

November



Helping Children Transition Between Activities

For some young children, moving from one activity to another (e.g., playing with toys to dinner time, playing outside to bath time, watching a movie to brushing teeth), results in confusion, frustration, or challenging behaviors. Adults can help children predict what is coming next which helps make transitions smoother.

Strategies to Support Transitions

- ❖ Use a timer (e.g., Show timer and say, "5 minutes of play and then dinner.").
- ❖ Provide a verbal warning that one activity is going to end and another is going to begin (e.g., "We'll finish this book, then brush our teeth and go to bed.").
- ❖ Ask your child if they would like to bring a transition object or toy with them. (e.g., "How about truck comes in the car with us? I bet it would love to sit next to your car seat!").
- ❖ Use first/then language (e.g., "First clean up your dishes, then we can play blocks together." Or "First wash your hair, then play in the bath.").
- ❖ Use visual supports.
 - Visual Schedule
 - First/then Board
 - Cue CardsYou can download instructions and templates for this strategy at:
https://challengingbehaviors.cbcs.usf.edu/docs/Routine_cards_home.pdf
- ❖ Make the transition fun! (e.g, If you need to leave the park, try these: "We can skip to the car." Or " ride on daddy's shoulders to the car.").
- ❖ Sing a silly or familiar song; most children love music and songs. Use technology to help you get creative. Many personal devices and applications will play clean up songs (e.g., Alexa, Spotify, etc.) and YouTube has many transition songs and videos available for young children to help you.
- ❖ Give your child a job to do during the transition. Children like to be helpers! Your child can:
 - Put napkins on the table while you get ready for dinner;
 - Put all the shoes away when you get home; or
 - Be the "checker" who makes sure everyone has their backpacks before going to school.

EVENTS

To get some fun things to do go to <https://www.visitdickinson.com/business/kids-activities>. There they give you fun things you can do around Dickinson and things you can download.

Free Family Movie: The Rise of Gru

Fri, Nov 03, 4:00pm - 5:30pm

Dickinson Area Public Library

All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Community Room.



Little Tykes Drive-In Movie

Thu, Nov 09, 10:00am - 10:30am

Dickinson Area Public Library - Community Room

Drive on in and add some wheels to your "car", grab some snacks, and enjoy the show! For ages 0-5.



Cafe and Play

Thu, Nov 16, 10:00am - 11:00am

Dickinson Area Public Library - Community Room

Meet other families at this play-based program for ages 3-5 and their grownups! We are providing play stations for the kids and coffee for the adults. 1 hour in length.



DICKINSON COMMUNITY

Thanksgiving

DINNER

THURSDAY NOVEMBER 23

You are invited to the Dickinson Community Thanksgiving Dinner!
The meal is FREE for anyone!
We will deliver meals to those in town who can't make it to the dinner.
Please join us, we would love to meet you and share this meal with you!
SERVING FROM 11:30AM-1:30PM

WE COULD ALSO USE SOME VOLUNTEERS!
Call Staci at 701-590-8996 between 2:00pm-6:00pm from November 9th - November 21st if you would like to help.

IF YOU WOULD LIKE A MEAL DELIVERED OR TO PLACE A PICK UP ORDER...
Call Sandy at 701-290-7509 between 9:00am to 7:00pm from November 9th - November 20th. Meals will be delivered between 10:30am - Noon on Thanksgiving Day. Last day to order for delivery is November 20th.
ANY OTHER QUESTIONS, PLEASE CALL WILL AT 701-290-3100

11:30AM TO 1:30PM
DICKINSON STATE UNIVERSITY
DOWNTOWN DINING ROOM
291 CAMPUS DRIVE

What is LIHEAP?

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs.

The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.

The program also covers:

- Weatherization services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Chimney cleaning and inspection
- Emergency assistance

Income limits for the 2023-2024 Heating Season (effective Oct. 1, 2023 through Sept. 30, 2024)

Household Size	Annual Income	Monthly Income
1	\$35,724	\$2,977
2	\$46,716	\$3,893
3	\$57,708	\$4,809
4	\$68,701	\$5,725
5	\$79,693	\$6,641

How Do I Apply for LIHEAP?

LIHEAP applications for the new heating season (Oct. 2023 - May 2024) will be accepted starting October 1.

Apply online or submit paper application to local Human Service zone

For additional information: www.hhs.nd.gov/applyforhelp/liheap

West Dakota Parent and Family Resource Center

We offer practical information and educational opportunities for families and family professionals



HS/EHS Job Openings

- *HS Bus Driver*
- *EHS Infant/Toddler Teacher 1*
- *EHS Infant/Toddler Teacher Assistant*
- *HS/EHS Substitute Teacher Assistant*
- *HS Teaching Assistant (2)*
- *HS Substitute Teacher Assistant, Mott ND,*
- *HS Teacher - Mott*

Benefits

Benefits for Full-time Positions -

- Health, Dental & Vision Insurance
- Earned Paid Leave
- Term Life Insurance
- Retirement Plan (403b)
- Health Savings Account (HSA)
- Funeral Leave & Holiday Pay

Awesome work schedule - No weekends or Holidays!

One of the unlisted benefits is "lots of smiling faces and hugs!!!"

Go to dickinsoncap.org/careers

To see the job description and get an application.

