News To Know...

Looking for Updates?

Please remember we follow us:

@:Shippensburg University Head Start Program

@ShipHSandPreK

Important DATES:

Policy Council:
Nov 19th
Dec 17th

WHEN YOU DON’T KNOW WHERE TO TURN,
CALL 211
RESOURCE HELP-LINE

WE WISH YOU
-HAPPY-
Holidays
-AND-
A GREAT NEW YEAR
Learning about numbers is a preschooler’s first step toward becoming a budding young mathematician. And in preschool, math learning is all about counting, number recognition, and one-to-one correspondence. If a child doesn’t ace these seemingly simple skills in a timely manner, don’t fret: even math whizzes need time to blossom. But with age appropriate techniques, helping your child to master these math milestones will be as easy as 1, 2, 3!

**Counting** is the ability to recite numbers in order.

**How to practice it:**

- Recite nursery rhymes and sing songs that include counting such as: One, Two, Buckle My Shoe, There Were Ten in the Bed, This Old Man, Five Little Ducks and The Ants Go Marching One by One. This will give your child an opportunity to practice counting in a fun and playful manner. You can find free song lyrics and listen to melodies at [www.kididdles.com](http://www.kididdles.com).

- Find counting books at the library. You will want to be sure to check out a few of these classics and find your favorites: *Over in the Meadow* by Ezra Jack Keats, *Count* by Denise Fleming, *Five Little Monkeys* (series) by Eileen Christelow, *Ten Black Dots* by Donald Crews and *Anno’s Counting Book* by Mitsumasa Anno.

- While in the car or waiting in line, have your child count as high as he can go. Have him clap as he says each number name to make the learning kinesthetic. Add a new number each time you practice.

**Number Recognition** is the ability to visually recognize and name numbers.

**How to practice it:**

- Point out and name numbers on street signs, houses and buildings while you are out and about. Find numbers around the house on appliances, telephones, remote controls (remove the batteries and let him play), clocks and thermometers.
Coordinator’s Desk

- Give your child a calculator and let him play with the numbers. Ask him to find the number that shows how old he is and show him the number that shows how old you are. Have him type in the numbers 0-10 in order. This learning tool works well when you are waiting in line; keep one in your purse for emergencies!
- Purchase a package or two of magnetic numbers. Allow your child to match up pairs of the same number and put the numbers in order. Take a cookie sheet and numbers in the car for on-the-go learning.

**One-to-One Correspondence** is the matching up of a verbal or written number with an object. When a child has mastered one-to-one correspondence, he can touch objects as he counts them.

How to practice it:

- Have your child count at mealtime by matching up napkins and spoons, counting plates and cups for each family member or doing a count to be sure there are enough chairs when you have company for dinner.
- Make snack time learning time by writing the numbers 1-12 in the bottom of an egg carton and have your child count the appropriate number of small crackers, cereal or cookies into each section. Keep the egg carton on top of the fridge or pantry for repeated practice.
- Count everything as you go through the day. Count the steps as you go up and down, count the number of times the phone rings before you answer it, the number of toys you put in a bathtub or how many books you read before bedtime. Put stickers on a piece of paper and have your child touch each one as he counts.

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.
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

### 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- **Refrigerator:**
  - Safe to store the turkey for another 1–2 days in the refrigerator.
  - This is the USDA recommended thawing method.
  - How to thaw: Allow approximately 24 hrs. for every 4 lbs. of bird.

- **Cold water:**
  - Cook immediately after thawing.
  - How to thaw: Submerge the bird in cold water & change every 30 mins.

- **Microwave:**
  - Cook immediately after thawing.
  - How to thaw: Use defrost function based on weight.

For more information on safe thawing methods, visit fsis.usda.gov.

### Clean

Wash your hands for 20 seconds with soap and warm water.

**Utensils:**
- Plates
- Countertops
- Cutting boards

**Should also be washed:**
- Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

**So don’t wash your turkey!!**

### Sepa Rate

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

- Keep dishes that touch raw food separate, too!

- Wash items that touch raw meat with soap and warm water.

### Cook

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

### Chill

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Safe in fridge 3-4 days
- Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can’t be smelled or tasted!

**FOR MORE INFORMATION:**
- Visit foodsafety.gov
- If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntokelaKaren.gov for questions in Spanish.
Thanksgiving Safety Tips for Parents and Children

For many families, Thanksgiving is full of turkey, travel, and gratitude. But, with the kids home from school, it can be easy to forget that hot ovens, boiling soup, and sharp cutlery are dangerous. Also, if you’re heading out or staying in, don’t forget to check the house for safety hazards.

