

Badlands Head Start:

PRENATAL TO FIVE



May-June 2021 Newsletter

Upcoming Dates

May 4 National Teacher's Day

May 9 Mother's Day

May 19 Policy Council Meeting

May 20 TREC Board Meeting

May 31 Memorial Day

June 16 Policy Council Meeting

June 17 TREC Board Meeting

June 20 Father's Day

June 20 First Day of Summer

101 5th Ave Belle Fourche, SD 57717

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http://www.badlandshs.org/

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Health, Nutrition, Safety Specialist: mwest@badlandshs.org

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Belle Fourche Office: 605-723-8837

or 800-598-5859

BF Center: 605-892-3303

Bison Office: 605-244-5500
Newell Office: 605-456-1370
Buffalo Office: 605-375-3179
Lemmon Office: 605-374-3134

Recruitment Time is Here!

Badlands Head Start: Prenatal to Five is currently taking applications for the 2021-2022 School Year.

Referrals from current and past Head Start families are one of the best resources we have for reaching out to new families. Please help us get the word out by informing anyone you may know that would qualify for our experiences and benefits of the Head Start Program and how they can contact us to obtain more information or to fill out an application.

<u>Centers</u>

All centers service children 3-5 who do not turn 5 before September 1, 2021.

Perkins & Corson counties go to centers in either Lemmon or Bison.

Monday—Thursday 8 a.m.— 2 p.m.

Butte County has 2 classrooms at the center in Belle Fourche:

Monday—Thursday 8 a.m.— 2 p.m.

Home Based Programs

Home Visitors provide services in the home once a week for a 90 minute visit and provide 2 socializations per month. Home based programs are located in:

<u>Butte County</u> and <u>Harding County</u> provide services to prenatal moms and children 0-5 (who do not turn 5 before September 1, 2021.

<u>Perkins County</u> provide services to prenatal moms and children 0-3 years old (who do not turn 3 before September 1, 2021.

We work closely with school districts to provide for children with disabilities.

Reminder: When applying, please provide proof of income. We encourage families of all incomes to apply. Please give interested families the phone number to call the local offices or the Belle Fourche office to fill out an application.

Thank you!

This institution is an equal opportunity provider.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/compliant_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, (2) fax: (202)690-7442, or (3) email: program.intake@usda.gov

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Summer Fun Activities

Sensory Walk, Nature Collections, Counting Walk Activities

5 Steps to Protect Children from Child Sexual Abuse

Wildfire Preparedness

Wildfire Preparedness continued

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Message from Melissa

Melissa Pickle - Coaching & Training Specialist

SUMMER FUN ACTIVITES!

Summer is finally here! It is time to get outside and enjoy the beautiful weather! We have a list of fun activities you and your child can do together.

Listening Walk

Listening walks are a fun way to help your child become a better observer of the world around him or her. As you go for a walk with your child, talk about what the different sounds you hear such as the wind rustling through the grass, an airplane flying by, cars on the road, birds singing, dogs barking, etc. It can also be a great way to encourage a conversation with an older child by asking questions such as where do you think the people in the plane are going? Why do you think the dog is barking? It is also a good way for your child to get exercise.

Making Mud

Making mud outdoors is always fun for young children and educational. Through playing with dirt and water, your child will learn important science concepts about how dirt and water interact with one another, as well as, develop your child's five senses. If it's a little too wet outside, bring the fun inside! Bring in an extra-large container of dirt and let your child help sift it to remove stones, twigs, leaves, and other items. You can set the nature



items aside to use later in a collage or as a sorting activity. In an old plastic dishpan, or similar container, help your child stir the dirt with water, starting with a combination of three parts dirt to two parts water and adjusting the amounts as necessary. Invite your child to explore the mud with his or her hands and fingers: How does it feel? What does it look like? Sound like? Smell like? This is an activity that can keep your child busy for hours!

Wind Walk

On the next windy day, take your child outside for a walk. Together, look for all the things the wind is moving around.



Can you see a flag blowing in the wind?

Is there a leaf being pushed along the road?

Are the tree branches swaying?

Stand still for a moment and enjoy the feeling of the wind blowing across your face.

Help your child understand that even though the wind is invisible, we can still see the effects of the wind.

