



Tri-County Kids' News

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

APRIL 2011



RESA 8 Head Start would like to send a big THANK YOU to Lowe's for another delightful year of partnership. Every class had the opportunity to go on a field trip to Lowe's and build a project. Lowe's provided a variety of projects, including materials, aprons and certificates for completed projects.

BERKELEY COUNTY

Walk It Off

Walk it off is the walking group which promotes fitness and balanced nutrition. February was our first month walking. We have 8 members that meet on Tuesdays and Thursdays. Another benefit of the program is the new friendships that are forming through our activities.

In the first four weeks, we have learned about the importance of water, healthy snacking, what a walking program is, and what its benefits can be, as well as carbohydrates. There will be a new lesson each week. At the end there will also be guest appearances from a nutritionist and a personal trainer. While they visit they will share some techniques to help the members be able to maximize their workout and their eating habits.

The group will be venturing out into parks the of Berkeley County as the weather improves. Each member has expressed how much they are enjoying our meetings! It's not too late to join! Get in contact with Family Services if you would like more information.

The second weigh-in showed the success the members are experiencing! So far the groups total weight loss is 28 pounds and 42". Keep up the great work guys!

Eastern WV Rural Health Visits Again!



During this visit from the WV Rural Health, a student nurse came to share ways for the children to keep themselves safe from the harmful rays given off by the sun. She read a story about a little girl whose mother is a skin doctor called a dermatologist. During the story the student nurse put on items that the little girl used to keep herself safe from the sun's harmful rays. While the nurse visited, she also measured and weighed each child in class. Each child brought home a bag with a coloring book, a sticker, a band aid dispenser, and a book mark. The children asked some great questions. As they were getting ready to go out to play they were talking about how their "coats kept there arms and tummies safe."

Police Academy

On March 28th at 6:00p.m., Officer Shane Everhart came to Berkeley Heights. He showed families what it is like to be a K-9 police officer. Families met Ricki, the police dog. A police car was present, as well as other fun activities for the families. Everybody enjoyed pizza and police!



BERKELEY COUNTY

Here's What We've Been Doing Recently

- Painting using tools in place of brushes, like cotton balls, swabs, string and cardboard
- Traveling to Lowe's and pounding together a coin bank project of wood
- Exercising and breathing fresh air outside in the good weather at last
- Stamping letters with different ink colors
- Creating artwork in the art center with materials like cardboard rolls, more stickers and cotton balls
- Getting our hair "done" by real beauticians that came to visit the classroom
- Listening to visitors from rural health talk about skin safety and tooth care
- Reading books together like The Napping House and Snow White and Seven Dwarfs



Game Day at James Rumsey

On Friday, March 11th, we had our second Game Day. The children learned about a variety of concepts while playing board games and card games. The games that were played included Candy Land, UNO, Trouble, Memory, and Bingo. These games help to teach children about colors, counting, numbers and many other concepts. While playing these games with parent volunteers, the children also learned about following the rules of the game, taking turns, and how to play cooperatively with a small group of children. Our Game Days would not be a success without all of our GREAT parent volunteers.

In the Spring, we hope to set up some visits to James Rumsey Technical Institute and explore some of their programs such as Culinary Arts, Fire and EMS, and Nursing. Our next field trip will be to the Martinsburg Library at the end of March.

Bowling With Dad

We would like to say thank you to all the families that participated in the Bowling with Dad event. We had a wonderful turnout and everyone had a great time! As you know our program is committed to working with the entire family throughout the year; this includes activities, events, and resources for Dad's and male role models. Having the dual relationship of a mother and a father is extremely important for a child because each parent contributes something special to the development of his or her child...a great website to access information for dads is All Pro Dad. This web site can be found @ <http://www.allprodad.com>. This web site also has a link to IMOM which is inspiration, ideas, information, and insight just for Moms.