Follow these Thanksgiving safety tips to ensure a festive and fun holiday:

**Kitchen Safety**

When cooking hot dishes, keep children at least 3 FEET AWAY, as hot steam or liquids could cause burns.

- Keep pot handles TURNED AWAY and out of the reach of children.
- **MOVE DISHES** (hot and cold) away from the edge of counters, so kids or dogs don’t pull them down.

- Never leave CHILDREN UNATTENDED when there is food cooking in the kitchen.
- Don’t FORGET to turn off the oven and burners when you’re finished cooking.
- Have a FIRE EXTINGUISHER handy in case of a grease fire.

TEACH CHILDREN not to go near hot ovens, especially when the oven door is open.
If you believe you are in a heating crisis, contact your local county assistance office (CAO).

A listing of CAOs and other helpful information can be found at:
https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx

If you live in the following counties, contact your crisis contractor:

Luzerne
(800) 822-0359

Wyoming
(570) 836-4090

Statewide Toll-Free Hotline
1-866-857-7095

Philadelphia County
Call (215) 560-1583

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to communicate with the helpline may call PA Relay Services by dialing 711.

Apply online at www.compass.state.pa.us

Applications are also available at your local county assistance office.

LIHEAP
May Be Able To Help You

LIHEAP
Low-Income Home Energy Assistance Program

Important Information about an Energy Assistance Program

Información importante sobre un programa de asistencia para el pago de energía

Mexikosztállyra vonatkozó fontos információ

Важная информация о программе помощи в оплате счетов за электроэнергию

pennsylvania
DEPARTMENT OF HUMAN SERVICES

COMPASS
LOOK, APPLY, BENEFIT
What is LIHEAP?
The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...
- Apply between Nov. 1, 2020 and Apr. 9, 2021.
- You do not have to be on public assistance
- You don’t need to have an unpaid heating bill
- You can either rent or own your home

How does LIHEAP work?
LIHEAP offers both cash and crisis grants. Families may apply for:

Cash Grants
Cash grants help families pay their heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.) Cash grants range from $200-$1,000 and are based on household size, income, and fuel type.

Crisis Grants
Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of $600 is reached.

Crisis situations include:
- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15 day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)

If you have a heating emergency please call your local county assistance office (CAO).

How do I apply?
- Apply online at: www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local CAO

To apply, you will need
- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for all household members

Who is eligible?
You may qualify for a LIHEAP grant if your household income meets the following income guidelines:

INCOME GUIDELINES
2020 - 2021 LIHEAP

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Annual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$ 19,140</td>
</tr>
<tr>
<td>2</td>
<td>$ 25,860</td>
</tr>
<tr>
<td>3</td>
<td>$ 32,580</td>
</tr>
<tr>
<td>4</td>
<td>$ 39,300</td>
</tr>
<tr>
<td>5</td>
<td>$ 46,200</td>
</tr>
<tr>
<td>6</td>
<td>$ 52,740</td>
</tr>
<tr>
<td>7</td>
<td>$ 59,460</td>
</tr>
<tr>
<td>8</td>
<td>$ 66,180</td>
</tr>
<tr>
<td>9</td>
<td>$ 72,900</td>
</tr>
<tr>
<td>10</td>
<td>$ 79,620</td>
</tr>
</tbody>
</table>

Each Additional Person Add $ 6,720

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.

SASD Curbside Meal Pick-up
CHANGE: Effective Monday, October 5
The Intermediate School will no longer be serving curbside meals due to the start of the hybrid learning schedule at that location.

- BREAKFAST & LUNCH WILL BE DISTRIBUTED AT THE SENIOR HIGH SCHOOL ONLY.
- 8-10 AM MONDAY - FRIDAY
- UNTIL FURTHER NOTICE, EACH CHILD MAY GET 1 FREE BREAKFAST & LUNCH PER DAY EITHER IN SCHOOL OR CURBSIDE.
- YOU WILL NEED TO PROVIDE THE NAMES OF THE STUDENTS GETTING THE CURBSIDE MEALS.

Carlisle Students Visit
https://www.carlisle.schools.org/student_services/child_nutrition_services/free_meals_for_children

Big Spring Visit
Www.bigspringsd.org/food

South Middleton Visit
https://docs.google.com/document/d/1C45701xHgsSqrfgkPWILGy2jW8HHo3WckqONyRNX/edit
The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.

Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. **Traveling Actions** (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. **Stabilizing Actions** (moving without traveling): These actions include: twisting, swaying, squatting and shaking.
3. **Manipulating Actions** (moving with objects): Throwing, catching and bouncing.

