



# Tri-County Kids' News

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

December 2024



We are very thankful for our small-town community here in Berkeley Springs. Our "Parade of Characters" was a great success due to the generosity of our local businesses! CNB Bank, TRUIST Bank, the Morgan County Courthouse where many departments were involved, Perry Realty, Arndt-McBee Insurance Agency, Portals Metaphysical, Mischief Sweets & Shenanigans, and The Country Inn of Berkeley Springs were all a part of that success! We would like to send a heartfelt thank you to those who donated their time and goodies for the children and families!



# Berkeley County Head Start/Pre-K



The last few months have been full of excitement at IFWC in Ms. Beth and Ms. Dottie's class. Our days are filled with life lessons such as taking turns, sharing, and creating friendships. The class is learning the importance of healthy nutrition and how to take care of our bodies. Each day is bursting with exploring with new friends as "scientists." We are learning how to use magnifying glasses, how magnets work and how to use tweezers to move specimens. We created experiments that led us to problem solve, learn how to hypothesize, predict, make observations and analyze results. One experiment we completed was called "smashing pumpkins." We predicted which pumpkin would hit the ground from up high first, the bigger ones or the smaller ones. We discussed why we decided on our predictions. First, we needed to weigh the pumpkins to find out the different pumpkins' weight and heights to decide which pumpkins we would use in our experiment. Some other experiments we performed were putting a chicken bone in soda to see what would happen, covering eggs with toothpaste to see if it would protect the eggs from soda and coffee, we created plaque and much more. We learned about growing seeds and planted magic beans. In addition, we learned about running a farm and why we need farms. We even went to visit a real farm. We became engineers building structures that only our imaginations can create. We were given opportunities to explore our bodies in music and movement time and outside. In creative dramatics we get to role play as people in our community such as bakers, people working out in a gym and as family members. In addition, we have the opportunity to be artists at the easel and art table. We have learned about letters, mathematics and how to write our names. We enjoy discussing books by talking about characters, problems in stories, solutions, settings and new vocabulary.



# Berkeley County Early Head Start

This month, families were provided the ingredients to make delicious Sweet Potato Wedges for their Healthy Habits Nutrition recipe. Children were able to help spread olive oil over the sliced wedges, then helped sprinkle on cinnamon spices. Parents were excited for their child to try something new, nutritious, and easy to make together!



Why sweet potatoes instead of white potatoes? Well, sweet potatoes are full of nutrients like vitamin B6, potassium, and iron to help children grow strong and are a great source of dietary fiber which promotes healthy digestion. And, of course, because they are so yummy!



## Recipe: Sweet Potato Wedges

2 medium sweet potatoes

1 tbsp olive oil

1/2 tsp chili powder or cinnamon (optional)

Salt and pepper to taste

Preheat oven to 450°. Cut the sweet potatoes into equal sized wedges. Arrange on a baking sheet and drizzle with olive oil. Sprinkle the sweet potato wedges with your seasoning of choice. Toss to coat the spices and olive oil evenly. Bake for 25 minutes until browned on the outside and tender soft inside.

# Jefferson County Head Start/Pre-K



In Ms. Ibsy and Ms. Heaven's classroom, we started our unit of study about insects. We learned all about insects. The children explored toy insects. We studied the life cycle of butterflies and ladybugs. We used the felt board to help the children retell the story about the very hungry caterpillar. The children had an art activity and created a colorful butterfly symmetry.



**Career day at South Jefferson!** Thank you to our Pilot, Police Officer, and Miss WV for coming to visit us. Some of our students dressed for their future careers as loan officer, police officer, tooth fairy, teacher, pilot, basketball player, CEO, and a supervisor.



**Ms. Kayla and Ms. Michelle's class had former Head Start teacher, Ms. Kristin, visit the classroom to read a story and make stained glass windows with leaves, flowers, sticks and other nature items.**



# Jefferson County Early Head Start

**Save the Dates**  
**December 3**  
**Winterfest**  
**December 14**  
**Pizza with Santa**

November is such a special time to spend celebrating family! Thanksgiving, as it's celebrated today, is a time of reflection, gratitude, and togetherness. It's an opportunity to pause and appreciate both the big and small blessings in our lives. We are thankful for our tri-county community!

**Welcome to the world!**



**Darlyn**



**Kinsley**

We had a grand time celebrating all of our different cultures at our annual Family Multicultural Night! Thank you to all of our families who brought a dish, story, or tradition to share! We would also like to thank all of our community volunteers for donating their time/materials to help us celebrate!

