

MISSION STATEMENT

"The mission of Early Learning Connections is to provide a variety of high-quality early learning programs that foster a safe and positive culture through kindness and respect to meet the comprehensive needs of families."



ELC Quarterly

NEWSLETTER



From the desk of the CEO

Early Learning Connections is continuing to provide quality services to children and families as we enter 2023. Our agency, as many others, has faced challenges, staffing shortages, and continued impact from the far-reaching effects of the pandemic. We continue to serve our families, children, staff, and communities in the best and safest way possible. The following is a list of our most recent efforts including updates, strategies, and implementations.

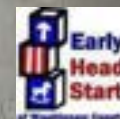
1. As a reminder to staff: we have a referral bonus and a new hire sign on bonus. If you know of anyone that may be interested in employment, please contact Nancy Feth at ext. 112.
2. Included in our building updates, the Mount Chestnut large conference room windows were replaced, a UV sanitizing schedule to be implemented, each classroom to be sanitized at least once per week, most Family Service Workers completed the move to Mount Chestnut. Tim Sisinni and Rachel Windberg-Hinch (Program Managers) will be moving to Bon Aire building, Effective January 2023.
3. We are continuously enrolling for our programs, and we will increase our efforts to fully enroll for the 22/23 program year.
4. Early Head Start and Head Start programs in Butler and Armstrong counties are utilizing The Non-Profit Connection, who are aiding us in a mock review, so that we are better prepared for the FA-2 Monitoring Review slated for Spring 2023.



Please let us know of any community events or organizations in Butler and Armstrong counties where we could participate or inform the public about our agency and program slots available.

I want to thank all of our staff, families, and governing bodies for their continued support of our organization. We will continue to put forth our best efforts to build and maintain successful outcomes.

My Best – Elisa Spadafora – CEO Early Learning Connections



HAPPY BIRTHDAY

February

January

January 1 -Megan McAfoose
January 3 -Mildred Zier
January 4 -Annie Boarts
January 5- Stephanie Johnston
January 7 -Donna Ridenour
January 9- Ashley Sweeney
January 12 -Susan Rizzo
January 14 -Mike Rudolph
January 14- Katherine Hanley
January 19- Kameryn Livengood
January 24- Megan Koller
January 27 -Ashley Pennington
January 28 -Cindy Lockard
January 29 -Katie Slagle
January 31 -Rose Moury

February 4 -Rebecca Barker
February 6 -Crystal Walthour
February 8- Roxanna Toborkey
February 9- Nakeesha Sales
February 9 -Leslie Buckingham
February 10 -Ashley Bartley
February 10 -Elisa Spadafora
February 11- Helene Goldstein
February -12 Arlene Roth
February 12- Robert Hardy
February 13- Erika Wise
February 15- Kari Thompson
February 17 -Gena Hinchberger
February 17 -Kathy Frederick
February 25 -Alison Leighton

March

March 2 -Dan Fitzgibbons
March 7- Amy Miller
March 8- Alison Pierson
March 9 -Amy Lumley
March 9 -Natalie Hartman
March 14 -Monica Sertik
March 17 -Jessica Sigler
March 18 -DeAnne Sayers
March 21- Marina Woodson
March 25 -Jessie Mitchell
March 26 -Lisa Stull-Robinson
March 29 -Jocelyn Fishel
March 29- Sarah Irion
March 30 -Grace Hooten



Welcome

New Team Members

BUTLER		
<i>Marina Woodson Teacher JTCS</i>	<i>Crystal Walthour Program Operations Assistant</i>	<i>Jeannine Strohmeyer Paraprofessional</i>
<i>Janet Jasunas Parent Educator</i>	<i>Brandi Cunningham Paraprofessional</i>	<i>Brittany Drake Paraprofessional</i>
	<i>Traci Gess Program Operations Assistant</i>	



Welcome

New Team Members

ARMSTRONG		
<i>Jessie Mitchell</i> <i>Parent Educator</i>	<i>Gina Englert</i> <i>Cook</i>	



Career Opportunities



Job Openings

Family Service worker	Pre-K Counts Assistant Teacher
Head Start Head Teacher	ITCS Group Supervisor
Assistant Teacher	Assistant Group Supervisor
Pre-K Counts Head Teacher	Early Head Start Parent Educator
ELRC OFFICE GENERALIST	PROGRAM OPERATIONS ASSISTANT (POA)

\$1000 Sign On Incentive

We still have this program going.

For new employees coming on board with us. It will be divided in 2 payments. The first payment of \$500 will be after 60 days of active employment. The second payment of \$500 will be 6 months after the first payment, if still actively employed.

\$2500 Sign On Incentive for ITCS

This is for new hires into the ITCS Classrooms in Bon Aire.





