



# Tri-County Kids' News

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

OCTOBER 2011

## Get Ready to Escape to the Library With Louis the Lion!



We are on the lookout for a lion who is itching to escape to the library this autumn! Louis the Lion wants you to be on the lookout too! Watch for a card with his picture on it that will be sent home the first week of October! Louis the Lion is trying to get children to escape with him to the library **FOUR** times during the months of October and November. At the beginning of December, all the Louis the Lion cards that show that your child escaped to the library **FOUR** times will be collected. Return your card to school, as each child who participates will receive a free book. We will have a random drawing in each county to select winners of a **gift certificate for a family dinner!**

**LOUIS THE LION IS WILD ABOUT READING AND WANTS YOU TO BE TOO!!!**

# BERKELEY COUNTY

## **Berkeley Heights: Room One**

This is our pumpkin patch grown from our pumpkin we threw out last year!



# JEFFERSON COUNTY

## Early Head Start Upcoming Dates

Monday, October 3rd - Socializations; Bus Evacuation Training for Parents

Monday, October 17th - Pumpkin Patch Field Trip @ 10:00 am; Socializations

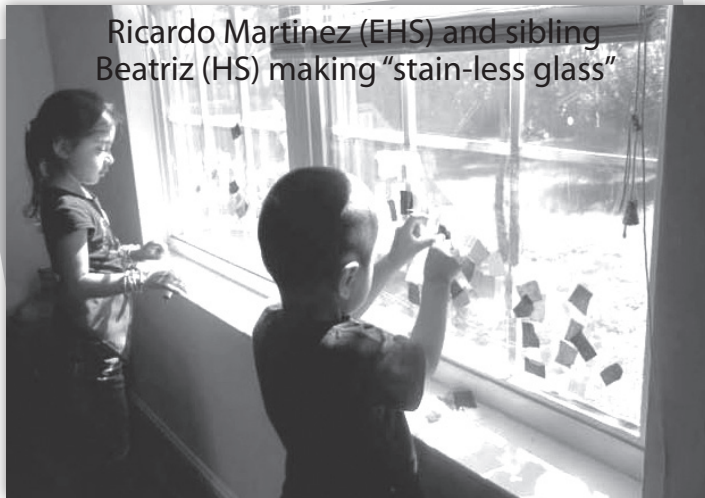
Tuesday, October 18th - GED Parent Meeting @ 10:00 am

Every Wednesday from 9:00 am - 11:30 am ESL Class @ the center

## Thank You!

Thank you Dr. Lisa Poland for screening and cleaning teeth and gums last month! If anyone would like more information on dental care for families, please call the center at 304-724-9188.

## Early Head Start Friends Have Been Busy!



Our Early Head Start friends have been busy this month. We experimented with color by dying dry pasta noodles with food color. After the noodles were dry, we strung them onto yarn to make necklaces. Many of the children wore their necklaces proudly! We also spent a lot of time during our home visits making "stain-less glass". The children used scissors to cut squares of tissue paper. They then used glue sticks to glue the paper onto plastic wrap that was hung in the window. These activities developed their fine motor skills and deepened their understanding of cause and effect.

## Head Start/Pre-k Upcoming Dates

Wednesday, October 5th, Ms. April's class - Field Trip to Lowe's

Thursday, October 6th, All Classes - Open House

Tuesday, October 11th, Ms. Beverly's class - Field Trip to Ridgefield Farms

Wednesday, October 12th, Ms. Jennifer's class - Field Trip to Charles Town Library

