

West River Head Start

Calendar 2025-2026



60 YEARS of RESULTS
HEAD START | Since 1965

Welcome to West River Head Start

We look forward to working with you and your family. This calendar is a guide with valuable information about the services offered through our program, to learn more about our program and to keep you informed of upcoming Head Start events.



West River Head Start is committed to giving children and their families the opportunity to grow within their communities by providing quality education and family services.

Children attend school on
Monday, Tuesday, Thursday, and Friday.

NO SCHOOL on Wednesday!



Our Locations

West River Head Start serves Morton, Grant, and Oliver counties with classrooms in Mandan, Carson, and New Salem.

West River Head Start
1004 7th Street SW
Mandan, ND 58554
Tel: (701) 663-9507

West River Head Start
210 2nd Ave West
PO Box 197
Carson, ND 58529
Tel: (701) 622-3505

West River Head Start
407 North 5th Street
PO Box 116
New Salem, ND 58563
Tel: (701) 843-8061

Fax: (701) 663-9643

www.hitinc.org/services/WestRiverHeadStart/



Together We Can



Be actively involved in our program. You are very much needed and appreciated!

In-Kind

Head Start is FREE for all the families. In exchange, we ask for your IN-KIND! How can you earn in-kind for our program?

- Volunteer in the classroom.
- Serve on Policy Council.
- Continue learning at home! Reinforce school readiness skills taught at Head Start by doing activities that are sent home.
 - School Readiness In-Kind Form (green sheet)
 - Backpack Reading - read a book to your child
 - "Get Moving" In-Kind Form
- Attend Parent Committee meetings.
- Donate items that will directly benefit our Head Start program. Ask your teacher or FSC for ideas.

Volunteer at Head Start

- Classroom volunteers help the teachers with daily activities. Come for a while or spend the day. An extra set of hands is always appreciated! Help with the daily routine, field trips, breakfast/lunch, and outdoor duties. Ask about helping prepare materials for the classroom. Are you more of a fix-it person? We can use your skills around Head Start too!
- Assist with a field trip.
- Read to the children.
- Help plan Family Night and other activities.
- Help teaching staff with prep work, such as assembling games and decorating bulletin boards.

Required In-Kind
\$517,519

*Each hour you spend doing in-kind activities is worth \$33.05.
All it takes is about 150 hours per family during the year...about 20 hours a month.
Return your completed in-kind sheets every week! Volunteer in the classroom!*

Policy Council

The Policy Council is a group of Head Start parents and community members who help lead and make decisions about our Head Start program. Policy Council members are elected by current Head Start parents.

Family Activities

Special activities are planned throughout the year. Details will be shared in the classroom newsletters and Facebook posts.

- ♥ Family Activity Hours ♥ Family Nights ♥
- ♥ Week of the Young Child ♥
- Kindergarten Kick Off ♥ Stepping Up Program

Health Services Advisory

The Health Services Advisory Committee supports the wellness of Head Start children and families. The committee consists of Head Start parents, staff and community members and meets once a year (January).

Get ready for one of the biggest adventures of your child's life



School will be starting soon. These tips can help your children look forward to attending school every day. Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for kindergarten?

Adventure Time!

- Start a countdown to the first day of school. Share your excitement!
- Meet their teacher and visit their classroom! Attend the classroom orientation tour.
- Respond right away to outreach from your child's teacher and family support coach. Ask any questions you have!
- Visit with neighbors to see who is going to the same school. It's always fun to have a buddy.
- Make sure your child is up to date with immunizations.
- Ask your child's teacher about health and safety procedures.


Habit Time!

- Routines make everyone feel in control, and that's a good feeling.
- Set a regular bedtime and wake up time a few weeks in advance.
- Lay out clothes, backpack and shoes the night before. Have your child help choose what clothes they'd like to wear the next day.
- Schedule medical and dental appointments and extended trips when school is not in session.
- Be on time each day.
- Have a backup plan for vehicle trouble.



Showing up on time every day is important to your child's success and learning from preschool forward. Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in Head Start.

