



Tri-County Kids' News

A monthly newsletter for EPIC Head Start/Pre-K and Early Head Start parents

October 2022

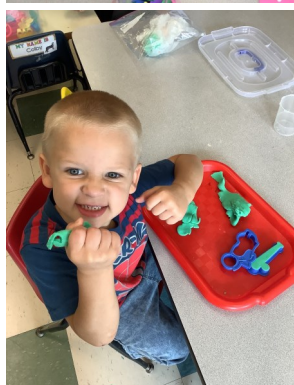


Safety first

Take responsibility

Always work together

Respect self and others



**Policy Council news will be in our November newsletter!
We would like to congratulate our newly elected
Policy Council Members for the 2022-2023 school year!!**

Berkeley County Head Start/Pre-K

Welcome to Berkeley Heights Room 1! As we welcome our new friends into our classroom, we are learning to manage our emotions. Every classroom needs a place for students to go where they feel safe, can calm down, or solve problems. To make this area inviting, we have included a comfortable bench, a live plant, small pillows, books on emotions, solution cards, and Tucker the Turtle. Our goal is to give the children the tools to learn self-regulation.



This student is looking through the solution cards to help a friend solve a problem involving sharing. She then showed the other child the card and explained that we need to use our words and ask for the toy instead of grabbing.



This student is sitting with Tucker the Turtle and taking a break.



This student is enjoying sitting in the comfy area and looking at books.



Students in Mr. Waters class at Spring Mills Primary have enjoyed exploring the play areas in the classroom during choice time.

SO MUCH FUN!



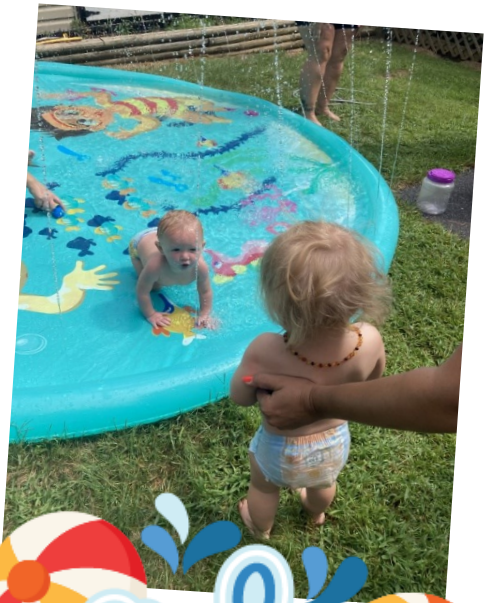
To welcome Autumn, students created trees using finger paints. They talked about the colors that are seen in the autumn season while students made their trees.

Berkeley County Early Head Start



Berkeley County EHS Families enjoyed some of the last days of summer outdoors at our August EHS Wee Plays.

We walked through the barns and got to pet some of our favorite farm animals at the Berkeley County Youth Fair, then children were given a snack and markers to draw what they saw!



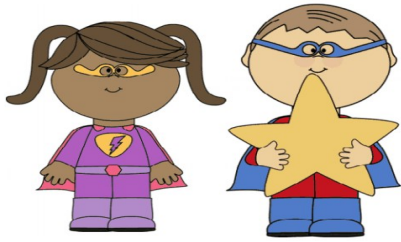
EHS children and families had a **SPLASH-tacular** water play day at our Hedgesville EHS center, and even staff and parents joined in on the water fun with us!



Jefferson County Head Start/Pre-K

Ms. Sarah and Ms. Michelle's class at Blue Ridge have been doing their best job at school! The teachers have caught several students being **SUPER FRIENDS!!!**

These students were following classroom rules and being kind to friends! Way to go. We look forward to having more **SUPER FRIENDS** as the year goes on!



I Can Be a Super Friend!

