



Closed and important dates

October 6 - Dickinson Socialization 10-11:30am
October 11 - Policy Council 3-4pm
October 13- Closed for All Staff Training
October 20 - Dickinson Socialization 10-11:30am
October 27- Closed for Professional Development

October is fire safety prevention month

BE PREPARED

Fire Safety Procedures for Children

Make an escape plan

It is important to have a plan when there are children in your home. Children sometimes need help getting out of the house. They may not know how to escape or what to do unless an adult shows them.

- **Have a plan for young children who cannot get outside by themselves.** You will need to wake babies and very young children and help them get out. In your plan, talk about who will help each child get out safely.
- **It is important to find two ways out of every room in your home, in case one exit is blocked or dangerous to use.**
- **Choose a meeting place outside your home.** Children should know what to do when they hear a smoke alarm and there is no adult around. Help them practice going to the outside meeting place. Teach them to never go back inside a building that is on fire.

Keep children safe from fire and burns

Some children are curious about fire. There are simple steps you can take to keep you and the people you love safer from fire and burns.

- **Keep children 3 feet away from anything that can get hot.** Space heaters and stove-tops can cause terrible burns. Keep children at least 3 feet away from stoves, heaters or anything that gets hot.
- **Keep smoking materials locked up in a high place.** Never leave cigarette lighters or matches where children can reach them.
- **Never play with lighters or matches when you are with your children.** Children may try to do the same things they see you do.

HAPPENINGS IN OCTOBER



Car Seat Check-up Event

Thursday, October 5 - Sax
Motor Company: 52 21st St.
East 2-5PM



Check out the West Dakota
Parent and Family Resource
Center. They offer FREE
parenting classes in:



Website address:

<https://www.dickinson.k12.nd.us/dps-entities/westdakota> or call
701-456-0007

ICE SCREAM

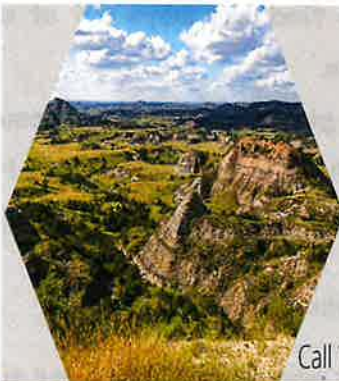
Party

Saturday, October 27, 7:00pm-9:00pm

Location - WEST RIVER ICE CENTER

Come on out dressed in your best costume and skate to a live DJ! Free food and refreshments will be available (while supplies last). We'll have door prizes and contests during the event. All ages welcome, family friendly!





Job Service will
be at the
**Dickinson Area
Public Library**


Call 701.227.3100 for more information

Job Service staff will be on site to offer

- Job Seeking Assistance
- Veteran's Services
- Information on Training Programs
- Resume Building Assistance
- Limited Unemployment Insurance Assistance
- Migrant and Seasonal Farm-worker Services

Come find us every
Tuesday and Thursday
9 a.m. to 11 a.m.

Dickinson Area Public Library
139 3rd St W, Dickinson



Job Service North Dakota is an equal opportunity program provider.
Auxiliary aids and services are available upon request.



When immediate evacuation is necessary, [follow these steps](#) as soon as possible!

1. Review your [Evacuation Plan Checklist](#).
2. Ensure your [Emergency Supply Kit/Evacuation Bag](#) is in your vehicle.
3. Cover-up to protect against heat and flying embers. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton is preferable.
4. Locate your pets and take them with you.

Put together your emergency supply kit long before a wildfire or other disaster occurs and keep it easily accessible so you can take it with you when you have to evacuate. Plan to be away from your home for an extended period of time. Each person should have a readily accessible emergency supply kit. Backpacks work great for storing these items (except food and water) and are quick to grab. Storing food and water in a tub or chest on wheels will make it easier to transport. Keep it light enough to be able to lift it into your car.

Emergency Supply Kit Checklist



- Face masks or coverings
- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with at least two evacuation routes
- Prescriptions or special medications
- Change of clothing
- Extra eyeglasses or contact lenses
- An extra set of car keys, credit cards, cash or traveler's checks
- First aid kit
- Flashlight
- Battery-powered radio and extra batteries
- Sanitation supplies
- Copies of important documents (birth certificates, passports, etc.)
- Don't forget pet food and water!