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Group Registration @ 10am in Mandan	5 MTM Returns	6	7	8	9
10	11 9-Month Staff Return New Staff Orientation 11:00- 3:00	12 New Staff Orientation 9:00- 11:45	13 New Staff Orientation 8:45- 10:15 All Staff Meeting 11:00-2:00	14	15	16
17	18	19	20 Classroom Tours	21 Classroom Tours	22	23
24	25 ½ of the class starts	26 Other ½ of the class starts	27 Annual staff training must be completed Observation Note Training- New staff	28 All Kids Attend	29	30
31	<div>(Your child's teacher will let you know which day your child will attend.)</div>					

HEALTH OVERVIEW

One of the goals of Head Start is to make sure your child is healthy and able to participate in all activities. Determining a child's health needs starts with the Well Child Exam and Dental Exam. Results that are "outside the normal range," "abnormal," or "failed" indicate the child may have a health issue. Such results must be followed up by rescreening and further evaluation by the health care provider to determine if the child has a health concern and, if so, what treatment is necessary.

Documentation of the **WELL CHILD EXAM** and **DENTAL EXAM** need to be submitted to Head Start **within 90 days of the first day of school**. If your child has had a Well Child or Dental exam in the last 12 months, have the provider complete the form from West River Head Start. If your child has not had a Well Child or Dental Exam in the past 12 months, schedule the appointments with your family doctor or dentist. If you do not have a medical or dental home established, contact your family support coach.



Health Requirements

Health related screenings/exams cover these areas:

- ✓ Vision test
- ✓ Hearing test
- ✓ Immunizations
- ✓ Lead screening
- ✓ Dental exam & treatment
- ✓ Well child exam including:
 - Blood pressure
 - Hemoglobin
 - Height
 - Weight

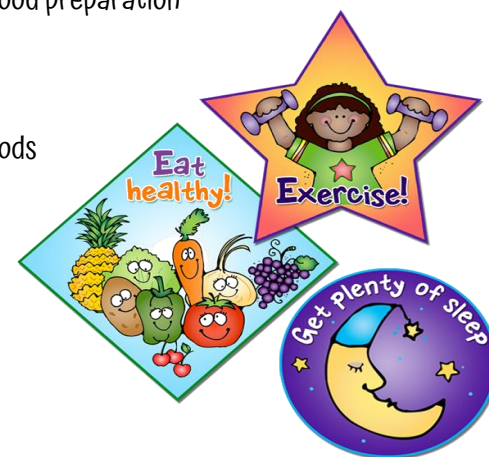


Nutrition

- ✓ Meals and snacks meet CACFP requirements. Menus will be posted at your site and on your classroom's Facebook page. If you have any concerns, talk with your child's teacher or family support coach.
- ✓ To keep your child healthy, we serve nutritious meals each day.

These times are used to teach:






- ☺ Helping with food preparation
- ☺ Good nutrition
- ☺ Good manners
- ☺ Trying new foods



Mental Health

West River Head Start promotes mental health wellness through a partnership with Dakota Children's Advocacy Center. Our mental health consultant completes classroom observations throughout the school year to assist in teaching social skills and healthy development. Parents are encouraged to share any concerns with their child's teacher or family support coach.

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO HEAD START  HIT Holiday	2	3	4 Health Screening Day in NS	5 Health Screening Day in Carson	6
7	8	9 Health Screening Day in Mandan	10 Brave Center Screenings	11 Health Screening Day in Mandan	12	13
14 Grandparents Day 	15	16	17	18	19	20
21 Developmental Screenings in Mandan & New Salem 	22	23	24 Brave Center Screenings	25	26	27
28 Developmental Screenings in Mandan and Carson 	29	30				





One of the goals of Head Start is to promote the development of self-control in children through positive guidelines and actions.

Children become more aware of their own value while learning to respect the rights of others and to follow certain rules.

