



Tri-County Kids' News

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

November 2024

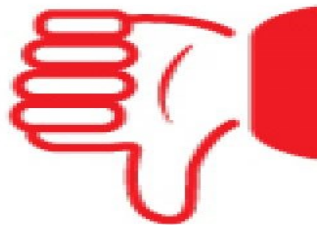


Welcome to Rooms 1, 5 & 6 and
welcome back Rooms 3 & 4.
We have missed you!!



National Bullying Prevention month takes place in October and the 18th annual World Day of Bullying Prevention was October 7. Four children from our Driswood class are showing the poster they made with handprints from all their classmates pledging against bullying in school.

**BE A
BUDDY**



**NOT A
BULLY**

Berkeley County Head Start/Pre-K



Berkeley Heights Room 4 has been building a sense of care and community for each other through different classroom activities. Using teamwork with a partner or a small group, we have built large floor puzzles and towers with a variety of different shapes of large foam blocks. During both activities, the students had to problem solve and communicate how to complete the task. We have also introduced Super Friends to the students and our classroom has been great at helping others clean up their mess or comforting each other. Lastly, we went to the pumpkin patch at Old McDonald Farm. While we were there, we worked together to get through the muddy corn maze, feed the animals, and pick our pumpkins for each other and the class.



Spring Mills Classroom 2 took a trip to the pumpkin patch this month! We enjoyed the hayride, corn maze, and we got to see lots of different animals. Everyone went home with a pumpkin and many of our students enjoyed their very first bus ride!



Berkeley County Early Head Start



Which weighs more a baby or a pumpkin? Sweet, six day old Skye Ann attended her first Wee Play. She was born on October 4, weighing in at 7 lbs. and 8 oz. and 19" long. Compared to the monster pumpkin that Daddy picked out, she looks perfectly tiny. Welcome to EHS Skye Ann! We are so excited to watch you grow!



Berkeley County Early Head Start enjoyed the wide open spaces at Old McDonald's Pumpkin Patch this year! Our kiddos ran in the grass, climbed ladders, and slid down slides. They loved swinging, petting the animals, and carrying heavy pumpkins. All of these experiences help our littles become more familiar with how their bodies feel and work in space (spatial awareness).