Message from Melissa

Melissa Pickle - Coaching & Training Specialist

Sensory Walk

Go for a walk with your child that involves all 5 senses: sight, hearing, taste, touch and smell. For sight, discuss all of the different items you see on your walk together including animals, objects, and colors. For hearing, discuss the



sounds you hear such as cars driving, birds singing, dogs barking, people talking, etc. For taste, bring along a picnic lunch to enjoy together that contains a variety of flavors such as sweet, sour, etc. For touch, gather some items on your walk such as rocks, flowers, grass, pine cones, twigs, bark, etc., and discuss the different textures and how each one feels on the skin. Finally, for smell focus on the various scents you notice during your walk. This may include pleasant scents such as certain flowers or how the ground smells after a rain storm as well as more odorous items such as animal waste, plants such as skunk cabbage or car exhaust.

Nature Collection

Children are naturally curious and love to collect items. Going for a walk together to collect natural items such as pine cones, rocks, flowers, etc., can be a great way for your child to learn about science as well as to develop some math skills such as sorting and categorizing. You can choose to have your child collect just one thing such as pine cones or you can have your child collect a variety of items. While collecting the items, talk to your child about each item to help build your child's vocabulary and observing skills. You can ask a variety of questions. What color or colors is it? How does it feel (rough, smooth, soft, hard)? Is it heavy or light? Once



your child has a collection of multiple items have your child sort them. If the objects are all the same your child can sort them by size: small, medium and large. For a variety of items, have your child put all of the same items together such as all rocks in one pile, all pine cones in another, etc. Your child can then practice counting skills by counting how many objects are in each pile. You can introduce concepts such as least and most by having your child compare which pile has the most objects and which one has the least.

Counting Walk

Go for a counting walk with your child. This activity will not only help strengthen your child's ability to count, but is also a great way to burn off some excess energy and to get outside. Choose one item to count during your walk such

as houses, cars, birds, etc. During your walk, count with your child how many of those objects you see. You can pick a new item to count each day or you can count the same item for several days in a row and compare how many you saw from day to day. For example, on Monday you counted five birds while on Wednesday you counted eight. You could even write the numbers on a piece of paper or on a calendar and refer to it during your discussion with your child. This could lead to a conversation with your child about concepts such as more or less as well as help your child with number recognition.





Message from Rebecca Funk

Submitted by: Rebecka Funk, MA LPC-MH Mental Health Consultant



Do you know the 5 steps to protect children from Child Sexual Abuse?



STEP ONE: LEARN THE FACTS

One in 10 children will be sexually abused before the age of 18.



STEP TWO: MINIMIZE OPPORTUNITY

More than 60%
of sexual abuse cases
occur in isolated,
one-on-one
situations.



STEP THREE: TALK ABOUT IT

Children often keep abuse a secret. Talk openly with them to prevent sexual abuse.

STEP FOUR: RECOGNIZE THE SIGNS

Often the signs are emotional or behavioral, not physical.





STEP FIVE: REACT RESPONSIBLY

Learn how to offer support and report suspicion or discover immediately.

SHARE WITH YOUR FRIENDS & SPREAD THE WORD

Learn more about the 5 Steps to Protecting Our Children™ at www.D2L.org

Message from Wanda

Wanda Dunn - Family & Community Partnership Specialist



WHAT IS WILDFIRE COMMUNITY PREPAREDNESS DAY?

Wildfire Community Preparedness Day is a national campaign that encourages people and organizations everywhere to come together on a single day to take action to raise awareness and reduce wildfire risks. It is held in the United States and Canada on the first Saturday in May. Given that in-person gatherings are limited or on-hold in many places, this year's Prep Day is focused on what residents can do on and around their home to help protect against the threat of wildfires.

The idea for the day came from a survey asking middle school students in Texas and Colorado about how they wanted to learn about wildfire. They wanted to be a part of something that was making a difference by improving wildfire safety where they lived. When the program was piloted in 2013 in Colorado, both students and adults were eager to be a part of a day to raise awareness about wildfire safety involving hands-on risk reduction activities. Wildfire Community Preparedness Day is now celebrated across the nation.

WHO SUPPORTS THIS EFFORT?

The National Fire Protection Association® (NFPA®), a nonprofit organization dedicated to helping save lives and reduce loss from fire and electrical hazards, manages Prep Day. State Farm provides generous financial support with 150 project awards. Many national organizations help promote Wildfire Community Preparedness Day, including FEMA, U.S. Fire Administration, NOAA, the Fire Adapted Communities Learning Network, Fire Safe Councils, the National Association of State Foresters, and the American Red Cross.

MAKE A DIFFERENCE THAT MATTERS!

