Shippensburg Head Start Program

News To Know...

PROGRAM CLOSINGS:

September 5th—Program Closed
September 9th—Head Start Center Classrooms Open
October 10th—Program Closed
October 14th—Head Start Center Classrooms Open
October 17th thru October 21st—Program Closed
October 27th—Early Dismissal Day

UPCOMING EVENTS:

Mobile Dentist October 19th
Details Inside This Issue

Family Fun Night

Shippensburg University—Cora I. Grove Spiritual Center
September 29th 5:30p to 7:00p

St. Paul’s Church—201 W. Louther St. Carlisle
October 13th 5:30p-7:00p

INSIDE THIS ISSUE

Important Dates ......2-3
Meet the Staff.............4-7
“Law of Love” .............8-9
Safety........................10-11
Drug Facts..................12-13
Mobile Dentist.........14-15
Color Me Healthy.....16-17
Male Involvement....18-20
Classroom News.........21
Family Connections.22-23

UPCOMING POLICY COUNCIL MEETINGS

• September 15th
• October 13th
• November 17th
• December 15th
• January 19th

UPCOMING EVENTS:

Mobile Dentist October 19th
Details Inside This Issue
Important Dates:

September 6th
Early Head Start Socialization (Mongul)

September 7th
Early Head Start Socialization (St. Paul)

September 14th
Home Base Socialization (Shippensburg) 10a-2p

September 20th
Early Head Start Socialization (Mongul)

September 21st
Early Head Start Socialization (St. Paul)

September 23rd
School Readiness All Centers 9a-11a & 1p-3p

September 28th
Home Base Socialization (Shippensburg) 10a-2p
October 4th
Early Head Start Socialization (Mongul)

October 5th
Early Head Start Socialization (St. Paul)

October 20th
Early Head Start Socialization (Mongul)

October 21st
Early Head Start Socialization (St. Paul)

October 23rd
School Readiness (All Centers) 9a-11a & 1p-3p

Can't Find What You Need?
You can always reach one of our trained professionals by phone.

Call 2-1-1
Speak with a live, highly trained service professional in your area from any cell phone or landline. All calls are private and confidential.
**Welcome 2016-2017 Head Start & Early Head Start families!** I am Linda Butts the Director for the Shippensburg Head Start/Early Head Start Program and I want to first thank all the parents and staff for working together as partners to start the 2016-2017 Program year. I would like to acknowledge the outstanding staff we have working for Head Start and thank them for their commitment to providing excellence each day. Head Start/Early Head Start is an exceptional program and I am glad that you have decided to enroll your child into a Program that provides quality education. We are excited to begin our first year serving pregnant women, infants, and toddlers in our home base program. 75% of the child’s brain is developed before the age of 3 and 90% of a child’s brain is developed before the age of 5. So...thank you again for partnering with us in your child’s education and brain development.

I have been with Head Start since 1989 as staff and a parent and I always enjoy listening to the excitement and laughter of children, parents, and staff throughout the day. I get energized listening to parents share what their child is learning in Head Start and the family goals they are accomplishing. You are your child’s first teacher and we are here to support you in that role. You are the role model your child will learn from and mimic. We have many opportunities for you to be engaged in your child’s education and we have supportive services to help your family obtain resources and reach goals. I encourage you to take advantage of the Program services, volunteer in the classroom, attend parent activities and become involved with governing the Program. Please communicate your ideas and provide feedback to your classroom team on your child’s experience and have fun with Head Start this year! Linda

Before I introduce myself, I would like to welcome you, your children and your extended family to the Shippensburg Head Start Program. All of you are our valued families and I hope all of your experiences with the Program are meaningful for you and your children.

My name is Jeff Hafer and I have held the title of Assistant Director for the past twenty and a half years. Occasionally, I am able to escape from reality to go biking, fishing or golfing. I firmly believe I need to do the escape thing more often.

Again, welcome to Head Start and I look forward to spending time with you and your children. Have a great year and enjoy the ride!

“Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela
Hello my name is Marty Mutterspaugh, and I am co-teacher in Ship II with Samantha Brant. This is my third year with Head Start. I truly enjoy working with the program. It is such a pleasure to work with the children and watch them mature over the course of a year. I am happily married to my wonderful husband Tawney. We have 3 children, 2 sons and a daughter. I also have 3 beautiful grandsons who are the apple of my eye. We reside here in Shippensburg. I look forward to being with your children this year and being a part of their school year. Have a wonderful Fall everyone!

Hello Everyone! My name is Ms Renie and I’m a home Visitor for Early Head Start. I live in the Newville area with my Husband and 12 year old Daughter. We enjoy going to our daughters fast pitch softball games, hiking, gardening, fly fishing and spending time with our dog. I’m very excited to build partnerships with all my families as we embark on new goals through the year.

My name is Miss Doris and I am one of the two Home Visitors in the Shippensburg area. I have been working with the Head Start for about 29 years as a Home Visitor and before that I was a Head Start parent for 2 years where I also served on Policy Council. I am looking forward to working with all of you, and your infants and toddlers to help them discover new and exciting milestones.

My name is Anthony Murlin (or, as the kids say, “Mr. Tony”), and I’m the Administrative/Technical Support Manager for the Shippensburg University Head Start Program. I grew up in South Texas on the shores of Padre Island in the city of Corpus Christi, only to eventually move to PA and graduate from Shippensburg University in 2005. I have been a proud employee of this program since 2009 and am looking forward to many more!
My name is Brittney Watson and I am the Education & Coaching Coordinator for the Head Start and Pre-K Counts Program. This is the start of my 4th year with the program. In December 2012, I graduated from Shippensburg University with a Bachelor’s of Science in Education, majoring in Elementary Education with a minor in Early Childhood Education. Currently I am working towards my Master’s in Curriculum & Instruction. In my free time, I spend quality time with family and friends. Any time I get the chance, I attend country music concerts and baseball games or just spend a weekend at the beach. I’m looking forward to another great year!

My Name is Heather Porter and I am the Administrative Assistant for the Head Start & Pre-K Counts Program. This is my 4th year with the program, and I have enjoyed getting to meet all of our new families over the years. I am currently attending school to obtain my BA in Human Development and Family Studies. I have two children, one boy, and one girl who have both attended the program. In my free time I enjoy family vacations to the beach, and family camping trips. I am looking forward to this school year, and many more to come!

Hello. My name is Karen and I am the Health/Transition Assistant. I have worked for Head Start for many years. My husband and I enjoy spending time with our children and four beautiful Grandchildren. We also enjoy going to flea Markets and antique sales. When I have free time I love to knit, crochet, make quilts, sew and work in my flower gardens. I hope you enjoy your time with Head Start and have a wonderful

“Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela
Welcome to Head Start! My name is Mabel Koser, Health/Disabilities Service Area Manager. I have been with the Shippensburg Head Start Program since September 1992. I look forward to working with you and your family in promoting healthy, happy children and families.

Hello! My name is Carole Crusey and I am the Nutrition Manager at Head Start. This is my 29th school year working for Head Start. My husband and I have been married for 32 years and we have 2 children and 2 grandchildren. Besides helping to take care of my grandchildren, I enjoy hiking, baking, and singing. If you need to get in contact with our contracted Dietician let me know and I can arrange a phone visit. I hope you and your family enjoy this school year.

My name is Shirley Bishop and I am the Family Development Specialist who is available to assist your family with any needs that you might have. I can help make referrals for community services such as Family Counseling, Housing, Food Banks, and Toys for Tots. We have access to many tools, literature, and resources to help your family grow and thrive. I look forward to getting to know your family, and working with you.

Hello! My name is Stacy Ott and I am the Child Development/Mental Health Manager. I have worked for Shippensburg University Head Start and Pre-K Counts since March of this year and I am excited to get to know you and your children this year!! I have a Bachelor’s Degree in Education and come with 20+ years experience working with young children. In my spare time, you can find me with my family. I have a wonderful husband and two teenagers. Maddie is 14 and Parker is 17. Have a wonderful year....we strive to bring you a quality program!!
Pennsylvania’s "Law of Love"

- All children from birth to age 4 must be secured in an approved car seat anywhere in the vehicle.
  - Children younger than age 2 must be secured in a rear-facing car seat until the child outgrows the maximum weight and height limits of the car seat.
  - Violators of this primary law are subject to a fine of $75.00 plus court costs, EMS, Surcharge and administrative fees.

