

# SHIPPENSBURG HEAD START & PRE-K COUNTS

January/February 2024

## News To Know...

Looking for Updates?

Please remember to follow us:



@:Shippensburg University  
Head Start Program



### Important DATES:

#### Policy Council:

**Jan. 18**

**Feb. 15**

*We Wish you Happy Holidays  
And a Wonderful New Year*



#### NO CLASS:

**Jan.1-2**

**Jan.12**

**Jan.15**

**Jan.26**

**Feb.9**

**Feb.16**

**Feb.19**



**WHEN YOU DON'T  
KNOW WHERE TO**

**TURN,**

**CALL 211**

**RESOURCE HELPLINE**

# JANUARY

# 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Program Closed	<b>2</b> Program Closed	<b>3</b> EHS 3&4 Soc. 10:00-12:00	<b>4</b> HB Soc. 10:00-12:30	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Program Closed	<b>13</b>
<b>14</b>	<b>15</b> Dr. MLK Day- Program Closed	<b>16</b> EHS 1&2 Soc. 10:00-12:00	<b>17</b> EHS 3&4 Soc. 10:00-12:00	<b>18</b> Policy Council 10am Home Base Soc. 10-12:30	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Home Base Soc. 10-12:30	<b>26</b> Program Closed	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> EHS 1&2 Soc. 10-12	<b>31</b> EHS 3&4 Soc. 10:00-12:00			

# FEBRUARY

# 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Home Base Soc. 10-12:30	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Program Closed	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> EHS 1&2 Soc. 10-12	<b>14</b> EHS 3&4 Soc. 10-12	<b>15</b> Policy Council 10am Home Base Soc. 10-12:30	<b>16</b> Program Closed	<b>17</b>
<b>18</b>	<b>19</b> President's Day - Pro- gram Closed	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> EHS 1&2 Soc. 10-12	<b>28</b> EHS 3&4 Soc. 10-12	<b>29</b> Home Base Soc. 10-12:30		

# From the Education

Learning about numbers is a preschooler's first step toward becoming a budding young mathematician. And in preschool, math learning is all about counting, number recognition, and one-to-one correspondence. If a child doesn't ace these seemingly simple skills in a timely manner, don't fret: even math whizzes need time to blossom. But with age appropriate techniques, helping your child to master these math milestones will be as easy as 1, 2, 3!

**Counting** is the ability to recite numbers in order.

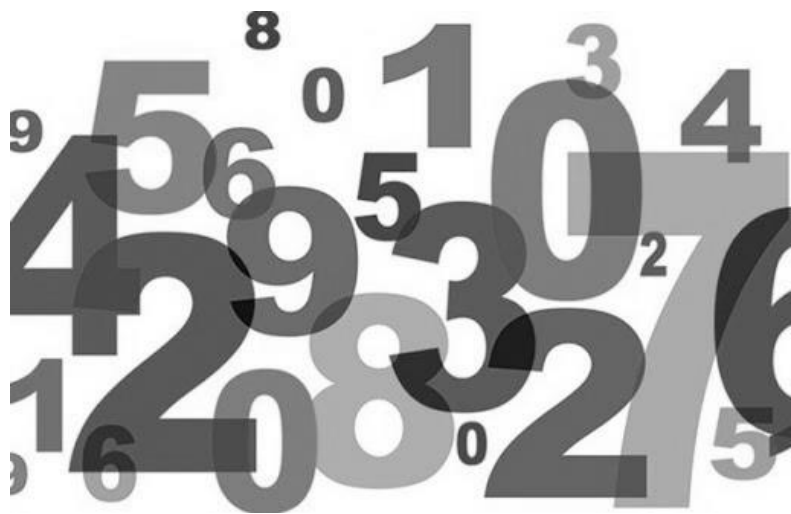
How to practice it:

- Recite nursery rhymes and sing songs that include counting such as: *One, Two, Buckle My Shoe*, *There Were Ten in the Bed*, *This Old Man*, *Five Little Ducks* and *The Ants Go Marching One by One*. This will give your child an opportunity to practice counting in a fun and playful manner. You can find free song lyrics and listen to melodies at [www.kididdles.com](http://www.kididdles.com).
- Find counting books at the library. You will want to be sure to check out a few of these classics and find your favorites: *Over in the Meadow* by Ezra Jack Keats, *Count* by Denise Fleming, *Five Little Monkeys* (series) by Eileen Christelow, *Ten Black Dots* by Donald Crews and *Anno's Counting Book* by Mitsumasa Anno.
- While in the car or waiting in line, have your child count as high as he can go. Have him clap as he says each number name to make the learning kinesthetic. Add a new number each time you practice.

