



Closures and Socializations

- January 1 - Closed - Winter Break
- January 12 - Dickinson Socialization 10-11:30am
- January 19 - EHS Closed - Training
- January 25-26 - EHS Closed Professional Development

Families
are invited to a **FREE**
Reading Extravaganza

**WINTER PICNIC
AND
GAME NIGHT**

**JANUARY 29, 2024
AT THE HAGEN
BUILDING
402 4TH ST. W.**

SUPPER 5:30-6:00 P.M.
JOIN US FOR COZY HOT DOGS WITH
ALL THE FIXINS' AND DELICIOUS
HOT CHOCOLATE TO CHASE THE
COLD AWAY!

FAMILY TIME 6:00-7:00 P.M.
INDOOR WINTER GAMES,
COMPETITIVE LAUGHTER, AND A
BLAST FOR ALL AGES!

Space is limited.
Scan the code to register
and secure your spot.

For more information,
call 701-456-0007

Dickinson
PUBLIC SCHOOLS

VITA: Voluntary Income Tax Assistance

This is a free tax preparation services for low income individuals, individuals with a disability and elderly. Returns are electronically filed. This is a basic service and cannot deal with complicated returns such as self-employment, business and complicated deductions. Call 701-227-0131 to schedule an appointment.

Community Action Partnership is pleased to provide Self Reliance Case Management. Self Reliance Case Management consists of a variety of services all designed to improve the standard of living and help promote the self-sufficiency of low-income individuals. These services include:

- ❖ Money management
- ❖ Budget Planning
- ❖ Community resource information
- ❖ Furthering Education
- ❖ Goal planning
- ❖ Career exploration
- ❖ Resume writing
- ❖ Training and practice for job interviews
- ❖ Support and Encouragement

You work with a case manager to identify strategies to make your life better and then identify the steps to take to achieve that major goal. Your case manager encourages, provides information, gives guidance; but ultimately it is up to you to do the work and actually make the changes.

WINTER BREAK



PYRAMID MODEL

Things That Will Help Me Stay Calm

Infants

Try to understand what my behavior is communicating



Provide a consistent routine for feeding, nap time, and diaper changes



Connect with me throughout the day:

- Talking
- Smiling
- Hugging
- Kissing
- Holding
- Feeding

• Responding to let me respond with a smile, action, or a sound.



Interact and play with me where I can see you.



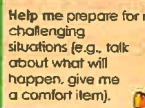
Observe me (to arms or camera) or let me sit safely at or near when I can interact with you.



Teach me about emotions by labeling them.



Stay close in new places and with new people.



Help me prepare for new or challenging situations (e.g., talk about what will happen, give me a comfort item).

Things That Will Help Me Stay Calm

Toddlers

Try to understand what my behavior is communicating



Consistency throughout our day. Having a similar order to the day and doing activities in a similar way helps me feel safe.

- reading a book or telling stories at bedtime
- singing a song during diaper time



Connect with me throughout the day: talking, smiling, hugging, singing, holding.

- Listen and respond when I try to tell you something.
- When we play together, let me take turns with you.
- Join in my play and follow my lead.
- Talk about what I am doing or watching.
- Talk and play with me at my level.
- Bring me up or lower yourself down.



Stay close in new places and with new people. I rely on you to know I am ok.



Teach me about emotions. Name your feelings and my feelings throughout our day.



Help me prepare for new or challenging situations (e.g., talk about what will happen, give me a comfort item).



Play problem-solving games. Pretend to forget an action or item during a part of our day and see if I remember what to do.



Provide me with choices throughout my day.



Hi there,

Check out how the Pyramid Model can support your child at home.

Please join us on **January 18, 2024**

for a meal and activities that help to support the use of the Pyramid Model at home.

The Pyramid Model promotes young children's healthy social, emotional, and behavioural development.





