News To Know...

ACT NOW!!! It’s very important to get your child signed up for KINDERGARTEN ASAP!

Important DATES:

Policy Council:
- May 3 – 10a.m.
- June 16 – 10a.m.

No Class:
- May 13 – Pre-K Classes ONLY
- May 27 & 30
- June 16-July 4 – Summer Break
(Pre-K 3 class in session ONLY off July 4th)

WHEN YOU DON’T KNOW WHERE TO TURN,
CALL 211 RESOURCE HELPLINE
## May 2022

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Parent Committee Meetings
EHS Ship 5/10 @ 10 am
Ship HS Center 5/12 @ 12:30 pm
Newville Center 5/20 @ 12:30 pm
Letort TBD

Parent Café
June 1st – 10:30 am – 12 pm
Location: Zion Evangelical Lutheran Church, 51 West Main St. Newville PA 17241

Budget Workshop
Facilitated by Tri County Community Action – Autumn Karper
2 sessions: May 6th and May 20th via Zoom at 11 am
**SPRING Bucket List**

1. Pick berries
2. Feed ducks
3. Go puddle jumping
4. Blow bubbles
5. Run through sprinklers
6. Make a bird feeder
7. Go to a farmers market
8. Climb a tree
9. Plant flowers
10. Hunt for bugs
11. Draw with sidewalk chalk
12. Help wash a car
13. Make a butterfly feeder
14. Watch a sunrise
15. Go bird watching
16. Press flowers in a book
17. Visit a new park
18. Plant a vegetable garden
19. Go hiking
20. Do a cartwheel
21. Fly a kite
22. Have a game night
23. Have a picnic in the backyard
24. Make a fairy garden
25. Make lemonade
26. Visit a farm
27. Make a flower craft
28. Roll in grass
29. Ride a bike
30. Paint a rainbow
31. Make a birdhouse
32. Dye Easter eggs
33. Take pictures of wild flowers
34. Go on a nature walk
35. Make homemade ice cream
36. Make nature paint brushes
37. Go camping
38. Read a new book
39. Build a fort
40. Spot 5 different types of flowers
41. Go to the zoo
42. Have a tea party
43. Paint a flower pot
44. Look for rainbows
45. Play tag
46. Go on a scavenger hunt
47. Play hopscotch
48. Chase butterflies
49. Fly paper airplanes
50. Take a road trip
51. Play in the rain
52. Go fishing
53. Have a BBQ
54. Make a mud cake
55. Take a family walk
56. Make a fruit smoothie
57. Play a boardgame outside
58. Play football
59. Plant flowers
60. Jump rope

www.messylittlemonster.com
From the Education

Literacy Activities You Can Do At Home

- Please read, read, and read some more to your children. Reading aloud to them builds so many language skills (comprehension, rhyme, concepts of print such as where to begin reading, vocabulary building, etc.).
- Visit the library often to read, hear a storyteller, or watch a puppeteer!
- Don’t neglect the power of children’s own names! Young children naturally like to see their name in print and have a great desire to know the letters in their name.
- Also, use the beginning sound in their name as a foundation for building sound knowledge! For example, if your child’s name starts with P, find other items that start with /p/ like popcorn, puzzle, pillow, etc.
- For writing their names, let children practice (first letter uppercase and all the others lowercase) in sand, a small tray of rice, shaving cream, pudding, finger paint, glitter crayons, write it big with sidewalk chalk, shape playdough into the letters, etc.
- Print is all around young children for them to notice and make literacy connections! Some print is already meaningful to your children such as names of favorite cereals, restaurants, toys, stores, and more! Letters and words are everywhere in your home, on the street, in the store, etc. – Make it a fun learning game in which you play “I spy” – I spy with my little eye something that starts with the letter M or /m/ (say the sound the /m makes) depending on the developmental level of your child.
- Place magnetic letters on the refrigerator at the children’s eye level so they can manipulate the letters to form their name, group like letters together, etc. (you can find magnetic letters at Walmart for $1.00).
- Create a letter scrapbook with your child. For each page, write the upper and lowercase letter. Have children hunt for small objects, environmental print, etc. that begin with a certain letter. Make sure to include photos of their friends too!
- Let your children see you writing letters, checks to pay bills, the grocery list, anything! Give them their own piece of paper, letting them write out their own list using kid writing (It’s all right if you can’t read it at this point – You are modeling for them uses/reasons for writing and reading which is more important at this age).
- Create a writing toolbox to store fun writing utensils, different types of paper, envelopes, stickers, etc. for your child to have their own writing materials to encourage writing.
- Read, recite, sing, and act out nursery rhymes.
- Do a lot of language play – jump rope rhymes, silly songs and finger plays, and riddles.
- Create new, silly names – for example, if your child’s name is Sam, his name could turn into Bam, Ham, Jam, Kam, Lam, Mam, etc.
HELPING CHILDREN DEVELOP SELF-DISCIPLINE

