



EHS Newsletter March 2024

Closures/Socializations
March 7-8, - Home Visits
March 22 - Professional Development
March 29 - Closed Break

DICKINSON SOCIALIZATIONS
March 1 - 10:00-11:30 am
March 15 - 10:00-11:30 am

Screen Time Limits by Age

For Young Children

A screen is: a TV, a phone, an iPad or tablet, a computer, a game console or any other device or toy that has a screen.

0-18 months	No screens!
18-24 months	<ul style="list-style-type: none">→ No more than 30 minutes a day→ Educational content that is fun and engaging.→ <u>Talk</u> about what your child is watching.
2-5 years	<ul style="list-style-type: none">→ No more than 60 minutes a day.→ Watch together and talk about it.→ Live video-chatting is OK and can help young children learn new words.
For All Kids	<p>No screens!</p> <ul style="list-style-type: none">→ At the dinner table→ In the bedroom→ One hour before bedtime

Remember, when you put a screen in front of a child, please watch with them and encourage conversation while you both watch. Too much screen time without talking impacts their speech and language development.

Sources:
<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591>
<https://www.common sense media.org/screen-time/how-much-screen-time-is-ok-for-my-kids>

GoldCountrySLP Tracy W. Morlan, M.A. CCC-SLP

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.

CALL: 701-227-3010

OR

EMAIL:

brittanyb@dickinsoncap.org

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

GET IN TOUCH

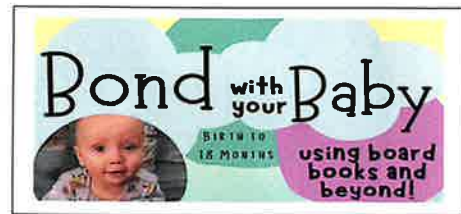
139 3rd Street West Dickinson, ND 58601-5147
Ph: 701-456-7700 Fax: 701-456-7702
dickinson.library@dickinsongov.com



Bond with Your Baby Using Board Books and Beyond

Early Literacy Matters

Over 80% of your child's brain development happens in the first three years of life. As your child's first teacher you can give your child the literacy foundation that will have a far reaching impact to ensure success in school and in life.



"Bond with Your Baby Using Board Books and Beyond" is a time to hear what research says about early literacy and to put it into practice with your child during the session. You will learn how to:

- Speak parentese to activate the language part of the brain
 - Interact with your child through conversational turns
 - Close the vocabulary gap with sportscasting, fingerplays and nursery rhymes
 - Make language development light and fun with blocks, puzzles, and puppets
- Chc

2024 Spring Sessions:

March 16

April 20

9-10am - Muffins and juice provided

FREE: Call to register: 701-290-8261 - Space is **LIMITED**.

Parents, Grandparents, and Caregivers are invited to learn and practice early literacy tips. You are welcome to bring your child for a fun, interactive time or attend by yourself. Each participant will receive a pack of resources and a book for your child.

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.

SUMMER JOB FAIR

When: March 22, 2024 @1-3pm

Where: West River Community Center, 2004 Fairway Street, Dickinson, ND

Dickinson Parks and Recreation will be offering a Summer job fair that focuses on our summer seasonal positions. There will be supervisors there for Q & A about open positions for the summer, as well as offering on the spot job interviews.



Head Start Enrollment

2024-2025

Starting NOW! Be sure to register as soon as possible as spaces are limited.

Head Start is the National Commitment to Give Every Vulnerable Child an Opportunity to Succeed.

Head Start's mission is to coalesce, inspire, and support the Head Start field as a leader in early childhood development and education. National Head Start Association (NHSA) is committed to the belief that every child, regardless of circumstances at birth, has the ability to succeed in life. We are the voice for more than 1 million children, 275,000 staff, and 1,600 grant recipients in the United States. Since 1974, National NHSA has worked for policy changes that ensure all income-eligible children have access to the Head Start model.

Locally:

Head Start provides Early Learning program options for Children birth to age 5 and Expectant Families. *Services are available in SW North Dakota for the counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark.*

Head Start is located at - 107 3rd Avenue SE Dickinson ND 58601 Office Hours: M-F from 8 A.M. to 4:30 P.M.

Contact Information: Call - 701-227-3010 or Toll Free - 877-546-9420

Eligibility: *Reside in SW North Dakota
*Expectant Family or Children from birth to five years-old * **Provide Income:** SNAP, TANF, SSI, Foster or Homeless.

HOW DO I APPLY?

