

# The Early Head Start Bulletin

July 2024



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

## July EHS Events

July 19 - Dickinson  
Socialization 10:00-  
11:30am

July 3, 4 and 5 - Closed

July 25 - EHS Picnic -  
Eagles Park 5-7pm

July 26 - Closed for  
professional development

## Child Staffing

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

If you would like to schedule a meeting, please contact

Your home visitor or your child's teacher.



## Cooling Program

The weatherization department is taking applications for cooling assistance. The cooling program provides window air conditioners for rental units and homeowners can get window AC's or central air

Eligibility - Must be approved for LIHEAP or qualified for LIHEAP if not approved during the heating assistance program.

### Clients complete:

Wx application, CAP intake, ROI, provide LIHEAP Approval

Forward all applications to the Region 8  
Weatherization Department  
matthewi@dickinsoncap.org

Call CAP Weatherization for more information or assistance: 701-227-0131

## Roughrider Days

### Upcoming Calendar:

- June 29 - Parade Downtown Dickinson 10am and Family Fun Day DSU King Pavillion 11am-4pm
- July 4 - Fireworks Display at Sanford Sports Complex - 10pm
- July 7 - Kids Fair at Stark County Fairgrounds 11am-3pm
- July 13 - Ranch Rodeo - Stark County Fairgrounds 10am



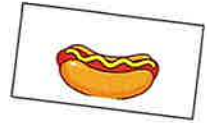
# Summer Bandshell Series:

The series is held each Tuesday evening at 7:00 pm, until August 13, 2024. View Concert Calendar below:



## July Fun Facts:

- Around 150 Million hot dogs are eaten on the fourth of July.
- Americans spend \$1 billion annually on fireworks!



- July 2 | Mountain Country (country)
- July 9 | Balderdash Band (country/rock)
- July 16 | Arts at the Bandshell featuring Clint Morgenstern (Americana)
- July 23 | Ryan Dart (country)
- July 30 | Greg Hager (country)
- August 6 | Melissa Spelch (acoustic variety) | Chalk Walk
- August 13 | If Music be the Food (variety)

**CONCESSIONS:** Offered by Relay for Life. The Amen Food Pantry will also be collecting perishable food items each week to stock our local food pantry. Donations are appreciated!

**LOCATION:** Phil Patterson Memorial Bandshell - [Memorial Park](#)



## Summer Happenings

- Dickinson Play parks
- Patterson Lake
- Theodore National Park



- Movie Nights
- Concerts
- Much more





Dickinson Parks and Recreation does not want to deny any participant access to activities due to the inability to pay. We have established a program to assist individuals to **enable participation for community residents**. A completed application and verification letter should be returned to Dickinson Parks & Recreations.

**Requirements:** Pick up and complete a Scholarship application for a 50% reduction in membership fees and submit it with a verification letter. Verifications include a School reduced free lunch program verification letter, SSI, SSD, TANF, SNAP (food stamps) or WIC verification letter. Final approval is by a review committee and the membership is good for a year.

Stop in at [2004 Fairway Street for an application](#) For more information call [\(701\) 456-2074](#)

\*\*\*\*\*You can pick up Scholarship Applications at Early Head Start.\*\*\*\*\*

Have a fun Summer!!



**It's Summer - Stay Safe!!!**

**Hydrate, Hydrate, Hydrate!**



**Put on sunscreen or cover up before going out in the sun.**

**Practice water safety!**

**Protect your little ones from mosquitoes (and other pests!) - there are non-chemical products available to keep them safe.**

2024

JULY

CALENDAR YEAR

CALENDAR MONTH


MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
	Policy Council Meeting - Zoom 12-1pm			Socialization 10:00-11:30am		
22	23	24	25	26	27	28
29	30	31	EHS Picnic 5- 7pm Eagles	Closed		
			Closed	Closed		
		Closed				