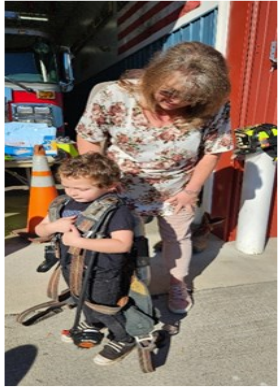


# Morgan County Head Start/Pre-K



The students at Great Cacapon Head Start spent a week learning about fire/emergency safety. They learned how and when to dial 911, about stop, drop, roll, and to never hide from first responders. During practice drills the children are taught to put their hands up high and yell "here I am" so they can be found first.

We also visited our neighbors at the local volunteer fire company. The firefighters talked to the students about fire safety, showed them around the truck, and geared up. Students learned that while firefighters in full gear may look and sound scary at first, they are true helpers. Each student took a turn shaking Firefighter Brandy's hand to say thank you.



  
**A Special Thank You  
to Our Firefighters**



# Morgan County Early Head Start



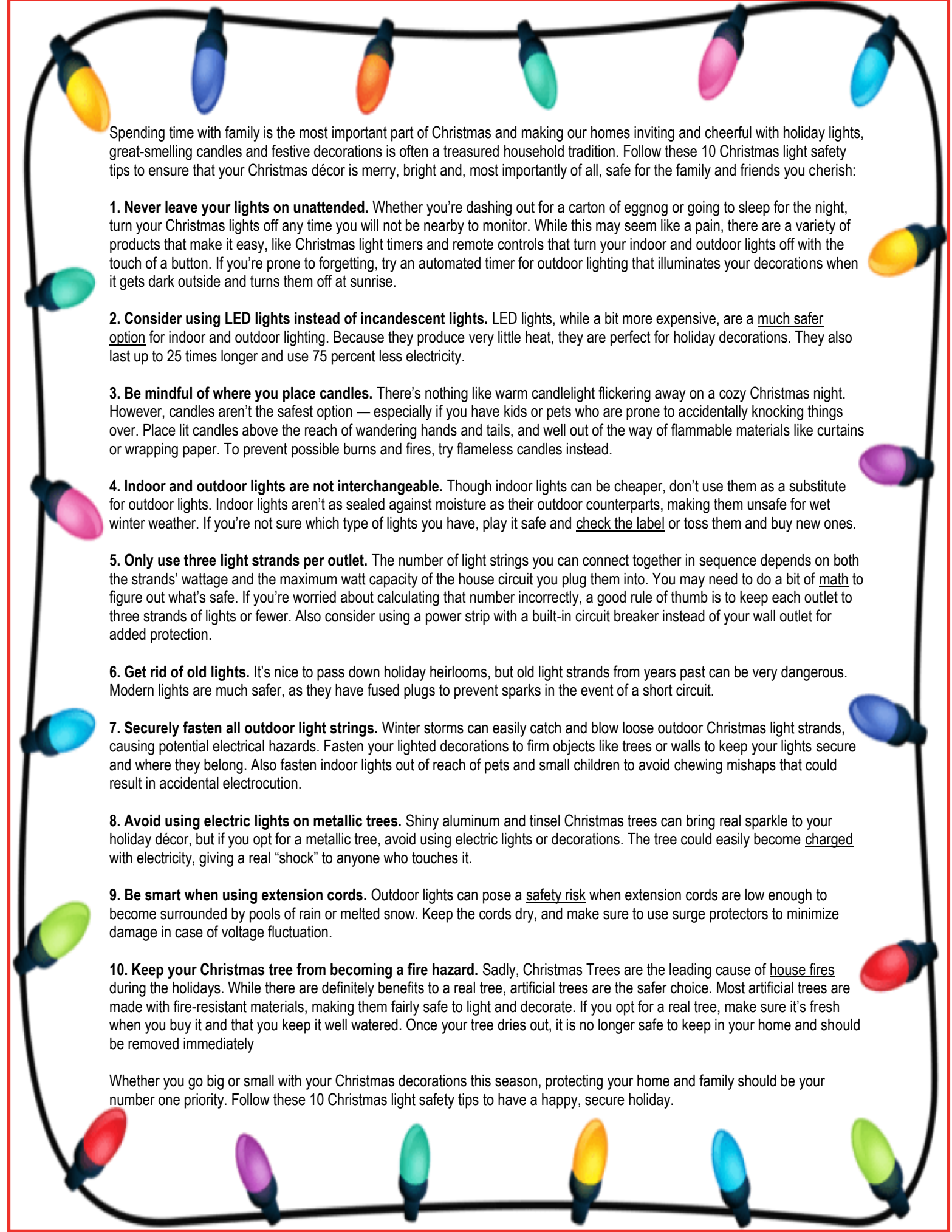
This year's Fall Festival was a blast for the kiddos and we couldn't have done it without the amazing support of our community partners: Foodlion, Glasscocks, and Josh Place! A big thank you to everyone who helped make this event extra special.

