



Tri-County Kids' News

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

April 2022

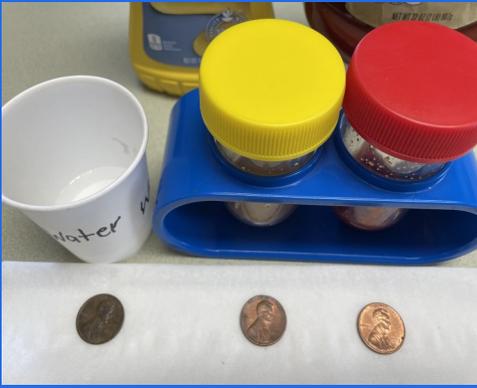


Sky is a Morgan County EHS child who is cooking up something good in the kitchen; turn to the Morgan County EHS page to see what's cooking in Morgan this month!

Berkeley County Head Start/Pre-K

Hedgesville is “experimenting” with Science! The children are having lots of fun learning about how ketchup makes dirty pennies shine like new, making shaving cream rain clouds, and how to make oobleck (a mixture of corn starch and water that behaves like a liquid when at rest and like a solid when pressure is applied). We are going to be making erupting volcanos in the coming weeks.

SCIENCE ROCKS



Introducing Zondria Lansdowne, a woman of many talents! Zondria's views have been molded by the many roles she has played and continues to play today. She has worldly experience performing as a wife, mother, grandmother, adoptive mother, mentor, and business owner to name a few. These roles have given her the opportunity to develop skills that afford her the ability to view obstacles creatively and address them resourcefully with innovation. Mrs. Lansdowne states, "It is time to inspire change" and what better way to be an effective change agent than running for the West Virginia House of Delegates in District 93!

Zondria has a child currently enrolled in the Berkeley County Head Start program and has been a part of the Head Start family for many years. She has invested in her formal education holding two degrees, Social Work and Business Administration. She hosts numerous support groups available to our local community providing insightful information, most notably pertaining to autoimmune diseases and parenting. Mrs. Lansdowne plans to continue outreach in our community by being present and making us aware of her many wonderful ideas to stimulate change. She is passionate about attracting and maintaining quality educators for our Berkeley County Schools. Keep an eye out for her in your area!



Berkeley County Early Head Start



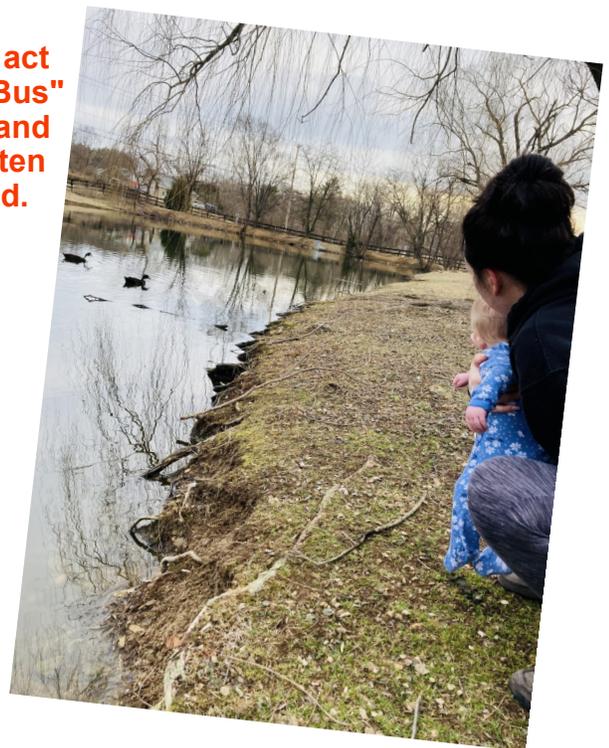
This month Berkeley County EHS was busy making friends and healthy recipes. At a fun parent's night out, our families had the opportunity to make heart shaped pizzas with healthy toppings. Lauren from WIC came to show them how you can substitute sweet potatoes for the crust. She even gave the families a nutrition plate and super cool freebies.

