



EHS CLOSED

February 22-23, 2024 -
Professional Development

DICKINSON SOCIALIZATIONS

February 2, 2024 - 10:00-11:30 am
February 16, 2024 - 10:00-11:30 am

ACTIVITIES

Parks & Recreation Department offers a wide variety of indoor and outdoor activities year-round for adults and children. Membership fees can be monthly, quarterly or weekly. **Families can look into reduced prices based on income.** Please contact Park & Recs at (701) 456-2074. They are located at 2004 Fairway St, in Dickinson.

Get in touch with Dickinson Public Library for upcoming events they have for all ages:

GET IN TOUCH

139 3rd Street West Dickinson, ND 58601-5147
Ph: 701-456-7700 Fax: 701-456-7702

dickinsonlibrary@dickinsonnd.gov

TAX CREDITS

Earned Income Tax Credit

The earned income credit is a refundable tax credit for low- to middle-income workers. For tax returns filed in 2024, the tax credit ranges from \$600 to \$7,430, depending on tax-filing status, income and number of children.

Taxpayers without children can qualify for a lower credit amount.

VITA: Voluntary Income Tax Assistance

This is a free tax preparation service 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 and gives guidance. But, it is ultimately up to you to do the work and actually make the changes.

Why your child may need to stay home when sick

Now that Cold and Flu season is upon us, keeping your child home from Head Start and Early Head Start helps protect other children from illness. It can also give your child a chance to get extra rest they may need to recover.

The main reasons to keep your child home during an illness are;

- The child is unable to participate in activities comfortably
- Needing more care than staff members can provide without compromising the health and safety of other children
- Possible risk of spreading the illness to other children and staff members

Any child with respiratory illness symptoms (cough, runny nose, or sore throat) and a fever of 100.4 or higher, should not attend their program. They can return once their fever associated with these symptoms has been gone for at least 24 hours without the use of fever-reducing medicine. (Tylenol, Motrin, Aspirin)

To reduce the risk of illness, childcare providers and all children being cared for should receive all immunizations recommended by the CDC along with their local and state health department. This includes the flu vaccine and COVID-19 vaccine for everyone age 6 months and up. This critically important step puts the health and safety of everyone in Head Start and Early Head Start first.

**DO YOU HAVE FRIENDS
WHO ARE INTERESTED IN
EARLY HEAD START?**



**Tell them to call 701-227-3010 &
Ask for Carroll, Leigh, or
Brittany!**

Dickinson Parks & Recreation Presents

Beat The **WINTER Blues**

WEST RIVER

FEBRUARY 10
8 AM - 6 PM

MEMBERSHIP SPECIAL
Buy a 3-month or annual membership and get a 10% discount when paid in full.
Good Feb. 10th only!

FREE with a non-perishable food item to donate to the food pantry

Beat the "Winter Blues" with Dickinson Parks and Recreation by coming inside to a warm fun filled event. Order of events will be posted at dickinsonparks.org

ALL AGES

- POOL PARTY
- BOUNCE HOUSES
- MUSIC
- CRAFTS
- GLOW GOLF
- DOOR PRIZES
- GROUP FITNESS CLASSES
- AND MORE!

dickinsonparks.org 701.456.2074 @dickinsonparks

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



Whether parenting young or not-so-young children, recovering from a divorce or separation, or coping with the day-to-day struggles' 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



Join us for eight fun-filled sessions which are **FREE**, including supper and childcare!

- Classroom environment with parent, teacher and preschooler
- First school experience
- Become familiar with school, rules and routines
- Learn essential academic and social skills.
- Parents learn best practices to guide and prepare their child to help them succeed
- Educators build relationships with families and identify readiness gaps.

Starts: February 6, 2024

Free childcare for stress-free attendance

Supper: 5:30-6pm

Session: 6:00-7:30pm - **CALL TO GET YOUR SPOT TODAY!**

Advance registration is necessary. Call: 701-456-0007 or

Email: parentresource@dpsnd.org.

Website address: Website address:

<https://www.dickinson.k12.nd.us/dps-entities/westdakota>



Tuesday's
beginning February 27th
4:30-6:00pm

Supper & Childcare provided

The workshop materials provide information for families on how to:

- promote children's social and emotional skills;
- understand their child's challenging behavior; and
- use positive approaches to help children learn appropriate behavior.