Gratitude - what is the true meaning of Gratitude?

In many ways, as a society, we've lost touch with the true meaning of gratitude. And that's understandable—gratitude requires reflection and stillness, two things that can be difficult in our busy, overstimulated everyday lives. As a result, we're also missing out on the benefits of gratitude, which may be greater than many people realize. As it turns out, the effects of gratitude can be important for our overall well-being for several reasons:

- **Improved mental health.** If you're struggling with anxiety or depression, gratitude might be the last thing on your mind. However, as it turns out, gratitude could be a key component of helping with your mental health. One study showed that participants who wrote gratitude letters regularly displayed significantly better mental health than those who didn't. In fact, brain scans suggested that gratitude might even have the power to rewire our brains for the better.
- **Improved physical health.** Better sleep and immunity? Yes please! Fortunately, neither require a visit to the doctor's office or a new prescription. Gratitude has been shown to help with both, and may even be linked to reduced pain and improved cardiovascular health as well.
- **Stronger social bonds.** It's no secret that people like to feel appreciated. Gratitude kept to yourself can have tremendous benefits. But expressing your gratitude makes it real to you and benefits the recipient. It is also tied to your physical and mental well-being. And importantly, expressing your gratitude often build connections and improve your relationships.
- **Resilience.** Gratitude has the effect of helping us to refocus on positive emotions. It guides us to take an optimistic, solution-oriented approach to the challenges that we encounter in life. Both of which are hugely important to building resilience. Resilience, in turn, improves our overall quality of life by enabling us to bounce back from the hardships we face.



November 2023 Menu Breakfast, Lunch & Snack Menu



		1 Breakfast: Kix Cereal, Banana, Milk Lunch: Sweet and Sour Chicken, Brown Rice, Carrots, Pineapple, Milk Snack: Pretzels, Cheese	2 Breakfast: Pancake, Pears, Milk Lunch: Hamburger Vegetable Soup, Bun, Applesauce, Milk Snack: Cheez-its, Banana	3 Breakfast: Sausage Patty, Peaches, Milk Lunch: Pizza, Green Beans, Pears, Milk Snack: Teddy Grahams, Milk
6 Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Turkey Sandwich, Bread, Carrots, Peaches, Milk Snack: Chex Mix, Pears	7 Breakfast: WG Muffin, Blueberries, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Bread Slice, Fruit Cocktail, Milk Snack: Yogurt, Graham Crackers	8 Breakfast: Oatmeal, Applesauce, Milk Lunch: Hamburger Taco Hotdish, Corn, Pineapple, Milk Snack: Oranges, Pretzels	9 Breakfast: French Toast Sticks, Fruit Cocktail, Milk Lunch: Chicken Patty, Bun, Green Beans, Pears, Milk Snack: Crackers, Cheese	10 Breakfast: Rice Krispies, Peaches, Milk Lunch: Meat and Cheese, Crackers, Carrots, Mixed Fruit,, Milk Snack: WG Goldfish, Fruit
13 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Sunbutter & Jelly, Bread, Peas, Fruit Cocktail, Milk Snack: Teddy Grahams, Milk	14 Breakfast: Yogurt, Peaches, Milk Lunch: Popcorn Chicken, Sweet Potato Fries, Bread Slice, Pears, Milk Snack: Chex Mix, Fruit	15 Breakfast: Toast, Strawberries, Milk Lunch: Pork Riblet, Bun, Mashed Potatoes, Applesauce, Milk Snack: Cheese, Crackers	16 Breakfast: Waffle, Fruit Cocktail, Milk Lunch: Ravioli/Sauce, Green Beans, Bread Slice, Peaches, Milk Snack: Pretzels, Mixed Fruit	17 EHS CLOSED
20 Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham and Cheese, Bread, Peas, Applesauce, Milk Snack: Animal Crackers, Milk	21 Breakfast: WG Muffin, Pears, Milk Lunch: BBQ Chicken, Green Beans, Buttered Noodles, Fruit Cocktail, Milk Snack: Apples, Graham Crackers	22 Breakfast: Sausage Patty, Applesauce, Milk Lunch: Hamburger, Bun, Cucumbers, Pears, Milk Snack: Goldfish Crackers, Cheese Stick	23 EHS CLOSED	24 EHS CLOSED
27 Breakfast: Cheerios, Pears, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Fruit Cocktail, Milk Snack: Crackers, Cheese	28 Breakfast: Yogurt, Strawberries, Milk Lunch: Chicken Noodle Soup, Saltines, Carrots, Peaches, Milk Snack: WG Muffin, Milk	29 Breakfast: Shredded Wheat, Fruit Cocktail, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Pineapple, Milk Snack: Graham Crackers, Applesauce	30 Breakfast: Waffle, Peaches, Milk Lunch: Chicken Patty, Bun, Corn, Pears, Milk Snack: Cereal, Milk	



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."

November

2023

EHS

November - A time of
gratitude



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Dickinson Socialization 10:30-11am	4
5	6	7	8 Policy Council 3pm	9	10	11
12	13	14	15	16	17 EHS Closed All Staff Meeting	18
19	20	21 Dental Day	22	23 EHS Closed	24 EHS Closed	25
26	27	28	29	30		