But the fun didn't stop there! Later in the month, after a lively Creative Movement session at the Ice House, we headed to the public library for even more adventures. What a wonderful way to celebrate fall and all the joy that comes with it!

Play,  
Learn and Grow...  
Together!

Community Resource - Creative Movement at the Icehouse: 9:30 on Fridays





Spending time with family is the most important part of Christmas and making our homes inviting and cheerful with holiday lights, great-smelling candles and festive decorations is often a treasured household tradition. Follow these 10 Christmas light safety tips to ensure that your Christmas décor is merry, bright and, most importantly of all, safe for the family and friends you cherish:

**1. Never leave your lights on unattended.** Whether you're dashing out for a carton of eggnog or going to sleep for the night, turn your Christmas lights off any time you will not be nearby to monitor. While this may seem like a pain, there are a variety of products that make it easy, like Christmas light timers and remote controls that turn your indoor and outdoor lights off with the touch of a button. If you're prone to forgetting, try an automated timer for outdoor lighting that illuminates your decorations when it gets dark outside and turns them off at sunrise.

**2. Consider using LED lights instead of incandescent lights.** LED lights, while a bit more expensive, are a much safer option for indoor and outdoor lighting. Because they produce very little heat, they are perfect for holiday decorations. They also last up to 25 times longer and use 75 percent less electricity.

**3. Be mindful of where you place candles.** There's nothing like warm candlelight flickering away on a cozy Christmas night. However, candles aren't the safest option — especially if you have kids or pets who are prone to accidentally knocking things over. Place lit candles above the reach of wandering hands and tails, and well out of the way of flammable materials like curtains or wrapping paper. To prevent possible burns and fires, try flameless candles instead.

**4. Indoor and outdoor lights are not interchangeable.** Though indoor lights can be cheaper, don't use them as a substitute for outdoor lights. Indoor lights aren't as sealed against moisture as their outdoor counterparts, making them unsafe for wet winter weather. If you're not sure which type of lights you have, play it safe and check the label or toss them and buy new ones.

**5. Only use three light strands per outlet.** The number of light strings you can connect together in sequence depends on both the strands' wattage and the maximum watt capacity of the house circuit you plug them into. You may need to do a bit of math to figure out what's safe. If you're worried about calculating that number incorrectly, a good rule of thumb is to keep each outlet to three strands of lights or fewer. Also consider using a power strip with a built-in circuit breaker instead of your wall outlet for added protection.

**6. Get rid of old lights.** It's nice to pass down holiday heirlooms, but old light strands from years past can be very dangerous. Modern lights are much safer, as they have fused plugs to prevent sparks in the event of a short circuit.

**7. Securely fasten all outdoor light strings.** Winter storms can easily catch and blow loose outdoor Christmas light strands, causing potential electrical hazards. Fasten your lighted decorations to firm objects like trees or walls to keep your lights secure and where they belong. Also fasten indoor lights out of reach of pets and small children to avoid chewing mishaps that could result in accidental electrocution.

**8. Avoid using electric lights on metallic trees.** Shiny aluminum and tinsel Christmas trees can bring real sparkle to your holiday décor, but if you opt for a metallic tree, avoid using electric lights or decorations. The tree could easily become charged with electricity, giving a real "shock" to anyone who touches it.

**9. Be smart when using extension cords.** Outdoor lights can pose a safety risk when extension cords are low enough to become surrounded by pools of rain or melted snow. Keep the cords dry, and make sure to use surge protectors to minimize damage in case of voltage fluctuation.

