

## 'Grandma Lori Jay' retires after 17-year commitment to Tribal Head Start

Congratulations to Lori Jay-Linstrom on her retirement!

Lori Jay worked as a strong leader in the Siletz Tribal Head Start program for 17 years, retiring from her title as parent involvement/transition coordinator on Aug. 31. Lori Jay is ready to spend more time with her grandkids and work with her husband on their campgrounds in Lincoln City.

When the team at Head Start was asked how they were going to manage without her, it was commonly agreed they weren't sure how the next school year would go, only that it was going to be tough.

While the Head Start staff is excited for the next chapter in Lori Jay's life, they are sad to see her go while also anxious for the huge changes to come in the program and the loss of her support and strength.

Through Lori Jay's commitment to her work, she has had a large impact on parent involvement and policy council.

"When the program started out, we had so little parent involvement. Lori Jay expanded that program," said Robin Lambert, Head Start teacher/education coordinator. "Lori has always been there as the strong arm for the program to lean on. Organizing functions, cooking large amounts of food for a parent night, to an extra hand in the classroom, she has always been there to help. We really appreciate her dedication and her belief in the Head Start program, her belief in the children and the families. That's what is the most crucial, you know – her belief in success."

"The kids, they form an instant bond with her, she grandmothers them and they feel safe and loved. All the kids call her 'Grandma Lori Jay.' She is so important to the children and everyone here," said Lori Case, Head Start teacher. "She is so welcoming and I am so thankful to have been able to work with her."

Thank you, Lori Jay, for all you have done!



Photo by Andrea Suitter

Lori Jay-Linstrom and DeAnn Brown

## Head Start nutrition column returns as children head back into classrooms

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

September brings new and returning students to Head Start classrooms! As part of my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. This month my focus is on how Head Start addresses child nutrition.

Did you know that Head Start has nutritional goals? Basically, five areas of focus are required and each has performance standards. Briefly, the areas include the following:

1. Identification of nutritional needs
2. Nutritional services
3. Meal service
4. Family assistance with nutrition
5. Food safety and sanitation

A variety of opportunities exist for staff and parents to discuss each child's nutritional needs. This can include time during enrollment, during a home visit or at other meetings with the staff.

It is important that parents share the special nutritional and feeding requirements for children with disabilities and/or food sensitivities. The child's growth (height and weight) are measured and monitored. A registered dietitian (me) is available to support families with nutritional needs and concerns.

The nutrition program must serve a variety of foods that consider cultural and ethnic preferences and broaden the child's food experience, along with meeting the nutritional needs and feeding requirements for the children (including special needs). If you have concerns about this, please contact the program or contact me directly.

For 3- to 5-year-olds, the quantities and kinds of food served must conform to the recommended serving sizes and minimum standards for meal patterns recommended in the USDA meal pattern or nutrient standard menu planning requirements outlined for the program.

The foods served must be high in nutrients and low in fat, sugar and salt. Meals and snacks are appropriately scheduled and offered at consistent times.

Family-style meals are offered to contribute to the development and socialization of each child by offering a variety of foods at a table where children serve themselves with sufficient time to eat. Conversation is encouraged and food is not to be used as reward or punishment.

Family assistance with nutrition includes parent education activities and opportunities for education on food preparation and nutritional skills. To meet this goal, I offer nutritional information in

the classroom and in Siletz News, as well as in-classroom activities and family fun nights, and/or parent meetings.

I expect to be in each classroom for projects twice during the year. Teachers conduct nutrition education each week. Be on the lookout for nutrition information in your information packets each week.

Following the food safety and sanitation measures protects the health and safety of everyone. Tribal health inspectors as well as the state review and audit the program. Self-inspections also are conducted quarterly.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child. I can be reached through your teacher to schedule a phone call or by email at [creativeenergy@nancy ludwig.com](mailto:creativeenergy@nancy ludwig.com).



Photos by Illeana Blacketer

Zay Zay Garcia and Sean Lussier (left) play dodgeball, as does Aiden Brown (below far left).

Smoothies • July 30, 2015

Dodgeball • July 31, 2015

Siletz Recreational Center

Kathy Kentta-Robinson, Healthy Traditions program, pours smoothies of multiple flavors for kids to sample (below).

