SHIPPENSBURG HEAD START & PRE-K COUNTS

January/ February 2020

News To Know...

Looking for WEATHER Updates:
Please remember we follow your school
districts Delays, Cancellations and Early
Dismissals.

Important DATES:

Policy Council:  
Jan. 16  
Feb. 25

NO CLASS:  
Jan. 17  
Jan. 20  
Feb. 14  
Feb. 17  
PreK  
Feb 7

WHEN YOU DON'T KNOW WHERE TO TURN,  
CALL 211 
RESOURCE HELPLINE

@ShipHSandPreK

Like us on facebook

MARK YOUR CALENDARS!  
February 29th  
815am-1230pm
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CREATIVITY IS CRAFTLESS (PROCESS VS. PRODUCT)

Remember when you first attempted to put together your child’s first “instructions enclosed, all parts included, no batteries required” toy? So many steps had to be done a certain way that you had to refer to the instructions many times. And if you are like most of us, you felt uncertain, inept, and uncoordinated.

When a child is asked to duplicate a given pattern, following a series of steps that result in an end product, the same feelings emerge. Class craft projects may be cute to put in the family scrapbook or nice to send to Grandma, but they do little for your child’s self-esteem, and cognitive development and creativity.

That is why blank paper, scissors, paint, markers, glue, and a variety of other materials to choose from are available at all times in our classrooms. Children are encouraged to use the materials to make their own creations.

When we do a special art activity with children, we may introduce a new material or even demonstrate possible ways to use some tools and materials, but the children themselves decide what they want to create and how. The children care more, learn more, and enjoy an activity more when they produce their own creations – not copies of ours.

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.
STAGES OF CHILDREN’S WRITING

Educators look at writing very differently than they did a generation ago. The things that young children seem to do naturally when given paper and markers are now viewed as true forms of writing.

There are at least five different stages of writing:

• **Drawing:** Children draw and “read” their drawings as a form of communication. They may draw an unrecognizable form and say, “I played in the home center today with my friends.” Or they may draw a treelike form and say, “This says remember to take me to the park.”

• **Invented letters:** Many young children make up their own letters. A circle with a line drawn down from the bottom (resembling a lollipop) is a common invented letter. Again, children believe they are writing.

• **Random letters:** As children become more aware of the alphabet, they often write the letters in long strings, usually at random.

• **Invented spelling:** Invented spelling takes many forms but is related to the sounds the children hear in each word. At the beginning of this stage, children may write one letter to represent one word. Later, words are represented by two letters, the initial and ending letter sounds. As the child’s writing continues to mature, most sounds are represented in their invented spelling.

• **Common spelling:** The child begins writing more and more words spelled as adults spell.
Go Green
Spring has almost sprung. It won’t be long before you can head out into the great outdoors for fun and sun. This month’s newsletter features things you and your family can do inside to turn trash into treasure. Think about what you usually throw away. Many things like cans, plastic bottles, cardboard and paper can be remade into new items. Making recycled goods takes less energy and fewer resources than making products from brand new materials.

“Green” Bean Bags
Where did the other sock go? Ever ask yourself that question while doing laundry? Now you can create bean bags from lonely or worn out socks. You will need:

- Old or single socks
- Scissors
- Stuffing (beans, Styrofoam, popcorn, etc.)
- Something to close the end up with (needle and thread, strong glue, duct tape)

Directions:
1. Cut off the open end of the sock, leaving 4-5 inches.
2. Fill the toe of the sock with stuffing. Make sure to leave enough room to close it off and for the stuffing to be able to move around a little.
3. Close up the end with what materials you have.

Note... If you chose to close the sock with a needle and thread or certain types of glue, it is advisable that an adult do it. Another option is to leave the sock alone and simply close the end with a knot.

Use your bean bags in a variety of ways. Not sure what to do? Check out the Move it! section for a fun inside activity.
Chant it!
Phonological Awareness is a very important skill children need to become readers. The best way to help children to develop Phonological Awareness is by encouraging them to do something they love... play with words. This month’s Chant it! focuses on the rhyming song, *Willoughby Walliby Woo*. You and your family can get creative and make up your own silly song.

**Willoughby Walliby Woo**
Willoughby walliby *wee*
An elephant sat on *me*
Willoughby walliby *woo*
An elephant sat on *you*
Willoughby Walliby *Wusten*
An elephant sat on *Justin*
Willoughby Walliby _____
An elephant sat on _____

Move it!
This month’s Move It! focuses on an inside tossing activity. All it takes is a little preparation and safety check.