You can help promote wildfire protection by participating in risk reduction projects on your property on or before the 1st of May. Studies show that measures taken at the home and in the area within 100 feet of it, known as the Home Ignition Zone (HIZ), have a significant impact on minimizing damage and loss. Something as simple as clearing the immediate 5-foot zone around the home can assist in making a huge difference in avoiding a catastrophe.





CELEBRATE YOUR WORK ON WILDFIRE COMMUNITY PREPAREDNESS DAY:



Use our free sample proclamation to announce and celebrate your work to reduce wildfire risks. Encourage people to send in before and after photos to document their work and post on social media with the hashtag #WildfirePrepDay to share your success.



Use free tools and resources, all found on the Wildfire Prep Day Campaign page: wildfireprepday.org.

Message from Wanda Dunn

Wanda Dunn - Family & Community Partnership Specialist



VEGETATION MANAGEMENT

1. HOME IGNITION ZONES

To increase your home's chance of surviving a wildfire, choose fire-resistant building materials and limit the amount of flammable vegetation in the three home ignition zones. The zones include the **Immediate Zone**: (0 to 5 feet around the house), the **Intermediate Zone** (5 to 30 feet), and the **Extended Zone** (30 to 100 feet).

2. LANDSCAPING AND MAINTENANCE

To reduce ember ignitions and fire spread, trim branches that overhang the home, porch, and deck and prune branches of large trees up to 6 to 10 feet (depending on their height) from the ground. Remove plants containing resins, oils, and waxes. Use crushed stone or gravel instead of flammable mulches in the **Immediate Zone** (0 to 5 feet around the house). Keep your landscape in good condition.

■ FIRE RESISTIVE CONSTRUCTION

3. ROOFING AND VENTS

Class A fire-rated roofing products, such as composite shingles, metal, concrete, and clay tiles, offer the best protection. Inspect shingles or roof tiles and replace or repair those that are loose or missing to prevent ember penetration. Box in eaves, but provide ventilation to prevent condensation and mildew. Roof and attic vents should be screened to prevent ember entry.

4. DECKS AND PORCHES

Never store flammable materials underneath decks or porches. Remove dead vegetation and debris from under decks and porches and between deck board joints.

5. SIDING AND WINDOWS

Embers can collect in small nooks and crannies and ignite combustible materials; radiant heat from flames can crack windows. Use fire-resistant siding such as brick, fibercement, plaster, or stucco, and use dual-pane tempered glass windows.



VISIT FIREWISE.ORG FOR MORE DETAILS

BE PREPARED

6. EMERGENCY RESPONDER ACCESS

Ensure your home and neighborhood have legible and clearly marked street names and numbers. Driveways should be at least 12 feet wide with a vertical clearance of 15 feet for emergency vehicle access.

- Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for handling pets, large animals, and livestock.
- Know two ways out of your neighborhood and have a predesignated meeting place.
- Always evacuate if you feel it's unsafe to stay-don't wait to receive an emergency notification if you feel threatened from the fire.
- Conduct an annual insurance policy checkup to adjust for local building costs, codes, and new renovations.
- Create or update a home inventory to help settle claims faster.



TALK TO YOUR LOCAL FORESTRY AGENCY OR FIRE DEPARTMENT TO LEARN MORE ABOUT THE SPECIFIC WILDFIRE RISK WHERE YOU LIVE.

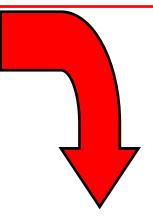
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Message from Wanda

Wanda Dunn - Family & Community Partnership Specialist

Home Fire Escape Plan

Use the graph to draw your home's floor plan and plot your home fire escape routes.







Tips for creating your home fire escape plan and practicing your 2-minute drill:

- Everyone in your household should know two ways to escape from each room in your home.
- Smoke is dangerous. Get low and go!
- Decide where to meet once you get outside:
- Get out and stay out. Never go back inside for people, pets or things.
- If a fire starts, you may have less than two minutes to get to safety. So time your fire drills and find out: what's your escape time?



If a fire starts in your home, get out to safety, then dial 911.

You can keep your family safe with 2 simple steps.



Practice your 2-minute drill.



Test your smoke alarms monthly.

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Message from Wanda Dunn

Wanda Dunn - Family & Community Partnership Specialist

RACE TO READ CHALLENGE

Thanks to our families of great readers, we were the winners of the Race to Read Challenge.

Badlands Head Start, along with the United Way of the Black Hills, have been enjoying a "Race to Read" challenge throughout the months of January and February.