JOB FAIR



WEDNESDAY
FEBRUARY 22, 2023
10 AM - 2 PM

INDIANA UNIVERSITY OF PENNSYLVANIA (IUP)



THURSDAY
MARCH 23, 2023
11 AM - 2 PM

SLIPPERY ROCK UNIVERSITY



TUESDAY
APRIL 18, 2023
10 AM - 12 PM

INDIANA UNIVERSITY OF PENNSYLVANIA (IUP)

Open Positions:

- Family Service Worker
- Head Start Head Teacher
- Assistant Teacher
- Pre-K Counts Head Teacher
- Pre-K Counts Assistant Teacher
- ITCS Group Supervisor
- Assistant Group Supervisor
- Early Head Start Parent Educator
- Paraprofessional

Education majors encouraged to attend

Employee Information

Important Dates

January 1, 2023
New Year's Day

January 16, 2023
Martin Luther King Day

February 2, 2023
Groundhog Day

February 12, 2023
Lincoln's Birthday

February 14, 2023
Valentine's Day

February 20, 2023
Presidents Day and
Washington's Birthday

February 21, 2023
Mardi Gras

March 17, 2023
St. Patrick's Day



**FOR MAKE UP DAYS – PLEASE
VERIFY WITH SCHOOL DISTRICTS IF
THEIR CAFETERIA IS OPEN OR NOT.
FOR SITES THAT WE PROVIDE FOOD
– PLEASE SEND ALL MAKE UP DATES
TO SHERIE / LYNN SO THAT THEY
CAN PLAN ACCORDINGLY.**

ELRC

**PLEASE REFER POTENTIAL ELIGIBLE FAMILIES
IN NEED OF CHILD CARE FINANCIAL
ASSISTANCE
TO THE ELRC 3 PROGRAM.
EARLY LEARNING RESOURCE CENTER
CURRENTLY HAS NO WAITING LIST FOR THE
SUBSIDY CHILD CARE PROGRAM.
CALL 724-285-9431.**



Early Learning Resource Center 3

Child Care WORKS

The subsidized child care program helps low-income families pay their child care fees. The state and federal governments fund this program, which is managed by the Early Learning Resource Center (ELRC) office located in your county.

If you meet the guidelines:

- The ELRC will pay a part of your child care cost. This is called a subsidy payment.
- You will pay a part of the cost. This is called the family co-pay.
- The subsidy payment and the family co-pay go directly to the child care program.

NOTE: If your child care subsidy does not pay the full amount that your child care program charges, the provider may ask you to pay the difference between the subsidy payment and their private charges.



Keystone STARS is a quality rating system that promotes quality improvement in early learning and development programs and school-age child care. A Keystone STARS designation informs parents that their children are in a safe, respectful environment in which they are learning new things every day to support their current and future successes in school and in life.



EARLY LEARNING RESOURCE CENTER 3

OFFICE OF CHILD DEVELOPMENT AND EARLY LEARNING

Serving:

*Armstrong, Butler, Indiana,
and Lawrence Counties*

Location: 139 Rieger Road
Butler, PA 16001
Phone: 724-285-9431
Toll-Free 888-864-1654
Fax: 724-285-7320

Serving:

Beaver County

Location: 303 Beaver Valley Mall Rd
Monaca, PA 15061
Phone: 724-847-0145
Toll-Free 800-322-8504
Fax: 724-847-1593



*Did you know that you can download a
FREE APP on your phone and track
your child's developmental milestones!*

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.

Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker

*Get additional Tips and Activities for your child!
Reach out for help if your child is not meeting their milestones!
You can talk to your child's teacher or reach out to our Special
needs coordinator for assistance.*

Rebecca Barker can be reached at 724-287-2761 ex 129


A MINDFULNESS PRACTICE FOR FAMILIES

Engaging our senses helps us focus on the present moment.

Notice how you and your child are feeling as you begin. Then, together with your child:

SEE 5

Notice five things that you can see. Look around you. Notice and name five things that you can see.




FEEL 4

Notice four things that you can feel. Tune in to your sense of touch. Notice and describe the texture of four things you can touch.


HEAR 3

Notice three things you can hear. Listen carefully. Notice and name three sounds you hear in your environment.




SMELL 2

Notice two things you can smell. Notice and name two smells you recognize.



TASTE 1

Notice one thing you can taste. Focus and name one thing that you can taste right now. You can take a sip or bite of something, or simply notice the current taste in your mouth.



How are you and/or your child feeling now? Do you feel more connected to your surroundings and the present moment?

Look
What's New



APOLLO'S NEW SIGN



Ugly Christmas Sweater Contest

2022




CONGRATULATIONS!!
Winner
Samantha Moury
(Assistant Teacher)
Mount Chestnut 2

Thank You To Everyone Who Participated,
It Was A Lot Of Fun!!



Ugly Christmas
Sweater Contest
2022



A photograph of three women standing in a hallway, likely at a conference. They are wearing lanyards with badges. In the foreground, there are several Hershey's candy characters, including a Hershey's Kiss, a Hershey's Kiss in a Hershey's Kiss box, and a Hershey's Kiss in a Hershey's Kiss box. The background shows a hallway with a patterned carpet and a wooden door.