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BERKELEY COUNTY

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You are their Superman: Every child needs to feel secure. As their Dad, they look to you to provide that feeling at all times. When those little eyes look up at you, they see Superman. Live up to the hype.

Open your heart: In society, men are expected to be strong. This is a good thing. However with your children, open all of yourself to them. Show them compassion, sympathy and forgiveness. They will, in turn, do the same with their kids when they grow up.

Love and respect your partner: Your children will learn how men should behave from you. Treat your partner with gentle care and the utmost respect. You can't love your partner perfectly, but your kids should never doubt your love for her. If your children are raised in a loving family, they have a great model for future relationships.

The bedtime story: Young children like nothing more than to be read a story. It lights up their imaginations and gets them time with you. They also love it when you take it a step further and add sound effects and funny voices. There is no sweeter sound than the pure laughter of your own children.

Understanding: No matter how much of a "chip off the old block" he may be, your child has his own unique personality. Take the time to learn your child and understand him. What makes him tick? What makes him sad? What is his dream? Everything. Children want your acknowledgement of who they are.

Bear hugs and more: The glow on a child's face when his dad picks him up with strong arms is an awesome sight to see. Never be ashamed to hug your child, kiss your child and say I love you. This comes hard for some men. Have you seen the commercial of the hockey player singing Itsy Bitsy Spider to his daughter on the phone? That's your role model.

Professor Dad: Teach your kids the life-skills they need. Sometimes parents assign tasks and just assume a child knows how to do it. And when things pop up that you are not great at, learn them together. Be humble and clear and give your kids all they need to be successful.

The dinner table: It sure is a busy world we live in. Very easily dinner time gets scattered, covered and smothered. When at all possible, make sure your family sits down at one table and shares meals together – television off. You will never learn more about your child in any other setting than at a dinner table.

Show them how to live: One of the biggest parenting mistakes is losing yourself in the process. Let your children see all the things about you that make you wonderful. Remember, your parents had hopes and dreams for you as well! They do not have to die just because you're a parent. The family always comes first, but your fulfillment journey does not end. When they see their Dad living a full and awesome life, they will most likely do the same when they are adults.

This is not 1950: Once upon a time, a world existed where the husband worked and the wife raised the family. He made the money, she ran the house. But, times are changing and a man needs to do his share around the house, while the woman may need to make some extra money. Be a man who can hold his own in a kitchen. A man that can keep a baby all day by himself. This is a complicated world and your children need to be as versatile and diverse as you.

If you would like more resources, information, or parenting tips on building relationships or being a good role model please contact your family service staff at the school your child attends or you may call me Abigail L. Kerns, Family and Community Partnership Specialist @ 304-671-7926 and I would be glad to offer information/guidance.

