



NEWSLETTER

Parents as Teachers Early Head Start Head Start



November Important Dates

2	9:30-10:30 am	Playgroup at Hays Public Library
2	10:00 -11:00 am	Playgroup at Russell Library
9	10:00-11:00 am	La Leche at Cross Point Church
11	9:00 -10:00 am	Playgroup at Plainville Library
12	9:30-11:00 am	Daddy and Me at Home Depot
28	12:00-1:00 pm	Policy Council at ECC

Early Childhood Connections will be closed
November 23-25 for Fall Break



Early Childhood Connections is currently taking applications for 0-3 programs and preschool enrollment. If your family meets federal income guidelines, you may qualify to enroll your child in these free programs. Please call Early Childhood Connections at (785) 623-2430 for more information.



Family Activity Night/ Parent Committee

Early Childhood Connections programs are responsible for facilitating and seeking the engagement of families of participating children in activities designed to help families become full partners in the education of their children. Your input ensures that the program achieves the goals of engaging families and communities to support families and boost children's school readiness. If you are interested in helping plan our future FAN please contact your child's teacher or Parent Educator.

YOU CAN TEACH YOUR CHILD TO CALL 9-1-1.

What you can do...

Prepare-

Keep a phone where your child can use it.

Make it easy-

Tape your phone number, address and "911" on the fridge or other location in the home.

Plan ahead-

Is anyone in the house sick or elderly? What could happen?

Review-

Help your child learn your full name, address and phone number.

What you can teach your child...

When to call 911-

Only dial 911 in an emergency. If there is a fire, get out before you call.

Practice...What to say-

Explain what to do when someone answers. Say what happened. Speak slowly and clearly.

Give your name and address.

How to wait-

Tell your child not to hang up until the operator tells you to hang up.



USD #489 School District is trying to increase the effectiveness of Facebook and Twitter accounts to help spread information for the school district. If you use Facebook or Twitter please like the Hays Unified School District 489 page (this is a separate page from the 489 news) and you can follow us on Twitter at [@usd489](https://twitter.com/usd489).

Together, we can make our district's social media a strong, informative tool.

In addition, Early Childhood Connections has it's own account on Facebook. [usd489connections.com](https://www.facebook.com/usd489connections.com)



Friendly Reminders:

* Please do not park against the curb that is painted Blue on west side of the School. This area is reserved for Buses only.

* Please do not leave children in your vehicle while dropping off or picking up.

Please follow the enter and exits signs as you come into the parking lot and leaving.

Please drive slow in the parking lot as children are active at drop off and pick up.

Break Free of TV

Consider removing the TV from your child's bedroom (or never placing one in their room). A TV in the bedroom draws your child away from family activities. In addition, parents may find it difficult to monitor programs that are inappropriate or unhealthy.



Physical Factors That Affect Child Development

Your child needs to explore his world to learn and grow. Your job is to provide nutrition, a nurturing relationship, and a safe environment. Whether your child is crawling on the floor, or racing in the park, the more you participate in activities with him, the better.

Your Baby / Toddler (Birth to 36 months):

- **Child-proof your home:** Ensure the physical safety of your child by making sure that dangerous items are out of reach and that the environment is free of threats and obstacles especially for curious toddlers who may be moving around your home independently.
- **Make sure your child gets enough sleep:** Ensuring that your child gets an adequate amount of sleep promotes her proper development and keeps her alert, happy, and healthy.
- **Make sure your child gets enough exercise:** Babies and toddlers need physical activities they help strengthen muscles and build appropriate brain connections for later development. Activities such as gently pushing your palm flat against your child's feet can help strengthen his leg and core muscles.

Get to know the cues your child gives you that he wants to be active or needs to rest. He might need time to wind down and your help to calm down after play when it is time for a nap.