PAPBS IMPLEMENTERS FORUM
IN HERSHEY, PA,
NOVEMBER 30-DECEMBER 2,
2022

Christy Miller, Kathy Frederick, and Jacqueline Hranica

Kathy Frederick and Jacqueline Hranica went to Hershey, PA to attend the PBIS (Positive Behaviors Interventions and Supports) Implementors Forum .

While they were there, they attended many presentations about how other programs were implementing PBIS in their programs/school districts, results of PBIS Implementation, and on the brain science behind PBIS.

They also had the chance to present, along with Christy Miller, on the PATHS Curriculum and how we implement it at Early Learning Connections. Their presentation had very good audience participation with some great questions about how we use the materials and how our teachers teach the curriculum. It was well received by the attendees, one of which, was the publisher of the PATHS Curriculum. It was an excellent experience to learn from, and hope to have the opportunity to attend again in the future.

January's NATIONAL BATH SAFETY MONTH

This January is Bath Safety month, reminding you to take some extra precautions and save yourselves from home injuries. Bathing is such a routine activity that we often neglect to take proper precautions while we're in what is absolutely one of the most dangerous places in our homes. But there are a lot of things we can do to minimize the risk of injury in the bath. And many of these precautions are especially important for the very young and the very old. Safety bars – or grab handles – and non-slip mats inside the tub or shower are just two of the most effective – and most common – ways to stay safe in our soapy havens. Let's look at a few more – in honor of National Bath Safety Month, which takes place every January.

HOW TO OBSERVE NATIONAL BATH SAFETY MONTH

1. Install no-slip mats in the bath!

These are low-cost – but necessary – additions to the bath. They are a simple solution that helps prevent slips in the tub. And put small no-slip rugs outside the bath, too.

2. Safety (handles) first

Install a couple of safety handles in the bath and near the toilet to prevent slips and falls and to assist those who need it from entering and exiting the tub or shower. They are also a good idea for helping those who have difficulty standing up from the toilet.

3. Childproof the bathroom!!!

Make sure items intended for adults – sharp razors, clippers, tweezers – are kept safely stored in the bathroom and away from curious hands of little ones.

WHY NATIONAL BATH SAFETY MONTH IS IMPORTANT

1. It reminds us to protect those we love!!!

The Centers for Disease Control and Prevention reports an alarming stat: drowning remains a leading cause of death – while infants and adults older than 85 are most likely to drown in a bathtub.

2. Knowledge is power.

Protecting ourselves and those we love begins by learning the facts. National Bath Safety Month inspires us to seek them out. (And you came to the right place for that!)

3. Better safe than sorry!

It may seem like too much trouble to retrofit the bath in order to protect OURSELVES and OTHERS from what may seem like a rare occurrence. Unfortunately, those sound-like famous last words.



Healthy Habits And Nutrition

JANUARY

NATIONAL OATMEAL MONTH

Oatmeal is a famed breakfast cereal lasting throughout the centuries. It's believed to have been discovered in the British Isles. There are many ways to eat oatmeal. Oats can be rolled to hold more liquid while being cooked. Oats can also be steel cut for a thicker texture. And thanks to the passing of time, instant oatmeal provides a quick way to get the nutrients you need. However, National Oatmeal month can be celebrated in other ways.

WHY WE LOVE NATIONAL OATMEAL MONTH

1. Oatmeal is healthier than other whole grains.

Oatmeal tends to have the proper amount of daily fiber needed. Despite the sweet aroma they give, oats have a lower glycemic index compared to other whole grains. They also offer lots of energy with the crash!

2. Oatmeal has a variety of uses.

Oatmeal can lower cholesterol significantly by using the antioxidants in the meal. Eating Oats also controls blood sugar of those living with Type 2 Diabetes. High – blood pressure can also be lowered with a bowl every day. Plus, thanks to the high amount of dietary fiber, oatmeal keeps us full and can shed off weight.

3. Oatmeal keeps your full longer.

Oatmeal is the best solution for getting 'the munchies.' It is a wonderful breakfast food for those on the go by keeping us full until lunch. It also suppresses late night cravings without giving into the guilt of tons of calories per bowl.

NATIONAL OATMEAL MONTH ACTIVITIES

1. Try new recipes!

The best part about Oatmeal is even if you buy plain oats, the recipes you can make at home are endless. There are all sorts of fruits and honey you can mix in, or if you like food as natural as it comes you can add nuts, and other grains such as, almonds and quinoa. Even spices like cinnamon or pumpkin pie spice enhance flavor without adding extra calories.

2. Create DIY skin care products!

Oatmeal has not changed too much of the centuries, and that is what makes it perfect for beauty products. Oatmeal is known for protecting the skin and soothing it during the roughest of seasons. You can find online D-I-Y versions of body bars, facial masks, bath bombs, and body scrubs infused with oatmeal.