**Number Recognition** is the ability to visually recognize and name numbers.

How to practice it:

- Point out and name numbers on street signs, houses and buildings while you are out and about. Find numbers around the house on appliances, telephones, remote controls (remove the batteries and let him play), clocks and thermometers.



# Manager's Desk

- Give your child a calculator and let him play with the numbers. Ask him to find the number that shows how old he is and show him the number that shows how old you are. Have him type in the numbers 0-10 in order. This learning tool works well when you are waiting in line; keep one in your purse for emergencies!
- Purchase a package or two of magnetic numbers. Allow your child to match up pairs of the same number and put the numbers in order. Take a cookie sheet and numbers in the car for on-the-go learning.

**One-to-One Correspondence** is the matching up of a verbal or written number with an object. When a child has mastered one-to-one correspondence, he can touch objects as he counts them.

How to practice it:

- Have your child count at mealtime by matching up napkins and spoons, counting plates and cups for each family member or doing a count to be sure there are enough chairs when you have company for dinner.
- Make snack time learning time by writing the numbers 1-12 in the bottom of an egg carton and have your child count the appropriate number of small crackers, cereal or cookies into each section. Keep the egg carton on top of the fridge or pantry for repeated practice.
- Count everything as you go through the day. Count the steps as you go up and down, count the number of times the phone rings before you answer it, the number of toys you put in a bathtub or how many books you read before bed-time. Put stickers on a piece of paper and have your child touch each one as he counts.



For more information or any concerns in reference to your child's educational experience, please contact your home visitor, teacher, or an Education Manager at 717-477-1626.

# JANUARY FAMILY FUN BUCKET LIST



Build a snowman



Celebrate MLK Day



Make a bird feeder



Have a pajama day



Try a new flavor of hot chocolate



Make a snowflake craft



Have a snowball fight



Bundle up and go for a walk



Make snow angels



Build a blanket fort



Go sledding



Play a board game

# Shippensburg Head Start & Pre-K Counts Events



- **The 2nd Parent Committee Meetings will be held in January for the Early Head Start and Head Start classrooms.**

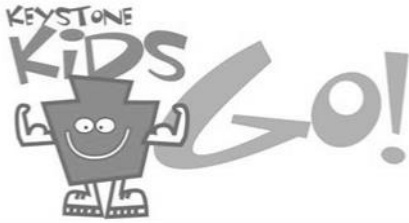
<u>Hamilton Head Start</u>	Wednesday, January 10th at 1:00 pm
<u>Early Head Start 3 &amp; 4</u>	Wednesday, January 17th at 10:00 am
<u>Ship Head Start</u>	Thursday, January 25th at 1:00 pm

March 2024 - Financial Literacy, Zoom Presentation by Marantha Ministries, More Details to follow!

April & June 2024 - Parent Café, in person events. More details to follow!

Spring presentation/workshops on fostering positive parent-child relationships. More Details to follow!

**UP**coming  
EVENTS



# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

January

## New Beginnings

The new year signals a new beginning. Your family may be thinking about starting to exercise. To be successful in the long run, set goals that are reasonable and realistic. Use the SMART system to help you do this.

- Specific
- Measureable
- Action Oriented
- Realistic
- Timely



Here is an example of a **SMART** goal...

*We will walk for 15 minutes, every Monday, Wednesday and Friday after dinner for the entire month of January. In February, we will meet and talk about our goal.*

## New Habits

January is a month of creating new habits.

**Habit:** *A behavior pattern that comes from doing something over and over again until it becomes natural to do often without thinking.*

We tend to think of a habit as something bad (smoking, overeating, etc.) but it doesn't have to be. Help your family create some new habits for the new year. Here are some examples. *We will...*

- *always wear our helmets when bike riding*
- *only watch TV for ½ hour each day*
- *eat a family meal together at least once a day*
- *try a new food once a week*
- *use the stairs instead of the elevator*





## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might have heard them singing some of the Choosy Kids songs. There are a lot of benefits to using music with children.

