



Tri-County Kids' News

A MONTHLY NEWSLETTER FOR RESA 8 EARLY HEAD START/HEAD START/PRE-K PARENTS

MAY 2011



The winners of the the MP3 player for the Louis the Lion library run in Jefferson County are Makalya Spears and her dad Duane Spears.



Congratulations to the winner of The Louis The Lion MP3 player, Brittany Cotto with her mom, Iris Santana. Brittany attends class at the VA Center with Ms Laura and Ms Linda.



Alivia Arnold and her grandmother, Barbara Lynn, were the winners of the Louis the Lion library run in Morgan Co.



BERKELEY COUNTY

Police Academy Educates Early Head Start & Head Start

Patrolman 1st Class Shane Everhart of the Martinsburg City Police Department provided an informative combined parent meeting for Early Head Start and Head Start Families at the Berkeley Heights Center. He demonstrated equipment, discussed his police uniform and introduced his canine partner “Riki”. The children were immediately attracted to “Riki” and were given the opportunity to pet him and experience his nonworking friendly personality. When given the work command, he immediately changed mode and responded. A drug search demonstration was done by “Riki” and Patrolman Everhart as well. Along with another officer, a mock siege was performed to demonstrate “Riki’s” invaluable capacity. Patrolman Everhart also educated parents about the rescue services that the department provides as well.



BERKELEY COUNTY

Here's What We've Been Doing Recently

- Exploring live night crawlers
- Planting flower seeds
- Reading Go Away Big Green Monster using the associated Velcro monster pieces
- Reading The Surprise Garden, The Carrot Seed, Grow Flower Grow, I'm a Seed
- Making our own pizzas in the Domino's kitchen
- Creating coffee filter art
- Observing bobbing "bugs" with raisins in soda water
- Working with the concepts float and sink using water and various items

Berkeley County Early Head Start

Socializations - Transportation is provided. 9:00am and 10:30am each day.

May 9
May 23
June 6

Evening Parent Meetings (tentatively)

May 19
June 16
July 28
August 18
September 15

Please look for more information on these events from your home visitor/teacher.

Kindergarten Visits

Now that children have registered for kindergarten, RESA 8 HeadStart/Pre-K classes at the Berkeley Heights Center will be visiting Berkeley Heights kindergarten classes. They will walk over on May 3rd or 4th so they can see what they will be doing in kindergarten. The children will be guests in the different kindergarten classes and they will also have an opportunity to tour the school and see the cafeteria, the library and other facilities that the school has to offer.

Thank-You Volunteers

Parents have been giving a lot of time to the program and the staff at the Berkeley Heights Center wants to say thank-you to all the parents who have taken the time to work in the classroom and in the center. We appreciate your work and your commitment to your children.

Thank You Parents

Thanks to all the parents that give to our classroom and that volunteer their time with us on field trips. We appreciate your involvement with the children.

JEFFERSON COUNTY

Cooking With Karin

Families enjoyed “Cooking with Karin”, our nutrition parent meeting. If you are not familiar with this activity, Karin Kozlowski, from the WVU Extension Program, comes in and does a cooking demonstration. This month, everyone got to take home a sample of ingredients to make the yummy fried rice she cooked. If you have a healthy recipe that you would like to share with Karin and other families, please let your home visitor know. We would love to have you demonstrate your cooking skills!

Spring Egg Coloring & Dying

Spring has sprung, and egg dying is fun!! Early Head Start families enjoyed coloring and dying eggs and watching what happens when different colors are mixed together. We are looking forward to sunny days ahead with our families, and nature walks galore! Don't forget about attending our fun socialization's twice each month; meet new friends and enjoy watching your little ones develop friendships too. Thank you again families for opening your homes and sharing your families with us!

Upcoming Dates:

Monday, May 2nd - Socialization

Thursday, May 5th, Mother's Day Tea - Your child's classroom

Thursday, May 12th, Volunteer Picnic - Sam Michaels Park, 5PM - 7PM

Thursday, May 12th - Picnic

Saturday, May 16th - CPR
Training for Parents

Friday, May 20th, Dad's
and Donuts - Your child's
classroom

Monday, May 23rd -
Socialization

Thursday, May 26th -
Last day of class



Savannah Ahearn and mom Ashley See are the winners of the Early Head Start Louis the Lion library run.

CHILDREN'S DAY AT THE MALL





Bug Bites and Stings

Bug bites and stings usually are just nuisances. They bring momentary alarm, temporary discomfort and pain, but no serious or lasting health problems. But on occasion, they can cause infections that require treatment and allergic reactions that can be serious, even fatal.

Parents should know the signs of an infection or allergic reaction, and when to get medical attention. Inform all caregivers if a child has any history of complications so they know what to do in the event of a bug bite or sting.

