Motion passed.

**M/SC** Jessica Beavers / Tonya Osgood to accept Shanna Harms resignation from PC.

*Full transcripts of all Policy Council meeting minutes are available at [www.eocfwa.org](http://www.eocfwa.org) under Publications*

## Policy Council Officers Share Thanks With EOCF Families and Staff

A big thank you to EOCF families and staff for supporting our advocacy efforts this year. Thanks to our mutual efforts, ECEAP has, temporarily, maintained its funding and Head Start/Early Head Start received an increase in funding of \$350 million.

Your shared personal stories helped lawmakers understand the importance of supporting our families and programs like EOCF that help our communities thrive. In a continuing effort to keep legislators aware of our advocacy efforts, please send an e-mail thanking them for their support. In our contact with them, we've found they really appreciate the acknowledgement. You'll find your legislator online by entering your street address at this website:

<http://apps.leg.wa.gov/DistrictFinder/Default.aspx>

Our advocacy efforts aren't over. Next year's budget will require deeper cuts, so we must prepare ourselves. Everyone will be fighting for their piece of the "budget pie" and we must ensure that Head Start, Early Head Start and ECEAP receive enough funding to continue to build our children's early childhood education foundation.

If you'd like us to share ways your site can help us in our advocacy work, please contact us:

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