

Early Childhood Newsletter

CAC of Pike County

Getting Ready for Kindergarten

March & April 2015

Parents can start getting their child ready for Kindergarten by doing the following things.

- ◆ Establish a bedtime and morning routine so your child gets enough sleep and is prepared for school.
- ◆ Have your child eat a healthy breakfast each morning.
- ◆ Make sure your child can do things for him/herself such as buttoning his pants, using utensils, putting on his/her coat, and washing hands.
- ◆ Talk to your child about the changes at school such as; eating in the lunch room, bells ringing, finding the school bus, raising their hand to speak and answer questions, playground equipment, behaving for teachers, sharing with friends, and following the school rules.
- ◆ Practice skills with your child over the summer such as writing, cutting with scissors, counting objects, recognizing letters, colors, and shapes.
- ◆ Always read books to your child so he/she can begin to see how letters form words and how words form sentences.
- ◆ Talk to your child's preschool teacher about the skills he/she needs to work on before going to school.
- ◆ Allow your child to solve his/her problems on his own and encourage him/her to recognize and express feelings positively.
- ◆ Visit your child's public school and teacher if possible and try to attend all parent/teacher conferences.
- ◆ Have all your child's health history, emergency contact information, and immunizations up to date.
- ◆ Check with your child's preschool teacher about registration dates for Kindergarten.



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The Early Childhood program is currently taking applications for children 0-5 years old and prenatal mothers. Applications can be printed off at www.pikecac.org under the Early Childhood Program, by picking one up at the main agency, or calling 740-289-2371 to request one be mailed to you.

Upcoming Early Childhood Events

The CAC of Pike County Early Childhood Program invites all parents and guardians to attend our special events. It would be appreciated if you let a staff person know ahead of time if you plan to attend and if child care is needed so arrangements can be made and enough supplies can be provided.

Home-Based Head Start Center Days-Friday, March 6, Friday, March 20, Friday, April 10 and Friday, April 24 from 11:00-2:00 pm at CAC.

Early Head Start Play Group Times-Friday, March 6, Friday, March 27, Friday, April 3 and Friday, April 17 from 10:00-12:00 pm at CAC.

Family Reading Events-Piketon Preschool Classrooms-Thursday, March 19, Jasper on Thursday, March 12, and Eastern on Wednesday, May 6. Parents are invited to come in and do fun activities with their child.

Children going to Jasper to Kindergarten will visit the school on Friday, May 1 from 9-11:30.

Children going to Waverly to Kindergarten will visit the school on Tuesday, May 5 from 10-11:45. These children will also be getting their screening completed at Head Start on Monday, April 27.

April 30 is the last day to earn crazy dollars. Crazy dollars can be earned by volunteering in the classroom, coming to program events, parent meetings, trainings and each month your child gets perfect attendance. Parents that earn crazy dollars will be able to trade them for tickets to put into a table auction at Family Fun Day in May.

Agency News

Get Your Taxes Completed for Free

The Volunteer Income Tax Assistance (VITA) and Ohio Benefit Bank (OBB) tax preparation programs provide free federal tax preparation for Pike County residents who meet income guidelines. Interested individuals can call (740) 289-2371 to set up an appointment. Appointments are available at both the Main Agency and at the Senior Center in Waverly.



Application Process for the Community Action Committee of Pike County

Applications will only be accepted at the CAC of Pike County when there is a advertised position opening. Agency positions will be posted in the newspaper, the Ohio Means Jobs website, and on pikecac.org website when one becomes available. Applicants must meet the qualifications and pass the math and reading test to get an interview. Applications will not be kept on file for future job openings. Applicants must apply each time a position is posted. The Workforce Connections Program also can help applicants with job

search, interview skills, writing resumes, and assist with job training. Hours are 7:45 am-5:00 pm at the Community Action Agency located at 941 Market Street, Piketon.

Food Pantry Closed

As of January 1, CAC of Pike County is no longer offering the food pantry. Families who need assistance with food should visit the Pike County Outreach Council in Waverly.

HEAP Direct Phone Number-740-289-4525-Please call this number when making HEAP appointments.

Home Reading Sheet

Teacher's Name _____ Parent & Child Name _____

	<u>Title of Book</u>	<u>How Long Did You Read?</u>	<u>Date Read</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____

Number of Hours Spent Reading this Month _____ Parent/Guardian Signature _____

Please sign this sheet to verify the amount of time you have spent reading to your child(ren) and turn it in to your child's teacher or bus driver by the end of May 2015 so the program can use the hours towards in-kind.