WHAT TO DO ABOUT:

Bee and Wasp Stings

- A bee will leave behind a stinger attached to a venom sac. Try to remove it as quickly as possible. (Wasps don't leave their stingers in the skin after stinging, which means they can sting more than once.)
- Wash the area carefully with soap and water. Do this two to three times a day until the skin is healed.
- Apply an ice pack wrapped in a cloth or a cold, wet washcloth for a few minutes.
- Give acetaminophen or ibuprofen for pain.
- For pain and itching, give an over-the-counter oral antihistamine if your child's doctor says it's OK; follow dosage instructions for your child's age and weight. You could also apply a corticosteroid cream or calamine lotion to the sting area.
- A sting anywhere in the mouth warrants immediate medical attention because stings in oral mucous membranes can quickly cause severe swelling that may block airways.
- Seek medical care if you notice a large skin rash or swelling around the sting site, or if swelling or pain persists for more than 3 days, which could indicate an infection.
- Get medical help right away if you notice any of the following signs, which may indicate a serious or potentially life-threatening allergic reaction:
 - wheezing or difficulty breathing
 - tightness in throat or chest
 - swelling of the lips, tongue, or face
 - dizziness or fainting
 - nausea or vomiting

Spider Bites

- Wash the area carefully with soap and water. Do this two to three times a day until skin is healed.
- Apply cool compresses.
- Give acetaminophen or ibuprofen for pain.
- To protect against infection, apply an antibiotic ointment and keep the child's hands washed. If you have any reason to suspect a bite by a black widow or brown recluse spider, apply ice

to the bite site and take your child to the emergency room. Even if a child doesn't show any symptoms, get medical attention right away.

- Most spiders found in the United States are harmless, with the exception of the black widow and the brown recluse spider. The brown recluse spider — a tiny oval brown spider with a small shape like a violin on its back — is found mostly in Midwestern and southern parts of the United States. The bites usually don't hurt at first, and a child might not even be aware of the bite, but in some cases they cause swelling and changes in skin color and a blister.
- The black widow spider, which is found all over North America, has a shiny black body and an orange hourglass shape on its underbelly. The venom (poison) in a black widow bite can cause painful cramps that show up within a few hours of the bite. The cramps can start in the muscles around the bite and then spread. The bite may also lead to nausea, vomiting, chills, fever, and muscle aches. If your child has any of these symptoms — or you know that he or she has been bitten — go to the emergency room right away.
- In the southwest United States, an unidentified bite may be caused by a scorpion. Take your child to the emergency room immediately.

Tick Bites

- Check kids and pets for ticks carefully after you've been in or around a wooded area. Common types of ticks include dog ticks and deer ticks (deer ticks may be carriers of Lyme disease).
- If you find a tick on your child:
 - Call your doctor, who may want you to save the tick in a sealed container or zip-locked bag for identification later.
 - Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.
 - Pull firmly and steadily on the tick until it lets go (do not twist or jerk the tick), then swab the bite site with alcohol.
 - Don't use petroleum jelly or a lit match to kill and remove a tick. These methods don't get the tick off your skin, and they may just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

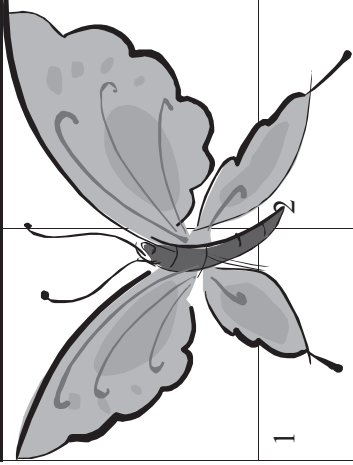
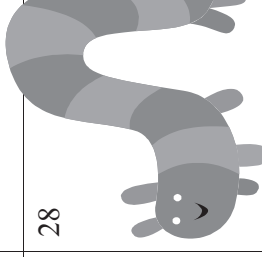
Fire Ant

- Bites from fire ants may not be visible; bites are often in a cluster. Look for swelling, redness, and itching around the site.
- If you think that your child has been bitten by fire ants then: Put ice on the site for 10 minutes, and then remove ice for 10 minutes. Repeat 2 or 3 times, and then apply calamine lotion.

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: May 2010

Vocabulary Calendar for May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		3 Pollinate —process so a flower can make seeds. Pulse - heartbeat	4 Larvae — wingless stage of an insect Dine —eat	5 Chorin –shell of a butterfly egg Cremaster — what the butterfly cocoon hangs from	6 Predator — animal that eats another animal Tadpole –young frog, before	7
8	9 Chrysalis —a pupa in a cocoon Thorax –middle part of an insect body	10 Cocoon —silky shell of an insect between stages Pupa –middle stage of an insect	11 Prey –animal that is food for another animal Calf - baby cow	12 Foal - baby horse Reflection — an image in a mirror or water	13 Amphibian – animals like frogs, that hatch in the water then live on land. Mane — long hair on a lion or horse	14
15	16 Metamorphosis –a change from one form to another	17 Golden — bright, gold -like Frightened –scared	18 Mantid –young praying mantis Frequently — often	19 Corpulent –large, bulky Regal — king or queen like	20 Recently –not very long ago Ecosystem -living things and their surroundings	21
22	23 Fungus – infection with a living organic matter	24 Vertebrate – animal with bones Invertebrate – animal without bones	25 Gosling — baby goose Periwinkle –a shade of blue, also a flower	26 Perennial — a plant that comes back every year Botany — study of plants	27 Similar - like something else Transplant -move from one place to another	28
29		30				

Safety in the Summer Heat; **Suggested by The American Academy of Pediatrics**

Did you know?