3. Create Sculptures with Oatmeal!

Work oatmeal into your craft projects. For example, if mixing one cup of rolled oats with half a cup of flour, and half a cup of water produces a non-toxic clay. You can even add food coloring to give your sculptures a pop of color. Oatmeal can also be sculpted to make jewelry and tiny beads.



February's

CHILDREN'S DENTAL HEALTH

Month

Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth is like ... well, like pulling teeth. But if we want to protect our kids from having their teeth pulled at some point in their lives, we've got to show them the ins and outs of proper dental health.

Luckily, February is right around the corner, and that means it is National Children's Dental Health Month. A project of the American Dental Association and Crest + Oral B, this program can provide parents with the tools they need to teach the youngins about dental and oral health.

The campaign's slogan covers the basics: "Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile."

NATIONAL CHILDREN'S DENTAL HEALTH MONTH ACTIVITIES

1. Spread the word.

The ADA and Crest + Oral B provide a comprehensive list of ways to publicize National Children's Dental Health Month. Parents might want to send a letter to the editor of their local newspaper or organize an event at their local elementary schools.

2. Work on arts and crafts projects with the kids

The ADA website (ada.org) has lots of fun things to do regarding National Children's Dental Health Month. You can even download puzzles and coloring pages for the kids directly from the site.

3. Brush and floss together

Make brushing and flossing a regular part of daily activities with your children. After all, kids learn best when they have an adult to show them the right way.

WHY WE LOVE NATIONAL CHILDREN'S DENTAL HEALTH MONTH

1. It is about more than just teeth!

Teaching kids about good oral hygiene is vital to keeping them healthy. And by developing good habits in one area, it will be easier for kids to develop good habits in other areas of their lives.

2. It reminds us to floss, too!

We can teach our kids to floss, thereby instilling a good habit early in life. But National Children's Dental Health Month also reminds parents to floss, too!





NATIONAL CHERRY MONTH

National Cherry Month in February celebrates one of the most prominent fruits, cherries. These little red gems are packed full of flavor, history, and a plethora of varieties: Ranging from sweet to tart, bright red to vibrant yellow, there is a world beyond that jar of maraschino. Venture forward into National Cherry Month and whatever you do, make sure some cherries are on the menu.

WHY WE LOVE NATIONAL CHERRY MONTH

1. It's human nature to love cherries.

Originating in Europe and Northern Africa, cherries have been consumed for thousands of years. King Henry VIII, famous primarily for his multiple wives and their varied untimely demises, is responsible for first introducing the fruit to England, from where it came to America.

2. They're delicious and good for us.

Food that's good for you never tastes good, right? Wrong. Cherries are filled with vitamins A, B, C, and E. Together, these vitamins help blood circulation, hair growth, stress management, and reduce cancer risk just to start. Take that, multivitamins.

3. Cherries go with everything.

Strawberries had better start sweating because cherries can be baked, juiced, jammed, grilled, dried, and even put in cocktails. Cherry ice cream, cherry jelly, cherry Coca-Cola, cherry cobbler, cherry barbecue sauce, and so on. Hungry yet?

NATIONAL CHERRY MONTH ACTIVITIES

1. Serve yourself a glass of cold cherry juice.

Cherries, according to a study by the University of Vermont, contain anti-inflammatory properties and can be a tremendous aid in reducing soreness. It's the perfect drink to hydrate after working out.

2. Snack on cherries

Cherries pack a sweet punch with none of the guilt. A cup has only 87 calories and a healthy quota of sugar. Tart cherries are packed with antioxidants and are perfect for those watching their health and sugar intake, so snack up!

3. Bake a pie!

Cherries are an awesome fruit to use in bakery, but none is as known or loved as a good old cherry pie. An indulgent, sweet, sticky dessert that makes the humble cherry the star.





MARCH POISON PREVENTION MONTH

HOW TO OBSERVE POISON PREVENTION AWARENESS MONTH

LEARN YOUR POISONS

IT'S CRITICAL TO CHANGE THE MINDSET SURROUNDING POISONS. LEARN WHAT ITEMS IN YOUR HOUSE COULD BE POTENTIALLY TOXIC AND HOW TO BEST HANDLE THEM. EVERYTHING FROM MEDICINES TO CHARCOAL LIGHTER AND INSECT SPRAYS CAN HAVE DEVASTATING EFFECTS IF THEY AREN'T HANDLED PROPERLY.

CHILD SAFETY

IF YOU HAVE CHILDREN, OR IF THEY SPEND TIME AT YOUR HOUSE, MAKE SURE THAT THEY KNOW ABOUT POISON SAFETY AS WELL. CHILDREN CAN GET INTO PRODUCTS WITH DANGEROUS CHEMICALS AND IT'S IMPORTANT THAT THEY ARE EQUIPPED WITH THE PROPER INFORMATION. ALSO, TAKE PREVENTATIVE MEASURES TO ENSURE THAT YOUR HOUSE IS SAFE BY CHILD-LOCKING CABINETS THAT HAVE CHEMICALS AND MEDICINES.