Children's mistaken behavior can be frustrating and disturbing to adults, but we also can see it as an opportunity to teach, a chance to model self-discipline and character. Emotional development, like other learning, takes time and learning opportunities. And children, being the excellent imitators they are, will follow our example – for better or for worse.

If we yell at children, they will yell; if we hit them, they will hit. We get better results when we discipline calmly and teach our children to express their feelings in acceptable ways. When teachers share, children share; when parents are courteous, children are more cooperative.

Here are a few things we do in the classroom; they also work for parents:

**Be clear and consistent.** Set and discuss rules and consequences. Rules should be clear, simple, and few. Some adults have only one basic rule: You may not hurt yourself, others, or things. For example, to stop a child from hitting another child, kneel and calmly state: “You may not hit Ben. People are not for hitting.” Then add, “I know you are angry. Can you tell me why? ... Ok, how can you let Ben know that you want to use the blue crayon?”

**Offer choices.** “Do you want to brush your teeth now, or do you want to brush after we read a story?” “Would you like milk or juice with your snack?”

**Ignore certain behavior,** like cursing or stomping, if it is not harmful. A child will quickly learn that he will gain nothing by acting up. On the other hand, he will learn that good behavior gets results and a favorable reaction from grown-ups.

No matter what we adults do, there are times when children lose control. Aggressive acts may call for removing the child from the action for a brief time in order to provide them with the opportunity to “cool down.” Those few minutes come in handy, too, for helping a frustrated parent cool down – and think of what to do next.

FAMILY ROUTINES

Children develop best in an environment of order and consistency. They are happier when they know what to expect. To a young child, a predictable world is a safe world.

By setting up regular, reliable times and procedures for daily events, parents and teachers provide a dependable environment. Routines also help avoid the power struggles that so often occur between adults and children.

You’ll find life with your child goes more smoothly if you set up and consistently carry out regular routines such as bedtime, wake-up time, mealtimes, chore times, play times, and home-work times. It might help to have a list of sequence of daily events posted where your child can refer to it as necessary (for ex. Bedtime: put on pajamas, brush teeth, read story). Use simple drawings on the schedule to facilitate young children’s understanding.

Of course, some changes in schedules and routines are unavoidable. And while children prefer routine, they are resilient enough when a familiar routine has to be disturbed. Two points to remember:

**Be consistent**  **Explain deviations or changes in routine**
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.

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**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.
- Taggers 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.

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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)
5 Tips to Help a Family Member Re-integrate After Prison Release

There are many problems prisoners face after returning home. In addition to generally adjusting to life after jail, there might be specific difficulties regarding employment, family life, and societal stigma. According to a 2014 Harvard study, parolees that have a history of mental health issues or substance abuse face an even tougher reintegration period.

But, any parolee can experience a smoother transition back to society with support from their friends and family. In fact, one of the most crucial elements of successful reintegration for former prisoners is having loved ones to help usher them through the process.