Wednesday, October 12th, Ms. Charisse's class - Family Fun Night - 5PM

Thursday, October 13th, Ms. Charisse's class - Field Trip to Ridgefield Farms

Thursday, October 13th, Ms. Jennifer's class - Family Fun Night - 5PM

Friday, October 14th, All Classes - Fall Festival

Tuesday, October 18th, Ms. April's class - Field Trip to Ridgefield Farms

Tuesday, October 18th, GED Parent Meeting - 10AM

Wednesday, October 19th, Ms. Charisse's class - Field Trip to Lowe's

Thursday, October 20th, Ms. Jennifer's class - Field Trip to Ridgefield Farms

Tuesday, October 25th, "Jamin with Jamie" - T.A. Lowery - 10AM

Thursday, October 27th, "Jamin with Jamie" - T.A. Lowery - 1PM



# JEFFERSON COUNTY

## Ms. Jennifer and Ms. Grace

Our classes are excited to be at Head Start this year. We know our class room rules and routines and are enjoying exploring our classroom. The walls of our class are filling up with colorful paintings and self portraits of the children. The children had fun making ants on a log using graham crackers, cream cheese, and raisins. Eating a healthy snack can also be a fun activity. Ms. Grace has been teaching the children how to say numbers and colors in Spanish. We are looking forward to our field trips this month to the Charles Town Library and to discover how pumpkins grow at the pumpkin patch. Head Start in Jefferson County is a great place to be. Come by and visit us in our classrooms anytime. We love our parent volunteers!



## Ice Cream Social!

Jefferson County Head Start/Pre-K held its annual ice cream social for our three T. A. Lowery classes on Saturday, September 17th. The cloudy weather and rain did not deter families from coming out to visit their child's classroom to enjoy face painting, ice cream sundaes and a demonstration on how to make delicious homemade ice cream. We would like to thank our presenter, Ely Ann Baird, for her demonstration on how to make a scrumptious vanilla ice cream. Also, we extend our heartfelt thanks to the families who fared the weather to join us for a fun morning. Our classroom at St. James will combine their ice cream social with our open house on Thursday, October 6th.



Ms. Ely making her scrumptious ice cream

# EARLY HEAD START

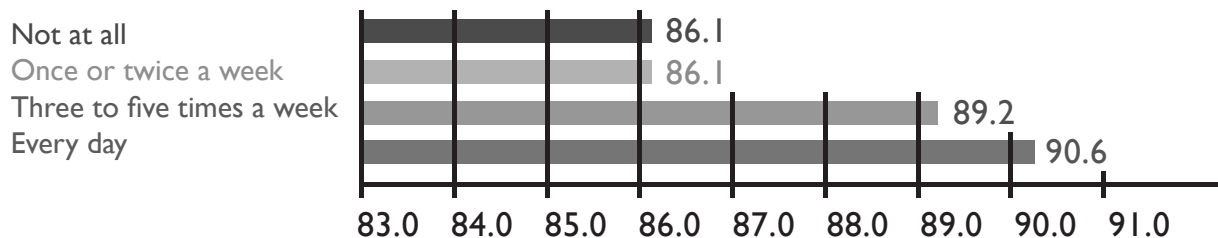
## Read to Me Everyday

It is time to kick off our Read to Me Everyday Program for this school year! Each week your child will bring home a red book bag with 5 books for you to share. A journal is included in the book bag so you and your child may share comments or pictures with his or her teacher.

Reading to your child can create not only life-long memories but also build a love for reading. It is best if you have a special place to read to your child, be it in bed, a comfy chair or even at the kitchen table. Turning off the TV and radio helps to set the mood and limit distractions. Have your child sit in your lap, or very close to you, while you read. Allow the child easy view of the pictures in the book. Explain words they do not know as they appear in the story. Stop to ask questions such as "What do you think will happen next?" "Why did they do that?" Making your questions open ended will encourage deeper thinking and a more meaningful conversation. If the book has too many words for your child's attention span, shorten the story into your own words.

Make reading a part of your everyday routine and both you and your child will share many wonderful memories.

### **The More Children are Read to, the Greater Their Vocabulary Development**



*As the above bar graph shows, reading to children only once or twice a week does little or nothing to improve vocabulary, but reading three to five times a week helps a lot, and reading to children everyday makes a very big difference in their vocabulary development. This graph was from a one year study of the effects of reading on Head Start Children*

# TRI-COUNTY

The parent interest surveys are back and the results have been tallied for the program. The results vary across the program but we would like to present the top 10 choices/ interests for the parents whose children attend a Berkeley County classroom.

