



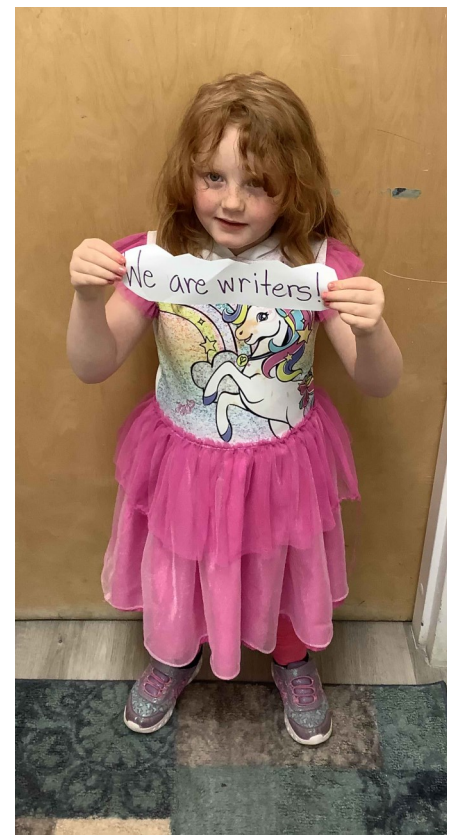
Tri-County Kids' News

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

May 2022



Ms. Jen and Ms. Scooter's class at TA Lowery have been working hard! They continue to work on letters, numbers, patterns, shapes, and colors! They recently completed studies on clothing and recycling. Students brought in old t-shirts, and they used them to create a beautiful quilt! They also made quilt patterns with recycled paper from old class projects. They have grown so much this year and are looking forward to Kindergarten next year!



Berkeley County Head Start/Pre-K

LEPRECHAUN TRAP

During their study on boxes, Mr. Waters' class at Spring Mills Primary completed a family project.

Using boxes, students had to create a trap with their families to try and capture the sneaky leprechaun.



Claire, Mira and Liam are making playdoh food for their friends!



Charles completed a puzzle on his own!

Spring

To welcome spring, Spring Mills Primary students in Mr. Waters class created bird feeders and hung them on trees by their playground to observe the birds.



Berkeley County Early Head Start

Tips to avoid choking in infants and toddlers

- Cook and prepare food to the right shape, size, and texture for your child's development
- Avoid small, sticky, or hard foods that are hard to chew and swallow.
- Have your child sit up while eating (no lying down, crawling, or walking).
- Have your child sit in a highchair or other safe place.
- Avoid letting your child eat in the car or stroller.
- Keep mealtimes calm. Avoid distractions, disruptions, and rushing when eating.
- Pay close attention to what your child puts in his or her mouth.
- Always watch your child while he or she is eating.
- Talk to your child's doctor or nurse to learn what to do if your child chokes.



Makenlee has graduated from EHS and entering school!

Good to Know!



Our families explored the Bee Hive's new location at 123 S Queen Street in Martinsburg. While we were there we enjoyed music and interacting with our peers. We also explored our creative sides by making paper bag puppets.



Jefferson County Head Start/Pre-K



We are studying trees in our South Jefferson classroom. We have read several books about trees. The students filled a bag with items from trees they found at home and made a collage in the classroom. Each day we have labeled different parts of the tree on our tree diagram.



TA1 classroom combined the Exercise and Clothes Studies for the day and we were wearing our sports/exercise clothes! We listened to the story "The Girl Who Wore Too Much" then created her dresses, and responded to the story. Look at us hanging clothing on the clothesline!

Jefferson County Early Head Start

In March, we went on a field trip to Shepherd University Games Zone for a fun morning of bowling with our families! The children did a great job taking turns, cheering one another on and using their gross (big muscle) motor skills. We showed the families how to use water bottles filled partially with colored water to make a bowling game at home. There was lots of laughter throughout the meeting!



Welcome to
the world
Evelyn Rose!

Born
March 23, 2022

Weighing
9 lb. 6 oz.