**“Green” Bean Bag Toss**
You will need:
- Bean bags (refer to the activity on the front page of this newsletter)
- Cardboard box
- Tape or a piece of paper

*Note... To involve the children even more, you can give them markers or stickers to decorate the box. You can also cut holes of various sizes in the side of the box.*

Directions:
1. Find a good place in the house to set up the game, somewhere free from fragile objects and plenty of room.
2. Set the box on the floor, either with the opening on the top or the front.
3. Place a piece of tape or paper to show the children where to stand. The older the child, the further away from the box.
4. Encourage your children to throw the bean bags with the goal of getting them in the box.

To make the bean bag toss box shown above, visit: [http://www.make-baby-stuff.com/bean-bag-toss-game.html](http://www.make-baby-stuff.com/bean-bag-toss-game.html)

For more info on *I am moving I am learning*, visit: [http://tinyurl.com/movelearn](http://tinyurl.com/movelearn)
Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)
This publication was developed as part of the KKGI initiative. Visit the KKGI website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
ATTENTION PARENTS/GUARDIANS:
- Registration is Now Open!
- Children must be at least 5 years old by September 1, 2020.
- Online registration forms must be completed prior to the in-person screening. Forms are located on the district website (http://www.shipk12.org) or the Facebook page.
- In-Person Screening Appointments can be made after the online registration forms are complete.
- In-Person Screenings at the Shippensburg Public Library March 30th, 31st and April 1st

?? ? QUESTIONS ?? ??

Please contact one of the principals/directors below.
- Nancy Grayson Principal - Mrs. Martin - 717.530.2770
- Grace B. Luhrs Director - Mrs. Garner - 717.477.1612
- James Burd Principal - Mr. Flohr - 717.530.2780
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

Call 211
Help Starts Here
Housing & Homeless Information

*If you are seeking shelter due to domestic violence, see Domestic Violence section of the Resource Guide. If you are a Veteran seeking shelter, see Veteran Services section of the Resource Guide.

- There are currently no emergency homelessness facilities located in Shippensburg. If you are experiencing homelessness, call 2-1-1 or 855-567-5341 toll-free for information, screening and referral. You can also text your zip code to 898-211.
- If you would prefer to receive Coordinated Entry services face-to-face in person, please visit a Connect To Home Access Site in your community:
  - Franklin County: Franklin County Human Services Access Center, 425 Franklin Farm Lane, Chambersburg, PA 17202. Hours of Operation: T - W 9:00 AM - 4:00 PM, TH 1:00 - 4:00 PM
  - Cumberland County: Community CARES, 50 West Penn Street, Carlisle, PA 17013. Hours of Operation: T - SA 12:00 - 5:00 PM

Community CARES (formerly Carlisle C.A.R.E.S.)

Phone: (717) 249-1009
Address: 50 W. Penn Street, Carlisle, PA 17013
Email: bkiem@carlislecares.org
Website: https://www.morethanshelter.org/
Services: Community CARES provides emergency overnight shelter for men, women, and families.
- Day center for daily basic needs such as showers, laundry, and eating.
- Community CARES also offers supportive case management services to help people with tasks such as finding housing, applying for public assistance, and applying for jobs.
- Cyberspace: 210 N Pitt At. Carlisle, PA 17013. Phone: 717-249-7267

Safe Harbour

Phone: (717) 249-2200
Fax: (717) 249-9392
Address: 102 W. High Street, Carlisle, PA 17013
Website: http://www.safeharbour.org/
https://www.facebook.com/SafeHarbourInc/
Services: Services include an emergency shelter for families and single females who are in desperate need of a secure place to live and an environment to begin getting their lives under control.
- The bridge housing program helps individuals and families in need of longer-term assistance continue to acquire the skills necessary for independent living and a productive lifestyle.
- Single individuals that need additional "life support", but are ready for independent living, may be offered the opportunity to reside in one of our single-room-occupancy (SRO) permanent housing facilities.