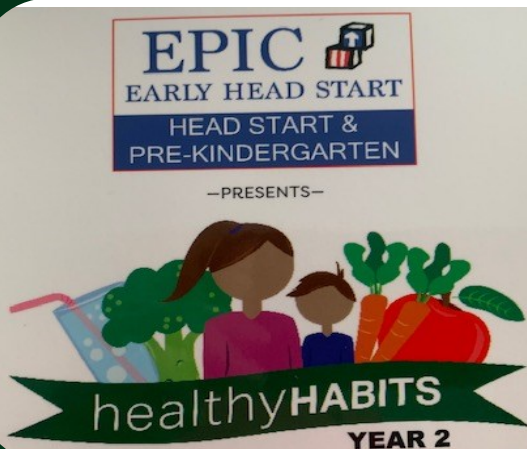


At the beginning of each school year the staff at Head Start and Early Head Start come together for fire extinguisher training. We learn key tips and tricks for fire prevention and safety. Bryan, from Citizens Fire Department, led our training this year and we were competitive with who could extinguish the fire the fastest.

Jefferson County Early Head Start



Early Head Start took a field trip to the Jefferson County Fair! The children had a blast using their bingo animal sheet to find all of the animals! They also enjoyed making animal sounds as they searched. They were able to touch, feel and pet some of the animals. We sang Old McDonald and our snack was waffles with strawberries, and it was delicious! Our Wee Plays are so much fun! If you haven't had a chance to come out, come on out!



We have begun our 2nd year using our Healthy Habits nutrition curriculum. We received feedback from our families and were able to incorporate some of their suggestions into our curriculum. Thank you, parents!

Morgan County Head Start/Pre-K



The students in Ms. Susan & Ms. Krystal's class at the Berkeley Springs Center have been learning about creating new colors by mixing primary colors. We began by reading two books about the subject: "White Rabbit's Color Book" by Alan Baker and "Mouse Paint" by Ellen Walsh.

We then created a small group activity that allowed the students to select two primary colors (red, blue and yellow) and make a prediction of what color that they thought they would create when they mixed them together. We wrote down their prediction to use during reflection. They then mixed those two colors using pipettes and clear cups.



Once they had completed their experiment they were asked to reflect on their original prediction and compare the results. The students seemed to enjoy this activity. The next few days the same items were put out for the students to experiment with on their own during their free choice time.

Thank you families!!
On September 13,
Grandparents showed
up to show their
support to some of their
favorite little people.
We had breakfast, had
our pictures taken,
made art together,
dressed babies in the
kitchen, and played on
the playground.
Students were thrilled
and it looked like the
Grandparents had a
great time also.



Three hermit crabs
have joined our Great
Cacapon class as
pets! Ms. Tonya
introduced them as
the Hermies family
and explained that
they needed first
names. Students

submitted their ideas which included Hammy, Blueberry, Strawberry, Chip, Persephone Rose, Star, and Henry. Then each student was given the chance to vote on the Hermies family new names.

The votes are in and the winning names are Strawberry, Chip, and Hammy!! They are still a little bit shy (except Hammy), but they do like outside time as much as the kids. Welcome to our classroom Strawberry, Chip and Hammy!!!



Morgan County Early Head Start



**Play,
Learn
and
Grow,
Together.**

Our school year is off to a fantastic start!! Our families are getting to know each other at our Wee Plays where the children explore science, literature, and develop social skills while making new friends! Wee Plays offer great opportunities for children to prepare for school.

Each Wee Play has a schedule that includes a welcome circle, story time, music and movement, free play in developmentally appropriate learning centers. Families also enjoy a meal together and outdoor time as well.

Mr. Chris has been our bus driver and we're so grateful to be able to offer the bus for families that need transportation to our Wee Plays.

The beautiful flowers were donated by one of our community members! We're so fortunate to have the support of our community. "It takes a village to raise a child" and Morgan County comes through every time!!

On our field trip to Dairy Queen, Miss Erin shared about the many aspects of running a business. Dairy Queen not only donated their time, but they treated all of the families to free ice cream!



I go to Preschool!



I ride to school on the bus.



We do lots of fun things at preschool.



We sing with the
teacher and
listen to stories.



We play house and dress-up. We play with blocks and puzzles.

When I get to school...



I say "Hi" to my teacher.

Sometimes I get sad because I miss my
family. It's ok, I will see them soon.



My family is busy at work, school, or home.
I can have fun playing at my school.

