News To Know...

For winter weather updates please follow your local school districts delays and closings and follow us at the pages below:

Important DATES:
Policy Council:
   April 15
   May 20

When you don’t know where to turn, call 211 resource helpline
Kindergarten registration for the 2021-2022 school year is fast approaching. Below you will find the links to start the process for your school.

www.shipk12.org/student-enrollment-information

www.bigspringsd.org/Page/2120

www.carlisle-schools.org/student_services/registration/kindergarten_readiness

www.smsd.us/welcome/central_registration
Math Development

Early experiences can form the building blocks for mathematical thinking. There are opportunities every day to provide experiences that build a child’s understanding of mathematics.

Math is more than counting and recognizing numbers. It’s learning about more and less; many and few; heavy and light; long and short. Math also involves learning shapes (circle, square, rectangle); recognizing patterns (red-blue-red-blue); and comparing (which is more and which is less).

Children begin to understand and apply math concepts at an early age. Singing counting songs, putting puzzles together, and noticing the stripes on a favorite shirt all contribute to math development. The knowledge children acquire informally provides the foundation for the concepts and skills that they learn later in school. Through problem solving, reasoning, communicating, making connections, and representing, children learn mathematics content (Copley, 2000; Geist, 2009).

Because adults play a significant role in helping children learn math concepts, we have established four math objectives that can be put into practice throughout the day.

Uses number concepts and operations
This objective focuses on counting, number symbols, and number operations. Children put these concepts into practice when they separate and combine objects, count by twos, or match a written numeral to a quantity.

- “Yes, there are two shovels. One for you and one for your brother.”
- “Look at the dice to find out how many spaces should you move on the board.”

Explores and describes spatial relationships and shapes
Understanding spatial relationships and shapes helps children build the foundation for understanding geometry. Spatial awareness—how objects are oriented in relation to one another—develops as children explore the relationship between their bodies and the things around them.

- “Can you find the circle piece that will fit here in the puzzle?”
- “The map you made shows us where to find each area of the playground. I see the sandbox is next to the storage bin where we keep the scoops and buckets.”

Compares and measures
This objective is about making comparisons between objects and using measuring tools to help learn about attributes such as height, length, and weight.

- “You chose a big ball and a little ball. Can you roll the big ball to me?”
- “I see you are using the ruler to measure your shoes. Do you want to measure my shoes next?”

Demonstrates knowledge of patterns
This objective relates to learning how to recognize and identify patterns. As children become more familiar with these concepts, they begin to understand how to repeat patterns and anticipate what comes next.

- “You heard the cleanup song, so you are putting the crayons back in the basket.”
- “The pattern you made looks like stairs. One block, two blocks, three blocks, four blocks.”
Coordinator’s Desk

DO BIRDS HAVE EARS?

Young children are naturally curious and enjoy exploring the world around them; they find countless things to observe, investigate, and wonder about. Why does a spider spin a web? Do birds have ears? How do fish breathe?

Parents and teachers can foster children’s natural curiosity in many ways. When a child expresses an interest in a subject or poses a question about a natural phenomenon, a trip to the library can reveal answers and open up other doors to learning.

Family outings—even simple, short, inexpensive excursions—pique children’s interest in the natural world. Parents and children encounter many wonders on walks through the park, along a pond, even in a neighbor’s vegetable garden. Other visits can be planned to nature centers, science museums, zoos, fossil-haden hills, beaver dams—the choices are endless.

From time to time, pack a picnic lunch and make a day of it. Be sure to take along a couple of containers (at least one with air holes in it) so that you and your child can collect specimens. An inexpensive magnifying glass is also a valuable field accessory. And don’t forget paper and pencils.

Talk about what you see. Your child might like to draw some observations. Encourage her questions by writing them down in a notebook for further investigation—most of us find that we don’t know the answers to all of kids’ questions, and it’s fun to research them together. The child’s curiosity and spirit of investigation thrive when you are her fellow scientist, wondering about things and checking them out together.

For more information or any concerns in reference to your child’s educational experience, please contact your home visitor, teacher, or an Education Coordinator at 717-477-1626.
The Benefits of Exercise
You hear a lot about the benefits of exercise for adults but seldom for children. That doesn’t mean that it isn’t important. Children who are more active:

- have stronger muscles and bones
- tend to be leaner and have less body fat
- are less likely to develop Type II diabetes
- have lower blood pressure and blood cholesterol levels
- have increased attention and do better in school
- feel good about themselves and are better able to handle physical and emotional challenges

The Three Types of Fitness
Did you know that there are three types of fitness? They are endurance, strength and flexibility. Here is what you can do to help children develop them:

- **Endurance**: Children need to do things that cause their heart to beat faster and them to breathe harder. Not only does it make their heart stronger, it improves blood flow. Examples of activities that promote endurance are swimming, running, soccer and games like tag.