PET SAFETY

WE ALSO NEED TO LOOK OUT FOR OUR PETS. SINCE ANIMALS DON'T HAVE THE ABILITY TO COMMUNICATE WITH US, LEARN THE POISONING SYMPTOMS THAT YOU NEED TO LOOK OUT FOR. BREATHING IRREGULARITIES AND SICKNESS, DIARRHEA, AGITATION, AND HEART ISSUES ARE ALL POSSIBLE SIGNS THAT COULD REQUIRE INTERVENTION. YOU KNOW YOUR PETS BETTER THAN ANYONE, AND IF YOU HAVE ANY CONCERNS, DON'T HESITATE TO CALL ANIMAL POISON CONTROL (APC) AT (888) 426-4435.



WHY POISON PREVENTION AWARENESS MONTH IS IMPORTANT

IT'S EASY TO FORGET

WHEN WE USE OUR HOUSEHOLD ITEMS, THE LAST THING ON OUR MINDS IS THAT THEY COULD BE POTENTIALLY DANGEROUS. POISON PREVENTION AWARENESS MONTH DRAWS ATTENTION TO THE FACT THAT THIS CARELESSNESS COULD HAVE DISASTROUS REPERCUSSIONS.

CHILDREN

IT'S ONE THING FOR ADULTS TO BE FORGETFUL, BUT THE MOST AT-RISK PEOPLE ARE CHILDREN. THIS MONTH FORCES US TO THINK MORE BROADLY AND TO TAKE PREVENTATIVE MEASURES TO MAKE SURE OUR CHILDREN ARE SAFE.

NEW INFORMATION

MEDICAL SCIENCE IS CONSTANTLY LEARNING MORE ABOUT POISONS AND THE BEST WAY TO PREVENT THEM. IT'S THE PERFECT TIME TO BRUSH UP NOT ONLY ON THE STANDARD FACTS, BUT TO IDENTIFY ANY NEW INFORMATION THAT HAS BEEN DISCOVERED TO BETTER GUARD AGAINST POISONINGS.



NATIONAL NUTRITION MONTH

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

WHY NATIONAL NUTRITION MONTH IS IMPORTANT

1. It’s an excuse to reset.

We hope you’re still crushing your wellness-related New Year’s resolutions! For the rest of us, this month gives us an opportunity to reflect inward and make tangible changes to our diets or workout regimens. It could be as simple as adding another veggie or fruit to every meal.

2. We will look (and feel) better.

When we eat real, nourishing foods, we’re getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow. Look good, feel good.

3. It fosters a community.

From yoga classes to sustainable farming workshops, the opportunities to celebrate this month are endless in cities across the country.

NATIONAL NUTRITION MONTH ACTIVITIES

1. Move your body!

Nutrition doesn’t end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

2. Find inspiration!

Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

3. Meet with a dietitian!

They’ll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a healthier, happier outlook on life is priceless!



Safety Check

WINTER SAFETY TIPS

- Wear appropriate clothing and footwear
- Ensure shoes/boots have good tread
- Ensure vehicles are in good condition. Ensure tires have good tread.
- Drive safety. Give plenty of following distance when road conditions are poor.
- Keep winter safety items in car (coat, snow scraper, blanket, jumper cables, etc.)
- Carbon Monoxide risks can be more likely during winter. Ensure CO monitor is functioning properly
- Watch for falling snow/ice from buildings
- Be careful when clearing snow, back injury risk
- Keep phone charged in case of emergency
- Limit the amount of time children and pets spend outside in cold weather
-

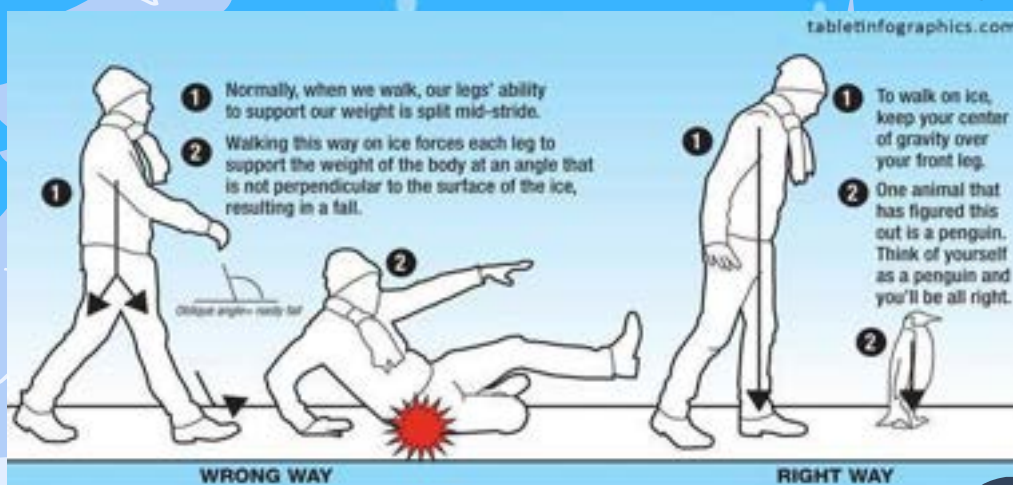
SPACE HEATER SAFETY

- If using a space heater, make sure it is in good condition. If broken, missing parts, damaged electrical cord, or any other issues, remove from service immediately.
- Ensure space heater has safety features (overheat protection, tip over protection, etc.)
- Ensure heater is unplugged before leaving the office, even for a short time

MAINTENANCE ITEMS

- We do our best to keep up with snow removal on properties. If snow removal is inadequate or additional service is needed, please reach out to maintenance.
- We have provided snow scrapers, shovels/salt and snow shoes at sites. If any of these items are needed please reach out!