I can do lots of fun things
in the block area.



I can build with blocks,
legos, and letters.



I can also play with trains,
cars, and trucks.

I get on the bus to go home. My family will always pick me up at the bus stop.



I Love Preschool!



Sometimes I get sad because I miss my family. It's ok, I will see them soon.



My teacher helps me feel better. She reminds me how long it will be until I get on the bus to go home. I can have fun playing at school.

Then we take naps. I try to close my eyes and stay on my mat during nap.



I have a bear from home that I can cuddle during nap.

In the art center, I color or paint. I can also play with play-dough.



My friends and I eat lunch.



Health and Wellness

Starting the first day of school is a BIG adjustment for children, parents, and the whole family! There are lots of new things to learn, including new names and faces, places, and routines. Learning some of these things may come easier than for others. There are times when children or families struggle with change. As your child's first teacher, you know them better than anyone else! So, if at any time, you have any concerns for your child's behavior, adjustment, or expression of feelings, you can request assistance the program. We are here to help! For more information on what the program can provide, please see below.

What is infant and early childhood mental health consultation?

Early childhood programs use infant and early childhood mental health consultation (IEC-MHC) to help staff, families, and children. A mental health consultant is trained to help the adults in young children's lives. They make sure all children have the skills to talk about and manage their feelings, make friends, and solve problems. These are important skills for doing well in school. When they work with mental health consultants, adults are better at helping children, and children do better in school.



IF I HAVE...

THEN...

No exposure, no positive test or no symptoms



Proceed to school

Exposure and no symptoms



Proceed to school
Continue to monitor for developing symptoms

Positive test and no symptoms



Cannot go to school.
Home for 5 days and may return on day 6 with mask. If mask cannot be worn, home for 10 days.

Positive test with symptoms



Cannot go to school.
Home for 5 days and may return on day 6 if fever free for 24 hours without the use of fever reducing medication and symptoms are improving. Wear a mask for days 6 through 10 and if a mask cannot be worn, home for 10 days.

*Day 1 is the 1st day of symptoms or the positive test date if no symptoms

10 Healthy Habits for Kids



Be Active



Limit Screen Use



Prioritize Sleep



Read Daily



Yes to Water
No to soda



Eat lots of
veggies/fruits



Take daily walks



Limit highly
processed
foods/drinks



Practice having a
growth Mindset



Practice good oral
hygiene

Around the Community

PRESENTED BY
VIVIDVISION COMMUNITY &
YOUTH OUTREACH
AIKENS GROUP

FREE EVENT
JOIN US FOR THE 2ND ANNUAL

TRUNK or TREAT

FOOD, FUN GAMES & PRIZES!
SATURDAY, OCTOBER 22, 2022
AT 6:00PM TILL 8:00PM
AIKENS CENTER PARKING LOT
269 AIKENS CENTER, MARTINSBURG, WV 25404
FOR MORE INFO CONTACT US AT
[HTTPS://WWW.FACEBOOK.COM/VIVIDVISIONBC](https://www.facebook.com/vividvisionbc)



Charles Town Now added an event.

Aug 30 • 🌐

TRICK or TREAT

on MAIN STREET OCT 29
5:30-7:30

SAT, OCT 29 AT 5:30 PM

Trick or Treat Main Street

101 E Washington St, Charles Town, WV...

☆ Interested

Your Business is Invited!

What: Community Fall Fest and Trunk-or-Treat

When: Friday, October 21, 2022 from 4:00 pm – 7:00 pm

Where: Rosedale Funeral Home and Cemetery

917 Cemetery Road

Martinsburg, WV 25404

304-263-4922

We would love to showcase your business during our Fall Festival as we celebrate our community! If your business is interested in joining us by setting up a table on our Trunk-or-Treat Trail, please contact our office to reserve your space by October 7th. We are excited for a great community turnout!