Please let us know if you would like to attend

by February 12, 2024

CALL 701-227-3010 or

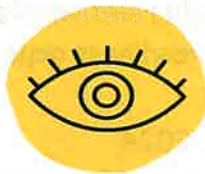
EMAIL: brittanyb@dickinsoncap.org

5, 4, 3, 2, 1 Grounding Technique

The goal of this technique is to use the five senses to get through stressful situations. This exercise helps to improve your overall emotional regulation and will help you feel grounded.

Begin and end with a deep breath

CALMING STRATEGY



5 FIND 5 THINGS YOU CAN SEE



4 FIND 4 THINGS YOU CAN TOUCH



3 FIND 3 THINGS YOU CAN HEAR



2 FIND 2 THINGS YOU CAN SMELL



1 FIND 1 THING THAT YOU CAN TASTE

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
					Dickinson Socialization 10-11:30am	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Policy Council 12-1pm ZOOM				Dickinson Socialization 10-11:30am	
18	19	20	21	22	23	24
				EHS Closed - Professional Development	EHS Closed - Professional Development	
25	26	27	28	29	1	2
				End of Period 2		



Notes

3

4

February Early Head Start Center

Breakfast, Lunch & Snack Menu

			<p>1 Breakfast: Turkey Sausage Patty, Applesauce, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Green Beans, Milk Snack: Crackers, Pineapple</p>	<p>2 Breakfast: Cheerio Banana, Milk Lunch: Meatballs/Gravy, Bread, Corn, Mixed Fruit, Milk Snack: Teddy Grahams, Milk</p>
<p>5 Breakfast: Corn Flakes, Peaches, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Apple Slices, Milk Snack: Graham Crackers, Fruit</p>	<p>6 Breakfast: WG Muffin, Fruit Cocktail, Milk Lunch: Chicken Patty, Bun, Corn, Pears, Milk Snack: Carrots/Ranch, Crackers</p>	<p>7 Breakfast: Oatmeal, Banana, Milk Lunch: Beef and WG Noodles, Green Beans, Peaches, Milk Snack: Yogurt, Fruit</p>	<p>8 Breakfast: Pancake, Mandarin Oranges, Milk Lunch: Chicken Pot Pie, Biscuit, Peas/Carrots, Fruit Cocktail, Milk Snack: Cereal, Milk</p>	<p>9 Breakfast: Toast, Applesauce, Milk Lunch: WG Pasta, Meatsauce, Mixed Vegies, Fruit, Milk Snack: Banana, Graham Crackers</p>
<p>12 Breakfast: Cheerios, Pears, Milk Lunch: Turkey, Bread, Peas, Applesauce, Milk Snack: Goldfish Crackers, Cheese Stick</p>	<p>13 Breakfast: Yogurt, Berries, Milk Lunch: WG Pizza, Green Beans, Peaches, Milk Snack: Crackers, Fruit</p>	<p>14 Breakfast: Kix, Mandarin Oranges, Milk Lunch: Hamburger Vegetable Soup, Crackers, Milk Snack: Summer Sausage, Crackers</p>	<p>15 Breakfast: Waffles, Applesauce, Milk Lunch: Popcorn Chicken, Tater Tots, Bread, Fruit Cocktail, Milk Snack: Graham Crackers, Milk</p>	<p>16 Breakfast: WG Mut Mixed Fruit, Milk Lunch: Cheeseburge Bun, Corn, Peaches, Milk Snack: Yogurt, Fru</p>
<p>19 Breakfast: Rice Crispies, Fruit, Milk Lunch: Ham/Turkey, Crackers, Peas, Pears, Milk Snack: Animal Crackers, Cheese</p>	<p>20 Breakfast: Yogurt, Peaches, Milk Lunch: Fish Nuggets, Mashed Potatoes, Bread, Applesauce, Milk Snack: Pretzels, Sumbutter</p>	<p>21 Breakfast: Cheerios, Bananas, Milk Lunch: Hamburger Hotdish, WG Noodles, Corn, Fruit Cocktail, Milk Snack: Crackers, Fruit</p>	<p>22 EHS Closed</p>	<p>23 EHS Closed</p>
<p>26 Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Ham, Bread Carrots, Peas, Milk Snack: Tortilla Chips, Bean Dip</p>	<p>27 Breakfast: WG Muffin, Pineapple, Milk Lunch: Cheeseburger, Bim. Cucumbers, Peaches, Milk Snack: Cheez-its, Apples</p>	<p>28 Breakfast: Oatmeal, Pears, Milk Lunch: Popcorn Chicken, Bread, Corn, Fruit Cocktail, Milk Snack: Yogurt, Fruit</p>	<p>29 Breakfast: WG Waffle, Peaches, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Applesauce, Milk Snack: Chex Mix, Fruit</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."