The nutrition education continues into the Wee Play the next day. Children and families are given the opportunity to try whole wheat toast, cooked carrots, mandarins, and milk.



Shannon and her sister act out "The Wheels on the Bus" with a hula hoop. Irene and her Mom look at and listen to the ducks at the pond.

PLAY GIVES
CHILDREN
A CHANCE
TO PRACTICE WHAT
THEY ARE
LEARNING.
-MR. ROGERS



Jefferson County Head Start/Pre-K

The children in Blue Ridge classroom 1 had fun studying about buildings. They explored the classroom materials to build and design different buildings. They made houses from milk cartons and painted them. They also learned about their home addresses. Additionally, they learned about the equipment and tools along with different jobs that workers hold throughout the building process.



"ALONE, WE CAN DO SO LITTLE; TOGETHER, WE CAN DO SO MUCH"

HELEN KELLER



The children in Ms. Sarah and Ms. Michelle's class at BRP2 have been learning about buildings and what makes a community. As we finish up our unit, we recalled what we learned, and the children worked together to build their own community!!



Jefferson County Early Head Start



Lily Jane, born February 15,
weighing 6 lbs., 13 oz.



Haisley Sue, born February 21,
weighing 7 lbs., 12 oz.



Why Should my Family Attend Wee Plays?

As our children grow and begin to engage in new ways, we need to provide them with new experiences. The transition from a home-based program to a classroom may be challenging for some children. Wee Plays bridge the gap! When children come into the classroom setting, they can learn how to engage with other children and adults with the knowledge that their parents/guardians are right there! It may look like they are just playing but they are really learning about themselves in a new environment!

At this Wee Play, children had fun playing with pretend food. We talked about the different colors of the food and ideas for healthy snacks!

During the month of February, children worked on identifying different shapes with an emphasis on hearts! On home visits, we made homemade chicken soup and children really enjoyed exploring different kinds of books!



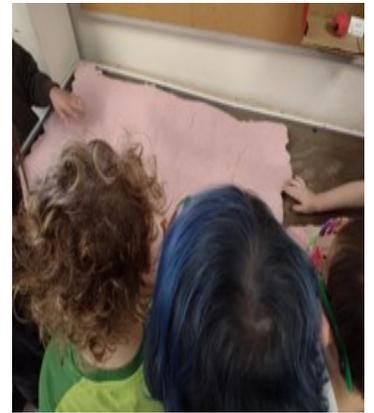
Morgan County Head Start/Pre-K



The New Year started with a study of how to reuse, repurpose, and recycle old things.

One class project Great Cacapon Head Start completed was to take scrap paper from home and make new paper for an art project.

It was a weeklong process but things turned out well.



Dear Mr. Larry,

Thanks for all the things you fix for us all the time - like that time the toilet wouldn't flush, and you brought the big machine to school and fixed it! Plus, you come over and check the water every day to make sure it is safe. You have lots of keys too, they make a fun noise. You are super nice to us too. You always wave and smile

at us. We will miss you a lot. Have fun and congratulations on all your stay home days.

Thanks,

Great Cacapon Kids



Morgan County Early Head Start



Last month, we talked a little about self-care. An easy small change that can be accomplished is improving nutrition or adding five minutes more of exercise a day. Last month in Morgan County our families were invited to make egg breakfast muffins. These muffins are yummy, easy, freeze well, healthy, and a perfect make ahead breakfast. One of these muffins provides a portion of protein and veggies, and are a healthy start for busy weekday morning.

One of our families took the original Healthy Habits egg muffin recipe and added a variety of their own ingredients. Mom wrote "This time we made them a little different so there was more of them and put lots of things in them! There was green pepper, onion, tomato, broccoli, cheese and spam! Some of them only have cheese and spam with some broccoli snuck in to where you can't see it so Aryonna will never know! I love them because they can be completely different every time. Dave was even talking about putting black olives and some other things in his half! I can't wait to see what other recipes we will be doing."