- **Strength**: This doesn’t mean that your child has to head to the gym and lift weights. Encourage them to do things that will make their muscles stronger like push-ups, pull-ups, handstands and climbing.

- **Flexibility**: Stretching increases flexibility and allows the muscles and joints to bend more freely. Look for ways to get your child to stretch like reaching for things or doing windmills.
Chant it!
This month’s Chant it! is a song that you can chant as you act out the motions. This activity encourages your child to listen and follow directions while increasing flexibility.

**Flexibility: Stretching Song**
Stand up straight and look to the left.
Now, look to the right.
Now, look to the sky.
Now, look to the ground.

Put your arms up high and stretch to the sky.
Put your arms real low and touch your toes.
With your left hand point to the right.
With your right hand point to the left.

Sit on the floor with your back up straight.
We’re gonna stretch out, it’s gonna feel great.
Put your legs straight out and touch your toes.

Stand up straight and wiggle your head.
Stand up straight and wiggle your arms.
Stand up straight and wiggle your hips.
Stand up straight and wiggle your legs.

Move it!
This month’s Move It! features a classic game that will help your child develop endurance. It might even remind you of an old elementary school favorite... TV Tag.

**Endurance: Fruits and Veggies Tag**
**Directions:**
- Decide who is “it.” You can do this by flipping a coin or playing Rock, Paper, Scissors.
- Everyone else should get a 5 second head start running.
- Play the game as you would for regular tag. The tagger will try to tag the runners. The difference is that the runners will need to call out a fruit or vegetable to be “safe.”
- Safe people are free from being tagged for 10 seconds.
- The safe person can call out the fruit or vegetable and then sit down so it is obvious that they are safe.
- You can only use a fruit or vegetable for one save. The next time you need to think of another.
- Tagger cannot “babysit” or “puppy guard” the safe person.
- The entire name of the fruit or vegetable needs to be said before being tagged in order to be safe.
With the arrival of effective vaccines that can protect us from COVID-19, we have a great opportunity to put this pandemic behind us and get back to everything we’ve been missing over the past year.

Here are some key things to know about the COVID-19 vaccine.

- The vaccine is SAFE.
  Fast-track development thanks to:
  - Advanced technology
  - Already existing research
  - Unprecedented global partnership and funding

Vaccines have undergone extensive and rigorous testing prior to FDA authorization.

- COVID-19 vaccines have been proven effective in:
  - Reducing the risk of becoming infected with the SARS-CoV-2 virus that causes COVID-19
  - Decreasing the likelihood of having a severe case of the illness
  - Reducing hospitalizations and deaths due to COVID-19 disease

The vaccine side effects are mostly mild to moderate.

The most common side effects include:
- Pain/soreness at injection site
- Fatigue
- Headache

The vaccine does not contain the live COVID-19 virus, and it is NOT possible to contract COVID-19 from being vaccinated.

FULL VACCINATION MAY REQUIRE 1 OR 2 DOSES, DEPENDING ON THE TYPE OF VACCINE.

THE VACCINE IS RECOMMENDED EVEN IF YOU HAVE ALREADY HAD COVID-19 AND RECOVERED.

You should continue to wear a mask, social distance and practice proper hand hygiene after being vaccinated.
When Children Experience Homelessness:

- They are sick four times as often as other children.
- They have high rates of acute and chronic illness.
- They suffer from emotional as well as behavioral problems almost three times as often as others.
- About 87% of school-age homeless children are enrolled in school but only around 77% of them attend regularly.
- They are four times as likely to have developmental delays and are also twice as likely to repeat a grade, usually due to frequent absences and moving to new schools.

Sources: Homeless Children America, Project Hope-Virginia

9 WAYS TO BALANCE YOUR LIFE AS A Single Parent

1. Get a little me-time after work
2. Don’t control everything
3. Connect with other single mompreneurs
4. Evaluate your finances
5. Seek help from friends and family
6. Combat loneliness with a support system
7. Throw yourself out there
8. Make sure to prioritize communication
9. Spend quality time with the children

Call 211
Help Starts Here
Children’s FAIR

Saturday, April 10 • 10:00AM–1:00PM
SHIPPENSBURG UNIVERSITY REC CENTER
(533 LANCASTER DRIVE)

For more information, please e-mail community@ship.edu.

Parental supervision required. ALL visitors (ages 2 and up) must wear a mask that covers their nose and mouth at all times. Please remain with your family/group and remain physically distanced from others.