The United Way graciously gave Badlands Head Start \$300 to fund events after the challenge was completed. Our classrooms were celebrating with events of a campout with indoor smores, reading a book about bears and making a bear snack, or celebrating with cake in a cup. Each child in the program received a new book and a bag of items promoting the love of reading.

Badlands Head Start and staff families read a total of 6093 books winning the community challenge of \$300 and an additional \$100 for the 690 bonus points. Badlands Head Start will be using the prize money to buy more books to give to the children to build their home libraries.

Badlands Head Start would like to thank the United Way of the Black Hills and all the families who participated and made literacy a priority for their families. This opportunity has challenged parents to not only read with their children but to increase their amount of reading as a family. Badlands Head Start always recognizes parents as the first teacher in a child's life and loves getting books to their children to encourage family literacy in the home.



SMORE FUN!!



Message from Human Resources

Judy Petera - Human Resource Specialist

Congratulations to two of our Badlands Head Start Staff for their dedication and service to our program!

The South Dakota Head Start Association awards employees for longevity in 5-year increments. (5, 10, 15, 20, etc.) This year's 20 year recipients from our Badlands Head Start program are Wanda Dunn and Kristi Williams! They will be recognized for their "Years of Service" at the SDECE Conference in April.

Kristi

Williams -

Butte County

Home Visitor



20 Years

of Service and Dedication

Thank you and

Congratulations

for your

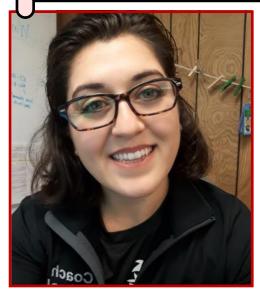
recognition!



Wanda Dunn—

Family and Community
Partnership Specialist

Congratulations on your Educational Endeavors!!



Míchaela Hallam

Congratulations to Michaela Hallam and Cheri Butsavage for successfully completing their studies while working!

Ms. Hallam recently completed her CDA and a series of early childhood education courses to equal a minor which compliment her existing Bachelors of Science in Biology.

Ms. Butsavage recently and successfully completed her courses and earned her Associate of Applied Science, Childhood Education & Family Studies.



Cherí Butsavage

Lead Teacher, Bison Center.

Message from Human Resources

Judy Petera - Human Resource Specialist





Looking for a new career? Here are some opportunities. Don't have a degree in Early Childhood, but want to move forward? Badlands Head Start offers assistance in educational opportunities. Get your CDA while you work! Finish those classes for your Early Childhood Education Degree, we can help!

Job Opportunities with TREC-Badlands Head Start

EDUCATION AND DISABILITIES SPECIALIST – Management Position

BUTTE COUNTY AREA SERVICE MANAGER – Management Position

EARLY HEAD START HOME VISITOR - BUTTE COUNTY - Home-Based / Home Visiting environment

EARLY HEAD START HOME VISITOR - HARDING COUNTY - Home-Based / Home Visiting environment

BISON (SD) CENTER - ASSISTANT TEACHER (or long term substitute) - Center-Based / Preschool environment

BELLE FOURCHE (SD) Center—ASSISTANT TEACHER (or long term substitute) - Center-Based / Preschool environment

For more information, Call Judy at 605-723-8837

or pick up an application and job description at 101 5th Avenue, Belle Fourche, SD 57717

*Criminal Background checks & Valid Driver's license required for all positions available * Equal Opportunity Employer

*Competitive Wages and Benefits * Wages dependent upon Education and Experience

Message from Misty West

Misty West- Health, Nutrition and Safety Specialist

National Alcohol and Other Drug-Related Birth Defects Awareness Week (May 13-19)

Alcohol, Drugs and Childbirth do not go together. Yet, in the U.S., 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 750,000) drink alcohol during pregnancy; and another 6% (225,000) use an illicit drug at least once while carrying a child to term.

Starting each year on Mother's Day, Alcohol- and Other Drug-Related Birth Defects Awareness Week is a reminder that alcohol and drug use during pregnancy can be detrimental to a mother and her child. Prenatal alcohol and drug use can result in a spectrum of adverse conditions. One of the most severe outcomes being fetal alcohol syndrome (FAS), which is the constellation of developmental defects that result from maternal abuse of alcohol during pregnancy, including infant facial malformations, growth deficits, and central nervous system problems that can persist throughout a child's life.