- Nutrition and cooking - 62 parents voted for information on this topic
- Child discipline - 55 parents would like more information
- Weight loss/ exercise - 47 parents would like more information
- Job search/ employment skills - 42 parents would like information or assistance
- Stress management - 41 parents would like information on how to control stress
- Money management - 37 parents would like information on money management
- Going to college - 31 parents would like information or assistance in this area
- Getting a home - 30 parents would like information on purchasing a home
- Quitting smoking - 28 parents would like information on how to quit
- Health care - 28 parents would like information on health care

The times that parents would like to attend parent meetings was very close to being even for the three choices. We would like to offer meetings at different times of the day during the year to help accommodate a variety of schedules. The results were:

47 parents would like evening meetings

41 would like afternoon parent meetings

37 would like morning meetings

We encourage parents to participate in the parent meetings that we have throughout the year. Parent involvement is important for a child's development and it promotes their interest in learning. Hosting parent meetings and trainings are a requirement of our program and we hope that you can join us as much as possible. Meetings are held at different times and locations throughout the year. You will always be given notice of the events at least two weeks in advance. At most meetings we provide childcare and light refreshments or sometimes a meal!!

Family Services is starting a walking group called, "Walk it off". The first meeting which is an information session about the group will be held Tuesday, October 11th, at the Berkeley Heights Center. The group is open to all HS, EHS, and Pre-K parents. This is an interactive group designed for parents to learn more about exercise, nutrition, and health. For more information please call Reina Bohrer @ 304-754-8192.

# **Protect Your Preschoolers From the Number One Killer**

## **Article Courtesy of the N.F.P.A.**

House fires are frightening no matter how old you are, but children are often victims because they don't understand what to do. Instead of heading immediately outside, they often hide in closets or underneath beds, and they can be as afraid of fire fighters in full fire gear as they are of the fire itself.

### **Fire Prevention**

To hold children's interest when talking about fire safety, enlist them as part of your fire-safety patrol. Let them help you search for fire hazards in your home, such as the ones given in this section. Also, ask them to tell you right away if they see any in your home, a caregiver's home, or a grandparent's home.

### **General Home**

Keep matches and lighters out of children's reach. Children are intrigued by fire, so teach them that matches and lighters are tools for adults, not toys.

Never let children light candles on cakes, and supervise children until the candles are extinguished.

Rearrange heavy objects so doors and windows are not blocked.

Plug only one heat-producing appliance into an outlet at a time. Overloading outlets or extension cords can cause fires.

### **Bedroom**

Never smoke in bed, and stop smoking if you feel sleepy.

Be sure to wet ashes before dumping them in the trash.

Use large ashtrays that will not tip; keep them out of children's reach.

### **Family Room**

Never run electric cords under rugs or close to long drapes. Be sure to repair or discard worn cords.

Keep items that can burn at least three feet away from fireplaces and space heaters. Never leave children unattended near a working fireplace, wood stove, or space heater.

Have chimneys inspected once a year. Use only dry wood to prevent the buildup of creosote.

## Kitchen

Establish a three-foot safety zone around the stove or other heating appliances. Do not allow children and pets to play in this area.

Your cooking area should be clear of all combustibles, such as pot holders and dish towels.

Keep appliances clean. Grease buildup catches fire easily.

Never leave the area while anything is cooking. When you leave the kitchen or the house, turn off the stove and appliances.

Turn pot handles inward. Handles that stick out can be easily bumped or grabbed by children.

Unplug toasters and other electrical appliances when they are not in use.

If a cooking fire starts, turn off the burner and use a kitchen fire extinguisher to put out the fire (one rated 2—B:C that's intended to fight grease and electrical fires).

# Fire Safety Activities for Preschoolers

### Practicing 9-1-1 and Street Address

Use a play phone to practice dialing 9-1-1 with your child. Have your child tell you what they might say to the dispatcher if there were a fire or another emergency at your home. Work with your child so that they know their address.

### Remembering 9-1-1

If your child is young, and has trouble remembering the correct sequence of 9-1-1 - Place a small red circle sticker on the 9, and 2 small green circle stickers on the 1 - Practice saying "red, green, green" with your child. Sometimes it is easier for them to remember their colors than it is to remember numbers!

### Stop, Drop, and Roll

Stop, drop, and roll is easy and fun to practice.