Piketon & ECFC March Menu

Monday, March 9

Bkft-Milk, Juice, Cheerios
 Lunch-Milk, BBQ Pork Riblets,
 Bread, Applesauce, Peas
 Snack-Milk, Pancakes

Tuesday, March 10

Bkft-Milk, Juice, Egg McMuffin
 Lunch-Milk, Chicken, Bread,
 Buttered Potatoes, Peaches
 Snack-Juice, Goldfish Crackers

Wednesday, March 11

Bkft-Milk, Juice, Waffles
 Lunch-Milk, Roast Beef w/Gravy,
 Bread, Mashed Potatoes, Strawberry
 Jello w/Fruit
 Snack-Milk, Applesauce Muffin

Thursday, March 12

Bkft-Milk, Juice, Rice Cereal
 Lunch-Milk, Pork Roast, Roll,
 Au gratin Potatoes, Pineapples
 Snack-Juice, Crackers, Bean Dip

Friday, March 13

Bkft-Milk, Mixed Fruit, Toast, Hash
 Brown Patty
 Lunch-Milk, Turkey & Gravy, Roll,
 Mashed Potatoes, Mixed Fruit
 Snack-Milk, Guess What Cereal

Monday, March 16

Bkft-Milk, Juice, Wheaties Cereal
 Lunch- Milk, Beef & Noodles,
 Bread, Buttered Carrots, Fruit
 Snack-Milk, Fruit & Cereal Bar

Tuesday, March 17

Bkft-Milk, Juice, Cheese Omelet,
 Toast
 Lunch-Milk, Glazed ham, Biscuit,
 Cheesy Broccoli, Pears
 Snack-Juice, Goldfish Crackers

Wednesday, March 18

Bkft-Milk, Mixed Fruit, Toast
 Lunch-Milk, Chicken Tenders, Roll,
 Oven Fries, Tropical Fruit Mix
 Snack-Milk, Total Cereal

Thursday, March 19

Bkft-Milk, Juice, French Toast
 Lunch-Milk, Baked Ziti w/Cheese,
 Garlic Biscuit, Tossed Salad, Juice
 Snack-Juice, Deviled Eggs, Crackers

Friday, March 20

Bkft- Milk, Juice, Raisin Bran Cereal
 Lunch- Milk, Pork Loin, Roll, Mixed
 Vegetables, Peaches
 Snack-Milk, Pancakes

Monday, March 23

Bkft-Milk, Juice, Wheaties Cereal
 Lunch-Milk, Chicken Nuggets,
 Bread, Baby Baker Potatoes, Fruit
 Snack-Milk, Yogurt, Peaches

Tuesday, March 24

Bkft-Milk, Juice, Pancakes
 Lunch-Milk, Roast Beef, Roll, Sour
 Cream Potatoes, Applesauce
 Snack-Juice, Meat & Cheese Roll-ups

Wednesday, March 25

Bkft-Milk, Juice, Cheese Omelet,
 Toast
 Lunch-Milk, Turkey & Gravy,
 Biscuit, Green Beans, Banana,
 Oatmeal Cookie
 Snack-Milk, Cinnamon Toast

Thursday, March 26

Bkft-Milk, Juice, Cheerios Cereal
 Lunch-Milk, Salisbury Steak, Roll,
 Mashed Potatoes, Peaches, Pears
 Snack-Juice, Cheese & Crackers

Friday, March 27

Bkft-Juice, Boiled Eggs, Toast
 Lunch-Milk, Mac & Cheese w/Ham,
 Blueberry Muffin, Steamed Broccoli,
 Hot Apple Slices
 Snack-Milk, Waffles

Monday, March 30

Bkft-Milk, Mixed Fruit, Hash Brown
 Patty, Toast
 Lunch-Milk, Beef Ravioli w/Sauce,
 Bread, Mixed Salad, Pineapples
 Snack-Juice, Teddy Grahams

Tuesday, March 31

Bkft-Milk, Juice, Egg McMuffin
 Lunch-Milk, Chicken Tenders,
 Bread, Mandarin Oranges, Tater Tots
 Snack-Milk, Applesauce Muffin