

The August 2024 Early Head Start Bulletin



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

August EHS Events

Aug. 2nd and 23rd -
Dickinson Socialization
10:00-11:30am

Aug. 16th - 20th - Closed
for Professional
Development and Staff
Orientation

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.



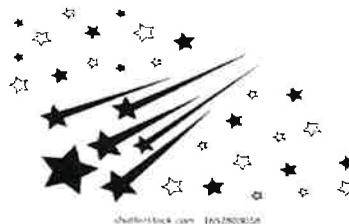
Never Leave Your Child Alone

- Set your cell phone to remind you to drop your child at childcare
- Set your computer program or leave yourself a note at work asking "Did you drop off at childcare today?"
- NEVER leave a child alone in a vehicle, even with the window slightly open
- Lock all vehicle doors and trunk – especially at home. Keep keys out of child's reach.
- Teach children not to play in a vehicle.
- Check vehicles and trunks if a child goes missing.
- Create a plan with your childcare – if your child is late to arrive. Be especially careful if you change your routine for dropping off.
- Place a cellphone, diaper bag, or gym bag in the back seat on the floor. This will force you to open the back door, which will eliminate accidentally leaving a child in the car.

Each year, almost 40 children die from accidentally being left in a vehicle.

Perseid Meteor Shower

August is often a wonderful month for stargazing! It's the month of the [Perseid meteor shower](#), which is one of the most prolific showers and reaches its maximum between August 11 and 13. You can still see the Perseids even if they're not at their peak. The shower lasts from about July 23 to August 22, so be sure to keep an eye out.



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Summer Happenings



- Dickinson Play parks
- Patterson Lake
- Theodore National Park



- Movie Nights
- Concerts
- Much more

Marathon Pool Party

When: Aug. 6 - 3-6pm

All ages welcome. Bring your water toys and floaties.

There will be a DJ.

FREE

WHERE: West River Community Center Outdoor Pool.



Register for your own space!

While this event is free for the public to attend, you have the option of registering for your own exclusive space to display your artwork.

Fees:

Individual Artist -

Single square = \$10 |

Double square = \$15

Organization Entry -

Single Square = \$75 |

Double Square = \$100

August 6 @ 4:00 pm - 7:00 pm
FREE EVENT | CHALK | MUSIC
VENDORS | FAMILY FUN

Veterans Memorial Park -801 5th Ave West

Join us for the annual Chalk Walk event! The Chalk Walk aims to empower and support art appreciation by providing an opportunity for professional artists and people of the community to free hand with chalk and showcase their talents. Our event allows everyone the opportunity to engage in an outdoor activity that invites creativity by using CHALK as well as WALK around to appreciate the art of others.

Parenting Quick Tips

How to Communicate with Children

- Pleasant eye contact (a wink, a twinkle in the eye that says you're special)
- Physical affection (a hug, a backrub, a pat on the shoulder.)
- Positive comments ("I like that about you", "Thanks for being so helpful.")
- Add these words to your vocabulary
 - "I was wrong"
 - "Please forgive me"
 - "I love you"
 - "I appreciate"
 - "Thank you"
 - "I apologize"
- Explain things without belittling.
- Avoid saying anything negative - until you understand.
- Ask, "How can I help?"
- Try to avoid solving another's problems for them.
- Free yourself from thinking that...
 - Winning
 - Being right
 - Being in control
 - ...are the only outcomes to disagreements.

In a loving relationship, if someone wins, both lose. Work instead toward compromising and cooperating with each other.
- Instead of always saying "you must"
 - Sometimes say, "It would be better if..."
- LISTEN, LISTEN and LISTEN some more!



Head Start/Early Head Start Website:

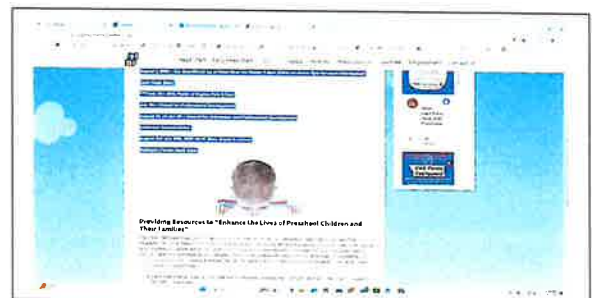
<https://communityactionheadstart.com>

The website is mobile compatible so you can view information on your smart phone.

What you can find on the website:

- ❖ Posts on the home page with important announcements, days closed for both HS/EHS.
- ❖ HS/EHS Classroom Schedules
- ❖ Parent information and Resources
- ❖ How to apply for Head Start and Early Head Start (includes application form)
- ❖ News- Monthly newsletter, Calendar & Menus
- ❖ Employment Openings & Job Application
- ❖ Health Forms (Short Term Exclusion Guidelines, Immunization Policy, Medical Authorizations, Required Well Baby Check-ups and contact information for each.