- All children 4 years of age and older, but less than 8 years of age, must be secured in a seat belt system and an appropriate belt-positioning booster seat anywhere in the vehicle.
  - Violators of this primary law are subject to a fine of $75.00 plus court costs, EMS, Surcharge and administrative fees.

- All children 8 years of age and older, but less than 18 years of age, must be secured in a seat belt system anywhere in the vehicle.
  - Violators of this primary law are subject to a fine of $10.00 plus EMS, Surcharge and administrative fees.

All Drivers are responsible for securing children in the appropriate restraint system.

For more information call:
1-800 CAR BELT
**Rear-Facing**

Secure children in a rear-facing car seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat. Never place a rear-facing car seat in the front seat with an active passenger-side front air bag.

**Rear-Facing Checklist**

- Child's head is at least one-inch from the top of the shell of the car seat.
- Harness straps are positioned at or below the shoulder.
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one inch of side-to-side movement when pulled at the belt path.
- Read and follow the car seat manufacturer's instructions for an acceptable rear-facing recline angle.

**Forward-Facing**

When children outgrow the rear-facing car seat, secure them in a forward-facing car seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.

**Forward-Facing Checklist**

- Child's ears should not be above the top of the shell of the car seat.
- Harness straps are positioned at or above the shoulder.
- Harness straps lay flat and fit snugly on the child with the harness retainer clip at armpit level.
- Seat belt or lower anchors in the correct belt path are locked and tight with less than one inch of side-to-side movement when pulled at the belt path.
- Tether should be used following the manufacturer's instructions.
- Read and follow the car seat manufacturer's instructions to determine the appropriate upright or semi-upright angle.

**Belt-Positioning Booster Seat**

Once children outgrow their forward-facing car seat, secure them in a belt-positioning booster seat with a lap and shoulder belt until the seat belt fits properly, typically when a child is approximately 4 feet 9 inches and between 8 and 12 years of age.

**Belt-Positioning Booster Seat Checklist**

- ALWAYS use with the vehicle's lap and shoulder belt.
- Shoulder belt is snug across the center of the child's shoulder and chest.
- Lap belt should be low and snug across the hips/upper thighs.

**Seat Belt**

When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs and the shoulder belt fits across the center of the chest and shoulder.

**Seat Belt Checklist**

- Able to sit with back and hips against the vehicle seat back without slouching.
- Knees easily bend over the front edge of the vehicle seat and feet flat on the floor.
- Snug shoulder belt across the center of the chest and shoulder.
- Snug lap belt low across the hips/upper thighs.
- Able to stay in position for the entire ride.

**All children younger than age 13 should ride in the back seat.**

**Traffic Injury Prevention Project**

**Pennsylvania**

www.PAKidsTravelSafe.org  1-800-CAR-BELT
Pedestrian Safety Tips
Everything you need to know to keep your kids safe while walking.

Whether your kids are walking to school, the park or a friend’s house, here are a few simple tips to make sure they get there safely.

Teach Kids the Basics from the Beginning
- It’s always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections. If there are no sidewalks, walk facing traffic and as far away from vehicles as possible.
- Teach kids at an early age to put down their devices and then look left, right and left again when crossing the street.
- Remind kids to make eye contact with drivers before crossing the street and to watch out for cars that are turning or backing up. Teach them not to run or dart out into the street or cross between parked cars.
- Children under 10 should cross the street with an adult. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.
- If you are walking when it's dark out, be especially alert and make sure you are visible to drivers.

Take Action Against Distraction
- Teach kids to look up and pay extra attention when using cell phones or electronic devices such as tablets or games. Make it a rule to put these devices down when crossing the street. It is particularly important to reinforce the message with your teenagers.
- Be aware of others who may be distracted—and speak up when you see someone who is in danger.
- If your kids need to use a cell phone, teach them to stop walking and find a safe area to talk.
- For headphones, pull them down or turn off the volume before crossing the street.

Drive with Extra Care
- Be especially alert in residential neighborhoods and school zones when driving and be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.
- When driving, put cell phones and other distractions in the back seat or out of sight until your final destination.