Your Preschooler (36 months to 48 months):

- **Feed your child's body and brain:** Your child's diet affects her brain function. What your child eats will have a big influence on her mood, behaviors, thoughts, and emotions. Nutrition also plays a critical role in developing immunity to infection and diseases.
- **Encourage development of fine motor skills:** Drawing, scribbling, and creating crafts help preschoolers refine their fine motor skills. You can expect your preschooler to copy and draw shapes such as circles, squares, and triangles. Give your child opportunities to practice small

- **Get your child's hearing and vision checked:** Take your child to a pediatrician for regular exams, and be sure to have his vision and hearing checked. Even small problems, caught and addressed at this age, can greatly enhance motor skill development and confidence.
- **Encourage your child to be active:** The more active children are, the better they become at moving with skill, efficiency, and confidence. The best way to get your child active is to join her in active play. Play catch, tag, or set up a simple obstacle course. Teach her some skills that will open new doors for her—how to swim, how to pedal a bike, how to hit a ball with a bat. This strengthens her body, her confidence, and your relationship with her.
- **Make sure your child gets enough sleep:** Ensuring that your child gets an adequate amount of sleep promotes her proper development and keeps her alert, happy, and healthy.

Kids can have a LOT of energy! Encourage your child to run around and use this active energy. Active play strengthens the body and mind.

Severe Weather Reminder

If USD 489—Hays cancels school; all Early Childhood Connections classrooms, offices, meetings, home visits, and playgroups will be cancelled as well.

If any of the districts listed below cancel school; all home visits, classrooms, and playgroups *held within those districts* will be cancelled.

USD 407-Russell

USD 395-LaCrosse

USD 388-Ellis

USD 432-Victoria,

USD 270-Plainville

USD 271-Stockton

If roads are snow-covered or icy, please allow your Parent Educator, Teacher, or your Family Worker a few extra minutes to arrive for your home visit, due to the increased travel time.

Please keep your porch & walk-way as clear as possible by removing snow and/or sprinkling salt to remove the ice. If your home visits are held after dark please remember to turn on your porch light.

Your cell phone has
already replaced
your camera,
your calendar,
your alarm clock...
Don't let it replace
your family.



@snapconf

The Foundations of Lifelong Health

http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_the_foundations_of_lifelong_health/



Daddy & Me



at



Home Depot

Saturday, November 12, 2022

9:30-11:00

1310 E. 41st Street

Hays, Kansas



Next Daddy & Me: January 14, 2023

Sternberg Museum

Plainville Food Bank - 2022

Sacred Heart Catholic Church in Plainville

Only open on Thursdays from 9:00-11:00AM

Located at the southeast corner of the church in the garage)

Thanksgiving Food Baskets:

Sign-up: Every Thursday from 9:00-11:00 through November 10

Pick-up: November 17 from 9:30-11:00

Christmas Food Baskets:

Sign-up: November 17 (Same date as Thanksgiving Pick-up), December 1 and December 8 from 9:00-11:00

Pick-up: December 15 from 9:30-11:00

There are only 55 boxes available. Sign-up ASAP!!!!!!

Contact Person: Jennifer Staab (785-434-4658)


Marines Toy for Tots-

All recipients **MUST** register online.

The website is ellis.county.ks@toysfortots.org. It is hopeful the website will be open on November 1st.

Families that live in Rush, Rooks, or Russell will be able to register as well.

Collection dates, times, and locations will be determined later.



Christmas is Coming

Teaming Up For Tots will once again provide Christmas gifts to families who live in Ellis County who qualify through the Community Assistance Center. The deadline to sign up is Friday, November 4th. If you are interested in signing up, please stop by the Community Assistance Center at 208 E 12th.

Teaming Up For Tots proporcionará una vez más regalos de Navidad a las familias que viven en el condado de Ellis que califican a través del Centro de Asistencia Comunitaria. La fecha límite para inscribirse es el Viernes 4 de Noviembre. Si está interesado en registrarse, por favor pase por el Centro de Asistencia Comunitaria en 208 E 12th.

