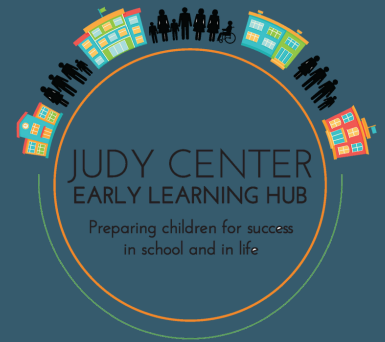


Worcester County Judy Center Early Learning Hub

JANUARY 2023 NEWSLETTER



JUDY CENTER NOV/DEC RECAP

We sure did have many wonderful events in November & December! In November we had a meal prep family engagement night facilitated by our partner the Worcester County Health Department at SHES & PES. In December we hosted the Gingerbread House Building family engagement night at SHES & PES, where families were able to build gingerbread houses together while enjoying a hot chocolate bar! We also hosted many fun Tiny Tot times that helped gear families up for the holidays!



Upcoming Judy Center Events

- **JUDY CENTER STORY TIME**
Come participate in our weekly story time for children ages birth to 4, who are not currently enrolled in school.
SNOWHILL ELEMENTARY
Mondays at 9:15AM
POCOMOKE ELEMENTARY
Fridays at 9:15AM
Parents, be sure to bring your ID to check in. Contact the Judy Center for more info.
- **JANUARY FAMILY ENRICHMENT NIGHT**
Join us for an informative family engagement night!
SNOW HILL ELEMENTARY
January 19th from 5-6:30PM
POCOMOKE ELEMENTARY
January 24th from 5-6:30PM
- **FEBRUARY FAMILY ENRICHMENT NIGHT**
Join us for our family engagement paint night! T.C Studios Arts & Entertainment will lead families through a painting activity with a live DJ!
SNOW HILL ELEMENTARY
February 16th from 5-6:30PM
POCOMOKE ELEMENTARY
February 23rd from 5-6:30PM

The Golden Rules to Goal Setting

1. Set Goals that Motivate You!

- making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals.
- Write down why it's valuable & important to YOU!

2. Make SMART Goals

- Specific. Measurable. Attainable. Relevant. Time Bound.
- Vague or generalized goals are unhelpful because they don't provide sufficient direction. Remember, you need goals to show you the way. Make it as easy as you can to get where you want to go by defining precisely where you want to end up.

3. Set Goals in Writing

- The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might."
- Post your goals in visible places to remind yourself every day of what it is you intend to do. Put them on your walls, desk, computer monitor, bathroom mirror or refrigerator as a constant reminder.

4. Make an Action Plan

- By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term.

5. Stick With It

- Remember, goal setting is an ongoing activity, not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high.

If you have goals you would like to work towards and need assistance with the process or would like additional accountability please reach out to our Judy Center Social Worker, Ms. Ashley Bruns, at 410-632-5224 & she can help you with the process!

Source: MindTools.com

Staff Spotlight

TAJAH ROBERTS, EDUCATION LIAISON

Meet Ms. Tajah Roberts. Ms. Roberts coordinates and plans our weekly Tiny Tot Time events as well as being a liaison with local daycares. Ms. Roberts has been working for the Judy Center since 2021.

Some things about Me:

Last book read: Pete the Cat: I love my White Shoes

Favorite Hobby: Spending time with my daughter & watching Grey's Anatomy

My favorite thing about working at the Judy Center is being able to reach more children than just the children we see in school.



Homemade Chicken Soup

Source: Allrecipes.com

Ingredients:

- Chicken: This homemade chicken soup starts with a 3-pound whole chicken.
- Vegetables: You'll need carrots, celery, and an onion.
- Seasonings: Simply season the soup with salt, pepper, and chicken bouillon granules (if you want)

Instructions

1. Make the stock by boiling the chicken and veggies until the meat is falling off the bone.
2. Remove the chicken and cut into pieces (discard skin and bones).
3. Strain the vegetables (reserving the stock) and cut into pieces. Rinse the pot.
4. Return everything to the pot. Heat the soup through and season to taste.
5. Optional: If you want chicken noodle soup, add cooked noodles to the pot just before serving.
6. Allow the chicken soup to cool, then transfer it to an airtight container. Store in the refrigerator for three to four days. Reheat thoroughly in the microwave or on the stove. You can also freeze extra soup in freezer bags for up to 6 months!