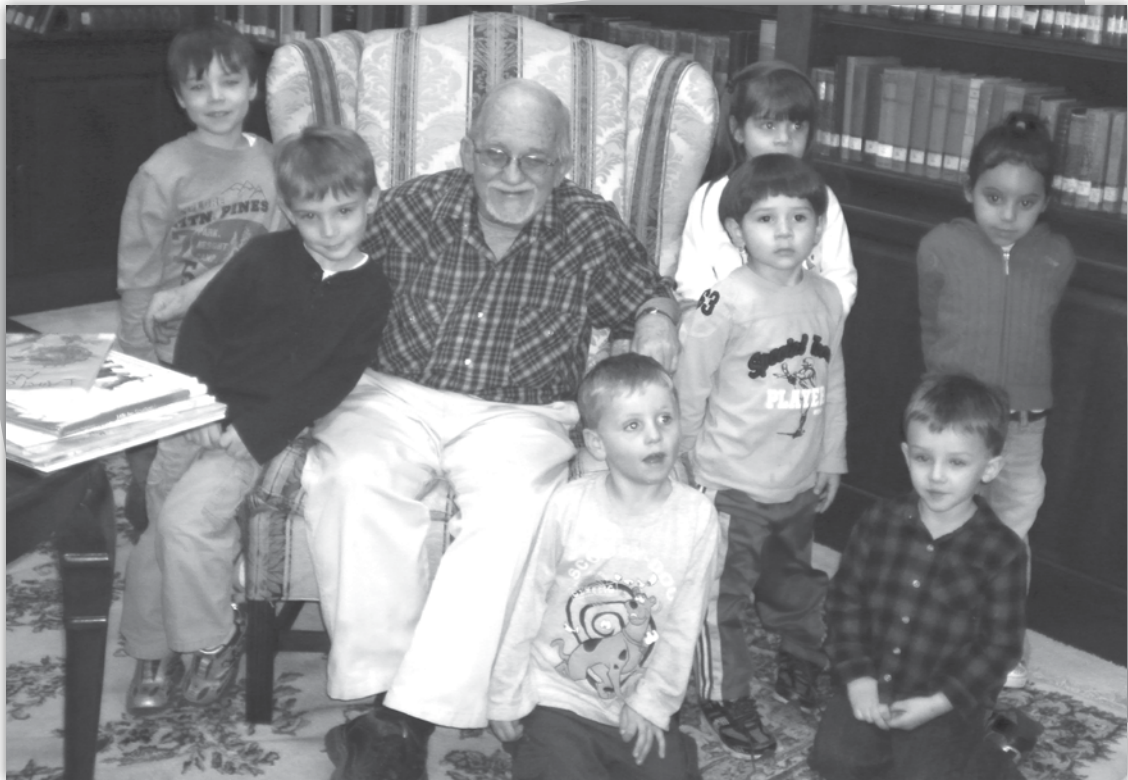
JEFFERSON COUNTY

Mr. Jim Reads to Head Start Children and Their Dads

In Early March the Charles Town Library hosted their annual Head Start Dad's Night at the Library program. Dads and their children attended the evening event to listen to stories read by Jim Lance. Mr. Jim read aloud six books and told numerous tales to all those present. The children listened intently as he gave life to the characters in each book. The parents were shown the importance of reading aloud to their children and doing so with enthusiasm to make the words come alive.

After the presentation the children and their parents were given a tour of the Charles Town Library by librarian Marsha Lance. Families were encouraged to sign up for a free library card so that they would be able to borrow books throughout the year. Parents were also given the times of the various library activities sponsored by the Charles Town Library for the children in our area. All children who participated in this program were given a book to take home.

Head Start would like to thank the Charles Town Library for their continued support of our program over the years. We encourage our Head Start families to utilize this wonderful resource in our community to help build a love of books in your children.



JEFFERSON COUNTY

Dr. Lisa Poland attended our February 28th socialization to clean and screen many of our infants and toddlers. We thank her very much for helping keep little teeth healthy! If you know someone who is expecting a baby or has a childage birth to three...please let them know about our wonderful program. We are enrolling families on an ongoing basis.

Dates To Remember

April 4th - Socialization

April 11 - Socialization

Date TBA - Parent Meeting - 2nd Hand Smoke

Date TBA - Parent Meeting - All You Need to Know About WIC!



JEFFERSON COUNTY

Lowe's Welcomes Head Start/Pre K Children



Head Start/Pre K teacher Jennifer Royster brought her preschool children on a field trip to Lowe's Home Improvement Warehouse to participate in an ongoing program of collaboration between Lowe's and RESA 8 Head Start/Pre K. Lowe's has partnered with RESA 8 Head Start/Pre K for three years providing programs for both our children and their families. In an effort to increase male involvement with

their children, Diane Ansari, Director of Head Start/Pre K, approached Lowe's to coordinate the partnership. When asked about the collaboration that has developed with Lowe's, Head Start/Pre K Director, Diane Ansari stated, "that it has been amazing! Lowe's interest in reaching out to families is indeed exemplary. RESA 8 is truly grateful to have Lowe's as a community partner."