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.

For more information visit safekids.org.

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DRIVEWAY SAFETY

Kids love cars, and when they see a parked car, they don’t even think about the possibility of getting hurt or seriously injured. That’s why parents have to. Many preventable injuries and deaths occur in driveways or parking lots when drivers are unaware that children are near vehicles. Tragically, these drivers are often family members or friends of the injured child. But these injuries are easily prevented by following a few simple tips.

Hard Facts

Each year, more than 9,000 children are treated in emergency rooms for injuries that occurred while they were unattended in or around motor vehicles. Many of these preventable injuries occur when drivers are unaware of children near vehicles.

Top Tips

• We know you’re often in a hurry, but before you drive away, take a few seconds to walk all the way around your parked car to check for children.

• Designate a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.

• Accompany little kids when they get in and out of a vehicle. Hold their hands while walking near moving vehicles or in driveways and parking lots or on sidewalks.

Check Your Car and Driveway for Kids

• We know you’re often in a hurry, but before you drive away, take a few seconds to walk all the way around your parked car to check for children.

• When checking for kids around your vehicle, see if anything that could attract a child such as a pet, bike or toy, is under or behind your vehicle before getting in and starting the engine.

• Designate an adult to supervise and find a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.

Limit Play in the Driveway

• Work with your kids to pick up toys, bikes, chalk or any type of equipment around the driveway so that these items don’t entice kids to play.

• Identify and use safe play areas for children, away from parked or moving vehicles. Teach kids to play in these areas instead of in, around or behind a car. Consider making your driveway a toy-free zone.

• Don’t allow children to play unattended in parking lots when cars are present.

Lend a Hand to Younger Kids

• Accompany little kids when they get in and out of a vehicle. Hold their hands while walking near moving vehicles or in driveways and parking lots or on sidewalks.
Understanding Drug Use and Addiction

Many people don’t understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to. Fortunately, researchers know more than ever about how drugs affect the brain and have found treatments that can help people recover from drug addiction and lead productive lives.

What is drug addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person’s self-control and interfere with their ability to resist intense urges to take drugs. These brain changes can be persistent, which is why drug addiction is considered a “relapsing” disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.

It’s common for a person to relapse, but relapse doesn’t mean that treatment doesn’t work. As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds. Treatment plans need to be reviewed often and modified to fit the patient’s changing needs.
What happens to the brain when a person takes drugs?

Most drugs affect the brain’s "reward circuit" by flooding it with the chemical messenger dopamine. This reward system controls the body's ability to feel pleasure and motivates a person to repeat behaviors needed to thrive, such as eating and spending time with loved ones. This overstimulation of the reward circuit causes the intensely pleasurable "high" that can lead people to take a drug again and again.

As a person continues to use drugs, the brain adjusts to the excess dopamine by making less of it and/or reducing the ability of cells in the reward circuit to respond to it. This reduces the high that the person feels compared to the high they felt when first taking the drug—an effect known as tolerance. They might take more of the drug, trying to achieve the same dopamine high. It can also cause them to get less pleasure from other things they once enjoyed, like food or social activities.

Long-term use also causes changes in other brain chemical systems and circuits as well, affecting functions that include:

- learning
- judgment
- decision-making
- stress
- memory
- behavior

Despite being aware of these harmful outcomes, many people who use drugs continue to take them, which is the nature of addiction.

Why do some people become addicted to drugs while others don’t?

No one factor can predict if a person will become addicted to drugs. A combination of factors influences risk for addiction. The more risk factors a person has, the greater the chance that taking drugs can lead to addiction. For example:

- **Biology.** The genes that people are born with account for about half of a person’s risk for addiction. Gender, ethnicity, and the presence of other mental disorders may also influence risk for drug use and addiction.
- **Environment.** A person’s environment includes many different influences, from family and friends to economic status and general quality of life. Factors such as peer pressure, physical and sexual abuse, early exposure to drugs, stress, and parental guidance can greatly affect a person’s likelihood of drug use and addiction.
“Shine your Smile Day is coming!”

Shippensburg Head Start Program is hosting Smile Pennsylvania-Mobile Dentists on Wednesday October 19 and December 16, 2016. Appointments will begin at 9:15 we will be sending out notices the first week of October.

