



# Tri-County Kids' News

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

January 2025



Berkeley County Head Start held their annual Winter Festival on December 10. We would like to give James Rumsey a special thank you for letting us host this event in their building. The theme this year was Winter Carnival. The children enjoyed playing ring toss on deer antlers, ice fishing, snowball toss, and pinning an ornament on the tree. They also made reindeer food and had the opportunity to see Santa and have their picture taken. The families enjoyed eating pizza and cotton candy. This event was made possible because of our wonderful parent committee, staff, volunteers, and donations.





# Berkeley County Head Start/Pre-K



This month has been full of holiday fun in the Spring Mills Classroom 2! We sent off the Spring Mills High school football team with lots of love, cheer, and support to their state championship football game against the Martinsburg Bulldogs.

We've been in the holiday spirit drinking our homemade hot cocoa with lots of marshmallows. We even had a Santa bake shop in our classroom!



Our Elf, Jingle, has been up to some silly shenanigans. He's gone fishing, rock climbing and made



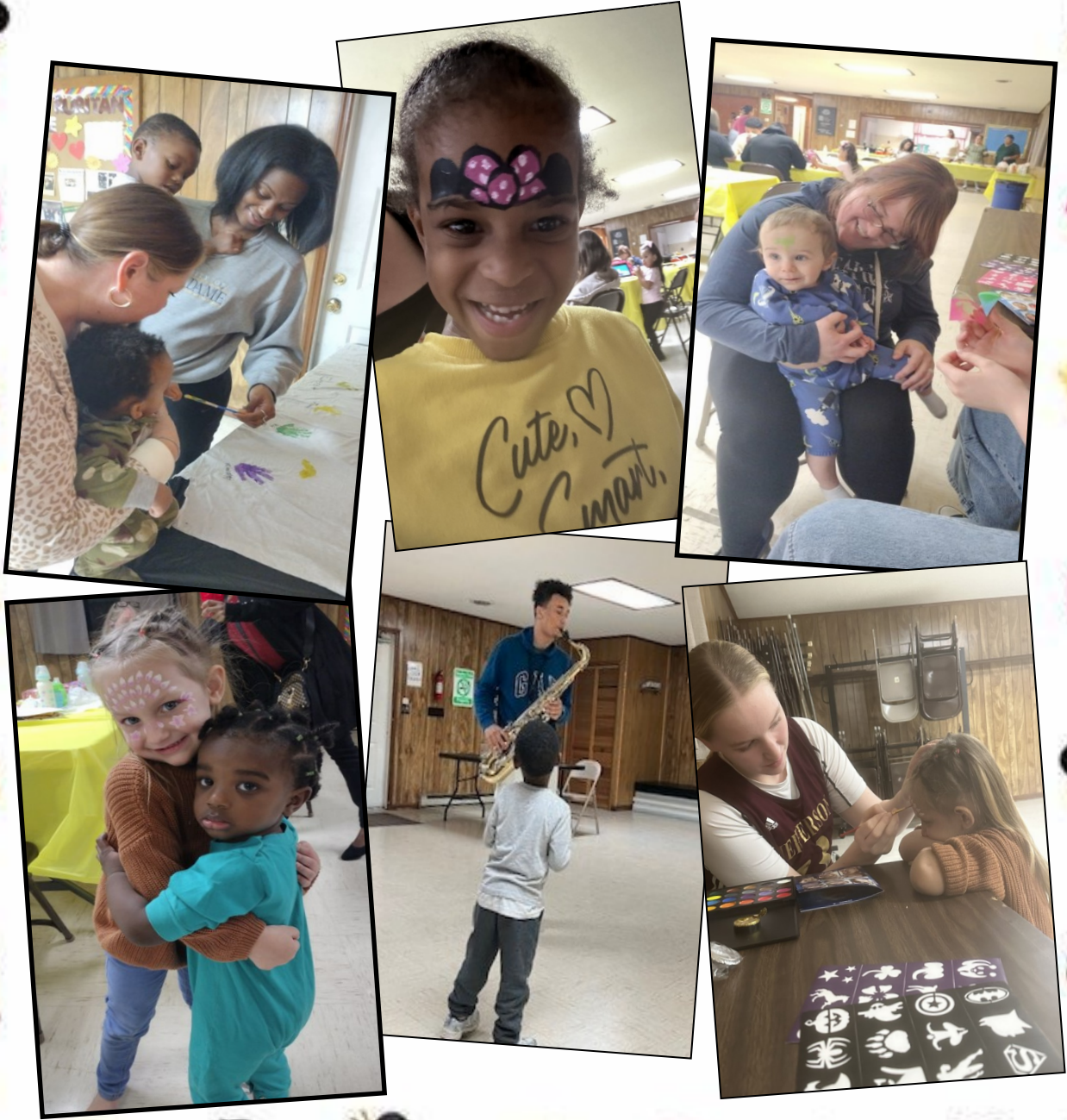
Mr. Waters and Ms. Sherry invited families into their classroom to build gingerbread houses with their students to celebrate the holidays. Students used their imaginations to create their very own gingerbread homes.