January, 2024 Early Head Start Center Breakfast, Lunch & Snack Menu



<p>1.</p> <p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>	<p>2</p> <p>Breakfast Cheerios, Mandarin Oranges, Milk Lunch: Turkey Sandwich, Bread, Peas, Pears, Milk Snack: Cheese stick, Crackers</p>	<p>3</p> <p>Breakfast: Yogurt, Peaches, Milk Lunch: Meatballs and Gravy, Mashed Potatoes, Corn, Bread, Milk Snack: Cheez-Its, Fruit Cocktail</p>	<p>4</p> <p>Breakfast: Waffle, Applesauce, Milk Lunch: Popcorn Chicken, Noodles, Green Beans, Pineapple, Milk Snack: Oranges, Graham Crackers</p>	<p>5</p> <p>Breakfast: Toast and Jelly, Pears, Milk Lunch: Sloppy Joe, Bun, Corn, Peaches Snack: Yogurt, Crackers</p>
<p>8</p> <p>Breakfast: Rice Krispies, Pears, Milk Lunch: Ham Sandwich, Bread, Peas, Applesauce, Milk Snack: Pretzels, Fruit</p>	<p>9</p> <p>Breakfast: WG Muffin, Peaches, Milk Lunch: Chicken Patty,, Brown Rice, Broccoli, Fruit Cocktail, Milk Snack: Goldfish Crackers, Milk</p>	<p>10</p> <p>Breakfast: Oatmeal, Banana, Milk Lunch: Hamburger, Bun, Cucumbers, Pineapple, Milk Snack: Yogurt, Fruit</p>	<p>11</p> <p>Breakfast: Pancake, Mandarin Oranges, Milk Lunch: Chicken Noodle Soup, Crackers and Cheese, Carrots, Pears, Milk Snack: Cereal, Milk</p>	<p>12</p> <p>Breakfast: Cheerios, Mixed Fruit, Milk Lunch: Meat & Chees Crackers, Mixed Fruit Green Beans, Milk Snack: Teddy Grahams, Milk</p>
<p>15</p> <p>Breakfast: Corn Flakes, Peaches, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Apples, Milk Snack: Cheez-Its, Fruit</p>	<p>16</p> <p>Breakfast: Yogurt, Berries, Milk Lunch: Taco Hotdish, Corn, Fruit Cocktail, Milk Snack: Graham Crackers, Milk</p>	<p>17</p> <p>Breakfast: Kix, Mandarin Oranges, Milk Lunch: WG Pasta, Meatballs/sauce, Green Beans, Pears,, Milk Snack: Pretzels, Fruit</p>	<p>18</p> <p>Breakfast: French Toast Sticks, Applesauce, Milk Lunch: BBQ Chicken, Bread, Fresh Broccoli, Pineapple, Milk Snack: Yogurt, Crackers</p>	<p>19</p> <p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>
<p>22</p> <p>Breakfast: Cheerios, Pears, Milk Lunch: Turkey Sandwich, Bread, Corn, Applesauce,, Milk Snack: Cheese Stick, Crackers</p>	<p>23</p> <p>Breakfast: Muffin, Peaches, Milk Lunch: Sweet and Sour Chicken, Brown Rice, Carrots, Pineapple, Milk Snack: Teddy Grahams, Milk</p>	<p>24</p> <p>Breakfast: Oatmeal, Fruit Cocktail, Milk Lunch: Sloppy Joe, Bun, Cucumbers, Pears, Milk Snack: Chex Mix, Apples</p>	<p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>	<p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>
<p>29</p> <p>Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Ham Sandwich, Bread, Peas, Pears, Milk Snack: Applesauce, Crackers</p>	<p>30</p> <p>Breakfast: Yogurt, Pineapple, Milk Lunch: Chicken Tortilla Soup, Corn Crackers, Peaches, Milk Snack: Cheese and Crackers</p>	<p>31</p> <p>Breakfast: Corn Chex, Banana, Milk Lunch: Cheeseburger, Bun, Carrots, Fruit Cocktail, Milk Snack: Muffin, 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

January 2024

WINTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 CLOSED WINTER BREAK	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Policy Council 3-4pm	18	19 EHS CLOSED Staff Training	20	21
22	23	24	25 EHS CLOSED Professional Development	26 EHS CLOSED All Staff meeting	27	28
29	30	31	1	2	3	4
5	6	Notes				