SHIPPENSBURG HEAD START & PRE-K COUNTS

March/April 2022

News To Know...

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

@:Shippensburg University Head Start Program
@ShipHSandPreK

Important DATES:

Policy Council:
March 17 – 10a.m.
April 21 – 10a.m.

No Class:
March 18
April 14–
Ship Head Start
Letort
Hamilton
Mount Holly
April 18-22 –Spring Break
April 29

Virtual Days:
March 11-All Classes
April 14–
Newville Head Start
Nancy Grayson 1
Nancy Grayson 2
James Burd
Newville PreK
Bellaire
Rice

WHEN YOU DON’T KNOW WHERE TO TURN,
CALL 211
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Recruitment Day!
Shippensburg University Head Start, Early Head Start, and Pre-K Counts Program

Now recruiting for **FREE** early education program for income eligible families serving pregnant women and children 0-5 years old. Home-Base, Center-Base, and Pre-K Counts options available.

Call to schedule an appointment for one of the following dates (walk ins welcomed):
717-477-1626

**Tuesday, April 5th, 2022 – 9:00 AM – 3:00 PM**
**Shippensburg Area** – Shippensburg University, Cora I. Grove Spiritual Center, Shippensburg, PA

**Wednesday, April 6th, 2022 – 9:00 AM – 3:00 PM**
**Carlisle Area** – St. Paul Evangelical Lutheran Church, 201 W. Luther St., Carlisle, PA

**Thursday, April 7th, 2022 – 9:00 AM – 3:00 PM**
**Newville Area** – Zion Evangelical Lutheran Church, 51 West Main Street, Newville, PA

You will need to bring:
**Proof of past 12-month income** (i.e.: 2021 tax return, W2, paystubs, TANF/SSI verification, child support), Child’s birth certificate, medical insurance card, shot record, where applicable: proof of Dr. documented disability/mental health, IEP (i.e.: ADHD, Speech), & custody papers
**Please wear a mask**

Follow us on @Facebook.com/ShippensburgUniversityHeadStartProgram/
Check out the website for details @ www.ship.edu/headstart
Scan the QR code to apply today
Trying to play catch-up? Renter households may apply for rent and/or utility assistance (arrears, current and future) for up to 18 months.

Learn more about the program here: https://tinyurl.com/bdwe8y7v
From the Education

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.”
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-laden hills, beaver dams—the choices are endless.

"In the spring, at the end of the day, you should smell like dirt."
—Margaret Atwood

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.
Our Future plans are working on our child’s goals and completing them as successfully as possible. We move at our child’s pace giving them the time to learn. Our teachers do holiday related activities for the children during socializations. We will likely plan more outdoor walks and outdoor activities. We are also working on putting together a Family Pizza and movie night in April!

For our winter months we stayed indoors where it was nice and warm doing projects and activities. We work on colors, shapes, the alphabet and even counting! Miss Doris and Miss Beth like to make sure that they have recipes and activities available to share with the families so that they can take things home and try them together with family members.
FREE TAX PREPARATION!

Make $58,000 or less last year? You are eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program. Review the following information BEFORE arriving at a site.

You MUST bring the following documents to have your taxes prepared:
- Valid photo ID (driver’s license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one) for each year’s taxes that you need prepared.
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health care from the marketplace, bring your form 1095-A. (We cannot prepare your return without it.)

Also bring the following information if it is available:
- Previous year’s federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider’s address and Employer Identification Number (EIN) or their Social Security number.

**MASKS ARE REQUIRED AT ALL SITES**

For more information on tax prep sites, contact United Way of the Capital Region at 717.724.4077, or e-mail miyp@uwcr.org.

Please do not call sites directly unless a number is listed.

TAX PREPARATION WILL BEGIN ON JANUARY 31, 2022 AT THE FOLLOWING SITES:

**CUMBERLAND COUNTY**

- **Bosler Memorial Library**
  158 W. High St., Carlisle
  Appointment only. Call 717.724.4077 to schedule.
  Friday: 1-4 p.m. (Opens 1/28)

- **Employment Skills Center**
  29 S. Hanover St., Carlisle
  Tuesday, Thursday: 5:30-7 p.m.

- **First Christian Church of Lemoyne**
  442 Hummel Ave., Lemoyne
  Appointment only. Call 717.724.4077 to schedule.
  Thursday: 6:30-8 p.m.
  Saturday: 9 a.m. - noon (Select dates)

- **Messiah University**
  Frey Hall, Rm. 150
  One University Ave., Mechanicsburg
  717.796.1800, ext. 7300
  Monday: 5:30-7:30 p.m.
  (Opens 2/26. Closed 3/7)

- **New Hope Ministries, Inc.**
  5228 Trindle Rd., Mechanicsburg
  Wednesday: 5:30-8:30 p.m.

- **Shippensburg University**
  Ceddia Union Building (CUB), Rm. 238
  1871 Old Main Dr., Shippensburg
  Wednesday: 5-9 p.m.
  (Opens 2/9. Closed 3/9)

**DAUPHIN COUNTY**

- **Belco Community Credit Union**
  449 Eisenhower Blvd., Harrisburg
  Appointment only. Call 717.724.4077 to schedule.
  Wednesday: 5:30-8 p.m.