- Staff of WRHS will create a **school family** which creates a safe, caring classroom that fosters meaningful academic and social learning. Part of building this school family includes each child having a meaningful job, creating rituals, setting classroom commitments, and **building connections** with each child. The school family promotes and encourages kindness and helpfulness.
- Classrooms will practice the **Safe Keeper Ritual**: *My job is to keep you safe. Your job is to help keep it that way!* Safety is the core of the classroom.
- Verbal abuse or derogatory remarks about the child, his/her family, or their race, religion, culture, or economic status will NOT be used or permitted.
- **Breathing techniques** will be taught as a way to relax, become calm, regain composure, and maintain control. **Star, balloon, drain, and pretzel** are some examples.
- Children will be **offered choices and given consequences**. For example, “When you throw the blocks, one of your friends could get hurt. You can throw the ball when we go outside, and you can build with the blocks. If you choose to throw the blocks again, you will have to leave the block area. We are going to keep our friends safe.”
- All children will be within sight of an adult. No child will be left alone at any time.
- The **Safe** Place in the classroom provides an opportunity for children to remove themselves from the group to become calm, regain composure, and maintain control when upset, sad, angry or frustrated. Children go to the Safe Place to be helpful and not hurtful to themselves and others. There may be breathing techniques posted, family photos, squishy balls, comfort bag, or many other things there to help manage feelings. Time out will not be used.
- Children will learn anger management, helpfulness, assertiveness, impulse control, cooperation, empathy, and problem-solving skills.
- All **behavior is viewed as a call for love (help) and will be seen as an opportunity to teach** the child skills so that next time the child/children will be better able to handle the situation on their own. Children will be involved in the conflict resolution process.
- Staff will help the children to be successful instead of attempting to make or “get them” to behave. For example, the perspective, “How can I get this child to clean up?” will be changed to, “How can I help this child be more likely to choose to clean up?”
- The staff will **focus on what they want the child to do!** Instead of saying, “No pushing, you know better than to push your friend, you need to be nice to your friends.” Say, “When you want your friend to move, say, ‘Move please.’ Tell him now for practice.”

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October is Fire Prevention Month	Test your smoke alarm. Practice your escape plan. Check your home for fire risks Teach your child to STOP, DROP and ROLL.		1	2	3	4
5	6	7	8 Policy Council @ 5:30 in Mandan	9	10	11
12	13	14 MSSEU Screenings in New Salem	15	16 NO HEAD START Staff Off	17 NO HEAD START Staff Off	18
19	20	21	22 Brave Center Screenings	23	24	25
26	27	28	29	30	31	



Is my child too sick to come to Head Start?

At Head Start, we want to protect the health and safety of all children and staff in each class. For this reason, there may be times when your child is ill and should not come to preschool. Review the following symptoms to know when to keep your child at home. If your child is diagnosed with a communicable illness by a healthcare provider, please let your child's teacher or FSC know immediately.





If your child develops symptoms while in class, the teacher may call you to come and pick up your child. Bus personnel may ask you to keep your child at home if they feel your child is too sick to attend.

Symptoms

- Fever above 101° F
- Sore throat and/or uncontrolled coughing
- Difficulty breathing and/or wheezing
- Extremely tired or irritable
- Rash with fever or behavior change
- Mouth or skin sores that are oozing
- Cold with yellow or green drainage from nose
- Diarrhea and/or vomiting: child cannot come back to Head Start until it has been at least 24 hours since the last episode of diarrhea or vomiting.



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Ends  TURN CLOCKS BACK 1 HOUR	3	4	5	6 Dr. Goebel visit in Mandan 9-11 am	7	8
9	10 Parent/Teacher Conferences Early Dismiss @ 1:00	11 NO HEAD START Staff Off 	12 Parent/Teacher Conferences	13 Parent/Teacher Conferences Early Dismiss @ 1:00	14 Parent/Teacher Conferences Early Dismiss @ 1:00	15
16	17	18	19 Brave Center Screenings Policy Council @ 5:30 in Mandan	20	21	22
23	24	25	26 Potential Snow Make-up Day	27 NO HEAD START Head Start CLOSED Thanksgiving HIT Holiday	28 NO HEAD START Head Start CLOSED HIT Holiday	29
30						

Play is child's work. What are they learning?

One of the primary responsibilities of Head Start is to ensure that each child receives a quality learning experience to work toward SCHOOL READINESS.

West River Head Start teaches children while using studies that most interest them.



Dramatic Play



- Make believe
- Role playing

Blocks



- Comparing
- Measuring
- Sorting
- Planning
- Building

Toys & Games



- Cooperation
- Small muscle control
- Problem solving

Sand & Water



- Expand vocabulary
- Small muscle control
- Develop eye-hand coordination

Outdoors



- Developing coordination
- Exercising
- Releasing energy

Cooking



- Measure & compare
- Numbers & counting
- Understands print

Discovery



- Observing
- Exploring
- Thinking
- Language skills

Library



- Listening
- Developing language
- Learning new words

Art



- Being creative
- Expressing independence
- Developing visual skills

Music & Movement





- Being creative
- Cooperation
- Developing coordination

Technology



- Eye-hand movement
- One-to-one correspondence
- Explore cause & effect

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Potential Snow Make-up Day	18	19	20
21	22	23 All Classrooms – Early Dismiss @ 1:00	24 NO HEAD START Head Start closed HIT Holiday	25 NO HEAD START Winter Break	26 NO HEAD START Winter Break	27
28	29 NO HEAD START Winter Break	30 NO HEAD START Winter Break	31 NO HEAD START Winter Break			

IS YOUR CHILD READY?