HANDLE BARS
WV MOTORCYCLE COMMUNITY PRESENTS
3RD ANNUAL MOTORCYCLES, CARS & JEEPS TRUNK R TREAT
5PM - 8PM
SATURDAY OCTOBER 29, 2022
RAIN DATE: SUNDAY, OCTOBER 30TH
BERKELEY PLAZA 235 MONROE ST.
PARKING LOT MARTINSBURG WV 24504
EXTREME FAMILY FITNESS **EVERYONE IS WELCOME!**
Feel Free To Dress Yourself &
Your Vehicle Up in Costume!
This is an ALL ages FREE event!
Food, Drinks & Treats Available
FOR INFO CONTACT MEATT: (443)604-4245

Employment Opportunities

**WE ARE
HIRING**

FULL-TIME OPENINGS

- Early Head Start Family Advocate in Morgan County
- Head Start Family Advocate in Jefferson County
- Board Certified Behavior Analyst in Jefferson County
- Head Start Bus Drivers in Berkeley & Jefferson Counties

WWW.EPICRESA8.ORG/WORKFORUS



Eastern Panhandle Instructional Cooperative
EPIC
Serving the educational needs of the entire community



ROCKWOOL

NOW HIRING

AMAZING BENEFITS

- Medical, Dental, Vision - Effective Day One
- No cost Life and Accident Insurance
- 401K match of 6% dollar to dollar
- 6 weeks paid Parental Leave
- 12 paid Holidays per year
- 2 weeks "paid time off" per year after 90 days
- 3 days "unplanned time off" per year
- Up to \$300 Fitness Reimbursement per year
- Tuition Reimbursement
- \$2,000 Employee Referral Bonus Program

COMPETITIVE PAY

Contact Us

(304) 620 - 3098

Careers (rockwool.com)



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**IMMEDIATE OPENINGS FOR
INWOOD WV**

**RURAL CARRIER ASSOCIATE (RCA) –
\$19.06/hour + Equipment Maintenance Allowance (EMA)**
Use of personal vehicle suitable for mail distribution required for RCA.

- Applicants must be available to work when needed and expected to live within a reasonable commuting distance of the post office or facility
- These positions are physically demanding and include moderate to heavy lifting and carrying as well as prolonged standing, walking and reaching.
- The RCA positions require the use of a personal vehicle suitable for mail delivery
- **PLEASE SEE INDIVIDUAL POSTINGS AT WWW.USPS.COM/CAREERS FOR MORE INFO**

To be eligible:

1. Applicants must meet our USPS suitability requirements. (Prescreening includes criminal history, driving history, medical screening & prior employment review)
2. Applicants must be a U.S. citizen or permanent resident alien. Applicants must be 18 years old, or at least 16 years old with a high school diploma or equivalent. Males born after 12/31/59 must be registered with the Selective Service System.
3. Applicants must meet the USPS driving suitability requirements for driving positions.
4. Specific positions require successful completion of an assessment. More information on posting if applicable.

Apply online at www.usps.com/careers

- Register and create your candidate profile at www.usps.com/careers
- You will receive a username and password via email confirming the creation of the Candidate Profile.
- While logged in, search for vacancies (select the state WV only) to view all WV postings.
- You will receive a confirmation email message AFTER you apply for each position.
- Applicants must have a valid email address that is closely monitored in order to complete pre-hire requirements.

WE ARE HIRING:

SUBSTITUTE PRE-K TEACHERS

for our Head Start Pre-K program in Berkeley,
Jefferson and Morgan Counties.

WWW.EPICRESA8.ORG

Visit our website for more information & to apply today!

If you or someone in your family is seeking employment, please speak with your Family Advocate and let them know what your interests are, what kind of work experience you have and if you have any barriers keeping you from getting hired. The HS/EHS Family Advocates have access to resources and opportunities that may be able to help you in your search for employment.

A list of current job openings in the Eastern Panhandle and surrounding areas is available upon request and is continuously updated as jobs become available. In addition, your Family Advocate can assist with resume writing, preparing for an interview or finding clothes/equipment to start a new job. If you need assistance ... just ask your Family Advocate today!

JOB SITES:

www.monster.com
www.snagajob.com
www.indeed.com
www.usajobs.gov
www.workforcewv.org
www.ziprecruiter.com
[Facebook marketplace/jobs](https://www.facebook.com/marketplace/jobs)