If you have a family member that has been or will soon be released from prison, consider assisting them by following these tips on how to support your loved one after getting out of jail.

**PROVIDE HOUSING, IF POSSIBLE**
Most people that are re-entering society after prison face enormous obstacles in finding adequate housing. According to a report by the American Psychological Association, because the risk of not finding housing is so high, some parolees experience homelessness upon their release.

Difficulty in finding housing can be caused by any number of factors – lack of income, policies that make it more difficult for parolees to obtain housing, and lack of public housing are among the most common. The first month after someone is released from prison is the most critical for adjusting to life after jail. If you want to know how to support your loved one after getting out of jail, providing them with housing or assistance for housing should be at the top of your list.

**FOCUS ON SOCIALIZATION**
Studies show that one of the most common negative impacts of incarceration is social withdrawal and isolation.

For re-entry into the free world to be successful, former inmates need to experience positive social experiences, which is something you as a family member can help facilitate. Something as simple as hosting dinner with a few family members to welcome your loved one home is a good place to start. In this case baby steps – small dinners, outings with close friends, visiting favorite restaurants, and so forth – will help many parolees in adjusting to life after jail.
FACILITATE PRODUCTIVITY
For some ex-offenders, having too much free time can spell disaster. In fact, according to a study by the Brookings Institute, 77% of people released from prison are rearrested within five years. Having outlets for being productive in a positive way can help combat this trend.

You can’t schedule every minute of your loved one’s day, but what you can do is help them find outlets for being productive. From things like asking your loved one to do chores around the house to more complex tasks like helping them find a job, there is no end to what you can do to promote productivity. Help them get reacquainted with a hobby they used to enjoy. Ask them to attend church services with you. Help them explore volunteer activities. By facilitating participation in these and other activities, you can help mitigate one of the most common problems prisoners face after returning home – simply not having anything to do or look forward to.

PROVIDE STRUCTURE, BUT ENCOURAGE INDEPENDENCE
As this report from the Department of Health and Human Services points out, inmates often live under conditions in which independence and self-initiative are quashed. Over time, some inmates may become reliant on this highly structured prison life in order to function.

Because of this, once free, ex-prisoners can find it difficult to navigate a world in which they have some measure of autonomy. You can help ease that transition by providing structure in your loved one’s daily routine. Having meals together at the same time each day is a good place to start. Additionally, it’s important to promote independence for your loved one. Ask their input on things like what the family should have for dinner or what fun activity you should do over the weekend, and build up from there to more complex and important decisions. By easing them back into the role of being an independent decision-maker, you can make the process of adjusting to life after jail much smoother for your loved one.

WATCH FOR MENTAL HEALTH WARNING SIGNS
While being released from prison can be a very happy experience, reintegrating into society can be extremely stressful. What’s more, the rejection from family, friends, and society that is so common for ex-offenders can quickly foster the growth of self-doubt, anxiety, and depression, to name but a few of the mental health problems prisoners face after returning home. There are a couple of simple things you can do to try to break this cycle.

First, help your loved one improve their self-talk. For example, if they’re facing rejection from job interview after job interview, encourage them to reframe the situation from “I’m a failure. I can’t get a job.” to “I haven’t found a job yet, but I’m strong enough to keep trying.” This kind of positive self-talk can do wonders for one’s outlook on life.

Second, help your loved one set attainable goals. At first, this might be something like organizing their living space. As time goes on, it might be to learn a new skill. The point is that having goals not only gives your loved one something to look forward to, but it also gives them a reason to celebrate and an opportunity to feel success when those goals are accomplished.

Sean Jackson April 2020
https://www.trendwyoming.org/articles/helping-family-member-reintegrate-after-prison-release/
Go Team!
In today's world many children play sports, however some just aren’t interested. Here are a few reasons why a child would avoid sports.