Making recipes with your children is a great way for children to learn how to follow directions, use math skills (example add 2 eggs), recognize letters and words and learn about nutrition.

Here's the recipe for Egg Muffins:

Prep for baking: Preheat the oven to 400°F. Line a 12-count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.

Make batter: In a large 4-cup measuring cup or mixing bowl, crack in the eggs and whisk them together with salt and black pepper.

Incorporate add-ins: Chop up your favorite combo of vegetables and proteins, mix until combined.

Pour Into pan: Divide the batter evenly among the muffin liners, filling each one about 1/2 to 2/3 full, and sprinkle with any additional toppings.

Bake: Bake the egg muffins for 12-15 minutes.



ATTENTION PARENTS

As society becomes increasingly reliant on technology and screen time, so have young children. Screen time can be used as both educational and appropriate sources of entertainment. However, young children still need their screen time monitored as many are indirectly or directly exposed to 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. Parental involvement during the screen time can be helpful and an opportunity to do something fun together, for example, watching shows or playing games together on an electronic device. For further consideration of monitoring your family's use of screen time, set up a Family Media Plan. Follow this link for more information! <https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>



This is a PSA about a character in a video game called Huggy Wuggy and his nemesis Kissy Wissy. These characters are in the game called Poppy Playtime. This video game has been described as a "survival horror game," that came out on 10/21/2021. Videos of the game have gained a lot of popularity on TikTok and YouTube, especially with younger children. We have heard some children during our free choice time pretending to be Huggy Wuggy. However, the rating for the game is PG-12, meaning the content is for anyone above the age of 12. In the game, the players solve puzzles to move to the next level. Huggy Wuggy moves throughout the game singing phrases like; "I could hug you forever until our last breath together...and My teeth sharp and ready, in my grasp yeah their deadly." He also talks about hugging Kissy Wissy until she dies. The game has gained a lot of controversy because of its popularity among young children and being marketed to them inappropriately on social media. Our program wanted parents to be aware of the content!

jcsww.org –
Jefferson County
Kindergarten Registration
Information:

Visit the JCS website and find the School that your child will be attending and the dates and times for in-person registration are listed. If you have any questions about kindergarten registration reach out to Tiffany or Lana at the **Jefferson County HS center**.

Required Documents:

____ "Student Enrollment" form (all questions must be answered)

____ Birth Certificate copy – state certified and official required by law

____ Student's social security card

____ Record of All Immunizations completed to date

www.berkeleycountyschools.org-
Kindergarten Registration info:

To enroll in kindergarten for the 2022 - 2023 school year, a child must be five on or before June 30, 2022:

1. *A child who will be five years of age on or before June 30, 2022 will be enrolled in kindergarten.*

2. *A child who will be six years of age on or before June 30, 2022 must be enrolled in school; will be enrolled in first grade if the child has completed an accredited kindergarten program; and will be enrolled in kindergarten if an accredited kindergarten program has not been completed.*

***NOTE:** Please register your student at the school site in the district identified by searching your home address in the Find My School app.

____ Completed Health/Physical Form

____ Dental Visit documentation

____ Proof of residency in parent's name (ex. copy of recent utility bill)

____ Home Language Survey (S.O.P. 7.19a)

morganschools.net-
Morgan County
Kindergarten Registration info:

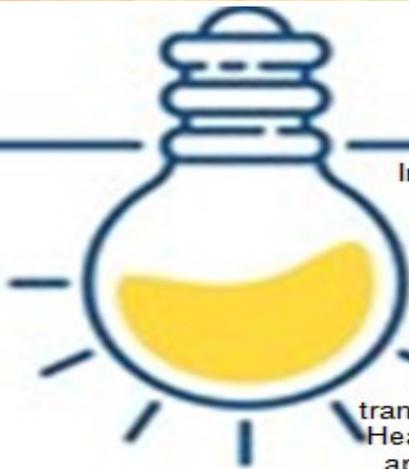
Morgan Co. HS students will be given a packet with required health information to take to registration. You must register at your home school. If you have any questions about kindergarten registration, please contact Kim or Gerri at the Berkeley Springs HS center.