Children exposed to music and movement:

- Do better in reading and math.
- Are able to focus more and control their bodies.
- Play better with others and feel good about themselves.

To add music to your life...

- Listen to music in the car or while doing chores.
- Make musical instruments out of pie pans, empty containers or paper towel rolls.
- Purchase music CD's for your child as a birthday or holiday gift.
- Find out from your child's teacher what songs they are singing in school and learn the lyrics so you can sing along.
- Check out the local newspaper for free concerts and take your family.

For more information on Choosy Kids music or to sample the music, visit:

<http://www.choosykids.com/CK2/av/>

## Move it!

This month's Move It! focuses on fun that families can have at home with very few materials. Children will improve their range of motion, flexibility, coordination, self control and creativity.

### Dance Party

An inside winter activity! The weather might be cold outside but that doesn't have to keep you from being active. Why not host a family dance party? It only takes a few moments to get ready.

- Clear out the center of a room. Make sure the floor is free from objects that will prevent you from moving freely. If necessary, push any furniture closer to the wall.
- As a family, decide on some music to play.
- Turn on the music and show your moves!

Here are some ways to mix it up.

- Vary the music: fast/slow, loud/soft, high/low notes.
- Take turns leading the "moves" while others imitate them.
- Dance with scarves or streamers.



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)

This publication was developed as part of the KKG! initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)



# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

February

## Love your heart!

Children need to have MVPA every day. MVPA stands for Moderate to Vigorous Physical Activity. When children get their daily MVPA, they are building strong hearts. Here are some examples of moderate and vigorous activities:



**Moderate activities** (make your heart beat a little faster)

- Walking
- Swinging
- Playing on a see-saw
- Pedaling a bike on a flat surface

**Vigorous activities** (make your heart beat really fast)

- Running
- Pedaling a bike uphill
- Going up a couple flights of stairs
- Playing a game of tag

And there is no better way to make your heart happy and healthy than by doing MVPA activities together as a family.

## Know your heart

February is usually associated with love and hearts. How well do you really know your heart? Here are some fun facts about the most important muscle in your body.

- Clench your fists and put them side by side. This is roughly the size of your heart. A child's heart is about the size of one clenched fist.
- A woman's heart weighs about 8 ounces and a man's is about 10 ounces.
- The human heart beats 35 million times a year.
- Women's hearts beat faster than men's.
- The left lung is smaller than the right to make room for the heart.



## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from this [I'm Moving I'm Learning](#) CD song.

### My Heart Says Thanks

When I eat my fruit (make eating motions), my heart says thanks.

Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

When I drink my milk (make drinking motion), my heart says thanks.

Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

When I rest and sleep (pretend sleep), my heart says thanks.

Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

But when I move, move, move.... (move your body)

And when I jump, jump, jump... (jump)

And when I hop, hop, hop... (hop)

And when I run in place... (run in place)

My happy healthy heart says,

My happy healthy heart says,

Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

For more information on Choosy Kids music or to sample the music, visit:

[www.choosykids.com/ck2/av](http://www.choosykids.com/ck2/av)

## Move it!

This month's Move It! focuses on a well known song and game, The Hokey Pokey. This activity is a wonderful way to help your children improve their listening skills and vocabulary.

### Winter Hokey Pokey

The Winter Hokey Pokey is a great activity to do during the cold, inside winter months. It is also a great way to get your children dressed and ready to head outdoors.

You simply use the Hokey Pokey song and make changes based on what clothing your children have. For example:

- You put your *mitten* in, you take your *mitten* out, you put your *mitten* in and you shake it all about. You do the Winter Hokey Pokey and turn yourself around. That's what it's all about!
- You put your *boots* in...
- You put your *coat* in...
- You put your *hat* in...
- You put your *scarf* in...
- Add anything else you might be wearing



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)

This publication was developed as part of the KKG! initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)



## NEED HELP WITH YOUR ENERGY BILLS?



The Public Utility Commission requires utilities to have programs and protections that help limited-income customers keep their utility service. These programs may help you to pay utility bills or lower the amount of electricity or natural gas you use.

The local electric or natural gas company may call them by different names, but each company has the following programs listed below. Here are some tips to help you stay warm, lower your heating bills, and tell you who to call when you need help.



