

The Early Head Start Bulletin

May 2024



338 SE 1st Street - Phone: 701-227-3010 - Toll Free: 877-546-9420 - Fax: 701-225-1968

EHS May Happenings

May 3 & 17 - Dickinson Socialization 10-11am

May 10 & 13 - Closed for Professional Development

May 24 - Closed for Professional Development

May 27 Closed for Memorial Day

Kids Health and Safety Fair

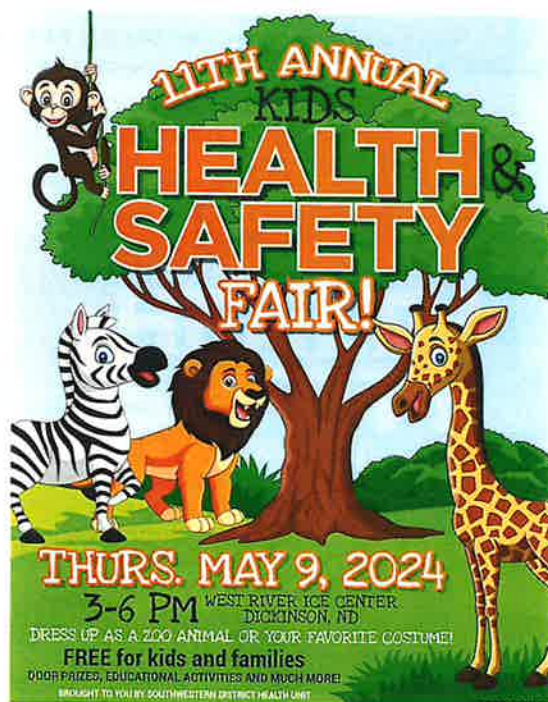
When: May 9, 2024

Time: 3pm - 6pm

Where: West River Ice Center

Admission: FREE

This event is a fair and this year's theme is "Zoo".



*****Come and see the Head Start/Early Head Start Booth!

The Dickinson Fire department will have a fire truck parked outside the entrance to the ice center for the kids to view and talk to area fire department personnel. FREE vision screenings will be offered by the New England Lions Club.

Characters Woody and Jesse from Toy Story will be attending along with other zoo characters. This year's theme is "Zoo" so kids are encouraged to dress as a zoo animal or in their favorite costume.

Hope to see you at the fair!

Child Team Staffings

Early Head Start has established an agreement with Badlands Human Service Center to provide monthly meetings with parents/guardians, staff, to provide support for parents/guardians and teaching staff.

If you are interested in scheduling a staffing please contact

Brittany Brown or your child's teacher.

CHILD TEAM

STAFFING DATE

May 10, 2024

The 11th Annual Kids Health and Safety Fair will be held on Thursday May 9, 2024, 3-6pm at the West River Ice Center. The event is FREE to the public and is geared towards kids and their families to come and participate in activities to learn about health and safety.

Games such as bean bag toss, tips on pool and sun safety, how and when to use 911. There will be live entertainment by the DHS Jazz Band, door prizes, jumping castles and food for purchase by "The Professionals" Relay for Life team.

CAP HEAD START & EARLY HEAD START

NOW HIRING!

- INFANT TODDLER TEACHER (\$18+ AN HOUR)
- INFANT TODDLER TEACHING ASSISTANT (\$18+ AN HOUR)
- SUBSTITUTE TEACHING ASSISTANTS
- SUBSTITUTE KITCHEN ASSISTANTS
- EXECUTIVE ASSISTANT

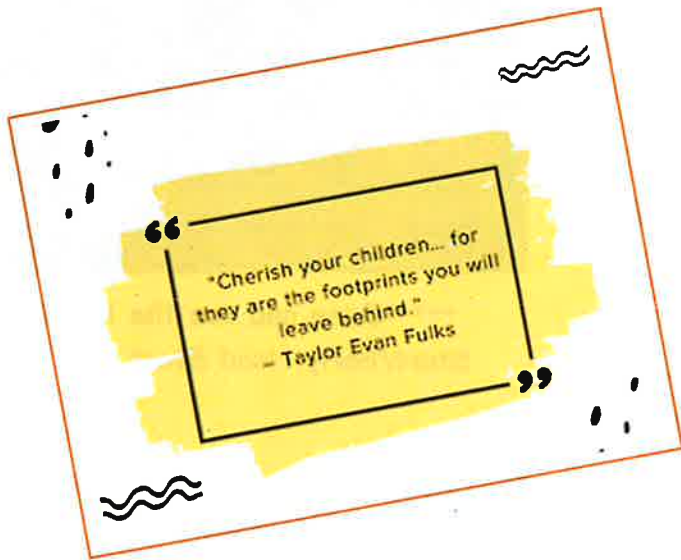


Further Information

administration@dickinsoncap.org

<https://dickinsoncap.org/careers/>

701-227-0131 ext. 1015



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

- Conscious Discipline
- Positive Discipline
Creating Respectful Relationships in Homes and Schools
- Circle of Security INTERNATIONAL
Early Intervention Program for Parents of Children
- Love and Logic
- Boingis Jr.
- PARENT UNIVERSITY
- NURTURED HEART APPROACH

You can contact them at -
<https://www.dickinson.k12.nd.us/dps-entities/westdakota> or call 701-456-0007

Fun Fact: In any given year, no month ever begins or ends on the same day of the week as May does.