# Berkeley County Early Head Start

Our EHS family enjoyed Multicultural night where we had the opportunity to participate in activities and try various foods from different cultures. We loved having two former Head Start students come back to volunteer (now both are in high school)! RJ Brown played the saxophone and Kaelyn Heath did face painting for us. It was great to see these students come full circle, once in the program, and now volunteering.





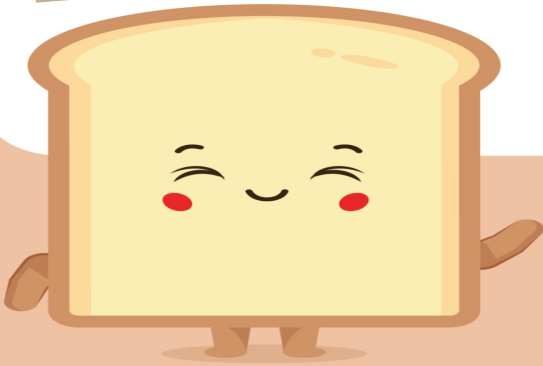
# Jefferson County Head Start/Pre-K



In Ms. Ibsy and Ms. Heaven's class, we have started our unit about bread. We learned that people all over the world eat bread. Also, we learned that bread comes in many shapes and sizes. By



eating bread, it helps us grow and makes us strong. For our nutrition activity, we painted bread with milk and food coloring, toasted it, and ate it with butter. Besides learning about bread, we studied about the different holidays around the world.



Ms. Carey and Ms. Sara's class at Blue Ridge Room 2 are studying lights. We discussed what kind of things make light. One was glow sticks. So we had a glow dance party with foam light up glow sticks. We danced to a song and used our lights to draw the shapes.



# Jefferson County Early Head Start

Mrs. Claus visited Jefferson County and danced the night away after enjoying spaghetti and meatballs with our families!



Mac n Cheese with veggies was a delicious Healthy Habits recipe that most children enjoyed!



**SAVE THE DATE!**

February 24, 2025  
We are going to the Jefferson County Parks and Recreation Open Gym!



*Welcome to the world Angel!*

Stacking,  
matching  
colors,  
puzzles,  
reading...



oh the  
places we  
will go!



# Morgan County Head Start/Pre-K



The Oakland Road class has done all things gingerbread! We tested several types of gingerbread and graphed our likes/dislikes, worked with gingerbread scented play dough, observed both real and ground ginger, read several different versions of The Gingerbread Man story, including The Gingerbread Baby by Jann Brett, and these pictures are gingerbread science.

In The Gingerbread Baby, the baby escapes everyone chasing him by jumping on an ice chunk in a river. We asked, "What would happen if he fell into the water?" The cups represented the river, and the children stirred to mimic the movement of the water in a river. They discovered that gingerbread men disintegrate in water. They also discovered that when they stopped stirring, the water and gingerbread bits continued to swirl. This is a principle of physics called "conservation of angular momentum" which means that a rotating object will continue to rotate unless something physically stops it. They noticed when they let go of the spoon, it was carried around the cup by the movement of the water as well.



Jillian Fortney joined the classes at the Berkeley Springs Center to perform a short variation from The Nutcracker and dance with the students.



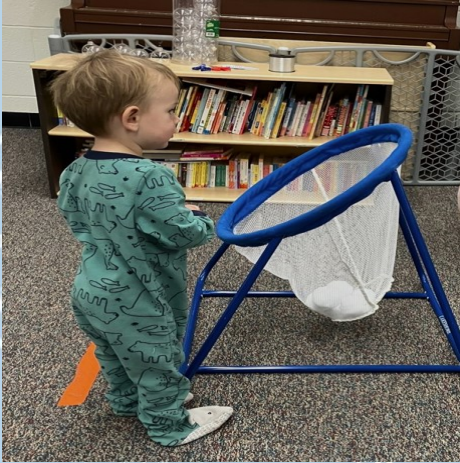
Ms. Caitlin and Ms. Macall's class created a Tree Farm in the sand box.





# Morgan County Early Head Start

Morgan County has had such a fun start to winter! We kicked things off with a delightful breakfast with Mrs. Claus, where everyone had a blast throwing pretend snowballs and coloring. Mrs. Summer and Mrs. Meraiah participated in the parade, spreading holiday cheer and encouraging community enrollment. We hope everyone is staying warm and enjoying the festive season!





# How to Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

“Why do I have to repeat myself time and again?” “Why won’t she listen to me?” Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. “Lauren, get your shoes on.” Did your child actually hear what you said? Just as adults often don’t hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don’t hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. “Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes.” This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn’t understand the direction or the direction is too vague.** Directions such as “Settle down,” “stop,” or “be nice” might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, “Lauren,” you have not actually told her what you want her to do. If you say, “stop it,” it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, “Lauren, toys stay in the tub,” then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, “Stop running!”, state the direction positively by saying, “Use walking feet.”
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, “Will you put your shoes away?” you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, “Lauren, put your shoes by the door.”

## Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.
  - » Do—State the “do” direction.
  - » W—Wait for compliance (silently count to 5).
  - » A—Ask the child to restate the direction.
  - » W—Wait for compliance (silently count to 5).
  - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child’s attention.** Eye contact is a great indicator! When you state the “do” direction you are teaching your child the desired behavior. For instance, “Lauren, go brush your teeth.” When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don’t forget to encourage your child by saying something like, “Wow, Lauren, what great listening ears! Thank you for brushing your teeth.”



# LISTEN CAREFULLY AND FOLLOW DIRECTIONS

## The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to “pick your battles”. You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.



# Tax Preparation Checklist



## PERSONAL INFORMATION

Bring **all** documents below

- Valid picture ID
- Taxpayer Identification Number: Social Security Card, Social Security Number verification letter, or Individual Taxpayer Identification Number

## PROOF OF INCOME

Bring **all** documents that apply

- W-2s for all jobs last year
- 1099s for any other income received last year
- Statements for prizes, scholarships/fellowships, or lottery/gambling winnings



## PROOF OF HEALTH INSURANCE

Bring **all** documents that apply

- 1095-A if you had coverage through the Health Insurance Marketplace
- 1095-B or 1095-C if you had other kinds of insurance or coverage

## ADDITIONAL ITEMS

Bring **all** documents that apply

- **Checking and savings account information** (for direct deposit)
- **Tax return** from last year, if available
- **Child care expenses:** providers address and federal tax ID#
- **Homeowners:** mortgage statements and property tax bills
- **Education:** college tuition and student loan statements
- **Alimony** paid or received
- **Notices:** IRS, state tax, Health Insurance Marketplace, or anything that says "IMPORTANT TAX DOCUMENTS"



**Policy Council**

This month's Policy Council meeting was held on Wednesday, December 18, at Covenant Church in Shepherdstown. The members enjoyed fellowship and holiday festivities, including a white elephant gift exchange and lots of goodies! During the meeting, reports were reviewed, questions were asked, and discussions were held. The members also approved parent fund requests for county activities. We wish you all a joyous holiday season and Happy New Year!



## IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU





# Around the Community

INTERESTED IN **FREE ENGLISH (ESOL) CLASSES** IN THE EVENING?

JOIN US ON WEDNESDAY NIGHTS!

WHEN: EVERY WEDNESDAY FROM 6:30-7:30PM

WHERE: 108 S SAMUEL ST,  
CHARLES TOWN, WV 25414

WHO: LITERACY VOLUNTEERS OF THE  
EASTERN PANHANDLE (LVEP)

QUESTIONS? [LVEP.NIGHTCLASS@GMAIL.COM](mailto:LVEP.NIGHTCLASS@GMAIL.COM)



## 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



## Family Closet

### FREE!

STARTING SEPT. 30th  
Wednesdays 10am-12pm

Clothes, Books,  
Toys, Electronics,  
Household items

111 Ellis St  
Martinsburg, WV 25404

Donate or  
Volunteer?  
CALL

304-267-4612



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](mailto:adenardo@ccwva.org)



# Employment Opportunities

## NOW HIRING

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

### FULL-TIME PART-TIME & SUBSTITUTE POSITIONS!



[www.epicresa8.org/workforus](http://www.epicresa8.org/workforus)

Industrial Maintenance Technician,  
WV (WKND 3 Days) - Full Time  
(2831)

Martinsburg, WV, United States  
Full time Schedule  
\$28.20 - \$47.10 Hourly Rate\*

\* based on job, location, and schedule

Maintenance Mechanic I, WV  
(WKND 3 NIGHTS) - Full Time  
(2831)

Martinsburg, WV, United States  
Full time Schedule  
\$21.85 - \$36.23 Hourly Rate\*

\* based on job, location, and schedule

[www.customerservice-macys.com](http://www.customerservice-macys.com)

#### JOB DESCRIPTION

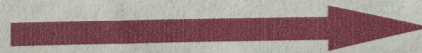
#### About:

Macy's is proudly America's Department Store. There's a reason we've been around for 160 years. Customers come to us for fashion, value, and high-quality products. Now is an exciting time to join Macy's. The face of retail is changing, and change requires innovation.

## FAST AND FUN WORK ENVIRONMENT!!



Scan and apply



**BurgerBusters Inc.**  
[jobs.tacobell.com](http://jobs.tacobell.com)  
Or Text BBI to 85000

CBP REV01-1123

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

## WE ARE HIRING!



### (1) FULL-TIME EARLY HEAD START HOME VISITOR in Berkeley County

This is a full-time position  
240 days per fiscal year

For more information and to apply,  
visit our website

[www.epicresa8.org/fulltimejobs](http://www.epicresa8.org/fulltimejobs)

Made with PosterMyWall.com

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](http://www.monster.com)  
[www.snagajob.com](http://www.snagajob.com)  
[www.indeed.com](http://www.indeed.com)  
[www.usajobs.gov](http://www.usajobs.gov)  
[www.workforcenvv.org](http://www.workforcenvv.org)  
[www.ziprecruiter.com](http://www.ziprecruiter.com)  
Facebook marketplace/jobs