Sponsored by Shippensburg University’s First Year Experience and Community Engagement.
Join us via Youtube for Baby and Me viewable all week, a program designed specifically for infants up through age 2 to play, sing, and sometimes read a board book! Register now.

Join us for Toddler Storytime via BlueJeans on Wednesdays at 10:15 am. We'll read 1-2 short picture books, and finish with fun activities! Register now.

Are you wondering how our curbside pickup works? Or the status of the Book Nook? Find out everything you need to know here!

Join us for Preschool Storytime! We'll read 2 picture books and finish with fun activities! We will meet via BlueJeans on Thursdays at 10:15 am! Register now.

We have a variety of Take & Make Kits for you to take home with activities and crafts to complete (e.g. American Girl, Passport, etc.) Register now.

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**Onward Kids Consignment LLC**

**Spring Public Events**

- **Thursday, April 22nd**
  - 4pm - 8pm

- **Friday, April 23rd**
  - 9am - 6pm

- **Saturday, April 24th**
  - 8am - 1pm

**Yellow Breeches Sports Center**

- **700 Shawnee Court**
- **New Cumberland, PA**
- **17070**

**Onwardkids.com**

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**Yellow Breeches**

**Sports Center**

**700 Shawnee Court**

**New Cumberland, PA**

**17070**
Coronavirus: Caring for children

There's a lot going on in the world right now. If you're a parent or carer you are probably worrying about how best to support children and relieve stress. Here are some top tips to help you through.

Provide simple and clear information
Children may pick up information from multiple sources. Ask them what they know and correct any misinformation. Explain what is happening, using simple, age-appropriate language. Refer to trusted sources like WHO.int.

Listen and respond
It's important to understand your children's concerns and feelings. Try drawing and roleplay to help bring out their emotions. Validate their feelings and tell them how you feel.

Reassure and explain
Remind your child what's in their power and how to keep safe — demonstrate effective handwashing and tell them to cough and sneeze into a tissue or their elbow. Explain that the risk to them is low but it affects old people and those with other illnesses differently, so we should do everything we can to protect them.

Keep a normal schedule
Routine is important for children to feel safe. Create a daily schedule together. Include time for playing and learning — you could incorporate lessons about the virus, like colouring in pictures of germs. And remember time for chores, being active and relaxation.

Eat well
A proper diet is key. Involve your children in preparing food and talk about ways to stay healthy. Cooking and baking together is a great activity for bonding and learning.

Be active
Get outside for walks if you can or do simple exercises in your home. Dancing to your favourite music can lift your — and your children’s — mood. Turn physical activities like cleaning the house into a fun game and limit screen time.

Look after yourself
Stay in contact with friends and family over the phone or computer and take time every day to do something you enjoy. Early mornings or evenings, when the children are asleep, can be a great time to do something for yourself.

Model good behaviour
Children will imitate what they see. Ensure you carefully wash your hands and that you stay positive and active. Create a caring environment and give children a little extra attention. Relaxation exercises can help everyone stay calm.

Avoid too much information
Don't over-expose your children — and yourself — to too much information. Limit excessive news reporting and social media. With older children, watch the news together so you can answer their questions.

Take a deep breath and be positive!
Look for examples of positive news stories, and remember that this won't last forever. Come up with a plan for what to do if you feel you need support. Consider friends, family, a health worker, a trusted person in your community, helplines and online communities. We are all in this together.
HOW TO GET COVID-19 VACCINE IN PENNSYLVANIA

Interested in receiving a COVID-19 vaccine? Follow these steps:

See if it’s your turn to receive vaccine. Visit pa.gov/get-vaccinated to use the Your Turn tool.

View the vaccine provider map to find a location near you.

Contact the provider of your choice using the contact information from the map to schedule an appointment.

Be sure to return for your second dose if two doses are required. Most COVID-19 vaccines are administered in two doses.

If you do not have internet access, call 877-PA-HEALTH. Someone will help you locate providers near you and give you contact information so you can make your vaccine appointment with a vaccine provider.
New Life
The outdoors is finally coming to life. The cold weather has
gone, things are starting to get green and it is time to head
outside. Outside the ground might be soft from the winter
thaw or muddy from the April showers. Not to worry...
Think about what you can do on sidewalks, playgrounds or
porches. Some favorite items are sidewalk chalk and
bubbles. Don’t have any bubbles? Check out the bubble
“recipe” below using common kitchen items.

Joyful Bubbles
You will need:
   1. 2 cups dish detergent
   2. 6 cups water
   3. ¾ cup Karo syrup (corn syrup)

Directions: Mix everything together and let sit overnight.