WALK LIKE A PENGUIN ON SLIPPERY SURFACES



Be Safe!



Winter Safety

BRRR-RUFF! Tips to keep your pets safe in the cold outdoors

Never leave pets alone in a car.

- Limit time outdoors or keep pets inside. Shivering is a clear sign your pet is cold.
- Bundle up! Coats and sweaters and yes, even dog booties, can keep your pet warm.
- Outdoor cats seek heat from cars. Bang the hood or honk the horn before turning it on.
- Prep the paws. Clip long fur between toes and foot pads to prevent ice balls.
- Wipe snow and ice off the belly and legs with a moist rag to remove salt.

DRESSING FOR COLD WEATHER

Getting warm isn't just for you, but also for your pet.

CHILLY

- Wool hat
- Warm socks
- Warm gloves
- Warm jacket
- Warm pants
- Warm shoes

COLD

- Wool hat
- Warm socks
- Warm gloves
- Warm jacket
- Warm pants
- Warm shoes

EXTREME COLD

- Wool hat
- Warm socks
- Warm gloves
- Warm jacket
- Warm pants
- Warm shoes



Driving in snow and ice

Safety on snowy, icy roads

- Decrease your speed and leave yourself plenty of room to stop.
- You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Use low gears to keep traction.
- Use low gears to keep traction, especially on hills.
- Don't use cruise control or overdrive on icy roads.

If your rear wheels skid...

- Take your foot off the accelerator.
- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
- If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulsate - this is normal.

If your front wheels skid...

- Take your foot off the gas and shift to neutral, but don't try to steer immediately.
- As the wheels start sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "Drive" or release the clutch, and accelerate gently.

If you get stuck...

- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a light touch on the gas, to ease your car.
- Put sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
- Try rocking the vehicle. (Check your owner's manual first - it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again.

If you become stranded...

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away.
- Wring a brightly colored cloth from your antenna.
- If you see that the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Eat a hard candy to keep your mouth moist.

Necessary equipment

An emergency situation on the road can arise at any time, and you should be prepared. In addition to making sure you have a full tank of gas and fresh anti-freeze, you should carry the following items in your trunk and replace them after use.

- Properly inflated spare tire, wheel wrench and lug-nut jack
- Shovel
- Flashlight and extra batteries
- Washcloth/cleaner
- Wooden matches in a waterproof container
- First aid kit
- Jump cables
- Non-perishable, high-energy foods like unseasoned canned soups, dried fruits and hard candy
- Ice scraper and snow brush
- Scissors and string/cord
- Bag of salt or cat litter
- First aid kit
- Tool kit
- Flare kit
- Highly colored cloth

SLEDDING SAFETY CHECKLIST

Dress Appropriately

You can begin to lose heat at 30 degrees below zero, and hypothermia setting in may be as fast as 15 to 20 minutes. Before our sledding safety checklist to help you enjoy the winter fun.

Use a helmet

It can help prevent a concussion. Make sure if you have contact sledding there is a chin strap. If you don't have a helmet designed for sledding, make the best one you can for sledding.

Be Sledding on Hills That Aren't Too Steep

Start at the top of the hill and go down the center. Don't go too fast.

Look Out!

Point hills that have obstacles, such as trees, fences or front yards or buildings.

CAREFUL!

When sledding back up a hill, be sure the sledder has your hand on the emergency brake and your feet on the sled's runners.

If sledding on a hill that is steep, use your arms, legs, and weight.

Don't drink alcohol or use drugs before sledding, and don't use an object to push off or stop. It's a sure way to get hurt.

Never sled with more riders than the sled is designed to hold.

Don't sled on icy, wet, or slippery hills.

Don't sled on hills that are too steep, or on hills that are too icy.

Use your arms and legs to help you up a hill. Don't use your hands to help you up a hill.

Use your arms and legs to help you up a hill. Don't use your hands to help you up a hill.

Use your arms and legs to help you up a hill. Don't use your hands to help you up a hill.

Use your arms and legs to help you up a hill. Don't use your hands to help you up a hill.

Slip, Trip and Fall Prevention

- Walk flat footed and take short steps**
- Wear footwear that provides traction**
- Step down, not out from curbs**
- Use your arms for balance**
- Carry only what you can**

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Family Engagement

Indoor Family Activities for Winter

Below are some indoor family activities for wintertime when you just want to stay inside. I've separated them into the categories of creative, active or semi-active, and warm and snuggly activities for convenience.