**Budget Billing:** All residential customers may contact their electric or natural gas company to request budget billing at any time. This form of billing is based on the customer's past 12 months of energy usage to arrive at a fixed "average" amount to bill each month. The utility company can adjust this average four times a year higher or lower depending on the customer's usage.



**Customer Assistance Programs (CAP):** This program is set up between the utility company and a limited-income, payment-troubled customer to pay utility bills that are based on household size and gross household income. CAP customers agree to make regular monthly payments, which are usually less than the current bill, in exchange for continued utility service.



**Customer Assistance Referral and Evaluation Program (CARES):** The CARES program will help customers with special needs. Special needs customers are consumers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.



**Low-Income Usage Reduction Program (LIURP):** LIURP helps limited-income residential customers lower the amount of electricity or natural gas used each month. The utility company may provide free home weatherization. A utility company representative may come to your home to install energy saving features to help reduce your monthly bill.

## LIHEAP and Hardship Funds also are Available!



**Low-Income Home Energy Assistance Program (LIHEAP):** LIHEAP provides financial assistance to income-qualifying households to pay energy bills. LIHEAP is a federal program administered by the Pennsylvania Department of Human Services (DHS) and consists of three components:

- **Cash Benefits:** Helps limited-income customers pay their home energy bill.
- **Crisis:** Helps limited-income customers meet home emergency situations and restore services if their service has been shut off.
- **Weatherization:** Helps qualified limited-income customers reduce their energy consumption through home improvements.

**NOTE:** Limited-income customers who qualify for Cash and Crisis can receive both. For more information please contact your local county assistance office or DHS at: 1-866-857-7095.



**Hardship Funds:** Utility company hardship funds provide cash assistance to utility customers to help them pay their utility bills. Hardship funds provide assistance grants to customers who “fall through the cracks” of other financial assistance programs, or to those who still have a critical need for assistance after the other resources have been exhausted. The fund makes payments directly to companies on behalf of eligible customers. For further information, contact your local utility company.

**NOTE:** You must meet certain income limits and be payment troubled to qualify for CAP, CARES, LIURP, LIHEAP and the hardship fund. Call your local utility company for more details to see if you qualify.

If you or someone you know is without utility service, or has received a utility shut-off notice, first call your local utility company for help! Most utility companies have Home Energy Assistance Programs available to assist customers in need.

Your utility company will work with you and explain programs that may help you depending on your income or hardship situation.

**CALL US For More Information !!!**



The Pennsylvania Public Utility Commission  
1-800-692-7380

For people with speech or hearing loss,  
dial 7-1-1 (Telecommunications Relay Service)

[www.puc.pa.gov](http://www.puc.pa.gov)  
[ConsumerEd@pa.gov](mailto:ConsumerEd@pa.gov)





Shippensburg Head Start Program

# Male Involvement Initiative

Volume 3

Jan/ Feb 2024 Edition





# MALE INVOLVEMENT



## Accepting Your Child's Mistakes



One of the most difficult parts of being a father is learning to accept your children's mistakes. It certainly can be easy to be loving, supportive, and helpful when your children are mistake-free, but most fathers who are paying attention don't find too many mistake-free periods of their children's lives.

Let's be clear about our kids and their mistakes. There aren't too many kids who get up in the morning, rub their hands together and say, "I wonder how I can screw up today and really bother my dad!" Kids don't enjoy or want to make mistakes, it's just one of the ways that they learn about the world.

Kids usually try to do their best; it's just that they are doing their best considering the resources that they have at the time. Sometimes they're tired, sometimes they're easily distracted, and sometimes they're strong-willed, but they generally do the best that they can. It's very easy for us to judge them according to standards of what they've done before.

When our kids make mistakes, we have choices to make. Fathers can either make choices that help to create kids who are defensive and who lie to them ...or they can make choices that help to create kids who can learn from their mistakes and improve upon them.

Kids who fear punishment or the loss of love in response to their mistakes learn to hide their mistakes. These children live in two different places --one place where they have the love and support of their father (parents), and another where they feel that if their mistakes were discovered, they would be undeserving of that love. It is hard for these kids to fully accept their parents' love and support even when it is expressed. It is also difficult for these kids to set high standards for themselves, because they tend to be fearful of failing. These are some ideas for fathers who are committed to helping create kids who can learn from their mistakes, and who are not afraid of making a few:

Absolutely accept the notion that your kids are doing their best, and that they will learn faster about their mistakes if they are in an environment that accepts mistakes.

