



Tri-County Kids' News

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

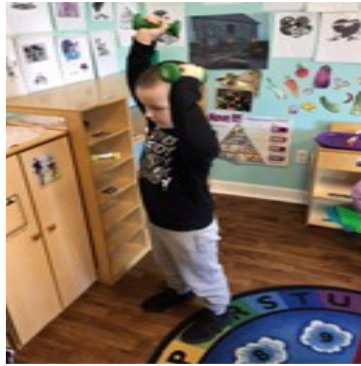
March 2024



Berkeley County Head Start families enjoyed a special night of Princesses and Superheroes dancing the night away!



Berkeley County Head Start/Pre-K



Inwood Family Worship Center has had a few busy months in our creative dramatics area. We have been busy learning about our bodies. We talked about our five senses, what each organ does for our bodies in order to live, the importance of our skeleton and muscles, and how to care for our bodies by eating and drinking beneficial foods. We learned about dental hygiene and how to care for our teeth. We completed many experiments proving that brushing, flossing, and going to the dentist protects our teeth.



We also learned about the benefits of exercising and what we need to do to keep our bodies strong and healthy. In our creative dramatics area we opened up a gym, dentist office and bakery. We will soon open up a veterinarian office so we can learn how to care for our pets.



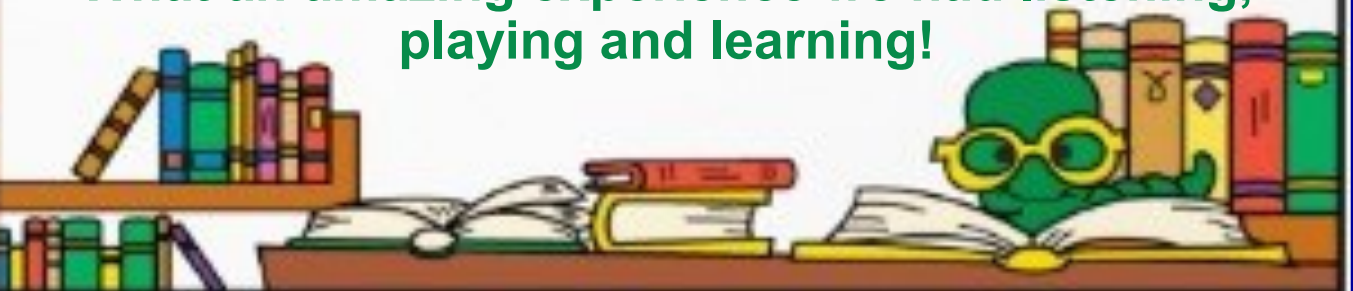
Dramatizing helps broaden social and emotional skills, brings the real world into our classrooms and builds our communication skills and vocabulary. We look forward to the next few months of extending our imaginations by using our social dramatic area to play, learn and grow!



Berkeley County Early Head Start



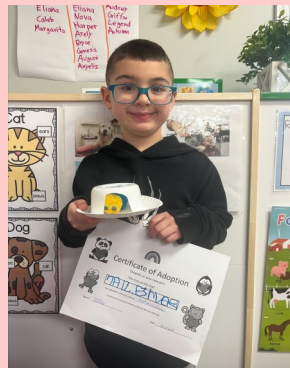
Berkeley County Early Head Start recently enjoyed a Wee Play at our local Musselman Library. Did you know it is open to the public and located inside of a High School? Our children enjoyed activities developed by the staff and students. What an amazing experience we had listening, playing and learning!



Jefferson County Head Start/Pre-K



The children in Ms. Margarita and Ms. Autumn's class at TA Lowery have been busy this month! Ms. Erin taught us a lesson about feelings. The children have also been studying about pets and they made homes for their pets. Additionally, a former Head Start teacher, Ms. Kristin, came to our classroom and made chocolate playdough with the children.



Ms. Carey and Ms. Sandys class at Blue Ridge Room 2 are studying balls. We made our own bouncy balls and learned about chemical reactions. We mixed our solution then added glue and got our hands messy mixing and making the balls. Below is the recipe that we used so your child can try it at home (under adult supervision).

Bouncy Balls

1/2 cup warm water
1 tablespoon Borax powder
Elmer's glitter glue (not all brands of glue will give the same results)

Start by pouring 1/2 cup of warm water into your mixing container, next add 1 tablespoon of Borax. Stir until the Borax completely dissolves in the water.

Next, squeeze the desired amount of Elmer's glitter glue into the Borax solution. The more glue you add, the larger your ball will be. I recommend adding about 2 tablespoons of glue for a good size ball.