Each year Lowe's provides Head Start/Pre K's over four hundred children an educational hands-on activity that includes the use of child sized hammers, goggles, nails and a kit to build, complete with pictured instructions for the child to follow. The projects that the children work on with the assistance of their parent or guardian provides them with a variety of skills needed for their development. These include following directions, prereading, fine motor development, tool safety as well as cooperation and social skills.

Lowe's Human Resources Manager, Nikki Hypes, coordinated Ms. Jennifer's recent visit to her Martinsburg store. Our Jefferson County Head Start/Pre K program would like to thank Nikki and all the Lowe's employees for their continued support to our children and their families.

Kindergarten Readiness

Kindergarten registration will be coming soon. Be sure to watch for flyers with dates and information. It is important to make appointments for registration. When you do, be sure to let them know that your child is in Head Start/Pre-K so they know that your child is already in the computer system. To register your child, you will need a birth certificate from the State Department of Vital Statistics where your child was born. A county or hospital certificate will not be accepted. Please contact your child's teacher if you need help getting this. You will also need updated immunizations and proof of residence. What you need for your county will be coming soon with registration dates.

Remember this summer can be used to start new routines that you can carry into the school year. Getting a good schedule and enforcing bedtimes and early wake-up may seem silly in the summertime, but if you can establish the habit, you will find those first days of school a lot less stressful.

Preparing for the first day of school:

- Get supplies recommended by the school
- Start an 'early to bed' routine about two weeks before classes begin
- Help your child pick out clothes for the next day the night before - If you make this a habit there won't be a struggle when you try to get this done when school starts!
- Locate a place for your child to collect things (s)he'll need in the mornings (backpacks, shoes, jackets)

As for skills, your children have been learning to stay on task, follow instructions, and take care of personal needs such as zipping coats, tying shoes, snapping pants and washing hands. They are also identifying colors, recognizing their names and identifying some letters and numbers.



Different schools will send home materials for you to work on with your child. Go over these activities and enjoy them. Do not put too much pressure on your child, but get them started on practicing these skills. It will make those first days much easier and the transition more comfortable.

Kindergarten is a time of change. You need to prepare yourself and your child. The "big" school has different expectations and responsibilities from those at Head Start/ PreK. You need to reassure your children that different isn't scary. Let them know what to expect in positive terms. Some of the differences for your children are:

1. Buses don't have harnesses so children will be seated without restraints.
2. Children get their meals on trays after waiting in line and they carry their trays around to get to their seats.
3. Children have desks to keep their things and they are expected to sit at their desks and keep them neat.
4. Recess is multiple classes outside at the same time so children have many children to play with outside.

Vocabulary Calendar for April 2011

Sun Mon Tue Wed Thu Fri Sat

3		<p>5 Incubate- hatch eggs by heat or sitting upon Clutch- hold tightly</p>	<p>6 Bloom- flowers on a plant Elongate-to make longer</p>	<p>7 Blossom- to flower Nurture- to feed, support and help</p>	<p>8 Incline-slant upwards Complete -to finish or all of something</p>	<p>1 Hatch -come out of an egg Oviparous -egg laying animal</p>
10	11	<p>12 Criteria -standard rules Germinate -to sprout a seed</p>	<p>13 Cirrus cloud- wispy thin clouds Sibling -brother or sister</p>	<p>14 Cumulous cloud- puffy marshmallow clouds Soil -dirt, or to make dirty</p>	<p>15 Stratus cloud- lines of clouds that make the sky look dark Fertilize-to enrich or add to soil</p>	16
17	18	<p>19 Aerie -nest of a large bird, like a hawk or eagle Compost-broken down plants used</p>	<p>20 Meteorologist - weather person Sow -to plant or scatter seed</p>	<p>21 Harmonious - a pleasing, consistent group Bud -developing flowers or leaves</p>	<p>22 Roost- when birds perch at night Cultivate - plow the soil</p>	23
24	25	<p>26 Melodious -a pleasing sound Oasis -fertile area in a dry region</p>	<p>27 Conjure up - imagine, think Botany -study of plants</p>	<p>28 Sprout - start to grow a seed Odiforous - smelly</p>	<p>29 Horizontal- parallel to the ground Emerge-come out or up</p>	
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MORGAN COUNTY

Morgan County News

A Parent Educational Activity Fun Night was held February 14th at the Great Cacapon Center. Six parents were in attendance.