- **They aren’t developmentally ready.** It’s not until age 6-7 that children have the physical skills, attention span and ability to grasp sports rules.
- **The coach or team is too demanding.** Children are intimidated when they are being pressured or yelled out.
- **They are shy.** Shy children tend to be uncomfortable when put in a situation where they need to work with others.
- **They carry extra weight.** Overweight children tend to feel more self-conscious.
- **They haven’t found the right sport yet.** Not all children like to do the same things or possess the skills to do certain activities.
- **They have a health condition.** Children with certain health conditions, such as asthma, may feel uncomfortable or not able to do certain activities.

Team Family
Here are some things that you can do to help your child be more comfortable with sports and in team situations:

- Play games that help prepare them to be on a team. This could include playing kickball, catch or running games.
- Encourage your child for their efforts. Give high fives or fist bumps. Think about what skills they need to further develop and give them more opportunities to practice them.
- Make it fun... smile, laugh and have a good time.
- Involve other children in the play. A cousin, neighbor, or friend will help your child learn to play with others in a team setting.
Chant it!
This month’s Chant it! is based on the old-time classic, *Take Me Out to the Ballgame*. This song has been adapted to include motions to get your child more involved.

**Take Me out to the Ballgame**
Take me out to the ballgame, (pretend to be swinging a baseball bat)
Take me out with the crowd.

Buy me some peanuts and Cracker Jacks, (use one hand to motion like you are popping a piece of popcorn into your mouth)
I don’t care if I never get back. (shake your head back and forth like you are saying no)

Oh it’s root, root, root for the home team,
(pump your fist three times like you are cheering).
If they don’t win it’s a shame. For it’s one, two, three strikes you’re out at the old ball game. (hold up fingers as you count 1,2,3).

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Move it!
This month’s Move It! focuses on an easy homemade activity. This activity helps promote the development of eye hand coordination and gross motor skills.

**Milk Jug Catch**
You will need:
- 2 clean plastic milk jugs
- Scissors or craft knife
- Permanent markers
- Soft foam ball or plastic ball

Directions:
1. An adult should cut the bottom off the milk jugs, leaving the end with the handle and spout.
2. Decorate the plastic scoops with permanent markers.
3. Each player will need a scoop. Toss a ball to your partner, who will catch it in the scoop. Then your partner throws the ball back to you to catch in your scoop.
4. To make the game harder, throw the ball when it is still in the scoop. Use a soft foam ball to play the game inside and a plastic ball to play outside.

**Tip...** For an easier game, use gallon jugs.
To make the game more challenging, use quart jugs.
ATTENTION!
ALL DADS AND MALE ROLE MODELS

Did you know that having regular community volunteers is an absolute requirement for the continued operation of the Shippensburg University Head Start and Pre-K Counts Program?

We really need you in our classrooms, Home Visits, and Socializations!

Just a few minutes a week could make all the difference!

If you are interested (or know someone who is), ask your Teacher/Home Visitor, or call 717-477-1626, about how you can help!
It’s tempting to think of father-child relationships in physical and temporal terms. Is dad affectionate? Does dad spend the time? These things matter — specifically to younger children — but two questions cannot encapsulate the quality or importance of a father-child relationship. New research presents a significantly more complicated vision of involved fatherhood and its benefits across the lifespans of men and their children.

The model that best explains how involved fathers can benefit from positive and consistent engagement with their children is known as the “ABC of Fatherhood.” This research-supported three-point plan for long-term relationships and personal success suggests that father’s emotional investments in their children always pay off.

The “A” in the “ABC of Fatherhood” is for the “affective” climate. This is the sense of love and constancy of a father being there. So a child feels: “My dad has my back. He really cares for me. I could call him at any moment and he would come. I can be halfway around the world and he is thinking of me.”

This affective climate is the most crucial foundation of a father-child relationship. Being secure in a father’s love is the basis for a positive identity and the courage to explore and learn new things. And developing these facets of the father-child relationship is not only good for the kids — it’s also a vital part of adult male human development.