When the glue hits the Borax solution, it starts a chemical reaction that turns the glue from plain glue to sticky polymer. Now you will start shaping it into a ball with your hands.

Keep working the ball until you can feel it starting to solidify and harden. Then set it aside to dry for a few hours.



Jefferson County Early Head Start



Morgan County Head Start/Pre-K



On January 26, Ms. Susan & Ms. Krystal's Berkeley Springs class took a field trip to U.S. Silica, a local business. When we arrived, Brad Davis, the Environment, Health, and Safety Manager greeted us. He took us to the conference room where he taught us about the operations at U.S. Silica. Each student was given safety glasses, a safety vest, a safety helmet, and a coloring book about U.S. Silica. After we had a brief question and answer session, Mr. Davis then boarded the bus with us to take us on a riding tour. We were able to see the plant in action, which is seldom seen by the public as it is behind a security gate. We were able to take a class photo with some of the big equipment. We then traveled back to the business office where we said goodbye to Mr. Davis. Our class would love to say a big thank you to Mr. Davis and U.S. Silica for allowing us to visit and learn all about a business in our community.

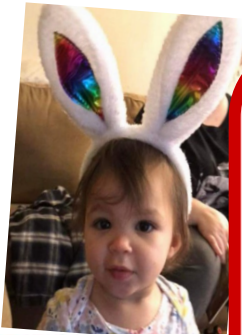


As part of Creative Curriculum Music study, we experimented with vibrations. The children watched the sand bounce on a drum as they hit it. Next, they experimented with a rubber band guitar, which is popular in the music center. They listened to sound come to their ears through a string as they struck a metal spoon attached to the string, and made a telephone with string and dixie cups.



Morgan County Early Head Start

We hope every bunny has been staying warm! Salem reminds us of the simple joys found in imaginative play.



This month our kids have been exploring the wonderful world of sensory activities and artsy crafts. From squishy textures to vibrant colors, our little artists have been busy creating master pieces and exploring their senses in exciting ways.



Skye did such a great job during her transition visit in the Head Start classroom. Transitions like these are pivotal moments in a child's development. They provide opportunities for exploration, socialization, and adaptation to new environments. Through these experiences, children develop crucial skills such as independence, resilience, and confidence.



Piper eagerly anticipates our nutrition lesson: blueberry spinach smoothies!



ENJOY YOUR OWN SNOW DAY INSIDE!

Gather Your Ingredients: Start by pouring 2 cups of cornstarch into a mixing bowl.

Mix in the Magic: Add 1/2 cup of white conditioner to the cornstarch.

Get Your Hands Dirty: Roll up your sleeves and mix thoroughly with your hands until you achieve the desired consistency.

You'll be amazed at how closely this homemade snow resembles the real deal! It's cool to the touch, just like freshly fallen snow, making it an instant hit with the little ones. Just make sure you don't eat it! For an extra dose of adventure, consider adding toy penguins, small animals, or even creating a polar bear small world.



How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.

The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement



WV Code § 17C-6-1 states “**Fifteen miles per hour in a school zone during school recess or while children are going to or leaving school during opening or closing hours.** A school zone is all school property, including school grounds and any street or highway bordering the school grounds and extending one hundred twenty-five feet along the street or highway from the school grounds and, in the case of school property not bordering a street or highway but accessed through a right-of-way granted for entrance to school property, a school zone established by an engineering study conducted by the Division of Highways is all school property, including school grounds and any property within the access right-of-way, and extending one hundred twenty-five feet along the street or highway from the entrance to the access right-of-way.”



**SLOW
DOWN**
**THIS IS A
SCHOOL ZONE
NOT A
RACETRACK**

**Please help us
keep our children,
families and staff
safe!! Stay alert and
never speed on
school grounds.**

**Policy
Council
Corner**

A monthly Policy Council meeting consists of reviewing policies and procedures with our elected members. Included for review are:

- **Parent Funds/Policy Council requests for special County activities**
- **Meeting Minutes**
- **Financial statements**
- **Tri County Status Reports**
- **Regional Council Minutes**
- **Upcoming trainings & conferences**
- **Program Reports**
- **Monthly classroom attendance reports**

The month of February is a busy month for Policy Council. Specific forms such as the income verification form and selection criteria are discussed to ensure the appropriate changes are made. The changes support the community assessment by prioritizing risk factors in the selection criteria for the upcoming school year!

Health and Wellness

KINDERGARTEN immunizations



Is your child up-to-date on all required kindergarten entry immunizations?