- Sunlight is the strongest between 10:00 A.M. and 4:00 P.M.
- Water, sand, and snow make the sun rays stronger because of reflection.
- Clouds do not block sun rays; sunburns can happen on cloudy days.
- Babies 6 months or younger should be kept out of direct sunlight.
- Hot sunlight can dehydrate an adult or child if not careful in the sun.

When you are in the sun:

- Use sunscreen (with SPF 15 or more) even when it's cloudy out!
- Apply sunscreen on your body before getting dressed, if possible.
- Wear sunglasses to protect your eyes from UV rays.
- Put a hat on to cover your head and protect your face.
- Wear clothing for protection, light cotton clothes are best.
- Take breaks in the shade whenever possible.
- Drink plenty of fluids when out in the sun.

First Aide for sun burn:

Cool burned skin with cool water; do not use ice. Then apply a non-greasy lotion, such as Aloe Vera lotion, not ointments such as salves and butter, which hold the heat in and make the burn feel worse.

If blisters form, do not break them open. If blisters break open on their own, use antibacterial ointment on the open areas. Seek medical attention if the burned skin is blistered and oozing or if a child younger than 1 year is sunburned or has a fever, blisters and or pain.

We Want Everyone to Have a Safe and Fun-Filled Summer!

Keeping food safe in the heat!

- Keep food at a cold temperature and out of the sun.
- Pack food for picnics and other outings with a cold pack.
- Wash your hands when preparing food before and after.

General Tips to being safe:

- Everyone should wear a seatbelt when riding in the car, even adults.
- Children should wear properly fitting safety gear when riding bikes or scooters, roller skating, skateboarding, sledding, or playing sports.
- Children should learn to follow the rules of the road, and know how to obey traffic laws.
- Children younger than 10 years of age should not be allowed to cross the street alone.
- At dusk or after dark reflective material should be worn; also carry a flashlight when walking outside.

MORGAN COUNTY

Morgan County Parent Meetings – May 2011

May 17, 2011 – Morgan County Library from 10:00 to 11:30 A.M. Pam Mann will be discussing the use of the computer for eBay, Word conversion and social networking for parents. A sign-up sheet will be sent home as there are only eight to ten slots available.

May 23, 2011 – Great Cacapon Center and the Home Base Volunteer Picnic will be held at the Cacapon State Park from 5:30 to 7:00 P.M. Head Start will provide fried chicken, drinks, and all paper products. We would appreciate parents bringing a covered dish to share. Children will be receiving their certificates for the school year. Mark your calendars – Hope to see you there! If you have any questions, please call 258-3838 or 258-5335.

May 26, 2011 – Berkeley Springs Center Volunteer Picnic for Miss Judy, Miss Darlene, and Mr. Dave's classes will be held at the Cacapon State Park from 5:30 to 7:00 P.M. Head Start will provide fried chicken, drinks, and all paper products. We would appreciate parents bringing a covered dish to share. Children will be receiving their certificates for the school year. Mark your calendars – Hope to see you there! If you have any questions, please call 258-5335.

Louis the Lion in Berkeley County

Our winner for the Louis the Lion library run was Holly Stevenson (on the left) pictured with her son Dolan and teacher Ms. Karen. They won the drawing for the MP3 player from among all who returned their cards after visiting the library 4 times in February and March. Congratulations and we hope you enjoy the audio book that is on your player!



Holly Stevenson (on the left) pictured with her son Dolan and teacher Ms. Karen.

MORGAN COUNTY

Lowe's Field Trip

On April 6th, Great Cacapon Head Start went to the Martinsburg Lowe's. The students and grown-ups worked together to build a tabletop basketball hoop. Dads dominated on this trip followed by Grandmas in second place. The Moms must be planning to join us when we return to Lowe's on April 27th. The more the merrier so everyone is welcome.



RESA 8 Head Start/Pre-K/Early Head Start Mission Statement

- To deliver high-quality services to Eastern Panhandle children and families in child development, health, social services, and parent involvement.
- To encourage and support the development of staff professionalism and teamwork.
- To involve families and the community in the design and operation of our program, and to carry out that program in ways that are cost-effective and meet community needs.
- To serve as a model of excellence beginning with prenatal education continuing through early childhood development.

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