- **Market Square Presbyterian Church**
  20 S. Second St., Harrisburg
  Tuesday, Thursday: 9:30 a.m. - noon
  (Site will also be open on 1/27)

- **Middletown Public Library**
  20 North Catherine St., Middletown
  Monday: 5-9 p.m.

- **Tri County Community Action**
  20 Clearfield St., Elizabethville
  Appointment only. Call 717.724.4077 to schedule.
  Tuesday: 9 a.m. - noon

**PERRY COUNTY**

- **Perry County Literacy Council**
  133 South 5th St., Newport
  Appointment only. Call 717.567.7323 to schedule.

- **Tri County Community Action**
  8407 Spring Rd., New Bloomfield
  Appointment only. Call 717.724.4077 to schedule.
  Thursday: 10 a.m. - 4 p.m.

* Site may reach capacity early on high volume days.
Discipline and Positive Parenting
Head Start Presentation

January 25, 11 AM:
Is That Normal? Typical Behavior and When to Worry

February 22, 11 AM:
Helping Kids Handle Big Feelings

March 22, 11 AM:
Setting Healthy Rules, Routines, Limits

CONTACT ME/RSVP:
Jada Hines
Shippensburg University Head Start
717-477-1626, ext. 3559
jlhines@ship.edu

Join Zoom Meeting
https://ship.zoom.us/j/95063026221
Meeting ID: 950 6302 6221
Passcode: 589903
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 Chosy Kids and their resources at: [www.chosykids.com](http://www.chosykids.com)
This publication was developed as part of the KKG! Initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
Big Spring School District

Registration for next year’s kindergarten students is now available and may be completed online. Please help us spread the word for Big Spring Parents to complete the Online Registration process. Details can be found on our web page at https://www.bigspringsd.org/Page/2120

Shippensburg Area School District

Kindergarten Registration for the 2022/2023 school year is being held virtually on the following dates:

March 29, 30 and 31: 12:00 p.m.– 8:00 p.m.
April 4: 8:00 a.m.– 12:00 p.m.
April 6: 12:00 p.m.– 4:00 p.m.


Carlisle Area School District

www.carliseschools.org/student_services/registration/kindergarten_readiness

South Middleton School District

www.smsd.us/welcome/central_registration
DIAGNOSIS OF A

SUBSTANCE USE DISORDER

The American Psychiatric Association diagnoses the severity of Substance Use Disorders by identifying the presence of problematic patterns using the criteria below occurring over a 12 month period.

1. AMOUNT
   Take the substance in larger amounts & for longer than intended.

2. CONTROL
   Want to cut down or quit but are unable to.

3. TIME
   Spend large amounts of time obtaining the substance.

4. CRAVINGS
   Experience cravings or strong desires to use the substance.

5. OBLIGATIONS
   Repeatedly unable to carry out major obligations at work, school or home due to substance use.

6. SOCIAL
   Continuing to use the substance despite persistent or recurring social or interpersonal problems or harm to relationships.

7. ACTIVITIES
   Stopping or reducing important social, occupational or recreational activities due to substance use.

8. HAZARD
   Continually using the substance in physically hazardous situations such as driving under the influence.

9. HARM
   Consistently using the substance despite knowledge of the substance causing persistent or recurrent physical or psychological problems.

10. TOLERANCE
    Building a tolerance — the need for markedly increased amounts of the substance to achieve the desired effect, or a markedly diminished effect with continued use of the same amount of the substance.

11. WITHDRAWAL
    Feeling withdrawal symptoms — as either a characteristic syndrome or when the substance is used to avoid withdrawal.

MILD
MEETS 2 to 3 CRITERIA

MODERATE
MEETS 4 to 5 CRITERIA

SEVERE
MEETS 6 or MORE CRITERIA

DIAGNOSTIC & STATISTICAL MANUAL FIFTH EDITION

FOR MORE INFORMATION VISIT
www.recoveryanswers.org

RECOVERY RESEARCH INSTITUTE
RECOVERYANSWERS.ORG
SPRING BUCKET LIST

- have a barbeque
- picnic in the park
- nature scavenger hunt
- plant some flowers
- play a game outside
- take a bike ride
- feed the ducks
- go fishing
- fly a kite

and have some fun!
THINKING ABOUT BECOMING A FOSTER PARENT?

Caring for a child as a foster parent requires courage, hard work, and love but it can be a rewarding experience. The decision, however, to become a foster parent should not be taken lightly. The below tips and guidelines, in addition to applications, extensive training and dedication, can help determine your next steps.

CONSIDER EVERY FAMILY MEMBER
Do you have enough space to comfortably accommodate your own family as well as a foster child? Think about the impact fostering will have on your own family dynamics and routine.

FINANCIAL STABILITY
Despite receiving a stipend for the child in your care, fostering will also have an impact on your finances if you are to properly care for a child, therefore you should be secure financially.