Please call Mabel or Karen at 717-477-1626 with any questions.

We have invited Smile Pennsylvania-Mobile Dentists to bring its preventive dental care program to our center because we know how important good oral health is to our children’s overall general health.

“We know that tooth decay is the most common chronic and infectious disease among children,” state Margo Woll, D.D.S. and Marcy Borofsky, D.D.S.

co-directors of Smile Pennsylvania-Mobile Dentists. We also know poor oral health causes other problems in children, such as diminished growth in toddlers, poor nutrition due to difficulty eating and an increase in bacteria in the blood and respiratory systems.”

A publication from the Centers for Disease Control states: “Children receiving dental sealants in school-based programs have 60% fewer new decayed pit and fissure surfaces in back teeth for up to 2-5 years after a single application. Among children, 90% of decay is in the pit and fissures”.

Smile Pennsylvania-Mobile Dentists will set up a mini-dental office in our building and can provide dental examinations, cleanings, fluoride treatments, x-rays and sealants (if needed) for all children who return completed forms.

Smile Pennsylvania-Mobile Dentists can provide these services free to families who need financial assistance and it has subsidized fees for those who chose to pay for the preventive care. No child is ever turned away from Smile Pennsylvania-Mobile Dentists because of financial need.
Smiles Program- Mobile Dentistry

The PA Smiles Program will be visiting the Shippensburg Head Start Program Main Office at the Spiritual Center on October 19 and December 16, 2016.
Welcome To Color Me Healthy

Congratulations! Your child’s classroom is participating in Color Me Healthy, a program for 4 and 5 year olds on eating healthy and being active. Your child’s teacher attended a special training focused on teaching Color Me Healthy. The program is designed for children, parents and child care providers and uses sight, sound, touch and taste to teach children about healthy eating and being active. Color Me Healthy includes classroom activities, songs, games, and imaginary trips, all developed especially for children aged 4 to 5. Color Me Healthy’s goal is to show children that eating healthy and being active is fun! You as the parent will have the opportunity to see and hear Color Me Healthy in action as your children share with you songs and activities from their day. You will receive a monthly newsletter designed for busy parents like yourself. Watch for monthly issues that contain helpful information on eating healthy and being active, quick after-work recipes, as well as ideas to help you and your family be healthy!

Your Growing Child

You see so many changes in your little ones as they grow and develop. Eating is one of the areas where children begin to develop quickly between the ages of 3 and 5. Below are several changes that will occur with respect to eating as your child continues to develop.

What To Expect Between Ages Three And Four:
- Hesitate trying new foods.
- Verbalize food preferences.
- Eat independently with some help.
- Easily distracted in groups.
- Eat using mostly fingers.
- Use spoon and drink from cup.
- Ask for more food or drink when desired.

What To Expect Between Ages Four And Five:
- Begin to experiment with new foods.
- Initiate new food selections.
- Require less help at the table.
- Eat more comfortably in groups.
- Use fork and spoon. Pour own juice.
Choose a Healthy Plate

ChooseMyPlate.gov

EAT SMART

1. Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

2. Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

3. Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

4. Get your calcium-rich foods. To build strong bones serve lowfat and fat-free milk and other milk products several times a day.

5. Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

6. Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

7. Don’t sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

MOVE MORE

1. Set a good example. Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

2. Take the President’s Challenge as a family. Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.

3. Establish a routine. Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

4. Have an activity party. Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

5. Set up a home gym. Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

6. Move it! Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

7. Give activity gifts. Give gifts that encourage physical activity—active games or sporting equipment.

Have fun!

Color Me Healthy brought to you by...
Welcome to the “Male Involvement” section of your child's monthly newsletter! Throughout the program year this section will contain a variety of information for your reading pleasure. It is our hope that you will find it fun and also rewarding as you and your child experience a fulfilling year with the Shippensburg Head Start Program. The following is a list of male involvement activities and Program initiatives that will be taking place this year. Please become involved as much as you can. Your children are only young once so enjoy the time you can spend with them.