Approximately one in every 100 children born nation-wide is adversely affected by prenatal alcohol and drug exposure, including children with the full fetal alcohol syndrome, as well as children who may not have all of the external features of the syndrome, but whose brains have been injured.





Message from Misty West

Misty West- Health, Nutrition and Safety Specialist

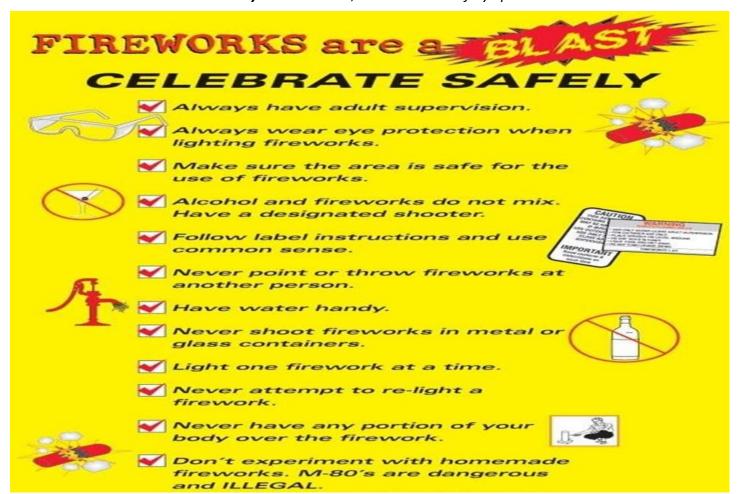
BIKE SAFETY





Message from Misty West

Misty West- Health, Nutrition and Safety Specialist

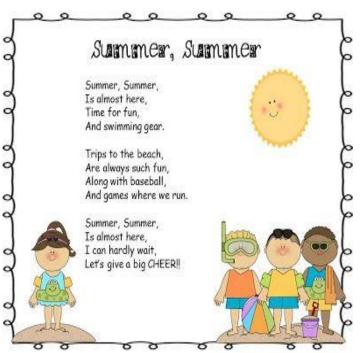




Activity Page

Goodbye School, Hello Summer!!





Pinterest.com

SUMMER

GO TO THE LIBRARY FINGER PAINT POOL HOP {5 POOLS IN ONE DAY} GO CAMPING DO 10 RANDOM ACTS OF KINDNESS PLAY WITH SHAVING CREAM HAVE A DANCE PARTY GO SWIMMING EAT FROZEN YOGURT GO TO A WATER PARK GO ON A BIKE RIDE PLAY AT A SPASH PAD WATCH A MOVIE OUTSIDE MAKE PAPER BAG PUPPETS BUILD A FORT CAMP IN THE BACKYARD GO ON A HIKE MAKE A YUMMY TREAT DRAW A PICTURE FOR GRANDMA WASH THE CAR IN SWIMSUITS DANCE IN THE RAIN HAVE A LEMONADE STAND FLY A KITE DIY SPA DAY RUN THROUGH SPRINKLERS

VISIT A MUSEUM GO BOWLING PLAY MINI GOLF VISIT THE PET STORE FEED THE DUCKS GO FISHING STAY UP PAST BED TIME RIDE ON A CAROUSEL MAKE S'MORES EAT A SNOW CONE PLAY FLASHLIGHT TAG BLOW BUBBLES GO ICEBLOCKING GO TO THE TOY STORE PLAY BOARD GAMES HAVE A PICNIC BUILD A SANDCASTLE BUY A KIDDIE POOL HAVE A PARTY INVITE A FRIEND OVER GO STAR GAZING TIE DIE SHIRTS GO TO THE MOVIES MAKE A CRAFT STAY IN PJS ALL DAY

MAKE EVERY DAY, THE BEST DAY

Activity Page



This nature color wheel is such a simple and easy activity that you can do with your kids year round! A fun and easy way to learn colors and incorporate nature into learning. Your children will love finding items to match the colors on their color wheel.

How to use a nature color wheel:

- . Cut out your color wheel. Attach to a paper plate or cardboard to make it easier to use.
- . And clips to wheel so that your child can save their treasures.
- . Head outside and let the exploring begin!

Start by going over all of the colors together with your child. Walk around the yard or neighborhood and challenge them to find something that matches every color on their nature color wheel.

One of the best parts about this activity is you can recreate it over and over again in different places for even more fun! Take your color wheel with you to the park, on a hike in the woods, or even to the beach. Your children will love finding different items and materials to create their own color wheel each time!