Guidelines for adequate supervision of children

from Burleigh County Social Services

Keeping children and young people safe is the responsibility of their parents. The following are guidelines to help parents establish safe practices. Risk factors for inadequate supervision may exist when the guidelines outlined below are not met.



All children left home alone must be able to demonstrate:

- Knowledge of where their parents or other responsible adults are, how to reach them, and length of time of absence.
- Knowledge of emergency procedures and arrangements for emergency situations.

Risk factors for inadequate supervision may also exist in circumstances where the caregivers are present but physically or mentally impaired to such an extent that they are unable to provide supervision or respond to the needs of the child.

REMEMBER, these are guidelines. There may be situations, even within these guidelines, when it is not safe to leave a child unsupervised. Parents are ultimately responsible for making decisions about their child's safety.

For children 0-4 years of age

- Outside the home, the child should always be in view of the caregiver. The caregiver must be able to respond to the child's immediate need for protection from harm.
- Children should not be left alone in a vehicle for more than a brief amount of time. If left alone, the child should always be in direct view of the caregiver. The child(ren) should be in a restraint unable to put the vehicle in gear.
- In the home, a caregiver should be available and able to respond to the child to provide immediate care and protection from harm.

For children 0-17 (specific minimum ages outlined)

- Children 8 years of age or under should always be supervised with a caregiver available. An 8-year-old should not be left in charge of children.
- Children 9 years old should not be left unsupervised for periods greater than 2 hours during the daytime. This age child should not be unsupervised at night and should not supervise other children.
- Children 10 and 11 years old may be left alone for longer periods of time. However, caution is advised in leaving a child unsupervised during sleeping hours. Children this age should not be responsible for younger children.
- Children who are 12 years of age or older may be permitted to act as babysitters. It is recommended that they successfully complete an approved child-care training course. Caution should be advised on the number of children left in care, length of time for care giving responsibility, factors regarding special needs of children left in care and resources available to child providing care.
- Children under 15 years of age should not be left unattended overnight. Extended absences of caregivers are not recommended.
- Caregivers should adhere to supervision requirements of public facilities (video arcades, drop-in centers, pools, restaurants, etc.)

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	1 NO HEAD START Head Start closed <i>Happy New Year!</i> HIT Holiday	2 NO HEAD START Winter Break	3
4	5 NO HEAD START Winter Break	6 NO HEAD START Winter Break	7 <i>Staff return</i>	8 <i>Welcome Back Kids!</i>	9	10
11	12	13	14 Brave Center Screenings	15	16	17
18	19 NO HEAD START Head Start closed HIT Holiday 	20	21 Potential Snow Make-up Day	22	23 Health Services Advisory Committee Meeting 12 pm in Mandan	24
25	26 Mandan Picture Day 9:30 a.m. (individual and class)	27 Mandan Picture Day 9:30 a.m. (individual and class)	28	29	30	31



WHAT IS A MEDICAL HOME?

A medical home is not a building, house or hospital. A medical home is an approach to providing health care services in a high-quality and cost-effective manner. Children and their families who have a medical home receive the care that they need from a pediatrician or physician whom they trust. Pediatricians and parents act as partners in a medical home to identify and access all the medical and non-medical services needed to help children and their families achieve their maximum potential.

If your child is on Medicaid, you must designate a “Medical Home” (Primary Care Physician) for your child at the time of your enrollment into the Medicaid program. If you are unsure who you designated as your child's medical home, please contact your eligibility worker at the county. Only the eligibility worker can tell you who you designated as your child's medical home.



The ideal source of a child's medical home is a primary care pediatrician working in partnership with the child's parents. For children with special needs, it may be best for a pediatric sub-specialist to coordinate care with the child's primary care pediatrician and parents.

The American Academy of Pediatrics believes that all children should have a medical home where care is accessible, family-centered, continuous, comprehensive, coordinated, compassionate and culturally competent.

ACCESSIBLE

- ♥ Care is provided in the child's community.
- ♥ All insurance, including Medicaid, is accepted and changes are accommodated.

COMPREHENSIVE

- ♥ Health care is available 24 hours a day, seven days a week.
- ♥ Preventative, primary, and tertiary care needs are addressed.