*****Please let us know if there is additional information that you would like to see the website.**



August 2024 Early Head Start Center

Breakfast, Lunch & Snack Menu

			<p>1 Breakfast: Cheerios, Blueberries, Milk Lunch: Chicken Patty, WG Bun, Carrots, Pineapple, Milk Snack: Pretzels, Yogurt</p>	<p>2 Breakfast: French Toast, Peaches, Milk Lunch: Summer sausage sandwich, WG Bread, Peas, Watermelon, Milk Snack: Gold Fish, Cheese Stick</p>
<p>5 Breakfast: Corn Flakes, Pears, Milk Lunch: Meatballs and Sauce, Stuffed WG Cheese Bread, Corn, Applesauce, Milk Snack: Cottage Cheese, Pineapples</p>	<p>6 Breakfast: WG Muffin, Blueberries, Milk Lunch: Chicken Pot Pie, Mashed Potatoes, WG Bread, Peaches, Milk Snack: Yogurt, Strawberries</p>	<p>7 Breakfast: Sausage Patty, Banana, Milk Lunch: Sunbutter & Jelly, WG Bread, Carrots, Pears, Milk Snack: Gold Fish, Mandarin Oranges</p>	<p>8 Breakfast: French Toast, Strawberries, Milk Lunch: Hamburger, Pickles, WG Bun, Cucumbers, Pineapple, Milk Snack: Cheese Stick, Townhouse Crackers</p>	<p>9 Breakfast: Rice Krispies, Applesauce, Milk Lunch: Summer Sausage, WG Bread, Peas, Fruit, Milk Snack: Graham Crackers, Milk</p>
<p>12 Breakfast: Waffles, Bananas, Milk Lunch: Sunbutter & Jelly, WG Bread, Carrots, Peaches, Milk Snack: Goldfish Crackers, Cheese Stick</p>	<p>13 Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Sloppy Joes, WG Bun, Tater Tots, Pineapple, Milk Snack: Summer Sausage, Ritz Crackers</p>	<p>14 Breakfast: WG Muffin, Peaches, Milk Lunch: Chicken Nuggets, WG Gold Fish, Broccoli, Applesauce, Milk Snack: Chex Mix, Fruit</p>	<p>15 Breakfast: Chex Cereal, Strawberries, Blueberries, Milk Lunch: Hamburger, Pickles, WG Bun, Green Beans, Pears, Milk Snack: Graham Crackers, Yogurt</p>	<p>16 EHS Closed</p>
<p>19 EHS Closed</p>	<p>20 EHS Closed</p>	<p>21 Breakfast: Sausage Patty, Bananas, Milk Lunch: Meatballs & Gravy, Mashed Potatoes, Corn, Pears, Milk Snack: Graham Crackers, Milk</p>	<p>22 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: summer Sausage Sandwich, WG Bread, Peas, Pineapple, Milk Snack: WG Crackers, Pears</p>	<p>23 Breakfast: French Toast, Applesauce, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Mixed Fruit, Milk Snack: Animal Crackers, Cheese Stick</p>
<p>26 Breakfast: Rice Krispies, Peaches, Milk Lunch: Turkey Sandwich, WG Bread, Green Beans, Pears, Milk Snack: Graham Crackers, Milk</p>	<p>27 Breakfast: WG Muffin, Pineapple, Milk Lunch: Chicken Pot Pie, WG Bread, Mashed Potatoes, Mandarin Oranges, Milk Snack: Cheez-its, Fruit Cocktail</p>	<p>28 Breakfast: French Toast, Blueberries, Milk Lunch: Meat Loaf, Mashed Potatoes, WG Bread, Peaches, Milk Snack: Gold Fish, Cheese Stick</p>	<p>29 Breakfast: Chex Cereal, Pears, Milk Lunch: Meat & Cheese, WG Crackers, Cucumbers, Fruit Cocktail, Milk Snack: Cottage Cheese, Pineapples</p>	<p>30 Breakfast: Pancakes, Blueberries, Milk Lunch: Popcorn Chicken, Fries, Green Beans, Peaches, Milk Snack: Summer Sausage, Townhouse Crackers</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."

August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 Dickinson Socialization 10-11:30am	3
4	5	6	7	8	9	10
11	12	13 Policy Council 12-1pm on ZOOM	14	15	16 EHS Closed Professional Development	17
18	19 EHS Closed Orientation	20 EHS Closed Professional Development.	21	22	23	24
25	26	27	28	29	30 Dickinson Socialization 10-11:30am	31
1	2	Notes				
EHS Home Base registration for the 2024-2025 year starts this month. We will begin the EHS Center Base in September.						