Try a few or try them all. Maybe, you'll find your next favorite family activity!

Creative Indoor Family Activities



- 1. Make bird feeders to hang outside.** If you have pinecones, they work great. Otherwise, a toilet paper or paper towel tube, stale bagel, or the end piece of a loaf of bread make great bases for winter bird feeders. Spread with peanut butter and roll in bird seed. Hang by string or by threading the paper rolls directly onto a small branch.
- 2. Make a winter themed arts and crafts project.** Do a quick online search for "winter art and craft projects for kids" and you'll have more than you'll know what to do with. Paper plate snowmen, paper snowflake cutting, snow painting with cotton swabs are just a few.
- 3. Learn something new together.** How often do you say, "I'd really like to learn ___ but we're just so busy." 'Because I say it all the time. Take this time to start learning a few chords on the guitar or how to play a few simple songs on a keyboard. Try learning how to draw something with a YouTube video. Even better, have each person in the family that wants to, teach everyone else something. Even little kids can teach a song from school or their own made-up silly dance!
- 4. Build a Lego village.** Put down the plans for all of those ridiculously elaborate Lego sets and build from scratch. Decide as you go what your Lego village needs. A pet shop? A zoo? An airplane hanger? Can you build a beach? Build the largest city you can, using as many Lego pieces as possible – including all of those really tiny ones that no one ever knows what to do with.
- 5. Build a city out of playing cards.** If you have playing cards lying around, show your kids how to build a card house (because most kids these days don't know how to do that stuff). Then, keep building on it to create bridges, tunnels, towers and whatever else you can. On one cold day as a kid, my cousin and I filled our grandparent's entire living room with our card city. If only I could find that one physical photo that exists of it! (If you don't have playing cards, and you aren't prone to anxiety over chaotic messes, take all of the cards out of the different board games at your house and build with those!)
- 6. Use window markers to draw on the windows.** We have a huge front window that faces the street and we've drawn all kinds of scenes on it. If you don't have window markers, you may be able to use dry erase. This doesn't always work on every type of glass though, so I would caution to either test a tiny spot first in an inconspicuous corner, or play it safe and get special window markers.
- 7. Write a story as a family.** Grab some paper and a pen and designate one person to be the "author." Then, have each person say one line and go around the group until everyone has added on to the story. Keep going until you reach a conclusion. Or, if you have younger kids, try having the adults do most of the story constructing, but give the kids options like, "Should we have the Dragon enter the cave or dive into the river?" Sort of like a "Choose your own Adventure" book that you're making up as you go.



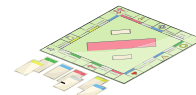
Family Engagement

Indoor Family Activities for Winter Continued....



Active/Semi-active Indoor Family Activities

1. **Set up an Indoor Obstacle Course.** This can be done in so many ways. Use physical objects like chairs, cushions, blankets, beds, laundry baskets -whatever you have- and make an obstacle course. Or, use painters tape on the floor to create lines and shapes. Then, designate each shape or line to mean a different activity such as hop to all squares, crawl on dotted lines, jump into circles...
2. **Have a dance party.** So simple and no planning or items required. Just turn on the music and go crazy! Everyone take turns picking songs.
3. **Build a fort.** Gather pillows and blankets and organize chairs and the edges of other furniture to create an elaborate, multi-room fort. Extra points if you can make it cool enough to travel from room to room of your REAL house.
4. **Do some baking.** What better way to warm up and stimulate the senses than to bake delicious treats?
5. **Have a board game day.** Play one board game after another until everyone is exhausted. Take turns to ensure everyone gets their favorites played! If you have little ones and older kids, let the little ones play in teams with the adults. They can do the easier parts like rolling dice or moving pieces to designated places.



Warm & Snuggly Indoor Family Activities

1. **Read.** Either read individually or pick a chapter book everyone would enjoy and read aloud to the family.
2. **Make hot chocolate and watch a movie.** Nothing better than snuggling up together with a nice, cozy blanket, a fun movie and a warm cup of hot chocolate.
3. **Order pizza and watch a movie.** Same as above, but instead of just randomly during the day, order in pizza for dinner and relax.
4. **Watch old home movies and make popcorn.** It can be so much fun to pull out old home movies, especially if your kids are a little older. You could even pull out movies of you when you were a kid. Imagine the conversations over why you had a phone hanging on the wall and what it was like to have to literally roll down a car window.
5. **Have a winter themed family breakfast.** Make different sized pancakes and stack them like snowmen. Then, use fruit and other foods to add his accents. Another option is to make snowmen out of stacked hard boiled eggs, fruits and veggies. Or, try spreading cream cheese or peanut butter on bagels, then accent with fruit to make hibernating bear faces ! Or just make big fluffy waffles with whatever toppings they want. Delicious, warm and filling.
6. **Have an indoor picnic.** For lunch, pack a picnic and spread out a blanket on the living room floor. Then, open the curtains so you can see the snow falling or snowy trees and enjoy your picnic lunch in warmth and comfort.