SAFETY FIRST



In EHS, we practice safety! This month was bus evacuation! Parents and children were able to practice coming out of the bus through the back. Ask us about all of our safety practices!

yummy!

EHS parents, Adam and Mary demonstrated how to cook a delicious salmon, chicken, potatoes and asparagus meal! Thank you so much for volunteering your time, Adam and Mary! If you have a special talent, let us know and you too can be an EHS presenter!



Morgan County Head Start/Pre-K



The Oakland Road class went on a field trip to the U.S. Silica sand mine in Berkeley Springs. The safety supervisor, Andrew Rigler, told us about the mine and the sand that comes out of the mine. It is ground into different grades of coarseness. Some of the sand is ground to a finer grade than baby powder. Sand from our mine was used to make the lenses on the Hubble telescope!

The children were able to explore a giant bulldozer and front loader (from the ground only!). They saw working dump trucks hauling sand in rock form, and the dump truck driver showed the class how the bed of the truck can be raised to dump out the sand. Children had the opportunity to find their own chunks of sand rocks.

At the end of the trip, the children posed in front of the bulldozer with Mr. Rigler and Mr. Reed, and the trophy they received for being the safest mine. Among other things, U.S. Silica provided the children with kid-sized hard hats, safety vests, and safety glasses, which the children wore during the trip. Huge thanks to Andrew Rigler and U.S. Silica for hosting an educational and outstanding field trip!



Morgan County Early Head Start



In Morgan County we partner with Starting Points Family Resource Center. Early Head Start and Starting Points collaborate to support our families and offer a wide range of community resources. Recently, Tina Badley and Audrey Morris came to our center to share information with our families and featured one of their programs, “Cheap Eats.” This is a fun way to learn about cost effective ways to prepare healthy foods. All ingredients are supplied for each family that attends.

In addition, Starting Points offers the following services:

- Holiday Helpers: Holiday help for qualifying families
- Camp MoKo: Summer day camp for grades K-5 (breakfast and lunch provided)
- Fun Fridays: Special, family friendly events held on Friday evenings in the summer
- Weekly play group
- Resume writing help
- Meal Time Community Kitchen: Free hot meals every Monday, Tuesday, and Friday 3:30-5:00
- Annual Back to School Bash
- Yearly Paw Paw Block Party
- Starting Points Baby Shower: June 9, 2022
- Budgeting and financial counseling
- Baby Pantry: Supplies such as diapers, wipes, formula are available once a month for those in need. Registration required: 304-258-5600
- Healthy Grand families
- Life Skills Education
- Parent Education
- Organizes Mountaineer food distributions



There's an African proverb that says, “It takes a village to raise a child.” In Morgan we are so lucky to partner with an outstanding resource like Starting Points! They are located at 106 Sandmine Road in Berkeley Springs. For more information, speak to your home visitor or call Audrey Morris at 304-258-5600.



Enjoy a fun day at your local farmer's market!!!!

Did you know SNAP benefits will be doubled for all participants; tripled for seniors and participants with children; and quadrupled for grandparents with children? Spending some time at the farmer's markets is a great way to spend time outdoors, get some exercise, listen to live music, and support your local farmers. Kids love to look at all the colorful fruits and veggies and are more likely to eat them if they can help to pick them out and prepare them. Families can make connections with neighbors, support your community, attend educational programs, and see live art demonstrations.

****SNAP monies can be used on any item in the market that SNAP monies can be used on in a grocery store. Double/Triple/Quadruple tokens can only be used on vegetables, fruits, and plants that will produce a food item.****



Berkeley County Farmer's Market

101 W. Martin Street
Martinsburg

Saturdays 9-1
April thru December
(Rain or Shine)



Jefferson County Farmer's Market

S. Samuel Street
Charles Town

Saturdays 9-12
April thru December
(Rain or Shine)



Morgan County Farmer's Market

129 Fairfax Street
Berkeley Springs

Sundays 10-2
April thru December
(Rain or Shine)



Encourage Healthy Eating Habits

Healthy eating is essential to a child's well-being. Children who are overweight are at risk for chronic health problems. The [Weight-control Information Network](#) (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), offers guidance to parents and caregivers on how to encourage healthy eating habits in children.