**10. Keep your Christmas tree from becoming a fire hazard.** Sadly, Christmas Trees are the leading cause of house fires during the holidays. While there are definitely benefits to a real tree, artificial trees are the safer choice. Most artificial trees are made with fire-resistant materials, making them fairly safe to light and decorate. If you opt for a real tree, make sure it's fresh when you buy it and that you keep it well watered. Once your tree dries out, it is no longer safe to keep in your home and should be removed immediately

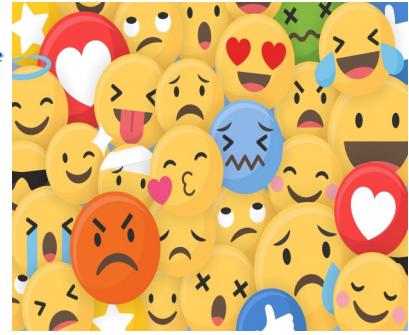
Whether you go big or small with your Christmas decorations this season, protecting your home and family should be your number one priority. Follow these 10 Christmas light safety tips to have a happy, secure holiday.



# 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

**As a parent, you may wonder what the Policy Council is and about its role in Head Start and Early Head Start. You may have questions about how to join, serve on, or leave the Policy Council. We encourage you to discuss your questions with your child’s teacher, your family service worker, the program director, or other staff. They can partner with you to make your Policy Council experience the best it can be.**



# Health and Wellness

**OHS**  
CANADA

## 12 DAYS OF HOLIDAY SAFETY

### Holiday Preparedness

Every home should have working CO2 detectors, smoke alarms, fire extinguishers and a first-aid kit

1



2

### Tree Safety

Needles on fresh trees should be green and hard to pull from branches. They require 4 litres of water daily. Look for flame resistant artificial trees.



3

### Holiday Lighting

Use CSA approved lighting. Check for broken sockets or frayed and damaged wires. Don't use nails/tacks to hang.



4

### Plan Your Escape

Ensure everyone, including overnight guests, know what to do and where to meet if an alarm sounds.



5

### Fireplace Safety

Have your fireplace inspected for damage. Only burn seasoned and dry wood, no boxes or wrapping paper.



6

### Winter Preparedness

Get your 72-hour kit together, with bottled water, canned food, flashlights, medication, cash, blankets and more.



7

### Extension Cords/Power Bars

Use CSA-approved cords and power strips. Never place under a rug, wall, doorway ceiling or floor.



8

### Child and Pet Safety

Wagging tails and children increase fire hazards. Use electric candles instead of real ones and establish 'kid-free zones'



9

### Lithium-ion Batteries

Monitor devices when charging - they can overheat, catch fire or explode. Don't charge devices under pillows or on beds.



10

### Winter Travel

Pack emergency kit and drive according to road conditions. Don't use cruise control or lane-keeping assistance in bad weather. Only use hands-free devices.



11

### Kitchen Fires

Cooking is the biggest cause of home fires and injuries. Never throw water on a grease fire. For oven fires, turn off heat and keep door closed.



12

### Lit Candles

Keep candles away from decorations, high-traffic areas, windows, blinds, curtains and children and pets.



## Beat the COLD & FLU season

### Why do children get sick in the winter?

Although illnesses like colds and the flu occur more frequently during the winter months, the reasons are not always straightforward. One myth is that cold weather can make you sick, but that is not true. Being cold itself does not cause illness. However, when it is colder outside, children tend to spend more time indoors together, easily passing germs and infections. Some viruses thrive and can even spread better in the cooler, less humid air. Nasal mucous may be drier and stickier during the winter months, which some people believe can affect the spread of viruses. Lastly, if regular sleep or eating habits are interrupted during winter travel, the immune system may become more vulnerable and less effective in fighting infection.

### How to prevent getting sick in the winter:

Here are a few preventive measures you can do to help reduce the risk of winter illness:

- Wash hands frequently
- Stay up to date on vaccinations, including the annual flu vaccine and COVID 19 vaccine, if eligible
- Get the RSV shot for babies up to 8 months old and the booster shot for babies 8 to 19 months old, if they have an underlying health condition that makes them eligible
- Eat healthy foods and drink plenty of water
- Get plenty of rest
- Stay home if not feeling well to prevent germs from spreading

# Around the Community

**Jefferson County Black Teachers Association Parent HUB**

**BSU Meetings**

**Washington High After School**  
 Dec. 12, 2024  
 Jan. 09, 2025  
 Feb. 13, 2025  
 March 13, 2025  
 April 10, 2025  
 May 8, 2025

**Jefferson High**  
 Dec. 04, 2024  
 Dec. 20, 2024  
 Jan. 08, 2025  
 Jan. 17, 2025  
 March 05, 2025  
 March 21, 2025