____ Court documents of custody (if applicable)

____ current IEP (if applicable)

____ Registration "statement of suspension" (S.O.P. 8.10a)

____ Parent Driver's License/State ID card copy



In this picture, Isaac and his mother, Rosemary, from Jefferson County EHS, are being transported to a medical appointment by the Early Head Start Courtesy van. The van has been in our program for a few years and is used to transport Early Head Start and Head Start families to medical appointments. This is a great

resource that our program has to offer, especially with the gas prices being so high right now!

If you think using the courtesy van to get to a medical appointment would be beneficial, do not hesitate to call your Family Advocate today and ask them how to reserve the van for a medical appointment. Your Family Advocate will be able to check the van schedule and tell you when it is available so that you can make an appointment that coordinates with use of the van. With kindergarten registration just around the corner you want to make sure your child's medical records are up to date and we would love to help by offering transportation to your visits!



DID YOU KNOW?

Nutrition Nuggets

Food and Fitness for a Healthy Child

April

Head Start/Pre-K/Early Head Start



BEST BITES

Better sports snacks

Whether it's your turn to provide team snacks or your child is picking out his own post-practice snack, help him choose something nutritious. Browse the produce aisle for fresh fruit like oranges or grapes. Or look for a winning combination of protein and complex carbohydrates, such as string cheese with whole-wheat crackers.

Dance away

Hip-hop, tap, ballet... dancing strengthens muscles, improves flexibility, and gives your youngster's heart and lungs a workout. Put on music, and invite her to dance with you or with friends. Is there a



style she especially enjoys? Consider signing her up for low-cost classes through your parks and recreation department.

DID YOU KNOW?

Asparagus is in season, which means it's at its height of flavor and low point in price. To cook, break off the tough ends, and toss with olive oil, salt, and pepper. Roast on a baking sheet at 400° for 10 minutes, top with Parmesan cheese, and cook 5 minutes more.

Just for fun

Mom: Eat your spinach. It'll put color in your cheeks.

Jack: But I don't want green cheeks!



Earth Day food and fun

Every April 22, we celebrate Earth Day—a time to focus on the planet's health. Get your youngster involved, and encourage her to focus on her own health, too, with these eco-friendly activities.

Enjoy a waste-free meal

Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to take only what they think they will eat.

Throw a leftovers "party"

With your youngster, look through your refrigerator, and make a list of leftovers or other items that need to be eaten soon. Then, she could use her list to create a menu for a meal of leftovers. For instance, she might suggest a casserole with leftover rice and veggies or banana



pudding made with overripe bananas for dessert.

Join a cleanup

Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you've worked up a sweat cleaning up the trash, wash your hands, and eat together. ●

Easy-on-your-wallet protein

Protein is the building block of your child's bones and muscles. By choosing meatless protein more often, you'll save money and keep the choices healthy. Consider these ideas.

● **Eggs, cheese, and milk.** Combine these three protein-rich ingredients for a simple meatless dinner. You could make scrambled egg burritos, omelets, or even a quiche in a store-bought crust. *Note:* Try to use nonfat milk and low-fat cheese.

● **Beans and legumes.** Plant proteins like these are low in fat and cholesterol. Stretch your protein budget by mixing 1 can black beans (drained, rinsed) with 1 lb. lean ground beef or turkey for burgers or meatloaf. Or toss whole-grain noodles with peas or white beans instead of sausage. ●



Around the Community



Center for Grief Support[™]
Hospice of the Panhandle

330 Hospice Lane, Kearneysville, WV 25430

ATTENTION: FREE RESOURCE

Please share or post in a visible place.

IN-PERSON SUBSTANCE ABUSE LOSS SUPPORT GROUP

Grief support for anyone who has lost a loved one to substance abuse.