Thanksgiving

November is a month of giving thanks and so, let’s give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.

At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.
Chant it!
If your child is enrolled in a program that promotes I am moving I am learning, you probably have heard the words of this chant, adapted from this Choosy Nation CD song.

I'm the Boss
I'm the boss of my body, I tell it what to do.
I'm in charge like Choosy and here's how I move, cause...
I'm the Boss, yeah (say 3 times)
Now chill... (freeze in place)

I boss my arms
High to low. (move arms up high an down low)
I boss my legs
Jump side to side. (jump from side to side)
I boss my hands
Raise the roof. (“raise the roof” motion)
And then I stretch myself
Big and tall. (stretch up high)

I boss my tummy
Twist yourself. (twist your waist)
I boss my feet
March in place. (march in place)
I boss my fingers
Touch the ground. (touch the ground)
And then I boss myself
Turn around. (turn around)

To sample the Choosy Kids music, visit:
www.choosykids.com/ck2/av

Move it!
This month's Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

Simon Says
A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:
- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:
- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder

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 KKGI initiative. Visit the KKGI website at: www.panen.org/keystone-kids-go
YOU ARE NOT ALONE,
Pennsylvania
We are in this together!
#PASTrong

Pennsylvania Statewide Support & Referral Helpline
1-855-284-2494
Wash and Sing!

A B C D E F G,
H I J K L M N O P,
Q R S T U V,
W X Y and Z,
I have washed my hands so clean,
Now I’ll dry them, look at me!
Let's Celebrate

As a parent, grandparent or caregiver, how many times have you heard, “Look at me!” or “Watch me!”? This is your child’s attempt at being noticed and encouraged for what they have done. Think about yourself going through life and no one ever noticing the great meal you cooked, the hard work you put into a project or the kind thing you did for someone. Most likely you would feel unappreciated.

When we pay attention to what our children do, we help them develop self confidence and feel good. When we smile and say, “WOW... look at you!” we are telling children that they did something wonderful.

“A young child’s self concept is based on what he thinks he can or cannot do with his body.”
~Linda Carson, Choozy Kids

Words

Think about what words you use to comment on what your child has done. Focus on words that do not give value (good vs. bad) and words that describe exactly what you have seen them do. Here are some examples:

- Instead of saying, “You are a great jumper,” say “Look at how high you jumped.”
- Instead of saying, “You did a good job kicking the ball,” say “Look at how far/hard/fast you kicked the ball.”

Ever heard the phrase, “Actions speak louder than words?” This also applies to how you react to what your child has done. Using dramatic facial expressions, for example the look of surprise, can express pride and excitement. High fives, head pats and fist bumps are also a great way to celebrate what wonderful thing your child has done.
Chant it!
If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from the Choosy Nation CD.

**Oooh Aaah**
When you o-o-oh, ah-h-h-h
It means you like what I do.
When you clap, clap, clap (clap your hands)
I’ll do it all over for you.

Now everyone listen real close! (hold hand to ear)

When I hop on one foot (hop on one foot),
Will you give me high five? (give high five)
When I twist my waist (twist your waist),
Will you tell me that I’m great? (say You’re great! loudly)

When I move my arms over here (move arms to the right)
When I move my arms over there (move arms to the left)
Will you smile real big and cheer, cheer, cheer? (cheer loudly)

Can you clap? (clap your hands)
Can you smile? (smile)

For more information on Choosy Kids music or to sample the music, visit:
www.choosykids.com/ck2/av

---

Move it!
This month’s Move It! focuses on an activity the entire family can participate in. Children will use their gross motor and problem solving skills as they search for hidden treasures.

**Going on a Present Hunt...**
For this activity, you will need:
- Several boxes
- Wrapping paper
- Scissors and tape
- Assortment of trinkets, books, household items, healthy snacks, etc.

**Activity Directions:**
1. Wrap enough presents for at least one per child. It is great if the children will be able to unwrap and keep the items, but not necessary.
2. Hide the presents in several rooms. For younger children you might want to allow the present to “peek” from its hiding place. For older children you can hide them in more “secret” places.
3. Give the children directions and rules for the activity. For example: You must walk, you may only find one present, you must wait until everyone finds their present before opening, etc.