A Parent Educational Activity Fun Night was held February 15th at the Berkeley Springs Center.

A Parent Field Trip was held on March 7th to The Center for Rehab & Wellness. One family was in attendance. Sara Kuykendall did a presentation on eating right with color using the colors of a rainbow as a reference. Parents received nutritional recipes.

While planning future meetings and events, we are always open to suggestions while trying to help parents achieve their family goal. We look forward to seeing parents at the next event.

Parents attend Winter Make-Over

Parents attending the Parent Meeting on February 17 received a Winter Make Over from Cheryl Dolan, Independent Beauty Consultant for Mary Kay Cosmetics. Parents attending also received free Mary Kay products, gently used pocket books, scarves and door prizes. Lunch was also provided. Future events are planned and we hope to have a great turnout.

Fatherhood Parent Meeting

On March 17th Morgan County Head Start and Early Head Start conducted a Fatherhood Parent Meeting. Families were invited from both programs with an emphasis on fathers. The families made simple kites with their children, tested them in front of a fan, and then tasted various types of desserts and graphed what they liked best. The favorite dessert was cookies (many of the children liked them) with caramel apple pie a close second. One former Head Start student, Molly Hogbin, said the mixed fruit was the best for her. Each family got a large kite to take home and all the children got commercial mini kites as well. The handout that families got was "20 reasons to be an active father."



MORGAN COUNTY

Morgan County Dates

Paw Paw Elementary School Conference Room

Tuesday, March 29, 2011

9:00 a.m. - 12:00 p.m.

Former Great Cacapon Elementary School

Tuesday, March 29, 2011

1:30 p.m. - 3:30 p.m.

Morgan County Board of Education

247 Harrison Avenue

Berkeley Springs, WV

Thursday, March 31, 2011 9:00 a.m. - 7:00 p.m. and

Friday, April 1, 2011 9:00 a.m. - 3:00 p.m.

DOCUMENTS REQUIRED TO COMPLETE REGISTRATION

*child's state birth certificate

*child's immunization record

*child's social security number

*physical screening record

*dental screening record

Questions? Call Kathy Morgan, Robin Moreland or Gerri

Haines at RESA 8 Head Start/Pre-K at 304-258-5335.

Parent Meetings for April

Friday, April 8th – Great Cacapon Center from 12:00 p.m. – 1:00 p.m., Tonya Fitzgerald will be talking to parents about kindergarten readiness. Light refreshments will be served. There will be a drawing for a child's backpack full of school supplies.

Monday, April 11th – Parent Field trip for parents & children at the Berkeley Springs Bowlerama – Policy Council will pay for two games for each adult and child. Pizza and drinks will be provided. Please join us for some fun!!!

Thursday, April 14th – Berkeley Springs Center from 10:00 a.m. – 10:30 a.m., Judy Footen will be talking to parents about kindergarten readiness. Light refreshments will be served. There will be a drawing for a child's backpack full of school supplies. After this parent meeting, children will participate in an egg hunt.

Thursday, April 14th – Berkeley Springs Center from 2:00 p.m. – 2:30 p.m., Judy Footen will be talking to parents about kindergarten readiness. Light refreshments will be served. There will be a drawing for a child's backpack full of school supplies. After this parent meeting, children will participate in an egg hunt.

MORGAN COUNTY



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.**

Tri-County Kids' News

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