- Opioids, alcohol or any drug
- Prescription, over-the-counter or illegal drugs
- Accidental, overdose or long-term use

Thursdays, April 7th - May 12th
1:00 - 2:30 PM

330 Hospice Ln., Kearneysville

**NO INSURANCE NEEDED. NO COPAY. NO COST.
FREE TO PARTICIPATE.**



WV Substitute Teacher Training

Eligibility Requirements for ALL types of WV Subs

Complete an approved WV Substitute Teacher Training class (like this one!)

Be of good character & be able to pass a Federal background check

Be physically, mentally, and emotionally qualified

PLUS these additional eligibility requirements based on type of permit sought

SHORT-TERM OR LONG-TERM SUB (AVAILABLE IN ALL 55 COUNTIES)

Must be at least 18 years old and hold a minimum BS/BA degree from an accredited college or university with a cumulative 2.0 GPA

NEW INFO FOR RESTRICTED SUB (AVAILABLE IN SOME WV COUNTIES)

Must be at least 21 years old and **effective 11/15/21**: have at least 60 semester or 90 quarter credit hours completed with a cumulative 2.0 GPA. Coursework must show competencies in core areas like English, reading, writing, and math. Courses may include but are not limited to communications, social sciences, humanities, and fine arts, analytical and inferential reasoning, and computational skills. These hours must be reflected on an official transcript from an accredited institution.

Now 100% Online & Fully Self-paced



Complete it in the comfort of your own home in about 2-3 days on your laptop, tablet, or phone!

TOPICS COVERED

- Professional Responsibilities
- Legal Aspects of Teaching
- Classroom Management
- Instructional Strategies
- Reading/Literacy Instruction
- Lesson Planning
- Mandated Reporting
- Virtual Classroom Observations
- Trauma Informed best practices
- Certification, Job Application, & more!

www.epicresa8.org

Relatives as Parents of the Panhandle (RAPP) Meeting are in person. RAPP is a support group working to provide a variety of resources such as information, education, outreach and camaraderie to kinship caregiver families in Berkeley, Jefferson and Morgan counties. Meetings are held once a month at the **Calvary United Methodist Church**. For more information, contact **Vivian Jackson** at **(240) 422 6444** or find them <https://www.rappeasternpanhandle.com>.

Community Collaborative Meetings

The Eastern Panhandle Reentry Council **Currently held virtually.** For meeting registration **Martinsburg – Berkeley – West Virginia Reentry Councils** (wvreentry.org) This group is a collaborative effort to **remove barriers to reentry** such as housing, employment, and substance abuse. For additional information, contact **Sabrinah Reese** at sreese@telamon.org or **Bridget Covell** at bccovell@wvesc.org.

Eastern Panhandle Diabetics Coalition. **Currently held virtually Contact Chair for link.** This group is dedicated to education, prevention, and living with diabetes. Contact **Dana Dejarnett** at dana.dejarnett@wvmedicine.org for the meeting registration link or for more information.

Jefferson -Berkeley Alliance on Substance Prevention **Currently held virtually Contact Chair for link.** This group is dedicated to the prevention of drug misuse among young adults and the destruction of unused prescription drugs. Contact **Lou Anne Kramer** at kramer.louanne@gmail.com for the meeting registration link or for more information.

Senior Provider Network **Currently held virtually Contact Chair for link.** This group focuses on Seniors in our community their needs and current services provided. **This group meets on one Wednesday every month at 8:30 am.** **Keri Goodwin** is the contact for this group. For the meeting registration link or for more information email her at kgoodwin@panhandlehomehealth.org.

Morgan County Partnership **Currently held virtually Contact Chair for link.** This group connects all providers of services in Morgan County to talk about programs and community needs. Contact **Kristen Gingery** at kgingery@morganpartnership.org for the meeting registration link or for more information.

Employment Opportunities

Start Your Career

Horizon Goodwill Industries is Hiring!

Join our Team Today!



WE'RE HIRING
APPLY NOW



HIRING!



Horizon
Goodwill Industries

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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COOL PLACE!**

WE'RE HIRING

Inquire within or apply online
at foodlion.com/careers



FOOD LION

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