Scan the QR code to the right or call the above phone number listed. Our Case Managers would love to speak with you.



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.

Call for dates.

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>

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



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

CLASS OF 2037, ARE YOU READY?

DPS KINDER KICK-OFF

SAVE THE DATE

MARCH 14

6:00-7:00 P.M.

Open to incoming kindergartners and their families!

More information to come.

- ✔ Tour your school
- ✔ Meet the teachers
- ✔ Free T-shirt

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



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."

1
Breakfast: Yogurt, Mixed Fruit, Milk
Lunch: Grilled Cheese, Bread, Cucumbers, Pears, Milk
Snack: WG Graham Crackers, Applesauce

4
Breakfast: Rice Krispies, Peaches, Milk
Lunch: Turkey, Bread, Broccoli, Fruit Cocktail, Milk
Snack: Pretzels, Oranges

5
Breakfast: Yogurt, Berries, Milk
Lunch: Hamburger, Gravy, Mashed Potatoes, Corn, Bun, Milk
Snack: Crackers, Cheese

6
Breakfast: Cereal, Banana, Milk
Lunch: Chicken Patty, Cucumbers, Bread, Pears, Milk
Snack: Chex Mix, Peaches

7
Breakfast: Pancakes, Applesauce, Milk
Lunch: Sloppy Joe, WG Bun, Green Beans, Pineapple, Milk
Snack: Muffin, Milk

8
EHS CLOSED

11
Breakfast: Cheerios, Pears, Milk
Lunch: Sunbutter & Jelly Sandwich, Bread, Carrots, Fruit Cocktail, Milk
Snack: Animal Crackers, Milk

12
Breakfast: Muffin, Mandarin Oranges, Milk
Lunch: BBQ Chicken, Bun, Broccoli, Pineapple, Milk
Snack: Crackers, Cheese

13
Breakfast: Oatmeal, Banana, Milk
Lunch: Meatballs & Sauce, WG Pasta, Green Beans, Peaches, Milk
Snack: Yogurt, Graham Crackers

14
Breakfast: French Toast Stick, Strawberries, Milk
Lunch: Fish Nuggets, Potatoes, Bread, Pears, Milk
Snack: Summer Sausage, Crackers

15
Breakfast: Yogurt, Mixed Fruit, Milk
Lunch: Turkey/Cheese Slices, Mixed Vegetables, Applesauce, Milk
Snack: Banana, Milk

18
Breakfast: Corn Flakes, Peaches, Milk
Lunch: Ham, Bread, Peas, Applesauce, Milk
Snack: Graham Crackers, Milk

19
Breakfast: Yogurt, Pineapple, Milk
Lunch: Beef and Bean Burritos, Cucumbers, Fruit Cocktail, Milk
Snack: Crackers/Carrots

20
Breakfast: HB Eggs, Applesauce, Milk
Lunch: Sweet & Sour Chicken, Brown Rice, Mixed Vegetables, Berries, Milk
Snack: Goldfish, Mixed Fruit

21
Breakfast: Waffle, Mandarin Oranges, Milk
Lunch: Meatballs, Gravy, Mashed Potatoes, Bread, Peaches, Milk
Snack: Nacho Cheese/Tortilla Chips

22
EHS CLOSED

25
Breakfast: Kix, Pears, Milk
Lunch: Turkey, Bread, Carrots, Fruit Cocktail, Milk
Snack: Apples, Cheese

26
Breakfast: WG Muffin, Mandarin Oranges, Milk
Lunch: Hamburger, Bun, Peas, Peaches, Milk
Snack: Chex Mix, Juice

27
Breakfast: Cheerios, Banana, Milk
Lunch: Popcorn Chicken, Pasta Salad, Mixed Vegetables, Pears, Milk
Snack: Tortilla Chips, Salsa

28
Breakfast: Turkey Sausage Patty, Applesauce, Milk
Lunch: Taco Bowl, Brown Rice, Lettuce/Tomato, Pineapple, Milk
Snack: Cereal, Milk

29
EHS CLOSED

March 2024



Spring

Picture Caption

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dickinson Socialization 10-11:30am	2
3	4	5	6	7 Closed - Home Visits	8 Closed - Home Visits	9
10 Spring Forward 1 hour	11	12	13	14	15 Dickinson Socialization 10-11:30am	16
17	18	19 Spring Begins	20	21	22 Closed - All Staff Meeting	23
24	25	26	27	28	29 Closed	30
31						