**Attend Our Monthly**  
**6:30PM VIA ZOOM**

**Family Meetings**

Dec. 12, 2024  
 Jan. 30, 2025  
 Feb. 20, 2025  
 March 27, 2025  
 April 24, 2025  
 May 8, 2025  
 (Awards Ceremony)

**Our Social Media**  
 @btajefferson  
 BTA Facebook

Sponsored By  
[www.jcwbtabph.com](http://www.jcwbtabph.com)  
[www.kheadstudios.com](http://www.kheadstudios.com)

**“And How Are The Children?”**

Legal Aid of West Virginia's  
**Lawyer in the School**

**ISSUES WE CAN ASSIST YOU WITH:**

- Guardianship
- Custody
- Visitation
- Adoption
- Child Support
- Eviction
- Poor Housing Conditions
- Government Benefits
- Expungement
- Driver's License Reinstatement
- Powers of Attorney

**WHAT IS LAWYER IN THE SCHOOL?**

The Lawyer in the School (LIS) program provides eligible parents and caregivers of public school students with the opportunity to talk to and receive free, brief civil legal information or advice from a lawyer. We hold legal clinics in some county schools and public libraries. These walk-in clinics are staffed by Legal Aid of West Virginia attorneys and no appointment is necessary. For more information, you can visit [LegalAidWV.org/LIS](http://LegalAidWV.org/LIS)

**RANGE OF LIS SERVICES**

- General Information
- Brief Advice
- Assistance Filling out Forms
- Brief Legal Services
- Representation in Court

**To get help, contact us:**  
 304-263-8871, Ext. 2814 · [LIS@lawwv.net](mailto:LIS@lawwv.net)

**For housing-related assistance, reach out to the service provider in your area.**

**Balance of State CoC**  
 Coordinated Entry: (304) 842-9522 ext. 1

**Cabell-Huntington Wayne CoC**  
 Coordinated Entry: (304) 523-2764 ext. 115

**Kanawha Valley Collective CoC**  
 Coordinated Entry: (681) 340-1086

**Northern Panhandle CoC**  
 Coordinated Entry: (304) 842-9522 ext. 1

Are you experiencing homelessness?  
 Please contact our intake line

**WVCEH COORDINATED ENTRY**

**(304)-842-9522 option 1**

**CES@wvceh.org**  
**wvceh.org**

# Employment Opportunities

## Dockhand, Sr

DB Schenker (part of Deutsche Bahn) · 3.3 ★  
Inwood, WV 25428

### Profile insights

Here's how the job qualifications align with your [profile](#).

#### Licenses

✓ Driver's License ▾

#### Education

✓ High school diploma or GED ▾

### Benefits

Pulled from the full job description

- Dental insurance
- Vision insurance

Bring your amazing self to work

## Seasonal Fulfillment and Receiving Support Associate, Francis Scott Key

Macy's · 3.6 ★  
5500 Buckeystown Pike Ste 500, Frederick, MD 21703

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

Macy's · 3.6 ★  
333 Caperton Blvd, Martinsburg, WV 25403

Manpower jobs in Halltown, WV

1 job at Manpower

Hiring multiple candidates

## Production Worker

Manpower 3.8 ★  
Inwood, WV 25428

From \$16.50 an hour

401(k) · Health insurance · 401(k) matching · Paid time

Full-time +1 Day shift +2



## Work for Us

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

Contact Name	Job Title	Phone Number
Johnson, Shannon	Human Resources Director	304-596-2663

- ↓ 25-008 PT PK Classroom Aide for HS in Morgan County.pdf
- ↓ 25-007 PT PK Classroom Aide for HS in Jefferson County.pdf
- ↓ 25-006 PT PK Classroom Aide for HS in Berkeley County.pdf
- ↓ 25-005 PT Bus Aides for HS in Morgan County.pdf
- ↓ 25-004 PT Bus Aides for HS in Jefferson County.pdf
- ↓ 25-003 PT Bus Aides for HS in Berkeley County.pdf
- ↓ 25-002 PT Food Service Aides for HS in Morgan County.pdf
- ↓ 25-001 PT Food Service Aides for HS in Jefferson County.pdf
- ↓ 25-000 PT Food Service Aides for HS in Berkeley County.pdf

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.workforcewv.org](http://www.workforcewv.org)
- [www.ziprecruiter.com](http://www.ziprecruiter.com)
- Facebook marketplace/jobs