Jefferson County Head Start/Pre-K



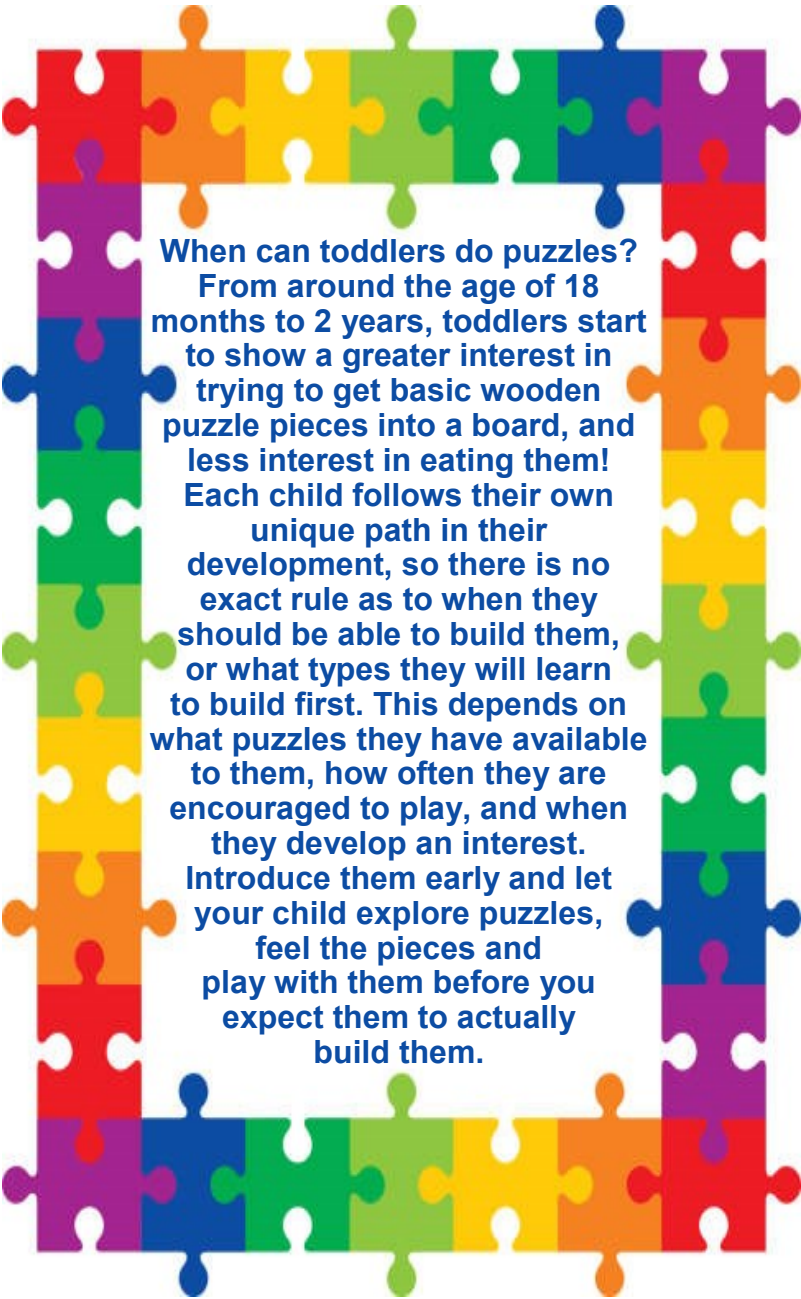
LEARNING IS FUN

Our Driswood classroom has been learning lots of different things. We have been playing at our Pumpkin Patch store, estimating how many seeds are inside a pumpkin and doing the pumpkin volcano experiment! Also, we have been having fun at our sensory/loose things/kinetic sand table, light table, and the fine motor game.



Jefferson County Early Head Start

Jefferson County EHS went to Orr's for our annual pumpkin patch field trip! Did you know that SNAP purchases are not limited only to participating stores? Many of the farmers markets here in West Virginia also accept SNAP benefits. When you use your Mountain State EBT card at your local farmers markets, you are purchasing healthy and locally grown foods, while also supporting your local farmers.



When can toddlers do puzzles?
From around the age of 18 months to 2 years, toddlers start to show a greater interest in trying to get basic wooden puzzle pieces into a board, and less interest in eating them! Each child follows their own unique path in their development, so there is no exact rule as to when they should be able to build them, or what types they will learn to build first. This depends on what puzzles they have available to them, how often they are encouraged to play, and when they develop an interest. Introduce them early and let your child explore puzzles, feel the pieces and play with them before you expect them to actually build them.



This month our Healthy Habits recipe is personal pizzas. It's fun to explore new recipes with the family! You never know what your child might like until they try it!



Morgan County Head Start/Pre-K



Last week we had our first field trip of the year. The class spent a wonderful day at Cacapon State Park for a nature walk and picnic lunch. We gathered some autumn treasures, played on the playground and learned a little about trees. Thank you to everyone that joined us!



Thank you, families! On September 10 grandparents showed up to show their support to some of their favorite little people. We had breakfast, pictures taken, played on the playground, and in the classroom all morning. Students were thrilled and it looked like the grandparents had a great time too.



Morgan County Early Head Start

BAKED EGG MUFFINS

Egg muffins are an easy, simple breakfast option that are perfect to keep on hand for busy mornings. Full of protein and easy to customize, add veggies for extra nutrition and flavor.

INGREDIENTS

10 eggs
1/4 cup milk
Salt and pepper
Optional: shredded cheese, sauteed pepper, onion, broccoli, spinach

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Whisk eggs and milk together and season with a pinch of salt and pepper.
3. Spray a 12-count muffin pan generously with cooking spray. Add veggies and/or cheese to each cup as desired. Pour egg into each cup, about 3/4 full.
4. Bake in the preheated oven for about 20 minutes or until eggs are fully cooked (a toothpick inserted in center should come out clean).
5. Cool slightly in the pan.
6. To release, gently slide a thin knife around the edges of the egg muffin and pop it out.
7. Store in a tightly sealed container for 2-3 days in the fridge, or up to 6 months in the freezer.



Cooking together not only creates delicious memories, but also teaches kids valuable life skills! From measuring ingredients to following directions, these moments in the kitchen foster creativity, teamwork, and confidence. Our kids love their monthly nutrition lessons!



WEE PLAY

We love learning through play! This month we enjoyed two outdoor wee plays. Being outdoors sparks curiosity and fosters a love for nature, promoting healthy habits and overall well-being. It wore some of us out!