Teaching Emotions: Activity Ideas

SHARE A STORY IN A NEW WAY

Read a story book to your child that shows characters who experience and emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask you child "What do you think she is feeling?" "Why is she feeling that way?", or "Look at her face, how can you tell that she is ____?" Other questions could be "Have you ever felt ____ What made you feel that way?" or "What will happen next?" or "What should he do?" Do not pause too long on one page and only continue the discussion as long as your child shows and interest.



MAKE AN EMOTION BOOK WITH YOUR

An easy project to do with your child is to make a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make him feel that way. For example, a "Happy Book" may have pictures that you and your child draw of things that make him happy or it may include pictures cut out of magazines that are glued on the pages. Another approach may be to devote a page to an emotion and have the book be about a variety of feeling words (happy, mad, sad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you might want them to tell you a sentence about what makes them feel an emotion and you write the sentence on the page. Then, your child can cut out a picture and glue on the book or draw a picture to go with the emotion. WARNING, this activity will be enjoyable if you do it with your child, but would be difficult for your child to do alone.



COLD AND FLU SEASON



Dear Parents,

Cold and flu season is upon us. The staff ask that you keep your child home if he or she is not feeling well or is exhibiting any flu-like symptoms including, but not limited to fever, cough, sore throat, body aches, headache, chills, and fatigue as well as vomiting and diarrhea. Children should not return to school until they have been symptom free for 24 hours without the use of medication.

In addition to the cold and flu, our facility will follow CDC guidelines regarding COVID-19. COVID symptoms are similar to those of the cold and flu.

TIPS TO STAY HEALTHY

- ❖ Wash your hands
- ❖ Stay home if your sick
- ❖ Increase fluid intake and get plenty of rest
- ❖ Do not share personal items and disinfect surfaces
- ❖ We recommend to receive the Flu and COVID vaccine if your child is 6 months and



CLOTHING SWAP & VENDOR SHOP WOMANS AND CHILDREN'S CLOTHING

ORGANIZED BY



WWW.LETSSWAPND.COM

DROP OFF SITES (DURING INDIVIDUAL BUSINESS HOURS):
Dickinson: *Backyard Play Cafe, Dickinson Public Library, and Dakota Community Bank and Trust Both locations*

Richardton: *Dakota Community Bank and Trust*

Killdeer: *Bravera Bank*

DROP OFF SITE INSTRUCTIONS

1. To be considered a registered swapper and get credit for free clothes you must fill out the registration card.
2. Clothes need to be in bags labeled by gender. If you are able by size is appreciated.
3. No rips, holes, stains, smoke, strong perfume, and urine smells. No feces.
4. Event will take place 10/7 at Hillside Baptist Church- 1123 10th St E. Registered swappers get a shopping hour just to themselves. 9 am to 10 am. Event to the public is open 10 am to 3 pm
5. Clothes sizes: infant up to tween (SIZE 14/16 OR 2XL) boy and girl and womens.
6. You can drop off as many times as you want starting Monday, August 28th up to Friday, September 29th. Make sure to fill out a registration card each time.

HEAD START EMPLOYMENT AVAILABLE

Community Action Partnership Head Start of Dickinson has an opening for a **Teacher Assistant**. Work schedule for this position is from 7:45 am - 4:00 pm, Monday-Friday during the months of August through May. Position requires a High School Diploma or GED. One-year experience working with preschool aged children. Possess a Child Development Associate (CDA) credential or enroll after 3 months of employment and complete the coursework within one year of enrollment. For a complete job description and to apply, contact Job Service North Dakota, 66 Osborn Drive, Dickinson, ND 58601 or email administration@dickinsoncap.org for more information. Closing date is 10/19/23.



