

SHIPPENSBURG HEAD START & PRE-K COUNTS

May/June 2024

News To Know...

Looking for Updates?

Please remember to follow us:



@:Shippensburg University
Head Start Program



Important DATES:

WIC at SU Head Start

March 19

Family Fun Night

April 10 - Shippensburg

April 16 - Carlisle

Policy Council:

March 21

April 18

NO CLASS

March 15

March 28

March 29

April 1-5 (Make up dates to be announced)

April 26

April 29

WHEN YOU DON'T

KNOW WHERE TO

TURN,

CALL 211

RESOURCE HELPLINE

MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Home Base Soc. 10-12:30	8	9
10	11	12 EHS 1&2 Soc. 10-12	13 EHS 3&4 Soc. 10-12	14 Home Base Soc. 10-12:30	15 No School	16
17 <i>St. Patrick's Day</i>	18	19 WIC at SU Head Start	20	21 Policy Council 10am Home Base Soc. 10-12:30	22	23
24	25	26 EHS 1&2 Soc. 10-12	27 EHS 3&4 Soc. 10-12	28 No School	29 Program Closed	30
31						



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SPRING BREAK Program Closed	2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK Home Base Soc. 10- 12:30	5 SPRING BREAK	6
<p>“Make –up dates vary for each classroom and will be announced soon.”</p>						
7	8	9 EHS 1&2 Soc. 10-12	10 EHS 3&4 Soc. 10-12 Family Fun Night - Ship	11 Home Base Soc. 10-12:30	12	13
14	15	16 Family Fun Night - Carlisle	17	18 Policy Council 10am Home Base Soc. 10-12:30	19	20
21	22	23 EHS 1&2 Soc. 10-12	24 EHS 3&4 Soc. 10-12	25	26 No School	27
28	29 No School	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.
- 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.



BUILDING BLOCKS OF POSITIVE PARENTING

Overall Description of the Presentations

We'll start off talking about how to lay the foundation for "good behavior" before we move on to handling behavior challenges. Parents are encouraged to attend all four sessions, to get the most out of them! This series of one-hour webinars is presented by child therapists from Campbell Psychological Services.

☐ Session 1 – Feb. 28th
11:00 AM – 12:00 PM
Presenter: Shannon
Snyder, LPC
Topic: Structure &
Routine

☐ Session 2 – March 27th
11:00 AM - 12:00 PM
Presenter: Brianna
Lightner, LPC & Kayla
Kennen Schmidt
Topic: Building a Positive
Relationship

☐ Session 3 – April 24th
11:00 AM - 12:00 PM
Presenter: Allison Hurley
Topic: Why is My Child
Behaving Badly?

☐ Session 4 – May 22nd
11:00 AM – 12:00 PM
Presenter: Liz Campbell,
PhD
Topic: When
Consequences are
Needed



Campbell,
PSYCHOLOGICAL SERVICES



JOIN ZOOM MEETING
[https://ship.zoom.us/
j/99395790697](https://ship.zoom.us/j/99395790697)

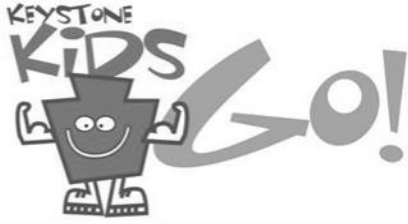
Parent Committee Meetings:

The 3rd Parent Committee Meetings will be held in March and April for Early Head Start and Head Start classrooms.

- ⇒ EHS 2: Tuesday, March 26th at 10:00 am
- ⇒ EHS 3 / 4: Wednesday, March 13th at 10:00 am
- ⇒ Ship Head Start: Thursday, April 25th at 1:00 pm
- ⇒ Head Start Home Base: Thursday, March 7th at 10:00 am
- ⇒ Newville Head Start: Friday, April 19th at 1:00 pm
- ⇒ Carlisle Head Start (Hamilton): Wednesday, March 6th at 1:00 pm

Upcoming Parent Engagement Opportunities:

- Campbell Psychological Services Webinar Series
See prior page for details on all 4 sessions!
- Financial Literacy Zoom Presentation by Maranatha Ministries
Date: March 19th, 2024 Time: 4:00 pm – 5:30 pm
See page 18 for more details!
- April & June 2024 – Parent Café, in person events. More details to follow!



Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

March

Go Green

Spring has almost sprung. It won't be long before you can head out into the great outdoors for fun and sun. This month's newsletter features things you and your family can do inside to turn trash into treasure. Think about what you usually throw away. Many things like cans, plastic bottles, cardboard and paper can be remade into new items. Making recycled goods takes less energy and fewer resources than making products from brand new materials.



"Green" Bean Bags

Where did the other sock go? Ever ask yourself that question while doing laundry? Now you can create bean bags from lonely or worn out socks. You will need:

- Old or single socks
- Scissors
- Stuffing (beans, Styrofoam, popcorn, etc.)
- Something to close the end up with (needle and thread, strong glue, duct tape)



Directions:

1. Cut off the open end of the sock, leaving 4-5 inches.
2. Fill the toe of the sock with stuffing. Make sure to leave enough room to close it off and for the stuffing to be able to move around a little.
3. Close up the end with what materials you have.

Note... If you chose to close the sock with a needle and thread or certain types of glue, it is advisable that an adult do it. Another option is to leave the sock alone and simply close the end with a knot.

Use your bean bags in a variety of ways. Not sure what to do? Check out the Move it! section for a fun inside activity.

Chant it!

Phonological Awareness is a very important skill children need to become readers. The best way to help children to develop Phonological Awareness is by encouraging them to do something they love... play with words. This month's Chant it! focuses on the rhyming song, **Willoughby Walliby Woo**. You and your family can get creative and make up your own silly song.

Willoughby Walliby Woo

Willoughby walliby **wee**

An elephant sat on **me**

Willoughby walliby **woo**

An elephant sat on **you**

Willoughby Walliby **Wusten**

An elephant sat on **Justin**

Willoughby Walliby _____

An elephant sat on _____



Move it!

This month's Move It! focuses on an inside tossing activity. All it takes is a little preparation and safety check.

"Green" Bean Bag Toss

You will need:

- Bean bags (refer to the activity on the front page of this newsletter)
- Cardboard box
- Tape or a piece of paper

Note... To involve the children even more, you can give them markers or stickers to decorate the box. You can also cut holes of various sizes in the side of the box.

Directions:

1. Find a good place in the house to set up the game, somewhere free from fragile objects and plenty of room.
2. Set the box on the floor, either with the opening on the top or the front.
3. Place a piece of tape or paper to show the children where to stand. The older the child, the further away from the box.
4. Encourage your children to throw the bean bags with the goal of getting them in the box.



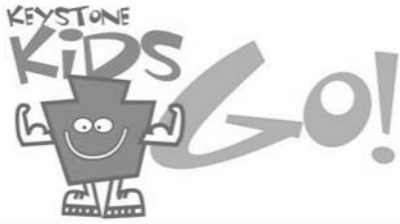
To make the bean bag toss box shown above, visit:

<http://www.make-baby-stuff.com/bean-bag-toss-game.html>

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

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



Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

April

New Life

The outdoors is finally coming to life. The cold weather has gone, things are starting to get green and it is time to head outside. Outside the ground might be soft from the winter thaw or muddy from the April showers. Not to worry... Think about what you can do on sidewalks, playgrounds or porches. Some favorite items are sidewalk chalk and bubbles. Don't have any bubbles? Check out the bubble "recipe" below using common kitchen items.



Joyful Bubbles

You will need:

1. 2 cups dish detergent
2. 6 cups water
3. $\frac{3}{4}$ cup Karo syrup (corn syrup)

Directions: Mix everything together and let sit overnight.

Bubble tips:

1. If bubbles pop easily or the solution does not work well, add more water.
2. Do not shake or stir the bubble mixture.
3. Dawn and Joy seem to be the best choices for bubbles.
4. Bubbles work great on an overcast day. In addition to this, they love moisture so be sure and try them out after a rain.
5. To catch a bubble in your hand, wet it first.



Chant it!

This month's Chant it! features a song set to a familiar tune. Your child will learn about shapes and body parts as they go through the words and motions.

Bubbles, Bubbles

(Sung to the tune of Twinkle, Twinkle, Little Star)

Bubbles floating all around, (Pretend to catch bubbles)

Bubbles big and bubbles round. (Make a big circle using your arms)

Bubbles on my toes and nose, (Reach over and touch toes, stand up and touch nose)

Blow a bubble... up it goes! (Pretend to blow bubble and move hand upward)

Bubbles floating all around, (Twist and turn body while pretending to catch bubbles)

Bubbles falling to the ground. (Sing slowly as you sink to the ground)



Move it!