SCCAP (South Central Community Action Program – Franklin County Residents)

Phone: (717) 267-3669
Address: 121-123 S Main Street, Chambersburg, PA 17201
Website: https://www.sccap.org/home/
Services: Offers emergency and long term shelter for homeless individuals and families. Also provides other supportive services such as case management.
January Family Fun Bucket List

- Build a snowman
- Celebrate MLK Day
- Make a bird feeder
- Have a pajama day
- Try a new flavor of hot chocolate
- Make a snowflake craft
- Have a snowball fight
- Bundle up and go for a walk
- Make snow angels
- Build a blanket fort
- Go sledding
- Play a board game
2020 HEALTH FAIR
March 7, 2020  |  7:30 – 11 a.m.

FREE SCREENINGS • KIDS’ ACTIVITIES • PRIZES & GIVEAWAYS

WellSpan® Waynesboro Hospital

Mark your calendars for the 37th Annual WellSpan Waynesboro Hospital Health Fair! The health fair will be held in the gymnasium of Waynesboro Area Senior High School. Stay tuned!

TWO TIMES AROUND CONSIGNMENTS
2020 SPRING/SUMMER CHILDREN’S & MATERNITY CONSIGNMENT EVENT
MARCH 26TH-27TH 10 AM-7 PM
MARCH 28TH 8 AM-NOON (1/2 OFF SELECT ITEMS)
* Become a Consignor * Shop early as a Volunteer * Register as a 1ST TIME MOM/GRANDPARENT * Come and SHOP!

Clothing (newborn-teen), maternity, bathing suits, Easter outfits, strollers, all baby & outdoor equipment, toys, books, and much more.

LOCATION: Blue Heron Events
407 S. Washington St. Greencastle, PA 17225
WEBSITE: www.twotimesaround.net

Chambersburg
IceFest ‘20
80+ SCULPTURES!
#ICEFESTPA
FREE EVENT
DOWNTOWN
PRESENTED BY M&T Bank

JAN 30 THRU FEB 2
Baby It's Cold Outside
So Keep Them Safe

Puffy coats or snow suits look cute but should not be worn in car seats, experts say. During an accident, this clothing is flattened by impact and may allow the seat’s straps to loosen so that your child slips out – a dangerous combination when on the road.

FOLLOW THESE TIPS FROM THE AMERICAN ACADEMY OF PEDIATRICS

DO

- Keep the infant carrier inside your home to keep it warmer when not in use.
- Get an early start to warm up your vehicle and allow enough time to dress your baby or toddler in layers.
- Dress your child in thin layers. Generally, infants should wear one more layer than adults. If you have a hat and a coat on, your infant will probably need a hat, coat and blanket. (See related tips below)
- Keep baby warm with a hat, socks, mittens and booties.
- If your child sucks fingers or thumbs, consider half-gloves with open fingers or keep an extra pair or two of mittens handy. Wet mittens make your child colder rather than warmer.
- Pack a bag of extra clothes and blankets, in case of emergency.
- Tighten straps so they fit snugly. You should be able to fit a finger underneath, but you should not be able to pinch any excess.
- Make sure the top layer is removable so the baby doesn’t get too hot after the car warms up.

DON’T

- Forget hats, mittens, and socks or booties. These help keep kids warm without interfering with car seat straps.
- Cover baby’s face.
- Use any accessories that did not come with the car seat. Only use car seat covers that go over the baby.
- Use a car seat cover if it has a layer under the baby. Nothing should ever go underneath your child’s body or between her body and the harness straps.
- Use items that didn’t come with the car seat. It has not been crash tested and may interfere with the protection provided in a crash. Use sleeping bag inserts or other stroller accessories in the car seat.

HOW TO LAYER UP

- Start with close-fitting layers on the bottom, like tights, leggings and long-sleeved bodysuits.
- Add pants and a warmer top, like a sweater or thermal-knit shirt.
- Your child can wear a thin fleece jacket over the top.
- In very cold weather, long underewear is also a warm and safe layering option.
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)

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**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.

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For more info on I am moving I am learning, visit: [http://tinyurl.com/movelearn](http://tinyurl.com/movelearn)  
Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)  
This publication was developed as part of the KKGI initiative. Visit the KKGI website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
Shippensburg Head Start Program

Male Involve-

Volume 2  Jan/ Feb 2020 Edition
One of the most difficult parts of being a father is learning to accept your children’s mistakes. It certainly can be easy to be loving, supportive, and helpful when your children are mistake-free, but most fathers who are paying attention don’t find too many mistake-free periods of their children’s lives.