**Stop:** Stop where you are. Don't run!

**Drop:** Drop to the ground.

**Roll:** Cover your face with your hands to protect it from flames and roll over and over to smother the flames.



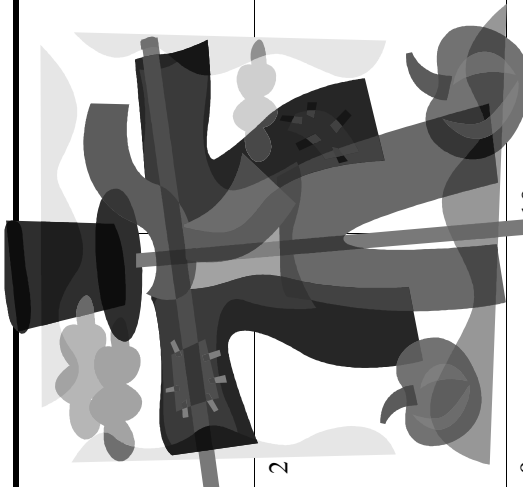
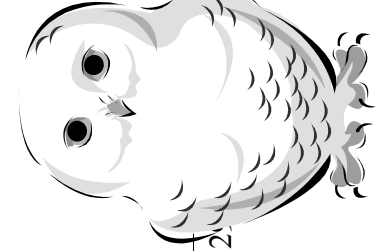
Practice fire safety techniques such as "get low and go under smoke" and "stop, drop, and roll if your clothes catch on fire".

### Toys versus Tools

Have the children collect pictures from magazines of things that are safe to play with, such as bikes and balls, and things that are not, such as matches, lighters, and cars. Put the cut-out pictures in a box, draw them out one at a time, and have the children say if the object is safe or unsafe.



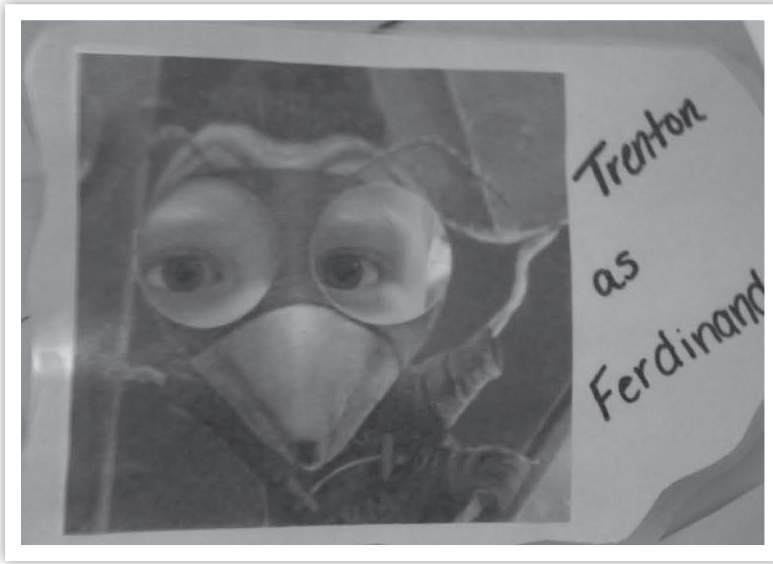
# Vocabulary Calendar for Oct 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	4 <b>Crooned</b> —sing softly <b>Clambered</b> —climbed	5 “Swab the deck” - mop <b>Disembark</b> —get off	6 <b>Clomp</b> —walk nosily <b>Autumn</b> —fall season	7 <b>Reflection</b> —what you see in a mirror <b>Harvest</b> —pick from a plant	8	1
9	10 <b>Columbus Day</b>	11 <b>Orchard</b> —where fruit trees grow <b>Quill</b> —feather s	12 <b>Whirl</b> —spin <b>Mischievous</b> -playful	13 <b>Carve</b> —cut into <b>Spade</b> —shovel	14 <b>Perched</b> —sat on <b>Wondrous</b> -remarkable	15
16	17 <b>Whirl</b> —turn about	18 <b>Swoop</b> —dive <b>Hazard</b> —danger	19 <b>Private</b> —personal <b>Gnash</b> —grind	20 <b>Treasure</b> —valuable things <b>Slather</b> —put on thickly	21 <b>Lasso</b> —rope <b>Satellite</b> —some-thing in orbit	22 
23	24 <b>Foliage</b> —leaves <b>Aboard</b> —get on, climb on	25 <b>Celebration</b> —party <b>Conclude</b> —end	26 <b>Speculate</b> —guess <b>Pedestrian</b> —walking person	27 <b>Timid</b> —shy <b>Fierce</b> —wild, strong	28 <b>Disguise</b> —Change the look, hide <b>Confectionary</b> —candy	
30	31					

# MORGAN COUNTY

## Our Year has Really Gotten Off to a Great Start!

In these last few weeks the children have really enjoyed learning about our classroom and meeting new friends. This year we have a lot of little readers in our classroom and they are all ready to explore. We have read the story *Mystery in Bugtown* and played a "bug in the rug" game and we also let the children use the book to get their picture taken as a bug. Another fun activity that we have done was making play dough for our free play. We are looking forward to a fun filled year full of learning and activities.