Understand that your difficulty with your kids' mistakes is in fact a reflection of your difficulty dealing with your own mistakes; be aware of this and deal with your own issues first. Know the "shaming" messages that we can all give so easily to our kids--messages that can do a lot of damage to them and help them to feel unworthy. Here's a few of them:

***How could you have done that?***  
***You don't listen to me!***  
***You can do better than that!***  
***What's the matter with you?***

Keep providing your kids with learning experiences, but at the same time structure their environment so they can't make too many mistakes (having expensive glassware around the house where children might break it is not their fault).

Provide a great model for your children by the way you react to making mistakes: do you get defensive and stretch the truth, or do you "own" the mistake and learn something from it? Create a "culture" that is based on learning from mistakes.

We have only one chance to show our kids the patience and discipline necessary to allow them to learn from the mistakes that we've all made. Your opportunity to improve just started now; give your kids the room that they need and deserve.



## Winter Car Seat Safety Tips: Keeping Kids Safe & Warm



Winter is a tricky time for car seats. As a general rule, **bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.** In a car crash, fluffy padding in a coat immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.

**Here are some tips to help strike that perfect balance between keeping little ones warm as well as safely buckled in their car seats.** *Note: The tips below are appropriate for all ages. In fact, wearing a puffy coat yourself with the seat belt is not a best practice because it adds space between your body and the seat belt.*

- **Store the carrier portion of infant seats inside the house when not in use.** Keeping the seat at room temperature will reduce the loss of the child's body heat in the car.
- **Get an early start.** If you're planning to head out the door with your baby in tow on winter mornings, get an early start. You have a lot to assemble, and your baby may not be the most cooperative. Plus, driving in wintry conditions often requires you to slow down and be extra cautious.
- **Dress your child in thin layers.** Start with close-fitting layers on the bottom, like tights, leggings or long-sleeved bodysuits. Then add pants and a warmer top, like a sweater or thermal-knit shirt. Your child can wear a thin fleece jacket over the top. In very cold weather, long underwear is also a warm and safe layering option.

As a general rule of thumb, infants should wear one more layer than adults. If you have a coat on, your infant will probably need a coat, and blanket. Just **remember to remove the coat and blanket inside the car** before putting your child in the car seat. A safer option is to drape a blanket or coat over the car straps.

- **Don't forget hats, mittens and socks or booties.** These help keep kids warm without interfering with car seat straps. If your child is a thumb sucker, consider half-gloves with open fingers or keep an extra pair or two of mittens handy—once they get wet they'll make your child colder rather than warmer.
- **Tighten the straps of the car seat harness.** Even if your child looks snugly bundled up in the car seat, multiple layers may make it difficult to tighten the harness enough. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest.



- **Use a coat or blanket over the straps.** You can add a blanket over the top of the harness straps or put your child's winter coat on backwards (over the buckled harness straps) after they are buckled up. Some parents prefer products such as poncho-style coats or jackets that zip down the sides so the back can flip forward over the harness. Keep in mind that the top layer should be removable so your baby doesn't get too hot after the car warms up.
- **Use a car seat cover ONLY if it does not have a layer under the baby.** Nothing bulky should ever go underneath your child's body or between their body and the harness straps. Be sure to leave your baby's face uncovered to avoid trapped air and suffocation. Many retailers carry car seat bundling products that are *not* safe to use in a car seat. Just because it's on the shelf at the store or sold online does not mean it is safe! Make sure products have been approved by the Consumer Product Safety Commission.
- **Remember, if the item did not come with the car seat, it has not been crash tested and may interfere with the protection provided in a crash.** Never use sleeping bag inserts or other stroller accessories in the car seat.
- **Pack an emergency bag for your car.** Keep extra blankets, dry clothing, hats and gloves, and non-perishable snacks in your car in case of an on-road emergency or your child gets wet on a winter outing.

Remember: Taking a few extra minutes to ensure your car seat is secure and there is nothing bulky between the child and the straps is well worth it. You can then travel with peace of mind.



# WIC IS AT SHIPPENSBURG HEAD START!

## Tuesday, March 19, 2024

How do I apply?

