

Hello December

CLOSURES and SOCIALIZATIONS

December 1 - Closed EHS Benefit Day

December 7-8 - Closed for Home Visits

December 15 - Closed for Professional Development

December 22 - Dickinson Socialization

December 25-January 2 - Closed Winter Break

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

Keeping Kids safe and healthy during the Winter months

1. Host Friends and Family, not viruses

Don't let viral respiratory illnesses like the flu, RSV, and COVID-19 put a stop to your family's fun. The best way to ensure your child's immune system can fight off infection, is to be sure they are up to date on any recommended vaccines or vaccine boosters. Always remember the simple but effective way to reduce the spread of germs is proper hand hygiene!

2. Keep an eye on safety

Be sure to keep safety in mind especially with young children in the home during the winter months! Be sure to keep any electrical outlets covered, along with keeping cords up and out of reach of little hands! Ensure batteries of all sizes are placed out of reach as well.

3. Age appropriate toys

While out shopping, be sure to check labels for recommended age use. Often toys for older children have smaller pieces and should be kept out of reach of those younger than them to prevent choking hazards. Be sure to read all label warnings and instructions while putting any toys together.

4. Food and drink

When preparing treats and meals, be sure to keep any hot liquids away from the edge of the counters and tables. Be sure to use proper hand hygiene while handling any food and drink. Make sure all food is cooked to the recommended temperature and that left overs are stored properly to help prevent any food borne illnesses.



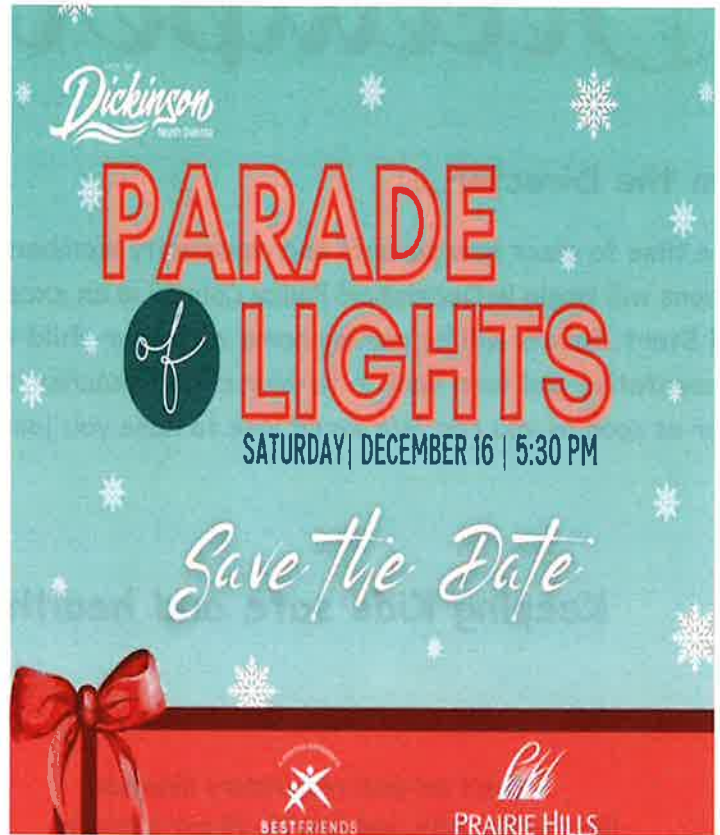
COMMUNITY EVENTS



Christmas
OPEN HOUSE
3PM - 6PM
FRIDAY DECEMBER 1ST

JOIN US FOR LIVE MUSIC AND SEE CHRISTMAS DISPLAYS IN THE JOACHIM REGIONAL MUSEUM. FEATURING ART BY TRINITY STUDENTS.



FREE ADMISSION
DICKINSON MUSEUM CENTER
188 MUSEUM DR. E
701-456-6225



Dickinson
North Dakota

PARADE
of **LIGHTS**
SATURDAY | DECEMBER 16 | 5:30 PM

Save the Date



DOWNTOWN CHRISTMAS STROLL
and
LIGHTING OF LEGACY SQUARE
SATURDAY | DECEMBER 2ND | 11AM-6PM

Save the Date

Elf -The Musical



Fri, Dec 1

Trinity Catholic Schools
810 Empire Rd, Dickinson, ND

Trinity Catholic Schools Drama Department Presents
Elf The Musical. Enjoy the musical at the Trinity High
School Auditorium: Friday, December 1st at 7:00PM
Saturday, December 2nd at 7:00PM Sunday.

