



From the Director.....

It is a time to elect new parents and community members on to our Policy Council board. Policy Council elections will begin in December! Policy Council is an excellent way to be involved in your child's care through Head Start. Ballots will be coming home with your child – please vote for your next Policy Council representative and turn back in to your child's teacher, to Jules at the front office, or to your child's home visitor as soon as you can. We would love to have you join us in making our program one of the best!!

Jennifer Braun, HS/EHS Director

December Moon & Astronomy

Winter Solstice

The month of December brings the winter solstice in the Northern Hemisphere. This is the shortest day of the year (the day with the least amount of daylight). In 2022, the solstice occurs on Wednesday, December 21.

Full Cold Moon

December's full Moon, the full **Cold Moon**, appears on Wednesday, December 7, reaching peak illumination at 11:09 P.M. EST.



December 2 - Closed

December 16 - Closed All Staff Meeting

December 9 - Closed for Home Visits

December 23-30 Closed Holiday Break

December Events



**CHRISTMAS
OPEN
HOUSE**

**FRIDAY, DECEMBER 2, 2022
3 - 6 PM**

Join us for live music and
see Christmas displays in
the Joachim Regional
Museum
FREE ADMISSION

Trinity Catholic Schools Drama Department Presents

ANYTHING GOES

Music and Lyrics by:
Cole Porter

Original Book by:
**P.G. Wodehouse & Guy Bolton
Howard Lindsay & Russel Crouse**

New Book by:
Timothy Crouse & John Weidman

This Version of Anything Goes was Originally Produced on Broadway by Lincoln Center Theater in 1987

**Friday, December 2nd -7 PM
Saturday, December 3rd -7 PM
Sunday, December 4th -2 PM**

**TRINITY HIGH SCHOOL AUDITORIUM
810 Empire Road, Dickinson ND**

Anything Goes is produced through Special Arrangement with Concord Theatricals
250 W 57th St 6th Floor, New York, NY 10107. www.concordtheatricals.com

New Year's Eve Ice Skating Party

Dec 31, 2022

1:00 PM - 4:00 PM

West River Ice Center

Time: 1-4pm

FREE and open to public

Skate Rental \$2.00



Evening Story Time

December 13th at 6:30pm



DICKINSON PUBLIC LIBRARY

4411 TX-3, Dickinson, TX 77539
281-534-3812
Dickinsonpubliclibrary.org



Cold Weather Safety

Children are more vulnerable than adults to the effects of cold weather.

Sleeping Safely in Any Season

- Keep babies' cribs free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all that an infant need to sleep safely.
- If you are worried about keeping babies warmth, dress them in a wearable blanket, also known as a sleep sack.

Bundle Up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath.
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.

Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside.
- Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions, frostbite can occur in just 30 minutes.
- Frost nip is an early warning sign of frostbite. The skin becomes red and may feel numb or tingly.
- To prevent frostbite, check that mittens are dry and warm and noses aren't too red. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The area becomes very cold and turns white or yellowish gray.
- Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a three-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.

Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
- The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year.



The months of December and January can bring on anxiety, stress, depression for many with the holidays and tax season. Here's some coping strategies to help destress.

Ways to Manage Stress

Written by Lauren Ragland

Medically Reviewed by [Jennifer Casarella, MD](#) on September 14, 2021

Stress is part of being human, and it can help motivate you to get things done. Even high stress from serious illness, job loss, a death in the family, or a painful life event can be a natural part of life. You may feel down or anxious, and that's normal too for a while.

Talk to your doctor if you feel down or anxious for more than several weeks or if it starts to interfere with your home or work life. Therapy, medication, and other strategies can help.

In the meantime, there are things you can learn to help you manage stress before it gets to be too much. These tips may help you keep stress at bay:

These tips may help you keep stress at bay:

- **Keep a positive attitude.**
- Accept that there are events that you cannot control.
- **Be assertive** instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn to **manage your time** more effectively.
- **Set limits** appropriately and say no to requests that would create excessive stress in your life.
- Make time for hobbies and interests.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress. Drugs and alcohol can stress your body even more.
- **Seek out social support.** Spend enough time with those you love.
- **Seek treatment** with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn more healthy ways of dealing with the stress in your life.



HAVE A GREAT TIME WITH
YOUR DAYS OFF!

STAY HEALTHY AND
SAFE!

WE'LL SEE YOU IN
THE NEW YEAR
2023!!!!!!