## June 2024 Early Head Start Center Breakfast, Lunch & Snack Menu

<p>3 <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Popcorn Chicken, Green Beans, Pears, Milk <b>Snack:</b> Sunbutter &amp; Jelly, WG Bread</p>	<p>4 <b>Breakfast:</b> Yogurt, Bernies, Milk <b>Lunch:</b> Turkey Rollup, Carrots/Ranch, Fruit Cocktail, Milk <b>Snack:</b> Cheez-its, Fruit</p>	<p>5 <b>Breakfast:</b> Waffles, Applesauce, Milk <b>Lunch:</b> Hamburger, WG Bun, Sweet Potato Fries, Peaches, Milk <b>Snack:</b> Cucumbers, Goldfish</p>	<p>6 <b>EHS CLOSED</b></p>	<p>7 <b>EHS CLOSED</b></p>
<p>10 <b>Breakfast:</b> Corn Flakes, Mandarin Oranges, Milk <b>Lunch:</b> Meatball &amp; Sauce, WG Pasta, Green Beans, Fruit Cocktail, Milk <b>Snack:</b> Cheese Sticks, Graham Crackers</p>	<p>11 <b>Breakfast:</b> Pancakes, Applesauce, Milk <b>Lunch:</b> Sweet &amp; Sour Chicken, Brown Rice, Broccoli, Milk <b>Snack:</b> Ritz Crackers, Sunbutter</p>	<p>12 <b>Breakfast:</b> Yogurt, Pineapples, Milk <b>Lunch:</b> Taco Hot Dish, Tortilla Chips, Corn, Pears, Milk <b>Snack:</b> Rice Cake, Mixed Fruit</p>	<p>13 <b>Breakfast:</b> Muffin, Bananas, Milk <b>Lunch:</b> Turkey Sandwich, WG Bread, Cucumbers, Fruit Cocktail, Milk <b>Snack:</b> Animal Crackers, Milk</p>	<p>14 <b>Breakfast:</b> Corn Chex, Pears, Milk <b>Lunch:</b> Meat &amp; cheese Saltine Crackers, Peas, Peaches, Milk <b>Snack:</b> Graham Crackers, Applesauce</p>
<p>17 <b>Breakfast:</b> Cheerios, Peaches, Milk <b>Lunch:</b> Ham &amp; Cheese Sandwich, WG Bread, Carrots, Pears, Milk <b>Snack:</b> Animal Crackers, Milk</p>	<p>18 <b>Breakfast:</b> WG Muffin, Strawberries, Milk <b>Lunch:</b> Hamburger, WG Bun, Fruit Cocktail, Milk <b>Snack:</b> Summer Sausage, Saltine Crackers</p>	<p>19 <b>Breakfast:</b> French Toast Sticks, Mandarin Oranges, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Peaches, Milk <b>Snack:</b> Sunbutter, Goldfish</p>	<p>20 <b>Breakfast:</b> Rice Krispies, Pineapple, Milk <b>Lunch:</b> Turkey Sandwich, WG Bread, Peas, Pears, Milk <b>Snack:</b> Animal Crackers, Fruit</p>	<p>21 <b>EHS CLOSED</b></p>
<p>24 <b>Breakfast:</b> Breakfast Sausage, Applesauce, Milk <b>Lunch:</b> Chicken Patty, WG Bun, Corn, Milk <b>Snack:</b> Chex Mix, Cheese Stick</p>	<p>25 <b>Breakfast:</b> Pancakes,, Strawberries, Milk <b>Lunch:</b> Ham Sandwich, Cheese, WG Bread, Broccoli, Milk <b>Snack:</b> Graham Crackers, Milk</p>	<p>26 <b>Breakfast:</b> Rice Krispies, Pears, Milk <b>Lunch:</b> Tuna Noodle Hotdish, WG Noodles, Peas, Milk <b>Snack:</b> V-8 Juice, Goldfish</p>	<p>27 <b>Breakfast:</b> Corn Flakes, Banana, Milk <b>Lunch:</b> Summer Sausage, WG Bread, Carrots, Mixed Fruit, Milk <b>Snack:</b> Rice Cakes, Fruit</p>	<p>28 <b>Breakfast:</b> Yogurt, Pineapple, Milk <b>Lunch:</b> Turkey Sandwich, WG Bread, Applesauce, Milk <b>Snack:</b> Simply Chex, Cucumbers</p>
	<p style="text-align: center;">Lunch is served with Skim Milk or Whole Milk and Water. All bread/grain is whole grain. All meals are subject to change.</p> <p style="text-align: center;">"Head Start/Early Head Start is an equal opportunity provider."</p>			



