

# DCIU UPDATE

DRIVE | CREATE | INSPIRE | UNDERSTAND



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# HAPPY

JANUARY 2018  
ISSUE 1

# NEW YEAR

## Message from the Executive Director



Happy New Year to all! I hope you celebrated the start of 2018 in good spirits with family and friends. Now that we're a few days into the new year, it's good to look ahead and think about what this year may bring us. But first, a quick look back.

2017 was quite the year for DCIU. To only name a few of our accomplishments, the Aston Project to expand the DCTS Aston campus broke ground, DCIU received the United Way Corporate Citizenship Award, and received \$815,976 in expansion funds for DCIU Early Head Start and Head Start.

Of course, there is still a lot of work ahead. The Early Childhood Education (ECE) and Special Programs wings at Aston are projected to be ready for the 2018-19 school year. The renovations to the Career and Technical Education wing is projected to be complete for the 2019-20 school year. And, as always, all of our programs are called to continue to Drive, Create, Inspire, and Understand excellence in education not only in this coming year, but always.

I would like to thank you all for your hard work and dedication throughout 2017. The year ahead is already looking bright. By working together, keeping focused on DCIU's mission, and putting our students, families, and schools first, we will have a wonderful 2018.



**DR. MARIA EDELBERG  
EXECUTIVE DIRECTOR**

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# Announcements & Upcoming Events

## Communications Survey

Thank you to all those who have already completed the DCIU communications survey emailed on January 8. If you have not taken it yet, please do so by January 22. The link to the survey is below.

<https://delawarecountyintermediateuniversity.formstack.com/forms/communicationsurvey>.

## DCIU Holiday

Monday, January 15 is Martin Luther King Jr. Day. DCIU will be closed in observance of this holiday.

## Retirement Celebration for Dr. Phil Lachimia

Please check your emails for an invitation to a celebration for Dr. Phil Lachimia, Director, Delaware County Technical Schools, on Friday, February 9, 2018 in honor of his upcoming retirement from DCIU.





Enjoying the sing-a-long (pictured left)

A visit from Santa! (pictured below)



# SING-A-LONG & SANTA

*at Early Intervention - Media*

On Friday, December 15, parents and grandparents crowded into the Early Intervention preschool at the Easterseals of Southeastern PA in Media for a holiday sing-a-long.

The group sang holiday favorites, jingled bells to festive tunes, and there was even a surprise visit from Santa himself!

The music therapist led the sing-a-long and everyone could join in with help from the lyrics on the Smartboard.

To watch the concert for yourself, go to:

<https://www.youtube.com/watch?v=pflaNgcN5qY&t=23s>

To watch a short (just over) one minute video montage of the fun activities Early Intervention did for the holidays, go to:

<https://www.youtube.com/watch?v=qiNqg5A3Bk4>



# Caroling through the Halls

EARLY INTERVENTION AT  
PENNINGTON

On Tuesday, December 19, DCIU Early Intervention teacher, Jill Crouch, took her classroom to the different Early Intervention offices at Pennington to sing carols for the staff.

Students sang Jingle Bells and We Wish You a Merry Christmas. After singing, they passed out candy canes and sensory bags to Early Intervention administrators. They even traveled in style - a wagon decorated as a sleigh!

See clips of the fun in the Early Intervention holiday video at <https://www.youtube.com/watch?v=qiNqg5A3Bk4>.



# Winter Festival Concert

PRESENTED BY THE SHARON HILL HEAD  
START STUDENTS AND FACULTY

It was standing room only on the morning of December 22 at Sharon Hill Head Start as parents and other family members arrived in anticipation of the Sharon Hill Head Start Winter Festival.

Assisted by the staff from each classroom, students in each of Sharon Hill's nine Head Start classrooms sang and danced to holiday classics, like "Rudolph," "Frosty the Snowman," and "Jingle Bells."