October 2023 Early Head Start Center
Breakfast, Lunch & Snack Menu



<p>2 Breakfast: Corn Flakes, Mandarin oranges, Milk Lunch: Ham Sandwich, Bread, Peas, Pineapple, Milk Snack: Pretzels, Peaches</p>	<p>3 Breakfast: Yogurt, Berries, Milk Lunch: Chicken Patty CN, Bun, Cucumbers, Peas, Milk Snack: Goldfish, Fruit</p>	<p>4 Breakfast: Pancake, Applesauce, Milk Lunch: Taco Hot Dish, Corn, Peaches, Milk Snack: Muffin WG, Milk</p>	<p>5 Breakfast: Cheerios, Banana, Milk Lunch: Chicken, Brown Rice, Broccoli, Fruit Cocktail, Milk Snack: Apple Slices, Cheese Stick</p>	<p>6 Breakfast: Waffle, Mixed Fruit, Milk Lunch: Ravioli, Sauce, Green Beans, Peaches, Milk Snack: Rice Cakes, Mixed Fruit</p>
<p>9 Breakfast: Rice Krispies, Pineapple, Milk Lunch: Sun Butter and Jelly, Bread, Carrots, Peaches, Milk Snack: Graham Crackers, Apple Sauce</p>	<p>10 Breakfast: WG Muffin, Peas, Milk Lunch: Hamburger, Bun, Corn, Fruit Cocktail, Milk Snack: Chex Mix, Oranges</p>	<p>11 Breakfast: Eggs, Mandarin oranges, Milk Lunch: Chicken, Stir Fry Vegetables, Brown Rice, Pineapple, Milk Snack: Yogurt, Peaches</p>	<p>12 Breakfast: French Toast Sticks, Apple Sauce, Milk Lunch: Chili Crackers, Green Beans, Peas, Milk Snack: Cheez-its, Cheese Stick</p>	<p>13 EHS CLOSED</p>
<p>16 Breakfast: Cheerios, Peas, Milk Lunch: Turkey Sandwich, Bread, Peas, Apple Sauce, Milk Snack: Pretzels and Mixed Fruit.</p>	<p>17 Breakfast: Cottage Cheese, Peaches, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Corn, Bread Slice, Milk Snack: Apples, Crackers</p>	<p>18 Breakfast: Oatmeal, Blueberries, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Peas, Milk Snack: Crackers, Cheese</p>	<p>19 Breakfast: Cinnamon Toast, Apple Sauce, Milk Lunch: Chicken Pot Pie, Biscuit, Peas/carrots, Peached, Milk Snack: Cereal, Milk</p>	<p>20 Breakfast: Yogurt, Fruit, Milk Lunch: Meat and Cheese, Crackers, Corn, Fruit Cocktail, Milk Snack: Graham Crackers, Fruit</p>
<p>23 Breakfast: Corn Flakes, Peaches, Milk Lunch: Ham and Cheese Sandwich, Carrots, Peas, Milk Snack: Tortilla Chips/Salsa</p>	<p>24 Breakfast: WG Muffin, Fruit Cocktail, Milk Lunch: Sloppy Joe, Bun, Broccoli, Peaches, Milk Snack: Graham Crackers, Peas</p>	<p>25 Breakfast: Sausage Patty, Banana, Milk Lunch: Chicken Patty, Noodles, Cucumbers, Pineapple, Milk Snack: Apples, Cheese</p>	<p>26 Breakfast: Waffle, Mandarin Oranges, Milk Lunch: Beef and Bean Burrito, Corn, Apple Sauce, Milk Snack: Pretzels, Mixed Fruit</p>	<p>27 EHS CLOSED</p>
<p>30 Breakfast: Rice Krispies, Fruit Cocktail, Milk Lunch: Sunbutter & Jelly Sandwich, Peas, Peas, Milk Snack: Crackers, Meat</p>	<p>31 Breakfast: Yogurt, Berries, Milk Lunch: Cheeseburger, Bun, Corn, Peaches, Milk Snack: Animal Crackers, Milk</p>			

Lunch is served with Skim Milk or Whole Milk and Water.
All bread/grain is whole grain.
All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity provider."

2023

October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Policy Council
3pm

Closed for Staff
training

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Dickinson
Socialization 10-
11:30am

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Closed for
Professional
Development

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Notes:
Have a great Month!!!