WRCC 20th Anniversary!

May 18 9am - 5pm

FREE ENTRY TO WRCC

Come one, come all for free!

FACILITY TOURS

Each hour beginning at 9:00 am.

5K RUN/WALK

9:00 am Start

OPEN HOUSE

Displays and refreshments 9:00 am-5:00 pm.



MAY 18, 2024

JOIN US FOR A MEMORABLE DAY!
\$20 OFF 3-MONTH MEMBERSHIPS! FREE T-SHIRTS! DOOR PRIZES!



Hot Cars

The majority of parents and caregivers are misinformed and would like to believe that a hot car tragedy will never happen to them. In over half of hot car deaths, the person responsible for the child unknowingly left them in the vehicle. In most situations, this happens to loving, caring, and protective parents. It has happened to a teacher, dentist, social worker, police officer, nurse, clergyman, soldier, and even a rocket scientist. It can happen to anyone...

SWIMMING SAFETY

Hard Facts about Drowning

- Drowning is the leading cause of injury-related death among children ages 1-4.
- Drowning is the third leading cause of unintentional injury-related death among children under 19 years of age.



Around pools and open bodies of water, give kids your undivided attention.

Top Tips for Swimming Safety

- **Watch kids when they are in or around water.** Keep young children and weak swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.
- **Choose a Water Watcher.** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- **Make sure kids learn these five water survival skills.**
 - ⬇ Step or jump into water over their head and return to the surface.
 - ⬇ Turn around in the water and orient to safety.
 - ⬇ Float or tread water.
 - ⬇ Combine breathing with forward movement in the water.
 - ⬇ Exit the water.
- **Teach children that swimming in open water is different from swimming in a pool.** These potential hazards can make swimming in open water more challenging than swimming in a pool.
- **Learn CPR and basic water rescue skills.** It is important to know how to respond in an emergency without putting yourself at risk of drowning. Learning these skills may help you save a life.

May 2024



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

May 2024 Menu Breakfast, Lunch & Snack Menu



		1 Breakfast: Cereal, Mandarin Oranges, Milk Lunch: WG Breadstick, Meatsauce, Cucumbers, Peaches, Milk Snack: Pretzels, Cheesestick	2 Breakfast: Muffin, Applesauce, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Mixed Fruit, Milk Snack: Yogurt, Graham Crackers	3 Breakfast: Turkey Sausage, Fruit, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Fruit, Milk Snack: WG Cheddar Goldfish, Mixed Fruit
6 Breakfast: Corn Flakes, Pears, Milk Lunch: Turkey, Bread, Peas, Fruit Cocktail, Milk Snack: Carrots/Ranch, Crackers	7 Breakfast: WG Muffin, Applesauce, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Bread, Peaches, Milk Snack: Orange Slices, Cheez-its	8 Breakfast: Cereal, Banana, Milk Lunch: Sloppy Joe, WG Bun, Corn, Pineapple, Milk Snack: Yogurt, Crackers	9 Breakfast: Waffles, Strawberries, Milk Lunch: Chicken Taquitos; Cucumbers, Pears, Milk Snack: Graham Crackers, Milk	10 EHS CLOSED
13 EHS CLOSED	14 Breakfast: Yogurt, Berries, Milk Lunch: Chicken Patty, WG Bun, Corn, Fruit Cocktail, Peas, Milk Snack: Cheese, Crackers	15 Breakfast: Turkey Sausage, Mandarin Oranges, Milk Lunch: Meatballs and Sauce, WG Pasta, Green Beans, Peaches, Milk Snack: Muffin, Milk	16 Breakfast: Pancakes, Applesauce, Milk Lunch: Sweet & Sour Chicken, Brown Rice, Mixed Vegetables, Pineapple, Milk Snack: Cereal, Milk	17 Breakfast: Cereal, Pears, Milk Lunch: Meat and Cheese Slices, Crackers, Peas, Peaches, Milk Snack: Teddy Grahams, Mixed Fruit
20 Breakfast: Cereal, Pears, Milk Lunch: Bag Picnic Lunch Sandwich, Vegetable, Fruit, Milk Snack: Yogurt, Crackers	21 Breakfast: WG Muffin, Mandarin Oranges, Milk Lunch: Chicken Pot Pie, Mashed Potatoes, Bread, Peaches, Milk Snack: Fruit, Crackers	22 Breakfast: Overnight Oats, Berries, Milk Lunch: Sloppy Joe, WG Bun, Green Beans, Peas, Milk Snack: Chex Mix, Juice	23 Breakfast: Waffle, Applesauce, Milk Lunch: Popcorn Chicken, Corn Bread, Fruit Cocktail, Milk Snack: Graham Crackers, Milk	24 EHS CLOSED
27 EHS CLOSED	28 Breakfast: Cereal, Peaches, Milk Lunch: Ham and Cheese, Bread, Peas, Milk Snack: Rice Cake, Fruit	29 Breakfast: French Toast Sticks, Mandarin Oranges, Milk Lunch: Pizza, Cucumbers, Applesauce, Milk Snack: Crackers, Cheese	30 Breakfast: Cereal, Banana, Milk Lunch: Taco Hotdish, Corn, Peaches, Milk Snack: Yogurt, Crackers	31 Breakfast: Muffin, Applesauce, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Fruit Cocktail, Milk Snack: Graham Crackers, 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."

