



2023

VITA

Voluntary Income Tax Assistance (VITA) is a free tax preparation service for low income individuals, individuals with a disability and the elderly. This program generally runs from the beginning of February through April 15th. Returns are electronically filed. This is a basic service and cannot deal with complicated returns such as self-employment, business and complicated deductions. For more information or to make an appointment call Community Action Partnerships 701-227-0131.

Welcome to the
New Year!

2023

Socializations Dickinson

January 6, 10-11:30 AM

January 20, 10-11:30 AM

Socializations Rhame

January 11, 10am-1pm

January 25, 10am-1pm

January 13 - EHS CLOSED ALL STAFF MEETING

January 19, Positive Solutions for Families 5:30-7:30PM

January 26 - Positive Solutions for Families 5:30-7:30pm

January 27 - EHS CLOSED PROFESSIONAL DEVELOPMENT





Winter Blues and Seasonal Affective Disorder (SAD)

As winter approaches, some of us may experience the “winter blues” – feeling sad from shortening days, climbing into bed earlier and resenting waking up on dark mornings.

That’s different than Seasonal Affective Disorder (SAD), a term used to describe a type of depression that follows a seasonal pattern.

The most common form of SAD occurs in winter, although some people do experience symptoms during spring and summer. And while SAD is often talked about in terms of adults, children and adolescents are not necessarily immune.

Symptoms of SAD

When experiencing SAD, a person may

- withdraw socially and no longer enjoy things that used to be fun. It's as if a person's batteries have just run down.
- crave comfort foods, including simple carbs such as pasta, breads, and sugar. With excess unhealthy calories and a lack of [fresh fruits](#), vegetables, and whole grains, fatigue often sets in, leading to increased sleepiness and weight gain.
- feel [anxious](#), irritable, have trouble sleeping, or decreased appetite. These symptoms are more common with the spring/summer form of SAD.

Treating SAD

Several effective treatments can help ease the symptoms of SAD, including:

- **Opening the window shades** in your home. Simply bringing more sunlight into your life can treat mild cases.
- **Spending time outdoors** every day, even on cloudy days.
- **Exercising regularly** and **eating** a healthy diet, one low in carbohydrates and high in vegetables, fruit, and whole grains.
- **Using a "dawn simulator,"** which gradually turns on the bedroom light, tricking the body into thinking it's an earlier sunrise.
- **Planning a mid-winter family** vacation to a sunny climate.
- **Light therapy** - sitting in front of a strong light box or wearing light visors, with UV rays filtered out. However, light therapy may have risks when used for children. Talk to your child's doctor before considering this treatment option.

If none of these treatments work, [prescription antidepressants](#) may help regulate the balance of serotonin and other neurotransmitters that affect mood. Antidepressants, however, come with a "black box" warning about the risk of suicidal thoughts and behavior. Parents with children on antidepressants need to be vigilant in watching for agitation, anxiety, or insomnia and make sure they continue to see their physician on a regular basis.

Working through it together

Whether noticing symptoms of SAD in yourself or in your child, take it seriously. Treating this disorder early and diligently can turn the dark days of winter into a pleasant time of togetherness for your family

How to read a PICTURE BOOK

Reading to (and with) your student is an essential part of early literacy and beginning reading skills. Below are some ideas on what to **FOCUS** on when reading with your student at home. Remember to read at least 15 minutes every day!

PICTURE WALK. Preview the story with your student by discussing the illustrations and providing key vocabulary. Ask for predictions, comprehension questions, etc. Then see if your student can retell the story with the pictures.

CONCEPTS OF PRINT. Before, during, and after reading your book be sure to discuss the concepts of print: cover page, title page, author/illustrator, where you begin reading, how to track words, how to turn the page, etc.

LETTER/WORD HUNTS. Go on a letter or word hunt! When reading, point to all words as you read and have your student follow along. Provide visuals of letters and sight words before you read and have your student find as many as they can!

RETELL. After the story is over, have your student retell the story from beginning to end. Use the illustrations if needed.

COMPARE/CONTRAST. After reading the story, discuss how this story is similar and different from other stories you have read (similar characters, storylines, etc.).

STORY ELEMENTS. During and after reading, discuss the story elements: characters, setting, problem/solution.

DEEP THINKING. After the story is over, ask questions about character development (how has a character changed throughout the story/how do they feel at the beginning vs. at the end) and the theme of the story (the underlying message or "big idea" of the story).



4TH ANNUAL WINTERFEST

Date: Jan 21, 2023

Time: 10:00 AM - 6:30 PM

Location(s): Dickinson Armory

Contact

701-495-4480

Indoor Family Fun event. Beat the cold and enjoy fun for the whole family indoors.

Activities/Schedule:

10 am to 4pm

Carnival Games, Music, Sensory, and Art Classes, Shopping, Art, Dessert, and

Photography Silent Auction. **4:30pm-**

6:30pm Adult Bingo

FREE GROUNDS ADMISSION!

Activities requiring a fee:

Carnival Wristbands

Prebuy:

Individual - \$1 each for ages 5 and older

Group rate - \$5 for ages 5-8