**Magazine Library** – This is a Male Involvement Literacy Project that will allow your child to select a magazine at their center that will then be brought home for their father, grandfather, brother, mother or significant other to read to them. The objective is for the child to bring home a magazine that they think their dad or significant other has an interest in and would be willing to read to them or just look at the pictures. If your child is enrolled in Home Base, the Home Visitors will be bringing the magazines to their home visits. We hope this is a fun Literacy Project for everyone.

**Male Involvement Interest Survey** – You will soon be receiving a Male Involvement Interest Survey from your Teacher or Home Visitor. Please take the time to complete and share your ideas. Your input is very important to us as we plan our new program year.

**Dad’s Day in the Center** – We are encouraging all dads and significant others to become involved in their child’s Head Start Experience. Although you are welcome to join your child in the center any time you would like, we will post specific days each month for you to join in on the classroom fun. These dates will be placed in the Male Involvement Calendar within the newsletter. We hope you can join us!

**Literacy Articles** – We will be printing a number of articles throughout the year on developmental activities you can do with your child. Lists of popular books for children are also included in this section.

**Male Involvement Committee Meetings** – We will be holding a number of male involvement meetings for dads and significant others throughout the year. Your input in planning special activities and events is very important to us. The first meeting for this year will be held at the Shippensburg Head Start Office – date and time to be announced. We hope you can attend.

**Parent Training** – As we plan the year we hope to provide parent training opportunities on areas involving male involvement and literacy.

**Special Activities/Events** – The M. I. committee will be scheduling special activities and events throughout the year. The “Spring Kite Fly” is just one example of the exciting activities planned for this year.

**“Share Your Trade Day”** – It is our hope that we can once again get some of our dads and significant others to bring their work or hobby to the classrooms for the children to experience. Our classroom staff can help build this into a unique learning experience for all involved. In the past we had dads share their expertise in the areas of marble making, fire fighting and tasty food experiences. Please let your teacher/home visitor know if there is something you would like to share with your child’s classroom.

**Favorite Recipes** – Now is your time to shine DADS! We are looking for your favorite recipes to add to the newsletter (chicken wings, hot sauces, any thing you would like to share for the good of the cause) Please forward to Jeff or Tony and they will see that these creations are put into print for all to enjoy.
DAD’S DAY IN THE CENTER
Dads, Grand Dads, Significant Others, Mark Your calendars!! Join your child for a Great Head Start Experience!

Dad’s Day Monthly Schedule

Miss Samantha’s Shippensburg Center
1st & 3rd Thursday

Miss Kelsey’s Newville Center
1st & 3rd Tuesday

Miss Angie’s Carlisle Center
1st & 3rd Friday

We hope you can join your child for Dad’s Day in the classroom! If these days don’t suit your schedule, please feel free to come in at any time.
Ten Tips for Fathers

Be there.
Children want and need your physical presence, from infancy onward.

Listen.
Being there means more than being present physically.

Support your partner.
Work together on behalf of your child whether you are living together or not.

Learn to disagree appropriately with your partner.
Disagreement is a normal part of parenthood. It is how you resolve those differences that matters.

Get to know and be known to the people in your child’s world.
Teachers, caregivers, doctors—all of them are an important part.

Get to know and be known to your children’s friends and their parents.
If you have concerns about who your child is hanging out with, be sure to discuss this with your child.

Play with your children.
One of the best ways to learn about and develop a lasting connection with your children is to play with them to enter their world.

Teach by example.
Children follow what you do more than what you say.

Discipline with Love.
To discipline means to guide or bring out the best in your child and that is best done with love.

Keep your sense of humor.
Nobody said fatherhood would be easy. If you can survive fatherhood, you can survive anything!

Source: South Carolina Television that Teaches and Inspires.
WELCOME TO A NEW HEAD START YEAR!

We are all so ecstatic to begin the upcoming year and hope that you and your child are just as excited! As always, we welcome parents and extended family alike to join in the classroom fun and either stop by your child’s classroom just to visit or volunteer whenever you are able. We look forward to establishing a partnership that will help to build an individualized program specifically for your child.

FAMILY FUN NIGHT

There will be various activities which you and your family can participate in, including, but not limited to, music, family photos, snack, a book reading, and much more! More information will come home with your child.