Classroom Corner



BON AIRE

6

On December 22nd we had Miss Justine from Power Up come to the classroom for do a Power Up Lesson with our students. While she was here they learned about my healthy plate and what foods go to each of the food groups. They then got the opportunity to be able to try raw yellow squash and cheese as they were talking about yellow foods. After trying those two foods, they then played hot potato where they were answering questions about the lesson they participated in.



Apollo Head Start
Center



Teddy Bear Picnic



ARMSTRONG COUNTY SHERIFF FRANK PITZER
VISITED FORD CITY ON 1-12-23.



ON PATROL



Sheriff Pitzer visiting Duration 3

Thank You!

*Sheriff Pitzer for taking the time to
come visit with the children and staff
at the Ford City Headstart Center*



FORD CITY

DURATION 3

PLAYING OUTSIDE
PLAYING IN THE GYM
ARTS N CRAFTS



Cooking With Kids

Simple Pretzel Snowmen

Super cute Simple Pretzel Snowmen Snack! The kids love these! They are a fun way to celebrate Winter or even a snow day!

INGREDIENTS

- 1 cup Pretzel Rings
- 1 pkg White Candy Melts
- 1/8 cup Mini Chocolate Chips
- Candy Corn
- 1 pkg Fruit Leather



INSTRUCTIONS

Melt Candy Melts according to package directions and add to a small squeeze bottle. Line a sheet pan with wax or parchment paper. Place a dime sized round of candy melt down on the paper.

Lay two pretzel rings flat touching together on top of the dime sized spot. Fill in each ring with Candy Melt plus a small amount along the seam of where the pretzels are touching to hold them together. Add 2 Mini Chocolate chips for eyes in the top ring and 3 in the bottom ring for buttons.

Cut the orange part off of the candy corn, and cut that into nose size pieces, place on the top ring for the nose.

Finish the remaining snowmen and let the melts set.

In a small bowl melt a few tablespoons of chocolate chips and add to a small squeeze bottle. (I washed out the bottle I just used and then added a couple of spoonful of the chocolate straight into the nozzle top of the bottle). Carefully squeeze out a small amount of chocolate and draw the smiles on the faces. Allow to set.

Cut the fruit leather into 1/4 strips. Wrap around the middle of the two pretzels to make the scarf. Be careful when moving after adding the scarf, the fruit leather can stick and decapitation is much easier than you would think.

Serve or store in an airtight container

3D Clear Plate Snowglobe Keepsake



Supplies Needed:

Small clear plastic plates
Hot glue gun
Glue dots
Snow glitter
Blue and black card stock
paper
White Paint pen
Pencil
Scissors
White acrylic paint/paintbrush

Directions:

Start by tracing the small plate on a blue piece of card stock paper. Cut it out. Take a 4x6 photo of a child and cut around their body so no background is showing.

Using white paint, make the snow on the ground on the paper circle. Sprinkle the glitter snow on top. Add some fingerprints if you want more snow falling. Glue the photo to circle (I used glue dots). Put a large pile of snow glitter in the middle. Use a hot glue gun and put a thick amount around the whole outside of the snow globe paper. Quickly put the plate on top of it and press down. Turn it over and put another ring of hot glue to make sure no glitter leaks. Cut out a snow globe base with black paper. Glue it to the back of the snow globe then write the child's name and year with a white paint pen. Shake, shake, shake!!



Professional Milestones



Congratulations!!

Gina Young

New ERSEA and Family

Engagement Director



Congratulations!

LouAnn McGregor

New ERSEA Coordinator

Family Blessings

Tying The Knot



Congratulations!

*Ms. Kierra Wood (ELRC MT. Chestnut)
Celebrated becoming Mr. and Mrs.
Archibald on December 10th 2022.*

Welcome Little Ones



Congratulations !

*Brittney Courson (Program Manager -
Armstrong) is Expecting!!
Her son Penneth is looking forward to having
a co-pilot July 2023!*



Winter Giggles



NEW WINTER SPORTS



ICE HATING



NO-MOBILING



SNOW SHOO-ING



CROSS-COUNTRY FLEEING

©Brian Gordon



Facebook.com/FewLanguageComics FewLanguageComics.com ©Brian Gordon



Winter (Snowman) JOKES FOR KIDS

1. Q. Where does a snowman keep his money?
A. In a snow bank.
2. Q. What do Snowmen call their offspring?
A. Child-dren.
3. Q. What's it called when a snowman has a temper tantrum?
A. A meltdown!
4. Q. What do you call a snowman in the summer?
A. A puddle!
5. Q. What kind of mug does a snowman use for lunch?
A. A Frosted One!
6. Q. What kind of cake does Frosty like?
A. The kind with lots of frosting!

Moss/Jessica



NEW WINTER CONTEST

Find your car.