New Year's Eve Ice Skating Party



Sun, Dec 31, 1 - 4 PM

West River Ice Center
1865 Empire Rd, Dickinson, ND
Dickinson Parks and Recreation invites you to
bring the entire family to our annual New Year's
Eve Ice Skating Party! We will have both rinks
open! Get geared up to ring in the new year by
skating

WEST DAKOTA PARENT AND FAMILY RESOURCE CENTER

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



Whether parenting young or not-so-young children, recovering from a divorce or separation, or coping with the day-to-day struggle's family life can bring, our programs and resources are here to help.



Parental self-confidence
Effective tools for difficult behavior
Communication skills between school and home
Tools for child's social and academic success
Meet other parents
Learn more about parenting from each other

****For events at the Dickinson Public Library - go to <https://dickinsonpubliclibrary.org/DPL/events>



Wishing you all a
wonderful Winter
Break - We all look
forward to seeing you
all back in 2024!!





**December 2024 Early Head Start Center
Breakfast, Lunch & Snack Menu**



				1 EHS CLOSED
4 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Turkey Sandwich, Bread, Broccoli, Fruit Cocktail, Milk Snack: Chex Mix, Cheese	5 Breakfast: WG Muffin, Peaches, Milk Lunch: Tater Tot Hotdish, Green Beans, Bread, Pineapple, Milk Snack: Graham Crackers, Yogurt	6 Breakfast: Cereal, Pears, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Corn, Bun, Milk Snack: Crackers, Fruit Cocktail	7 Breakfast: French Toast Sticks, Applesauce, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Peaches, Milk Snack: Cereal, Milk	8 EHS CLOSED
11 Breakfast: Kix, Pears, Milk Lunch: Ham Sandwich, Bread, Carrots, Peaches, Milk Snack: Cheddar Goldfish, Cheese Stick	12 Breakfast: Yogurt, Berries, Milk Lunch: Chili Crackers, Corn, Fruit, Milk Snack: Apple Slices, Chex Mix	13 Breakfast: Cheerios, Peaches, Milk Lunch: WG Pasta, Meatballs and Sauce, Green Beans, Fruit Cocktail, Milk Snack: Crackers, Mandarin Oranges	14 Breakfast: Pancakes, Applesauce, Milk Lunch: Sweet and Sour Chicken, Brown Rice, Broccoli, Pineapple, Milk Snack: Muffin, Milk	15 EHS CLOSED
18 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Sunbutter & Jelly Sandwich, Bread, Peas, Peaches, Milk Snack: Snack Cheese and Crackers	19 Breakfast: WG Muffin, Pears, Milk Lunch: BBQ Chicken, Buttered Noodles, Cooked Carrots, Fruit Cocktail, Milk Snack: Graham Crackers, Yogurt	20 Breakfast: Oatmeal, Applesauce, Milk Lunch: Hamburger, Bun, Corn, Pineapple, Milk Snack: Pretzels and Cheese	21 Breakfast: Waffle, Banana, Milk Lunch: Chicken Patty, Brown Rice, Pears, Milk Snack: Goldfish and Peaches	22 Breakfast: Rice Krispies, Fruit, Milk Lunch: Meat and Cheese, Crackers, Mixed Fruit, Milk Snack: Chex Mix and Fruit
25 EHS CLOSED	26 EHS CLOSED	27 EHS CLOSED	28 EHS CLOSED	29 EHS CLOSED



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."

December

2023

Early Head Start Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 EHS Closed All Staff Mtg	2
3	4	5	6	7 EHS Closed Home Visits	8 EHS Closed Home Visits	9
10	11	12	13 Policy Council Meeting 3-4pm	14	15 EHS Closed Professional Development	16
17	18	19	20	21	22 Socialization 10-11:30am	23
24	25 Closed for Winter Break	26 Closed for Winter Break	27 Closed for Winter Break	28 Closed for Winter Break	29 Closed for Winter Break	30
31	1 Closed for Winter Break					

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