Let’s be clear about our kids and their mistakes. There aren’t too many kids who get up in the morning, rub their hands together and say, “I wonder how I can screw up today and really bother my dad!” Kids don’t enjoy or want to make mistakes, it’s just one of the ways that they learn about the world.

Kids usually try to do their best; it’s just that they are doing their best considering the resources that they have at the time. Sometimes they’re tired, sometimes they’re easily distracted, and sometimes they’re strong-willed, but they generally do the best that they can. It’s very easy for us to judge them according to standards of what they’ve done before.

When our kids make mistakes, we have choices to make. Fathers can either make choices that help to create kids who are defensive and who lie to them …or they can make choices that help to create kids who can learn from their mistakes and improve upon them.

Kids who fear punishment or the loss of love in response to their mistakes learn to hide their mistakes. These children live in two different places—one place where they have the love and support of their father (parents), and another where they feel that if their mistakes were discovered, they would be undeserving of that love. It is hard for these kids to fully accept their parents’ love and support even when it is expressed. It is also difficult for these kids to set high standards for themselves, because they tend to be fearful of failing. These are some ideas for fathers who are committed to helping create kids who can learn from their mistakes, and who are not afraid of making a few:

Absolutely accept the notion that your kids are doing their best, and that they will learn faster about their mistakes if they are in an environment that accepts mistakes.

Understand that your difficulty with your kids’ mistakes is in fact a reflection of your difficulty dealing with your own mistakes; be aware of this and deal with your own issues first. Know the “shaming” messages that we can all give so easily to our kids—messages that can do a lot of damage to them and help them to feel unworthy. Here’s a few of them:

- How could you have done that?
- You don’t listen to me!
- You can do better than that!
- What’s the matter with you?

Keep providing your...
Fathers have an incredible opportunity to influence future generations. Having a child to raise, love, protect, and nurture is a challenging task. But dads who are involved in their kids lives offer distinctive qualities to their children. The role of a good father cannot be filled by someone else and is irreplaceable as one of the most influential things in a child’s life. Dads today are role models; children are looking for someone to look up to — to model their lives after. Every father leaves footprints of morals, values, priorities, and how to make decisions. Not an easy task as little eyes watch our every move. But the rewards are endless as our children grow into happy adults who have healthy relationships, make good decisions, and care for the communities they are a part of.

Dads are busier than ever. Things like work and meetings are pulling dads away from the family. Things like school, clubs, friends often pull children away from fathers. It is becoming increasingly important for fathers to take an active interest in their children’s lives. The benefits last a lifetime!

**BUT HOW CAN A DAD BE MORE INVOLVED?**

- Support, respect, and encourage the mother of your child
- Be involved in childcare tasks
- Play with your child
- Read with your child
- Consider taking your next raise in time, not money
- Show love and affection toward your child
- Be a role model to your children
- Eat together as a family
- Volunteer at their school
- Discipline with love and purpose
- Know their friends
- Listen to your children
- Teach your children what you know

**And remember . . .

_A Dad's Job is Never Done!!*_
"A Father doesn’t tell you that he loves you. He shows you."

- by Demetri The Stoneheart

DAD, YOUR GUIDING HAND ON MY SHOULDER WILL REMAIN WITH ME FOREVER.

A DAD IS SOMEONE.....

WHO ALWAYS SACRIFICES HIS NEEDS FOR OUR NEEDS
Preparation for Cold Outdoor Play

1) Dress yourself and children appropriately - hat, mittens, winter coat, snow pants, etc.

2) Prevent falls - watch out for ice

3) Choose areas to play that are protected from wind - on cold days limit the time children are outside

4) Check toys and equipment that have been exposed to extreme cold temps. They may break easily and create safety hazards

5) Recommend that parents provide extra clothing in case children get wet

ChildCare Aware of America

For more preparedness tips, visit childcareprepare.org

Shippensburg Kids Events Committee Proudly Presents

FREE EVENT

FREE EVENT

Shippensburg Fire Fighters
Activity Center
33 W. Orange Street
Shippensburg, Pa 17257

8:15am - 12:30pm

Pre-K through 5th Grade
USDA Nondiscrimination Statement 2015

FNS nutrition assistance programs, State or local agencies, and their subrecipient agencies, 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. Individual who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. 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 o 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_506_Com plaint_6_8_12_12_0.pdf, y envíe 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.

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How to apply:
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or stop in and apply
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