*Note... It is best to use rooms where safety is not a concern and be clear about where they ARE permitted to search. If using fruits and veggies, be sure and take some time for a “snack talk.” Talk about the shape, size, color and how the food grows. Talk about why fruits and veggies are important to our diet.*

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)
Mental Health Help During COVID-19

Crisis Text Line
Text ‘PA’ to 741741

National Suicide Prevention Lifeline
1-800-273-8255

Preventing suicide in PA
preventsuicide pa.org/

Disaster Distress Helpline
800-985-5990

Get Help Now for substance use disorder
1-800-662-4357

Veterans in crisis
veteranscrisisline.net

PA’s support helpline
NEW 855-284-2494

Coping with COVID-19 stress
bit.ly/covid-coping

COVID-19 resources
mhanational.org/covid19
When it’s cold and snowy outside and everyone’s cooped up inside, a few winter jokes for kids might just keep everyone sane. With opportunities to leave the house even more limited by quarantine, boredom and tension are easy to come by. Luckily, it doesn’t take much to make a stir-crazy kid laugh. And by the time you’ve heard the “it’s so cold” refrain for the 100th time, a few snowy winter jokes can help you see the bright side, sun not included. These top snow jokes, knock-knock jokes, chilly puns and more, will get them (and therefore you) every time.

**What is the best kind of breakfast cereal to eat in the winter?**
Frosted Flakes!

**Where do snowmen love to dance?**
At a snow ball

**What did Jack Frost say to Frosty the Snowman?**
“Have an ice day!”

**Where do snowmen put their money?**
Snowbanks

**How do you scare a snowman?**
Global Warming

**What does a gingerbread man put on his bed?**
A cookie sheet!

**Why did the girl keep her trumpet out in the snow?**
Because she liked cool music

**What falls in the winter but never gets hurt?**
Snow

**What do you have in December that you can’t have in any other month?**
The letter D

**What do snowmen call their offspring?**
Chill-dren

**What do you get when you cross a snowman with a vampire?**
Frostbite

**How do mountains stay warm?**
Snowcaps
The 23 Funniest, Snowiest Winter Jokes for Kids and Chill Adults

By Emily Kelleher

https://www.fatherly.com/play/funniest-winter-jokes-snow-jokes-for-kids-and-adults/

What can you catch with your eyes closed?
A cold

What do you call a snowman temper tantrum?
A meltdown

What is a snowman’s favorite snack?
Ice Krispy treats

What’s the difference between a Christmas alphabet and the regular alphabet?
The Christmas alphabet has Noel.

What did the icy road say to the truck?
Want to go for a spin?

What’s a snowman’s favorite drink?
Ice Tea

What do you call a snowman in August?
A puddle

What did the snowman say to his customer?
Have an ice day

How do snowmen greet one another?
They say “Ice to meet you”

Knock, knock
Who’s there?
Icy
Icy who?
Icy you!

Knock, knock
Who’s there?
Scold
Scold who?
Scold outside!
Leftover Turkey Casserole Recipe

Ingredients
- 4 cups leftover stuffing
- 4 cups chopped leftover turkey breast
- 3/4 cup Hellmann's® Mayonnaise
- 1/4 cup whole berry cranberry sauce
- 2 cups leftover mashed potatoes
- 1 1/2 cups shredded low-fat mozzarella cheese

Directions
- Preheat oven to 375°. Spray 8-inch baking dish with no-stick cooking spray. Spoon in 2 cups stuffing, then top with turkey.
- Combine 1/4 cup Hellmann's® Mayonnaise with cranberry sauce; evenly spread over turkey.
- Combine remaining 1/2 cup Mayonnaise, potatoes and cheese in large bowl. Evenly spread on turkey, then top with remaining 2 cups stuffing.
- Bake 40 minutes. Let stand 10 minutes before serving.

TURKEY TETRAZZINI

1-2 lbs turkey meat
3 large green bell peppers chopped
3 onions chopped
3 tbsp butter
1 large pack spaghetti noodles
1 pack sliced mushrooms

Cream Sauce:
8 tbsp butter
8 tbsp flour
4 cup milk
1 tsp salt

1/2 cheddar cheese grated
1/2 American cheese grated
1 tbsp lemon juice
3 tsp dry mustard
1 tsp salt
1/4 cup cooking sherry
red pepper to taste

1. Sauté green peppers and onions in 3 tbsp of butter, reserve.
2. Cook spaghetti noodles and set aside.
3. Make cream sauce with first four ingredients then add remaining 7 ingredients.
4. In a Dutch oven or big pot, mix meat, cooked spaghetti, cheese cream sauce, bell peppers and onions and mushrooms.
5. Cook at 350 degrees for 30 min or until cooked through!
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_Com pliant_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.
Now Recruiting for Early Head Start, Head Start and Pre-K!
2020-2021

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 ($24,600 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. $73,800 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!