This month's Move It! focuses on an engaging activity the entire family can do. Your child will work on problem solving and motor skills as they play with the bubbles.

Pop, Goes the Bubble!

Bubble play is fun for children of all ages. Try out this activity using things you already have around the house. Some examples are a slotted spoon, funnel, fly swatter, mason jar lid ring and cookie cutters.

You can also craft a bubble wand of your own using a wire coat hanger. Wire hangers can be bent, by an adult, into a variety of shapes and sizes. Use pliers to straighten the wire. Next, bend a large loop at one end leaving room for a handle. Close the loop end off by wrapping a bit of the end around the handle. Plastic-coated wire hangers work best for this although any stiff, flexible wire will work.

Encourage your child to predict which bubble wands will work best. Which will make the smallest bubble? Which will make the biggest bubble?

Blow bubbles up high and blow them down low. Encourage your child to run and jump to catch the bubbles. You can have them squat down low to pop them. Mix it up so they need to make a variety of moves to get them popped.

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

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

FREE TAX PREPARATION!

Families (2 or more people) who made \$64,000 or less and individuals who made \$45,000 or less in 2023 may be eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program! Review the following information BEFORE arriving at a site.



You MUST bring the following documents to have your taxes prepared:

- Valid photo ID (driver's license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one) for each year's taxes that you need prepared.
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health care from the marketplace, bring your form 1095-A. (We cannot prepare your return without it.)

Also bring the following information if it is available:

- Previous year's federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider's address and Employer Identification Number (EIN) or their Social Security number.

For more information on tax prep sites, contact United Way of the Capital Region at 717.724.4077, or e-mail miyp@uwcr.org.

Please do not call sites directly unless a number is listed.

TAX PREPARATION WILL BEGIN ON FEBRUARY 5, 2024 AT THE FOLLOWING SITES:

CUMBERLAND COUNTY

Bosler Memorial Library

158 W. High St., Carlisle

Appointment only. Call 211 to schedule.

Fridays: noon - 4 p.m.

Employment Skills Center

29 S. Hanover St., Carlisle

No appointment needed.

Tuesdays, Thursdays: 5:30-7 p.m.

First Christian Church of Lemoyne

442 Hummel Ave., Lemoyne

Appointment only. Call 211 to schedule.

Thursdays: 6-8 p.m.

Saturdays: 9 a.m. - noon

(Second & fourth Saturdays each month.)

Messiah University

Frey Hall, Rm. 150

One University Ave., Mechanicsburg

717.796.1800, ext. 7300 (Info only.)

No appointment needed.

Mondays: 5:30-7:30 p.m.

(Open 2/26 thru 4/15. Closed 3/11 & 4/1.)

New Hope Ministries, Inc.

5228 Trindle Rd., Mechanicsburg

No appointment needed.

Mondays, Wednesdays: 5:30-8:30 p.m.

Penn State Dickinson Law

150 S. College St., Rm. 104, Carlisle

No appointment needed.

Wednesdays: 5-8 p.m. (Closed 3/6.)

The Professional & Educational

Empowerment Center (PEEC) 

219 N. Pitt St., Carlisle

No appointment needed.

Mondays: 3:30-7:30 p.m.

Saturdays: 10 a.m. - 2 p.m. (2/24 only.)

Shippensburg University

Diller Center, 29 E. King St., Shippensburg

No appointment needed.

Wednesdays: 5-9 p.m. (Closed 3/13.)

Tri County Community Action

123 N. Enola Dr., 2nd Floor, Enola

Appointment only. Call 211 to schedule.

Mondays: 9 a.m. - 1 p.m.

Middletown Public Library

20 North Catherine St., Middletown

No appointment needed.

Mondays, Thursdays: 5-8 p.m.

Tri County Community Action

20 Clearfield St., Elizabethtown

Appointment only. Call 211 to schedule.

Tuesdays: 9 a.m. - noon

Tri County Community Action

1514 Derry St., Harrisburg

No appointment needed.

Tuesdays: 6-8:30 p.m.

Widener Law Commonwealth &

Central PA Law Clinic 

3605 Vartan Way, Harrisburg

Appointment only. Call 211 to schedule.