Bubble tips:
   1. If bubbles pop easily or the solution does not work
      well, add more water.
   2. Do not shake or stir the bubble mixture.
   3. Dawn and Joy seem to be the best choices
      for bubbles.
   4. Bubbles work great on an overcast day. In addition to
      this, they love moisture so be sure and try them out
      after a rain.
   5. To catch a bubble in your hand, wet it first.
Chant it!

This month’s Chant it! features a song set to a familiar tune. Your child will learn about shapes and body parts as they go through the words and motions.

Bubbles, Bubbles
(Sung to the tune of Twinkle, Twinkle, Little Star)

Bubbles floating all around, (Pretend to catch bubbles)
Bubbles big and bubbles round. (Make a big circle using your arms)

Bubbles on my toes and nose, (Reach over and touch toes, stand up and touch nose) Blow a bubble... up it goes! (Pretend to blow bubble and move hand upward)

Bubbles floating all around, (Twist and turn body while pretending to catch bubbles) Bubbles falling to the ground. (Sing slowly as you sink to the ground)

Move it!

This month’s Move It! focuses on an engaging activity the entire family can do. Your child will work on problem solving and motor skills as they play with the bubbles.

Pop, Goes the Bubble!

Bubble play is fun for children of all ages. Try out this activity using things you already have around the house. Some examples are a slotted spoon, funnel, fly swatter, mason jar lid ring and cookie cutters.

You can also craft a bubble wand of your own using a wire coat hanger. Wire hangers can be bent, by an adult, into a variety of shapes and sizes. Use pliers to straighten the wire. Next, bend a large loop at one end leaving room for a handle. Close the loop end off by wrapping a bit of the end around the handle. Plastic-coated wire hangers work best for this although any stiff, flexible wire will work.

Encourage your child to predict which bubble wands will work best. Which will make the smallest bubble? Which will make the biggest bubble?

Blow bubbles up high and blow them down low. Encourage your child to run and jump to catch the bubbles. You can have them squat down low to pop them. Mix it up so they need to make a variety of moves to get them popped.

For more info on I am moving I am learning, visit: http://tinyurl.com/movelearn
Check out Choosy Kids and their resources at: www.choosykids.com
This publication was developed as part of the KKG! Initiative. Visit the KKG! website at: www.panen.org/keystone-kids-go
The Ultimate Guide for the

BEST SPRING ACTIVITIES

naturalbeachliving.com

1. Go on a walk
2. Plant flowers
3. Jump rope
4. Go hiking
5. Go to the farmer’s market
6. Play hopscotch
7. Take a nature walk
8. Fly a kite
9. Play at a playground
10. Go stargazing
11. Go on a picnic
12. Backyard obstacle course
13. Look for baby birds
14. Watch a new movie
15. Take pictures of nature
16. Visit a farm
17. Make a bird feeder
18. Cook something with fresh veggies
19. Visit downtown
20. Watch butterflies
21. Go on a bike ride
22. Do a random act of kindness
23. Dance in the rain
24. Make a smoothie bowl
25. Go on a scavenger hunt
26. Blow bubbles
27. DIY a Pinterest craft
28. Feed ducks
29. Enjoy the sunshine
30. Read outside
31. Do an art project
32. Play hide and seek
33. Donate old winter clothes
34. Play a board game
35. Wash a car
36. DIY silk scarves
37. Make play dough
38. Try crochet
39. Look for daffodils
40. Make homemade bread
41. Listen to spring music
42. Make a sensory bin
43. Go on a nature hunt
44. Play a sport
45. Go horseback riding
46. Pick up litter
47. Go to a baseball game
48. Hunt for books
49. Play tag
50. Start a planter garden
51. Make ice cream
52. Draw flowers
53. Help out an animal shelter
54. Start a journal
55. Pick berries
56. Learn how plants grow
57. Get family photos
58. Volunteer
59. Climb a tree
60. Visit some place new
USDA Nondiscrimination Statement 2015

FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 795-3272.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

USDA Declaración de no discriminación 2015

Los demás programas de asistencia nutricional del FNS, las agencias estatales y locales, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación:

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en:

http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Com plied.pdf. El formulario o una copia de su carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; o
(3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.
Now Recruiting for Early Head Start, Head Start and Pre-K!

2021-2022

These programs are FREE, but space is limited!

Who Should Apply?

Head Start/Early Head Start: Pregnant women and children ages birth to 5 years whose household income is at or below the federal poverty guideline ($24,500 or under for a family of 4)

Pre-K Counts: Children ages 4 and 5 entering kindergarten the following year, whose household income is at or below 300% of the federal poverty level (approx. $78,600 or under for a family of 4)

How to apply:

Call Shippensburg Head Start 717-477-1626

or stop in and apply

Cora Grove Spiritual Center, Shippensburg University
Shippensburg, Pa. 17257

Call Today!