Tips for Families to Help Children Eat Healthy

- Eat breakfast every day. Skipping breakfast can leave your child hungry, tired, and looking for less healthy foods later in the day.
- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of foods.
- Buy and serve more fruits and vegetables (fresh, frozen, canned); let your child choose at the store.
- Buy fewer soft drinks and high fat/high calorie snack foods like chips, cookies, and candy. These snacks are OK once in a while, but keep healthy snack foods on hand too and offer them to your child more often.
- Start with small servings and let your child ask for more if he or she is still hungry. It is up to you to provide your child with healthy meals and snacks, but your child should be allowed to choose how much food he or she will eat. One tablespoon per year of age for each component of the meal is a great place to start when considering serving sizes for young children.
- Offer your child water or low-fat milk more often than fruit juice. Fruit juice is a healthy choice but is high in calories.
- Eat fast food less often. When you visit a fast food restaurant, try the healthful options offered.
- Do not get discouraged if your child will not eat a new food the first time it is served. Some kids will need to have a new food served to them 10 times or more before they will eat it.
- Try not to use food as a reward when encouraging kids to eat. Promising dessert to a child for eating vegetables, for example, sends the message that vegetables are less valuable than dessert.
- Make healthy choices easy by putting nutritious foods where they are easy to see and keep high calorie foods out of sight.

Healthy Snack Ideas

Fresh or frozen fruit, or fruit canned in juice or light syrup
Small amounts of dried fruits such as raisins, apple rings, or apricots
Fresh vegetables such as baby carrots, cucumber, squash, zucchini, or tomatoes
Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers
Low-fat yogurt with fruit
Graham crackers, animal crackers, baked pretzels, or low-fat vanilla wafers

The 5-2-1-0 Message Provides Suggestions for Building Healthy, Active Lives

Eat at least **5** fruits and vegetables a day.

Keep screen time (like TV, video games, computer) down to **2** hours or less per day.

Get **1** hour or more of physical activity every day.

Drink **0** sugar-sweetened drinks. Replace soda, sports drinks, 100 percent fruit juice with milk or water.

Be Supportive

Throughout any process or program that you undertake to address your child's eating habits, be supportive. Help your child set specific goals and track his or her progress. Reward successes with praise and hugs. Be positive. Tell your child that he or she is loved, special, and important. Children's feelings about themselves are often based on how they think their parents and other caregivers feel about them. Children need compassion, understanding, and encouragement from caring adults.

Note: Foods that are small, round, sticky, or hard to chew, such as raisins, whole grapes, hard vegetables, hard chunks of cheese, nuts, seeds, and popcorn can cause choking in children under age 4. You can still prepare some of these foods for young children, for example, by cutting grapes into small pieces and cooking and cutting up vegetables. Children should always be supervised during meals and snacks.

Health and Wellness



A child's skin is much more tender than an adult's skin. Children can get bad sunburns even if they are only in the sun a short time. A sunburn can be painful and dangerous for children.

Use a sunscreen lotion labeled SPF 15 (or a higher SPF number). Use it on all bare skin, including the ears and top of the head where the hair parts. It is a good idea to keep babies out of direct sunlight. Children should wear hats and sunglasses.

Too much heat and sun can be dangerous, especially for children. Let children play indoors or in the shade during the hottest part of the day. Make sure they drink plenty of water and juice.

The sun also makes playground equipment very hot. A child can get a serious burn from a hot slide. Always check the slide or other surface before your child plays on it. If it feels warm to you, it will feel hot to your child's skin.

Seat belt buckles and child car seats get very hot when the car is parked in the sun. Check these with the back of your hand before you buckle up your child. If it feels hot to you, it will burn your child. Placing a towel over the child car seat when you leave the car may help keep it cool.

Allergies




Allergic reactions occur when the body's immune system reacts to a substance. House dust, flower and plant pollen, medicines, foods, cigarette smoke, or insect bites may cause reactions.