Saturdays: 9 a.m. - noon

PERRY COUNTY

Perry County Literacy Council

133 South 5th St., Newport

Appointment only. Call 717.567.7323

to schedule.

Mondays: 5-8 p.m. with other evenings

and some Saturdays.

Tri County Community Action

8407 Spring Rd., New Bloomfield

Appointment only. Call 211 to schedule.

Fridays: 10 a.m. - 4 p.m.

DAUPHIN COUNTY

Belco Community Credit Union

449 Eisenhower Blvd., Harrisburg

Appointment only. Call 211 to schedule.

Wednesdays: 5:30-8 p.m.

Market Square Presbyterian Church

20 S. Second St., Harrisburg

No appointment needed.

Tuesdays, Thursdays: 9:30 a.m. - 12:30 p.m.

LET TRAINED VOLUNTEERS PREPARE YOUR TAXES FOR FREE!

Families (2 or more people) who made \$64,000 or less and individuals who made \$45,000 or less in 2023 may be eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program!



- The amount of money you get back depends on the amount you earned.
- To get a refund, you must file a tax return even if you don't owe anything.
- If you did not claim the Earned Income Tax Credit (EITC) in the past but were eligible, you can file an amendment at any time during the year for up to three previous tax years. You may be eligible for money you did not know about!
- Refunds for e-filed returns that will be direct deposited are usually received in 10 days or less.

TOUCH-FREE TAXES FREE Remote Tax Preparation

Touch-Free Taxes is a free tax preparation program which can be done from the comfort of your home by connecting you to a trained volunteer to complete your taxes.

You can start using the Touch-Free Taxes service starting February 5, 2024 by visiting:

www.getyourrefund.org/uwcrpa

For more information, e-mail miyp@uwcr.org or call 717.724.4077.

Touch-Free Taxes is brought to you by the Money in Your Pocket program.

FEDERAL EARNED INCOME TAX CREDIT ELIGIBILITY

If you fit these guidelines, you may be eligible for the Federal Earned Income Tax Credit (EITC).

Children	Single Income	Married (filing jointly)
No children	\$17,640	\$24,210
1 child	\$48,560	\$53,120
2 children	\$52,918	\$59,478
3 or more children	\$56,838	\$63,398

All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about special accommodations, or the availability of interpreters, call the MIYP info line at 717.724.4077, or e-mail miyp@uwcr.org.

MONEY IN YOUR POCKET PARTNERS:

- Belco Community Credit Union
- Bosler Memorial Library
- Central Pennsylvania Food Bank
- Citizens Bank
- Code For America/Get Your Refund
- Dickinson College
- Employment Skills Center
- First Christian Church of Lemoyne
- Market Square Presbyterian Church
- Messiah University
- Middletown Public Library
- Midwest Food Bank
- Mifflin-Juniata Human Services
- New Hope Ministries, Inc.
- Penn State Dickinson School of Law
- Penn National Insurance
- Perry County Literacy Council
- PNC
- The Professional & Educational Empowerment Center
- Shippensburg University
- Tri County Community Action
- Truist Foundation
- United Way of Carlisle and Cumberland County
- United Way of the Capital Region
- U.S. Department of Treasury, Internal Revenue Service
- Widener University Commonwealth Law School

FUNDED BY:



U.S. Department of Treasury, Internal Revenue Service

LEAD AGENCY:



United Way of the Capital Region

The Money in Your Pocket program is a community collaboration to promote the Earned Income Tax Credit, free tax assistance and financial literacy within the Capital Region. Money in Your Pocket does not tolerate discrimination by its volunteers against anyone because of age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.

For more information, call 717.724.4077 or visit www.uwcr.org/miyp or www.irs.gov.



Shippensburg Head Start Program

Male Involvement Initiative

March/April 2024 Edition

Volunteering

**National Responsible
Fatherhood Clearinghouse**

<https://www.fatherhood.gov/for-dads/volunteering>

One of the greatest benefits people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. Benefits such as pride, satisfaction and accomplishment—are worthwhile reasons to serve.

We all have talents and strengths that we can use to give back. Whether it's a one-day event, like participating in a walk-a-thon together, or a long term commitment, like joining a program like Meals-on-Wheels, volunteering and being involved in the community can be a great way to spend time with your child and teach him/her the importance of helping others.