How to Help Your Child Learn to Share

Brooke Brogle, Alyson Jiron & Jill Giacomini

Learning how to share is a big challenge for all children because it often means putting aside one's own needs in order to make someone else happy. Sharing is not a skill children have when they are born—they need to be taught how to share and how to see that their efforts have helped someone else feel happy or solve a problem. In order to learn this skill, children need adults to provide them with many different opportunities where they can practice how to share with others and see other children in the act of sharing. When a child learns how to share with others she feels more confident and is better able to play with other children independently. Additionally, learning how to share gives a child a very important and solid foundation of successful friendship skills she can continue to build on as she grows.



Try This at Home

- Read books about sharing with your child. Talk about how the characters might feel as the story unfolds. All feelings are healthy and normal. A character might be feeling a variety of emotions—from frustrated and sad to happy and joyful. A good example is the CSEFEL Book Nook based upon the book *I Can Share* by Karen Katz. This resource has many activities that go along with the book to teach about sharing. <http://csefel.vanderbilt.edu/booknook/share.pdf>
- Notice and point out when other children are sharing. "I see that those girls are sharing their snack."
- Notice and let your child know that you see the many moments in the day when he is sharing. "Thank you for sharing your crayons with me. I feel happy when you share." Or "When I came to pick you up from school, I noticed that you were sharing the toys with Sophie. What a good friend!"
- Plan ahead if sharing might be a concern. "Avery is coming over to our house today for a play date. I know how special your blankie is to you. We can put your blankie in a special place that is just for you and all the other toys will be shared with Avery."
- Find opportunities to teach sharing to your child. "Oh no! For desert tonight we only have three cookies left for you, Joey, me, and Daddy. I wonder what we can do?"



The Bottom Line

Sharing is a skill that your child will use throughout her life to get along with others during activities and build friendships. Children who learn how to share are better able to understand other's feelings, negotiate difficult situations with confidence and feel secure in their ability to solve problems by themselves.



PREVENTING WILDFIRES

Forests are amazing places covering almost a third of the Earth's land, including over 700 million acres in the United States (that's about 529 million football fields!). Forests are home to a huge variety of plants and animals, providing them with food, water and shelter. Our forests are very valuable. Not only are they places of beauty and outdoor fun, but we also rely on trees for fuel, food, raw materials and medicine. Even more importantly, trees and plants in the forest make sure that the Earth's temperature is livable and that we have enough oxygen to breathe.

Wildfires are unplanned and unwanted fires that are very dangerous to people who use the forests and outdoor areas or live in nearby homes and communities. Wildfires can also cause a lot of damage to some plants and animals and their homes.

In some cases, fire is good for a forest, but unplanned fires that burn too hot can make it hard for the forest to recover. Can a forest ever recover from wildfire? The answer is yes, but unfortunately, it can take a very long time. An average forest is about 70–100 years old, and the trees in some forests can be 4,000–5,000 years old!

To help protect these amazing places, remember Smokey's Five Rules of Wildfire Prevention:

1. Only you can prevent wildfires
2. Always be careful with fire
3. Never play with matches or lighters
4. Always watch your campfire
5. Make sure your campfire is completely out before leaving it

To learn more about our nation's forests and other outdoor areas, check out DiscoverTheForest.org. You'll find games and activities to enjoy indoors and out. And, best of all, you can use a search tool to find the forest closest to you.

Policy Council Corner

Our Policy Council Members met at Blue Ridge CTC in Berkeley Springs this month. We had another great turnout and got into the fundamentals of the meeting. The meeting went smoothly while the members learned more about the program and asked lots of questions. We love to see everyone's smiling faces every month! Please reach out to your Policy Council members if you have questions about the program. They will be happy to speak with you!