4 doses of DTaP

3 doses of Hep B

3 doses of Polio

2 doses of MMR

2 doses of Varicella

Contact your Family Advocate or your child's Health Care Provider to see if an appointment is needed

As society becomes increasingly reliant on technology and screen time for entertainment, shopping, news, staying connected with friends and relatives, brain breaks, and bedtime routines, so have young children. Monitoring and supervising their screen time is critical as many young children are indirectly or directly exposed to extended unsupervised time, inappropriate, fear-based content, including but not limited to: Huggy Wuggy, Granny, Chucky, or inappropriate advertisements.

According to the American Academy of Pediatrics (2022), children aged 2 or older should not spend more than one hour per day on screen time. After all, “the most important thing for your child's development and communications skills is *you*” (healthychildren.org).

For further consideration of monitoring your family's use of screen time, set up a Family Media Plan or take regular screen time breaks!



Follow this link for more information:

<https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>

Around the Community

FIRST SATURDAYS

Free Kid's Entertainment Series
AT MARTINSBURG LIBRARY

FEB. 3RD | 10:30 AM
MR. JON & CARRIE
Parents' Choice Award winning music for kids and their families. All about fun, movement, and laughter!

MAR. 2ND | 10:30 AM
APOLLO THEATER
Finding Nemo, Jr & opening act Winnie the Pooh. A focal point for entertainment and a reflection on the changing history of the community.

APR. 13TH | 10:30 AM
TONY M. MUSIC
Professional children's musician integrating storytelling to promote positive mental health, and growth mindset.

MAY 4TH | 10:30 AM
O'RYAN THE O'MAZING
Stiltwalker, Juggler, Children's Entertainer, Clown, Teacher, Total Weirdo.

101 W KING ST. MARTINSBURG, WV

FREE COMMUNITY SERVICES

at Community Cup Coffee & More
114 W. Burke St. Martinsburg

WEDNESDAYS

10 AM - 1 PM



Some things we help with:

- Housing
- SNAP/Medicaid
- SSDI/SSI applications
- Linkage to medical or mental health care
- Linkage to substance use treatment/recovery support
- Basic needs (food, clothes, etc.)
- Follow up

Come see Rich, Caroline, and Jacques!

No requirements for assistance- just stop in for what you need

Provided by the outreach workers for the WVU Medicine C.O.R.E. Team
and the WV Coalition to End Homelessness

Contact by call/text at 304-676-7138 or 304-671-2948

The Monarch

Family Support Center for Berkeley County

- Drop-in -
Hours
Every week!
Tuesdays - 1:30pm-3:30pm
Thursdays - 9:30am-11:30am
First come, first serve
100 South Queen St. Martinsburg

St. Isidore Market

Families feeding families in Jefferson County

Local & Affordable Groceries Made Easy!

Thursdays 5:00 - 6:30 pm

Online ordering open weekly
Fridays 9 AM - Tuesdays 12 PM

49 Crosswinds Dr.
Charles Town, WV 25414

To place an order, visit
www.saintisidoremarket.com

Look for CMI's white
refrigerated trailer!

Vendors Include:

Country Creamery
Crestview Meat Market
Cedar Ridge Hydroponics
Clevelando's
Twin Ridge Orchard

Bolivar Bread Bakery
Joan + Joe Coffee
Blue Mountain Farm
Noll House Cookies
Walnut Hill Farm



COMMUNITY MARKETS INC.

Employment Opportunities

Horizon Goodwill Industries presents:

CUT | CLOTH | WORK!

March 27th

2024

Location: Berkeley County Library

101 West King Street, Martinsburg, WV 25401

What to expect

Martinsburg, WV Cut | Cloth | Work!
Join Us For Our Next Event!

What is a Cut | Cloth | Work event?

Haircuts will begin at 10 am.

- Horizon Goodwill provides interview clothing!
 - Clothing selections will also begin at 11 am.
 - On-the-spot interviews with employers!
- The Job Fair will be held from 11 am – 2 pm.

Webster's General Contracting LLC is hiring !!

We are looking for a highly motivated and versatile person with:

- Valid Drivers License, CDL preferred not required
- Heavy Equipment Experience
- Willing to do labor work

Work is local to the Eastern Pandandle and Northern Virginia

Please call us at 304-433-4225

Or email at

webstersgeneralcontracting@outlook.com



Eastern Panhandle
Instructional Cooperative

EPIC
Serving the educational needs
of the entire community

NOW HIRING

Part-Time

Pre-K Aides

in Berkeley, Jefferson,
and Morgan counties



For more informaiton,
and to see the full job
posting, visit



www.epicresa8.org

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.workforcenvv.org

www.ziprecruiter.com

Facebook marketplace/jobs