Research suggests that families who volunteer together have strong ties. Kids involved in community service have higher self-esteem and are less likely to engage in risky behaviors. By volunteering, kids and teens learn what it means to make and keep a commitment. They learn how to be on time for a job, do their best, and be proud of the results. But they also learn that, ultimately, we're all responsible for the well-being of our communities.

Volunteering

National Responsible
Fatherhood Clearinghouse

<https://www.fatherhood.gov/for-dads/volunteering>

TIPS & BEST PRACTICES

Volunteer in your community. Your child will gain a better understanding of the importance of helping others. Check out Volunteer.gov or VolunteerMatch for ideas.

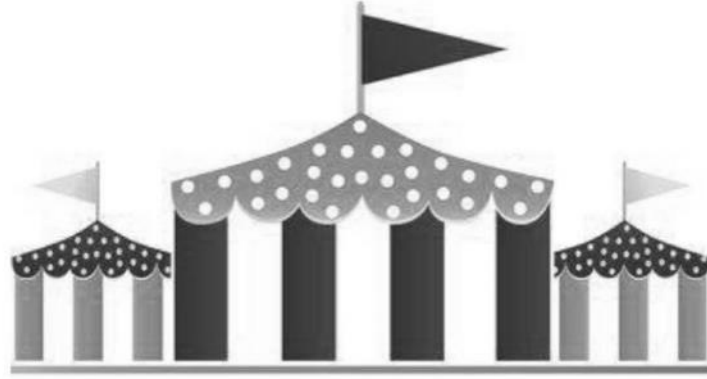
Start your own volunteer project. There are a lot of resources available for families and community groups interested in spearheading a service project. Here are some Federal resources to help you get started.

- United We Serve: Getting Started Toolkits
- Community Renewal: Starting a Clothing Drive Team
- Community Renewal: Supporting a Local Food Bank
- Education: Starting a Book Distribution Team (Book Drive)
- Create Your Own Project!

Make giving and volunteering a habit. Set aside toys and clothing in good condition. Deliver the items to a deserving cause together. Talk about the process and why you care. Find more tips on raising grateful kids on PBS.org.



Join us for :



**Shippensburg University
Head Start Carnival**



Family Fun Night

Our Family Fun Night theme is: Going to the Carnival!

Enjoy a night of fun activities, snacks, and prizes!

More information to come from your teacher!

**Tapestry
of Health**
WIC PROGRAM



WIC IS AT SHIPPENSBURG HEAD START!

Tuesday, June 18, 2024

How do I apply?

Get started online at 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.

Financial Literacy Workshop

Do you need help learning how to budget and save your money? Come join us and Marantha in Carlisle for a financial literacy workshop that will help you understand the basics to reach your goals!

When: Tuesday, March 19th @ 4pm

Where: Zoom (Link will be provided closer to the time)



For any questions about the workshop, please contact Rebecca Souders at resouders@ship.edu or at (717) 477-1626 ext. 3558

To RSVP, please use the QR code to the left!

Kindergarten Registration for the 2024 – 2025 school year!

South Middleton Area School District – for the child to enter Kindergarten, the child must be 5 years old, by August 1st, 2024.

Registration Link: www.smsd.us/welcome/central_registration

Carlisle Area School District – for the child to enter Kindergarten, the child must be 5 years old by August 31st, 2024.

Registration Link: https://www.carliseschools.org/student_services/registration/student_registration_for_the_2024-25_school_year

Big Spring Area School District – for the child to enter Kindergarten, the child must be 5 years old, on or before September 1st, 2024.

Registration Link: <https://www.bigspringsd.org/Page/2120>

Shippensburg Area School District – for the child to enter Kindergarten, the child must be at least 5 years of age on or before September 1st, 2024.

Registration Link: <https://www.shipk12.org/k>



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**



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**



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

USDA Non-Discrimination Statement 2022

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

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

Esta institución es un proveedor que brinda igualdad de oportunidades.

01/26/2023

SERVING:

SHIPPENSBURG

CARLISLE

NEWBURG

NEWVILLE

MT. HOLLY
SPRINGS

BOILING SPRINGS

ORRSTOWN

WALNUT BOTTOM

**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 (\$31,200 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 (\$93,600 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
Website:
www.ship.edu/headstart

Call Today!