DETERMINATION
Every child deserves the chance to be a part of a family that will not give up on them and a family who will help them become the best they can be. Foster parents can make a positive difference in a child’s life by being available and open to listening and helping.

PROVIDE A NURTURING ENVIRONMENT
There is no better gift to give a child than to provide him/her with a loving, nurturing family and a stable home where they can be loved and grow, and where they can learn to give love in return.
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 KKG! initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
Shippensburg Head Start Program

Male Involvement

March/April 2022 Edition
One of the greatest benefits people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. Benefits such as pride, satisfaction and accomplishment—are worthwhile reasons to serve.

We all have talents and strengths that we can use to give back. Whether it’s a one-day event, like participating in a walk-a-thon together, or a long term commitment, like joining a program like Meals-on-Wheels, volunteering and being involved in the community can be a great way to spend time with your child and teach him/her the importance of helping others.

Research suggests that families who volunteer together have strong ties. Kids involved in community service have higher self-esteem and are less likely to engage in risky behaviors. By volunteering, kids and teens learn what it means to make and keep a commitment. They learn how to be on time for a job, do their best, and be proud of the results. But they also learn that, ultimately, we’re all responsible for the well-being of our communities.

TIPS & BEST PRACTICES

**Volunteer in your community.** Your child will gain a better understanding of the importance of helping others. Check out Volunteer.gov or VolunteerMatch for ideas.

• **Start your own volunteer project.** There are a lot of resources available for families and community groups interested in spearheading a service project. Here are some Federal resources to help you get started.
  
  • United We Serve: Getting Started Toolkits
  
  • Community Renewal: Starting a Clothing Drive Team

Community Renewal: Supporting a Local Food Bank

Education: Starting a Book Distribution Team (Book Drive)

Create Your Own Project!

**Make giving and volunteering a habit.** Set aside toys and clothing in good condition. Deliver the items to a deserving cause together. Talk about the process and why you care. Find more tips on raising grateful kids on PBS.org.
Reading Together

https://www.fatherhood.gov/for-dads/reading-together

Reading to your children from an early age helps them become and stay interested in reading throughout their life. Research shows that children who enjoy reading tend to do better in school and have more employment opportunities as adults! Children often become interested in reading by watching and copying their parents or participating in child-parent reading routines.

Reading and telling stories to your children is not just good for them, it is fun too. It provides a positive way to stay involved in your children’s lives and creates memories to share with them as they get older. Taking the time to read a story out loud can even be relaxing for you! It’s never too early to start reading with your child.

TIPS & BEST PRACTICES

• **Start Reading Together Early.** Zero to Three provides tips for how to share books with babies and toddlers to build a love of book-reading and to nurture a lifelong love of books.

• **Choose Colorful Books and Use Emotion in Your Voice.** Reading Rockets Start with a Book includes a list of resources on selecting books, tips on reading aloud and how to make reading more exciting.

• **When reading with young children who are still learning to read,** move your finger along with the words as you read. This will help them follow along and start to recognize letter and sound combinations.

• **Ask Your Child Questions.** Help your preschool age children develop critical thinking skills by asking open ended questions about the story being read. Ask questions such as “What do you think will happen if...” or “Why do you think they...”

• **Keep reading with your child.** Children can still enjoy reading with you, even when they have learned how to read. With older kids, take a look at their school reading list and read along with them. Every time you come to the end of a chapter or section, talk about it together. Listen to what they thought, and share some thoughts of your own.
“Every father should remember that one day his son will follow his example instead of his advice.”
-Charles F. Kettering

“What I’ve realized is that life doesn’t count for much unless you’re willing to do your small part to leave our children — all of our children — a better world. Any fool can have a child. That doesn’t make you a father. It’s the courage to raise a child that makes you a father.”
-Barack Obama

www.DeSuMama.com

Every son quotes his father, in words and in deeds.

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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) 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 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_Compliant_6_8_12_0.pdf y en cualquier oficina del USDA, o bien escriba una 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.
Construyendo Para El Futuro

Esta guardería infantil recibe asistencia monetaria del gobierno federal para servir comidas nutritivas a sus niños. ¡Buena nutrición hoy significa un mañana más saludable!

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por el programa "Child and Adult Care Food Program" del Departamento de Agricultura de los Estados Unidos (USDA por sus siglas en inglés).

¿Preguntas? ¿Inquietudes?

Llame gratuitamente a USDA al: 1-866-USDA CND (1-866-873-2263)

Visite el website de USDA: www.fns.usda.gov/cnd
This child care receives Federal cash assistance to serve healthy meals to your children. Good nutrition today means a stronger tomorrow!

Meals served here must meet nutrition requirements established by USDA’s Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: 1-866-USDA CND (1-866-873-2263)

Visit USDA’s website: www.fns.usda.gov/cnd
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**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 100% of the federal poverty guideline ($26,500 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 ($79,500 or under for a family of 4)

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**How to apply:**
Call Shippensburg Head Start  717-477-1626

or stop in and apply
Cora Grove Spiritual Center, Shippensburg University
Shippensburg, Pa. 17257