Shippensburg & Newville Classrooms:
Thursday, Sept. 29th from 5:30pm-7pm

Carlisle Classrooms:
Thursday, Oct. 13th from 5:30pm-7pm

BRAIN DEVELOPMENT

What Should I Know?

* Good early care experiences expand your child’s capacity to learn.
* Holding, cuddling and talking actually affect how your child’s brain grows.
* Loving and supportive child care programs the brain to handle stress and control emotions.
* The first years of life lay the groundwork for future experiences.
* Reading to and singing with your child every day is a simple and effective way to help brain development.

What Can I Do at Home?

1. Talk with your child.
2. Read to your child every day.
3. Sing children’s songs or nursery rhymes.
4. Feed your child well.
5. Provide a stable, loving environment.

OPEN DOOR POLICY

If at any time you have any questions, comments, or concerns in reference to your child’s classroom or educational program (in general), please do not hesitate to contact Stacy Ott, Child Development/Mental Health Manager at (717) 477-1626 ext. 3557.
Although we are all still asking when the heat waves will end, we will all be complaining about the cold soon enough. Don’t forget to apply for the PA Low Income Home Energy Assistance Program (LIHEAP)

The Low-Income Home Energy Assistance Program will reopen in the Fall of 2016.

There are three different ways you can apply for LIHEAP, online, on paper, or in person.

1. You can apply for the LIHEAP benefits online by using COMPASS. COMPASS is the name of the website where you can apply for LIHEAP and many other services that can help you make ends meet.

2. Download an application & return it to your local county assistance office, or

3. contact the LIHEAP hotline at 1-866-857-7095, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886).

If you need assistance completing your LIHEAP application, please contact your Head Start Family Development Specialist at (717) 477-1626.

Looking for part-time holiday employment? Need a few extra $ in your pocket? Check out this exciting opportunity from our local UPS location...

ATTENTION PARENTS

Please check your child’s folders REGULARLY as information about upcoming holiday assistance will start pouring in during October. Many have strict deadlines that cannot be missed!!!
SHIPPENSBURG PRODUCE OUTREACH
Distributes healthy, perishable food items EVERY Tuesday from 4-6pm to all income eligible families in the Shippensburg school district. Distribution is at Katie’s Place, 130 S Penn Street. Call (717) 477-9100 with questions.

BIG SPRING AREA FOOD BANK
Big Spring United Lutheran Church
101 Crossroad School Road, Newville PA
Distributes last day of each month from 9-11am.
***In May, November, and December distribution will be the Monday before the Memorial Day, Thanksgiving, and Christmas holidays.***

Project SHARE
Distribution Hours:
Tuesday, 12– 2pm
Wednesday 9-11am
Thursday 3:30-5:30pm
Saturday 9– 11am
5 N Orange Street, STE
Carlisle, PA 17013
(717) 249-7773
Now Recruiting for Preschool 2017

If your child will be four on or before September 1, 2017 now is the time to call about enrolling your child in Pre-K Counts!

Pre-K Counts offers quality preschool experiences at no cost to you to help your child learn the skills they need to be ready and excited for kindergarten.

*Highly qualified teachers, with experience working with young children.

*Small class sizes so your teachers have lots of time for your child.

*A curriculum and learning activities that help your child thrive.

*Review of your child’s development with teachers to help your child reach his/her promise.

PRE-K: Serving Big Spring School District
Classrooms are 5 hours each day, Monday-Friday (located in Newville Elementary)

PRE-K: Serving Shippensburg School District
Classrooms are 5 hours each day, Monday-Friday (located in Nancy Grayson & James Burd Elementary)

PRE-K: Serving Carlisle School District
Classrooms are 5 hours each day, Monday-Friday (located in Mt. Holly Springs & Hamilton Elementary)

Who Should Apply?
Children who will be 4 on or before September 1, 2017

Children who live in families who are at or below 300% of the federal poverty level (approx. $72,900 for a family of four)

You may be required to transport your child each day to and from school.

How to apply:
Call Shippensburg Head Start 717-477-1626 or stop in and apply
Cora Grove Spiritual Center, Shippensburg University, Shippensburg, Pa. 17257

Pennsylvania Pre-K Counts is available at no cost to families, but space is limited
Call Today!