The Academy Park High School Concert Band also wowed the audience with their talent

through a special guest performance of "Feliz Navidad."

After the concert, the Sharon Hill Fire Department No. 9 arrived via their firetrucks for a special presentation for the students and their families.

**Thank you to all of the Sharon Hill Head Start teachers, faculty, and parent volunteers for all of your hard work coordinating and running such a wonderful event!**



# CONGRATS GRADS!

## FIRST CLASS OF PARENTS IN CDA PROGRAM GRADUATE

DCIU Early Head Start/Head Start/Child Care Partnership Program achieved a huge milestone in their pursuit of a major program goal: to "work with families to set goals, and provide quality resources and opportunities that will help improve their quality of life and the community."

Pictured above are the first parents to complete the Child Development Associate (CDA) course offered by DCIU Early Head Start/Head Start/Child Care

Partnership for their families, the course instructor from Neumann University, John Sperduto, and Program Director Deneen Mosley. DCIU EHS/HS/CCP is very proud of their parents for reaching this milestone and encourage the parents to apply for positions within their program.

Four of the parents pictured are already working within the program!

*congratulations to all parents who earned their CDA through this program!*



# THE POLICE GO TO PRE-K



## AT CHESTER TOWNSHIP REGIONAL HEAD START

On December 8, a group of Chester Township police officers - Officers Sean, Mark, and Joe - came to visit the students at Chester Township Regional Head Start.

The students were very excited to meet their local police officers and ask them questions. Pictured at the top right is Head Start student, Elijah, asking Officer Joe an important question about who to call in an emergency. Officers Sean, Mark, and Joe were happy to answer many questions from the

curious students. The officers also spoke to the kids about how the police can keep us safe.

The police officers even doled out rounds of high fives for all the excited kids!



# PROJECT ELECT ADOPT-A- TEEN

Thank you to all those who adopted a teen through the DCIU Family Center's Project ELECT program for the holiday season!

All of your gifts were very much appreciated.

On Thursday, December 21 several of the adopted teens gathered at Penn Wood High School, where they shared thoughts about the people and things in their lives that they were grateful for, enjoyed a pizza lunch, received their gifts, and wrote thank you cards to the people and groups who adopted them. Each of the teens also took pictures with the gifts to include with their thank you cards.

While some teens sneaked a peek at the gifts, for the most part they waited to open the presents with their children.

Thank you again to all who contributed!



## DO THE MATH

### ADD SPACE AND TIME TO YOUR SCHEDULE TO SUBTRACT STRESS

Is your life feeling a little - or a lot - too crowded? Are you thinking that if you try to accomplish one more thing, everything (including you) might explode? Your happiness - and health - depends on the right balance of activity and space. Time to whip out your metaphorical calculator for some basic arithmetic:

**Add the sound of silence:** "Silence is undervalued these days but can be very healing," says Cleveland Clinic behavioral health specialist Jane Ehrman, MEd. Instead of driving home with music or NPR blaring, try keeping it quiet. "At the end of the day, the brain is recycling the day's events," says Ehrman. "Let it bubble up, and then breathe it away."

**Add transition time:** In a given day or month, pace yourself instead of cramming in as much as possible. Schedule time between commitments to recharge - whether you plan on 10 minutes of downtime between meetings, or having a weekend at home between weekday travel. And remember, "it's okay not to go to everything," says Ehrman. "Pick what's most important and personally meaningful to you."

**Subtract from your weekend to-do list:** Remember the concept of "rest and relaxation"? That's what weekends are for. Pare down your to-do list and, whenever possible, take half a day for yourself. "Give yourself permission to go for a walk - or just to sit by the window," says Ehrman.

**Subtract smartphone time:** What used to be natural pauses - walking down the street, standing in line at the coffee shop - are now filled with texting, reading, checking email, researching your latest medical symptoms, and the many other things you can do with a smartphone. Take intentional breaks from your phone. They're critical for airing out your life.