If you think your child has allergies, talk to your doctor about how to identify and remove possible causes of allergic reactions.

If your child does have allergies, talk with your doctor about treatment and medicines. Don't use over-the-counter nose sprays or medicines unless your child's doctor says it is okay.

Around the Community



Us Vaxing Us

COVID-19 VACCINATION AND TESTING CLINIC

Destiny Baptist Church 115 N. Raleigh Street Martinsburg WV 25401 Every Monday 11:00AM to 4:30PM	Church of Jesus Christ of Latter-Day Saints 1050 Lovelace Road Martinsburg WV 25401 Every Tuesday 11:00AM to 4:00PM	Asbury Church 4257 Kearneysville Pike Shepherdstown WV 25443 First and Third Wednesdays 11:00 AM to 4:00 PM	Hope City Church 115 Royal Crest Drive Martinsburg WV 25401 Every Friday 11:00AM to 4:00PM
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No appointment is necessary for this drive-up vaccination and testing clinic.
 Pfizer and Moderna booster shots are available for eligible persons. Call 304-610-6820 for more information



WVU Medicine
BERKELEY MEDICAL CENTER

Berkeley Medical Center COVID-19 TESTING NEW HOURS

Starting May 1st

CLOSED Saturday & Sunday

MONDAY-FRIDAY 9am - 4pm

 **Good Samaritan Free Health Care**
21h · 🌐

We have a blessings box! We are so excited for this addition to our facility! We have it packed with all of the essentials. Feel free to bring non perishable items by for donation as well!

[#goodsamaritanwv](#) [#goodsamaritan](#) [#blessingsbox](#)



FREE

Blessing Box Mission

Annual FREE Summer Baby Shower!

- If you live in Morgan County
- Are expecting
- And/or have a child under the age of 2

You are Invited! Mothers and Fathers are Both Welcome!

Time: See Vendors at 5PM
Shower starts at 6!

When: June 9th

Where: Morgan County Starting Points,
106 Sand Mine Rd.

RSVP: 304-258-5600
By June 2nd

Sponsored by: MCSP and Mo. Co. PIP






Employment Opportunities


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 information, and to see the full job posting, visit  www.epicresa8.org

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NOW HIRING

SUBSTITUTE BUS DRIVERS

IN BERKELEY, JEFFERSON & MORGAN COUNTIES



RUNS ARE ASSIGNED "AS NEEDED" FOR OUR HEAD START PRE-K PROGRAM

SUCCESSFUL CANDIDATES MUST HOLD CDL, WV BUS OPERATOR LICENSE, AND A HS DIPLOMA OR EQUIVALENT

FOR MORE INFORMATION VISIT [WWW.EPICRESA8.ORG](http://www.epicresa8.org)

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NOW HIRING

PART-TIME VAN DRIVERS

FOR OUR SPECIAL NEEDS TRANSPORTATION PROGRAM IN BERKELEY COUNTY



FOR VAN DRIVER QUALIFICATIONS & A LIST OF RESPONSIBILITIES, VISIT [WWW.EPICRESA8.ORG](http://www.epicresa8.org)

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WE ARE HIRING:

SUBSTITUTE PRE-K TEACHERS

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

[WWW.EPICRESA8.ORG](http://www.epicresa8.org)

Visit our website for more information & to apply today!



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Eastern Panhandle
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of the entire community.


WE ARE HIRING!

EARLY HEAD START FAMILY ADVOCATES

to serve Berkeley County

Full-time : 240 days per fiscal year

For more information and to apply, visit our website



www.epicresa8.org/workforus

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NOW HIRING

EPIC has Adult Education positions open in Berkeley and Hardy counties!



- * Full-Time Adult Ed Instructor in Hardy County
- * Full-Time SPOKES Instructor in Berkeley County
- * Substitute ESOL Instructor in Hardy County
- * Part-Time WV Works Assessment Specialist - housed in Berkeley serving multiple counties

Visit our website for more information and to apply today!
www.epicresa8.org/workforus

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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