Studies have demonstrated that involved fatherhood improves a man’s cognitive skills, health, and capacity for empathy. It builds his confidence and self-esteem while enhancing emotional regulation and expression. Involved fathers often say that they have learned to control their anger better or not express negative emotions, such as fear, so readily. They have often also recognized the need to express tender emotions which men, stereotypically, are said to find challenging. Again, their emotional development as fathers carries over into other contexts. It’s good for their marriages and their friendships.

“B” represents a father’s behavior. Dad goes to his children’s games, helps with homework, gets out with them and kicks a soccer ball. It’s the observable mark of an involved father-child relationship. When a father is positively engaged in these ways, his children tend to have better school attainment, smoother peer relationships, less drug use, delayed sexual initiation and fewer issues with the law and authorities.

The benefits to this kind of engagement aren’t just long term for men. Fatherhood gives men permission to play, possibly for the first time in decades. If a man without children enjoys building blocks or coloring books, he may be considered immature, but doing these things with children makes him a sensitive caregiver. A close father-child relationship gives fathers opportunities to re-experience childhood, reintegrate memories, and make sense of relationships with their own parents. When they get down on the ground with kids, it’s not only great parenting — they are also engaging in deep psychological development for themselves.
Finally, “C” stands for connection. This is about a father’s synchrony with – and sensitivity to – his children, allowing dad to make use of teachable moments. A father who has mastered connection is good at reading his child’s mood. If he thinks his child needs more from him, he’ll give more. If he thinks that he’s overwhelming the child, he’ll back off. It’s what Edward Tronick, the American developmental psychologist, described as the “dance of parenting,” where we learn about turn-taking and being tuned in to others.

Tuning in changes men. A close father-child relationship means that a father will typically be more empathetic to the outlook of children, a skill that he can then apply elsewhere, such as at work, better understanding the diverse perspectives of colleagues.

A close father-child relationship develops the dad’s capacities for evaluating, planning and decision-making — all part of executive function. Dads do this every day. It comes into play, for example, if they are home for only a couple of hours before the children go to bed but plan to use that time well, on an outing or helping with homework or going to a soccer game. That use of executive function to juggle resources effectively carries over into other parts of a man’s life.

An involved father will create or deploy interpersonal relationships and contextual resources to support his parenting. It’s not unusual for a father who was previously uninvolved in his community to suddenly join a neighborhood association or take an interest in scouting. He wants his kids to be safe and now pursues his goals via pro-social behaviors. Interestingly, these pro-social behavior sometimes extend to himself. Involved fathers stop smoking. They diet. They go to the doctor. Sometimes they engage in these behaviors despite very poor track records regarding their own health. Again, they want their children to be safe and they are guaranteeing that safety by looking after themselves.

None of this happens overnight. A man doesn’t magically develop these skills or get awarded a seat on the condo board on account of paternity. He achieves developmental gains gradually by successfully building the father-child relationship through a series of transitions as his child develops, his family faces crises or deaths, and his own economic or emotional situation changes. Involved dads double down during transitions. The more a dad connects his fathering to life changes, the “more of a dad” he becomes. There are always events and situations that make it difficult for fathers to remain positively involved with their children; the critical benefit of involved fatherhood is that it puts dads in a position to handle happenstance while remaining focused on fatherhood. This is not only good for men, who have the self-assurance derived from a strong identity and family structure, but for their children, who know that dad has their back.

Father-child relationships are not, in short, just about the kids. Fatherhood has a central role to play in male adult development. This is why physical affection and time spent with children cannot adequately describe the success of a father-child relationship over time. These relationships are successful when they lead to change — when increasingly informed, enthusiastic and skilled fathers learn to parent secure and increasingly independent young people.
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(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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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
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or stop in and apply
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Shippensburg, Pa. 17257