Get started online at [www.TapestryOfHealth.org](http://www.TapestryOfHealth.org) or call

**877-743-1372.**

**9:00 am - 3:00 pm**  
**Head Start @ Shippensburg University**

**54 Spiritual Center Drive**  
**Shippensburg, PA 17257**

#### Who is eligible for WIC?

- Pregnant women
- Breastfeeding women, for up to one year postpartum
- Women up to six months postpartum who are not breastfeeding
- Infants and children under 5 years old, including foster children

**PA WIC is funded by the USDA.**  
**This institution is an equal opportunity provider.**

COMMUNITY CARES



# FREE Winter Coats for all

**LOCATED AT 50 WEST PENN ST.  
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HELP YOURSELF BUT PLEASE HANG  
COATS BACK UP THAT YOU DO NOT  
CHOOSE TO TAKE.

**WE ALSO  
ACCEPT  
DONATIONS**

COATS, GLOVES,  
SCARVES, WINTER  
BOOTS, THERMALS, ETC...

*Our goal is to have coats  
available all winter long. We  
keep them in our outside  
tent to allow for easy  
access. Anyone in need or if  
you know anyone in need  
please help yourself.*

**For more information:  
717-249-1009 or Email:  
info@morethanshelter.org  
www.morethanshelter.org**

 **Thank You for  
Your Donation...**



# *Construyendo Para El Futuro*

Esta guardería infantil recibe asistencia monetaria del gobierno federal para servir comidas nutritivas a sus niños.  
¡Buena nutrición hoy significa un mañana más saludable!

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por el programa  
**"Child and Adult Care Food Program"**  
del Departamento de Agricultura de los Estados Unidos  
(USDA por sus siglas en inglés).

¿Preguntas? ¿Inquietudes?

Llame gratuitamente a USDA al: **1-866-USDA CND**  
**(1-866-873-2263)**

Visite el website de USDA: **[www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)**



United States Department of Agriculture  
Food and Nutrition Service  
FNS-317-S  
June 2000  
Revised June 2001

# *Building for the Future*

This child care receives  
Federal cash assistance to  
serve healthy meals to your children.  
Good nutrition today means  
a stronger tomorrow!

Meals served here must meet  
nutrition requirements established by USDA's  
**Child and Adult Care Food Program.**

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**  
**(1-866-873-2263)**

Visit USDA's website: **[www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)**



United States Department of Agriculture  
Food and Nutrition Service  
FNS-317  
June 2000  
Revised June 2001



## USDA Non-Discrimination Statement 2022

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1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

12/09/2022

## USDA Declaración de No Discriminación 2022

De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta entidad está prohibida de discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación sexual), discapacidad, edad, o represalia o retorsión por actividades previas de derechos civiles.

La información sobre el programa puede estar disponible en otros idiomas que no sean el inglés. Las personas con discapacidades que requieren medios alternos de comunicación para obtener la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas americano (ASL), etc.) deben comunicarse con la agencia local o estatal responsable de administrar el programa o con el Centro TARGET del USDA al (202) 720-2600 (voz y TTY) o comuníquese con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a USDA por:

**(1) correo:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**(2) fax:**

(833) 256-1665 o (202) 690-7442; o

**(3) correo electrónico:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

Esta institución es un proveedor que brinda igualdad de oportunidades.

01/26/2023

**SERVING:**

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**Now Recruiting for Early Head  
Start, Head Start and Pre-K!**

**2024-2025**



***These programs are FREE, but space is limited!***

**Who Should Apply?**

**Head Start/Early Head Start:** Pregnant women and children ages birth to 5 years whose household income is at or below 100% of the federal poverty guideline (\$30,000 or under for a family of 4)



**Pre-K Counts:** Children ages 4 and 5 entering kindergarten the following year, whose household income is at or below 300% of the federal poverty level (\$90,000 or under for a family of 4)

**How to apply:**

**Call Shippensburg Head Start 717-477-1626**

**or stop in and apply**

**Cora Grove Spiritual Center, Shippensburg University  
Shippensburg, Pa. 17257**

Shippensburg Head Start Program  
Shippensburg University  
1871 Old Main Drive  
Box 58  
Shippensburg, PA 17257  
Phone: 717-477-1626  
Fax: 717-477-4021  
E-mail: [headstart@ship.edu](mailto:headstart@ship.edu)  
Website:  
[www.ship.edu/headstart](http://www.ship.edu/headstart)

**Call Today!**