## Important Dates in October

- Tuesday, October 4th - Special Election - School Closed
- Friday, October 7th - Parent Field Trip/Meeting to the Morgan County Public Library
- Friday, October 7th - ISE day for Morgan County School students. RESA 8 Head Start/Pre-K children will attend school that day.
- October 17th through October 21st - Bus Safety Week
- Tuesday, October 18th - Family Educational Activity Night at Berkeley Springs Center @ 5:30. Light meal will be provided.
- Monday, October 24th - Family Educational Activity Night at Great Cacapon Center @ 5:30. Light meal will be provided.
- Wednesday, October 26th - Policy County @ Jefferson County from 9:00-3:00

Allan Ramsay is available to meet with parents who would like help with math. Mr. Ramsay is available on Friday mornings at the public library. He is very helpful in preparing parents who wish to take their GED tests. He works with parents at their own pace and is very good at explaining complex problems in easy to understand terms.

# MORGAN COUNTY

## **Bus Safety Week**

October 17th - October 21st

As a reminder to parents of children attending the Berkeley Springs site, when bringing your child to school or picking your child up from school, please park in the gravel lot across the stream. It is not safe to park across the street from the center or stop in the middle of the road to let your child out of the car.

Safety is very important to all of us and parents must hold their child's hand while walking to and from the center. Do not walk between parked buses or behind school buses parked at the center as school buses have "blind spots" which obstruct the driver's view.

Let's work as a team to have a safe and uneventful school year!

## **Job Skills Workshop**

Morgan County Starting Points will be holding a new four part Job Skills seminar in October. The classes will be held from 5-7 p.m. on October 6, 13, 20 & 27. This four part series is designed to help job seekers navigate their way to a better job and build a better future. Please call 304-258-5600 as pre-registration is required.

## **We've Been Busy!**

Morgan County Early Head Start has been busy this summer adding ten (10) new participants to the program. At the socialization on Monday, September 19th, parents and children participated in a bus evacuation training to prepare for emergency situations. They also worked on the color red emphasizing the red stop sign and flashing lights on the bus.

## **Early Head Start October Events**

- Monday, October 3rd - EHS home-based socialization
- Wednesday, October 19th - Doodlebugs Meet and Greet Parent Meeting - Pumpkin Nutrition, ways to cook and use pumpkin
- Thursday, October 27th - Fall Family Fun Night - an evening of fall learning activities
- Monday, October 31st - EHS home-based socialization

# MORGAN COUNTY

## A Picture is Worth a Thousand Words

A picture is worth a thousand words. All of the joy of dancing to the beat is in Serenity's face. We are off to the start of a great year. We started the year off with a field trip to Dairy Queen where the staff treated us to a full tour and then showed us how to put that famous swirl on top of a cone. Everyone had a marvelous time.



All of the joy of dancing to the beat is in Serenity's face

We are going to be doing plenty of science this fall. Our socks will get a workout seeing what seeds will get attached and we will watch to see just what way the wind is blowing. We are going to watch some acorns closely to see just how they manage to become that huge tree and we will watch the clouds to see if we can make some weather predictions. Of course, we will have plenty of gourds and pumpkins to ponder over!!

### **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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#### **RESA 8 Head Start**

**109 South College Street • Martinsburg, WV 25401**

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#### **Phone Contacts for Head Start Offices:**

<b>RESA 8</b>	<b>304-267-3595</b>
<b>Berkeley County Center</b>	<b>304-263-6222</b>
<b>Hedgesville Center</b>	<b>304-754-8192</b>
<b>Pikeside</b>	<b>304-263-5811</b>
<b>Jefferson County Center</b>	<b>304-724-9942</b>
<b>Morgan County Center</b>	<b>304-258-5335</b>
<b>Great Cacapon Center</b>	<b>304-258-3838</b>