Health and Wellness

SWITCH

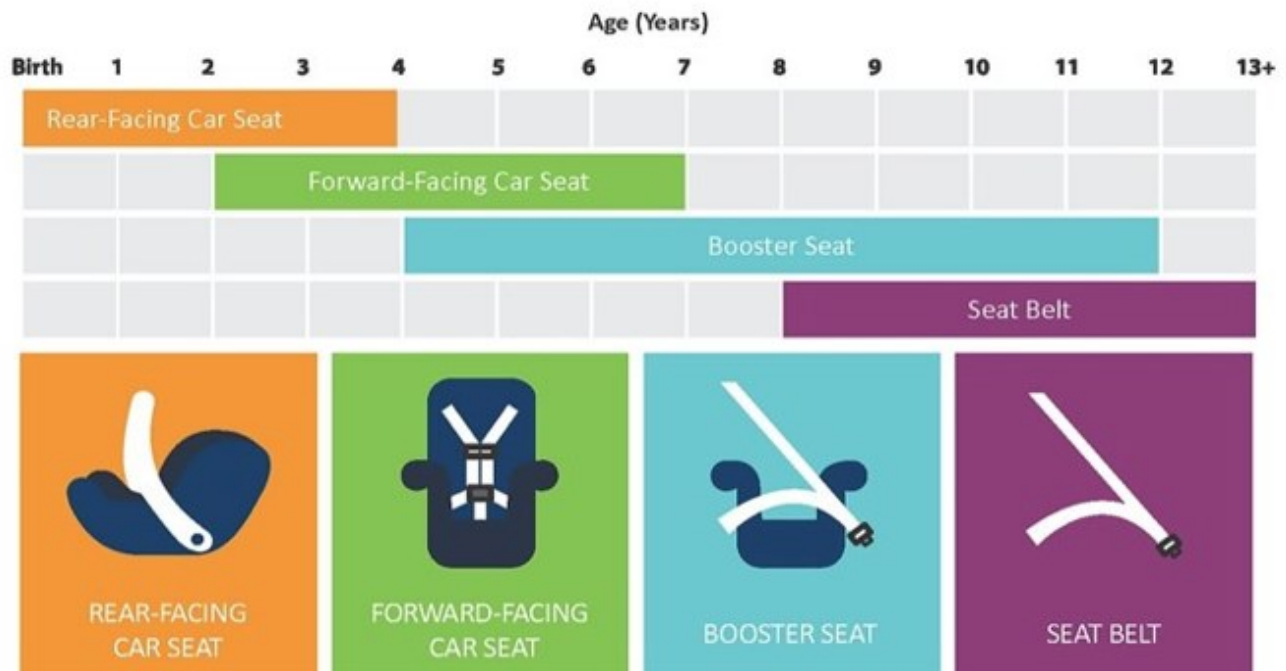
FOR THE SEASON

The cooler temperatures are moving in so it is time to move the summer clothes out. Please send in a spare set of season appropriate clothing for your child.



November is Child Safety Month

Did you know that motor vehicle crashes are the number one cause of death for children ages 1-19? Of the children ages 12 and under who died in vehicle crashes in 2015, 39% were unrestrained. To protect children when riding in a vehicle, the best thing we can do is properly install and use a car seat.



Around the Community

FEEL OVERWHELMED?

We are here to help. Our professional crisis counselors are trained to listen and help you find the way forward with stress-management strategies as well as community resources and referrals. And it's free!

Talk to someone who cares and can help today!

CALL/TEXT
877-HELP304

CHAT
HELP304.COM



WV'S EMOTIONAL STRENGTHLINE



Catholic Charities
WEST VIRGINIA

Refugee Resettlement Services

Catholic Charities WV - Morgantown provides free case management services to populations designated by the federal Office of Refugee Resettlement.

Eligible immigration statuses:

- Refugee
- Asylum
- Humanitarian Parole
- Survivor of Human Trafficking
- Cuban/Haitian Entrant
- Amerasians
- Special Immigrant Visa

Contact us for a consultation appointment, where we will determine eligibility and complete a plan of action for self-sufficiency. We can help with employment services, enrolling in English language classes, referrals to healthcare providers, assistance applying for public benefits, and other support.

Interpretation services are available upon request.

PHONE (304) 650-6221 / (304) 650-7320

EMAIL adenardo@ccwva.org



1353 Edwin Miller Boulevard, Martinsburg, WV 25404

681-260-6007

restore@habitatep.org

www.habitatep.org

STORE HOURS:

Wednesday- Saturday 10:00 AM - 5:00 PM

Donation Drop Offs can be made at the rear of the building

Wednesday- Saturday 11:00AM- 3:00PM

Family Closet

FREE!

STARTING SEPT. 30th
Wednesdays 10am-12pm

Clothes, Books,
Toys, Electronics,
Household items

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FOOD LION

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Frozen/Dairy
Perishable/Meat

foodlion.com/careers

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
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www.ziprecruiter.com
Facebook marketplace/jobs