

## Policy Council (PC) Parent Chat

# Did you know?

In November, elections for executive officers were held. Congratulations to:

Gena Weishar—Chair (Delight Valley parent)

Dylan Mocabee—Vice Chair (Village parent)

Kasi Langley—Secretary (Howard parent)

Rebecca Dillon- Treasurer (Oakridge parent)

Angelica Guerrero—Parliamentarian (Howard parent)

Tiffany Sanderson—Historian (Community member)

The Council took the Hershey candy personality test to show the diversity and creativity of the group. What personality are you?

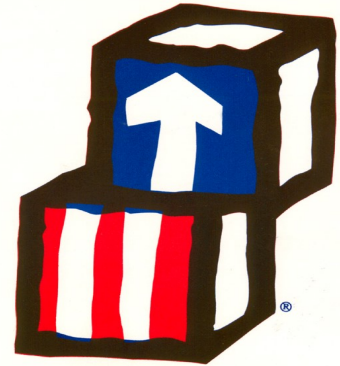
*Milk Chocolate:* All American, loves baseball, mom and apple pie. Makes a great cheerleader. Playful yet levelheaded. Great fundraiser and PR person.

*Mr Goodbar:* Analytical, logical, and serious. You see all the possibilities. You take your time to make up your mind and like working with deadlines and guidelines.

*Dark Chocolate:* Patient, reflective, curious. Enjoys solving problems, sees them as challenges. You see the big picture and make a great writer.

*Krackle:* Creative, joyful and “perky”. Messy but organized. You see the cup half full. Comfortable thinking outside the box. Likes immediate results.

*No Chocolate:* Not afraid to be different. Able to see things different from the rest of the group. Strong will power and will get things done.



### EXECUTIVE BOARD

Chair: Gena Weishar

Vice: Dylan Mocabee

Secretary: Kasi Langley

Treasurer: Rebecca Dillon

Historian: Tiffany Sanderson

Parliamentarian: Angelica Guerrero

### CALENDAR REVIEW

Policy Council meets the second Tuesday of the month from 6pm -9pm at Whiteaker Head Start Center, 21 North Grand, Eugene.

Policy Council meetings are open to the public. No childcare provided.

December 13 Policy Council meeting, 6-9pm at Whiteaker Head Start

December 19-23 Program-wide closure and beginning of winter break

December 26 Holiday

December 26-30 Winter Break continues

# Brain Builders

New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up—it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's all there, all at work.

Vroom turns shared moments into brain building moments. Whether it's meal time, bath time, or anytime in between, there are always ways to nurture our children's growing minds.

**Vroom**  
Brain building moments

**The Brain Story**  
There is no time in life when the brain develops more rapidly than during the first five years. Here's a glimpse at all that's taking place inside your baby's brain!

- A Brand New Brain**  
Every baby is born with a brain that contains billions of neurons.
- Ready For Anything**  
From day one, those neurons connect and the brain begins to get wired for life.
- Learning Like Lightning**  
The brain is wired to grow. In the first five years, it makes 700 neural connections every single second!
- Communication Is Key**  
Above all, there's one thing that helps young brains grow strong—adult-child relationships.
- Hi, Baby**  
Even kids who can't yet talk are looking, listening, and relating to you non-stop.
- You Are A Brain Builder**  
Every time you interact with a child you're doing something major—shaping a growing mind.
- 5 Nurture Future Greatness**  
The first five years are when the brain builds its foundation so kids can thrive as adults.
- Vroom!**  
We know this for sure: learning doesn't start at school, it begins at birth.
- It Begins With You**  
Visit [joinvroom.org](http://joinvroom.org) to learn how you can be a brain builder.

[joinvroom.org](http://joinvroom.org)

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*Every parent has what it takes to be a brain builder*