FAMILY-CENTERED

- ♥ Recognition that the family is the principal caregiver and the center of strength and support for children.
- ♥ Unbiased and complete information is shared on an ongoing basis.

COORDINATED

- ♥ Families are linked to support, educational, and community-based services.
- ♥ Information is centralized.



CONTINUOUS

- ♥ The same primary pediatric health care professionals are available from infancy through adolescence.
- ♥ Assistance with transitions (to school, home, adult services) provided.

COMPASSIONATE & CULTURALLY COMPETENT

- ♥ Concern for the well-being of the child and family is expressed and demonstrated.
- ♥ Family's cultural background is recognized, valued, and respected.

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>Dental Health Month</div> <div> Help your child brush twice a day for 2 minutes!   </div> </div>						
1	2	3	4	5	6	7
8	9	10	11 Brave Center Screenings Policy Council @ 5:30 in Mandan	12	13	14
15	16 NO HEAD START WRHS CLOSED HIT Holiday 	17 NO HEAD START Home Visit Week	18 Home Visit Week	19 NO HEAD START Home Visit Week	20 NO HEAD START Home Visit Week	21
22	23	24	25 Potential Snow Make-up Day	26	27	28

Helping Children Become Ready for Kindergarten

Head Start defines school readiness as children having the skills, knowledge, and attitudes necessary for success in school and for later learning and life. **The Head Start Approach to School Readiness** means that children are ready for school, families are ready to support their children's learning, and schools are ready for children.

Head Start is a leader in the early childhood field with a strong, clear, and comprehensive focus on all aspects of healthy development, including physical, cognitive, and social and emotional development, all of which are essential to children getting ready for school.



West River Head Start School Readiness Goal



Children will adapt to new situations by exhibiting self-regulation strategies including impulse control and problem solving while expressing concern for self and care of others, maintaining focus, and attending to tasks creatively throughout their learning environment.

Approaches to Learning:

- ★ Child increasingly develops strategies for regulating feelings and behavior, becoming less reliant on adult guidance over time.
- ★ Child develops skills as a responsible group member in an early education setting, acting in a fair and socially acceptable manner and regulating behavior according to group expectations.

Social and Emotional Development:

- ★ Child shows increasing understanding of the needs of other children and is increasingly able to consider alternatives and to negotiate constructively in conflict situations.

Language and Literacy:

- ★ Child shows interest in books, songs, rhymes, stories, and other literacy activities in increasingly complex ways.





Cognition:

- ★ Child demonstrates an increasing ability to observe, anticipate, and reason about the relationship between cause and effect.

Perceptual, Motor, and Physical Development:

- ★ Child moves body and interacts with the environment, demonstrating increasing awareness of own physical effort, body awareness, spatial awareness, and directional awareness.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Seconds count! Post the number for Poison Control on your fridge and add it to the contacts in your phone.					
1	2	3	4	5	6	7
8  Turn your clocks ahead 1 hour	9	10 MSSEU Screenings in New Salem	11 Brave Center Screenings Potential Snow Make-up Day in New Salem and Mandan	12 No Head Start in New Salem & Mandan (Staff Off)	13 No Head Start in New Salem & Mandan (Staff Off)	14
15	16	17	18 Policy Council @ 5:30 in Mandan Potential Snow Make-up Day in Carson	19 No Head Start in Carson (Staff Off)	20 No Head Start in Carson (Staff Off)	21
22	23	24	25	26	27	28
29	30	31				

JOIN OUR TEAM

Are you interested in working with us?

Find current openings by scanning the QR code
or visit our website or Facebook!

www.HITcareers.org

- ✓ Professional Work Environment
- ✓ Coaching for Teaching Staff
- ✓ Great benefits



©Karen's Kids

Benefit Information

Our company offers a wide variety of benefits to cover you and your family! We strive to keep premiums affordable! WRHS pays over 80% of the health insurance premium and 50% of the dental and vision insurance premiums.

- Health insurance - BCBSND (single, single plus dependents, or family plan options)
- Dental insurance - BCBSND (single or family plan options)
- Vision insurance - BCBSND (single or family plan options)
- FSA/HSA: WEX
- Paid time off
- Paid holidays
- 401k - Mutual of America (after 1 year) with 6% match
- Life insurance: Reliance
- EAP
- Other voluntary coverage plans available through The Standard: Critical illness, Accident, Hospital Indemnity, Voluntary Short-Term Disability

Employee Cost for Insurance 2025

(deducted from the first 2 paychecks each month)

Medical Insurance

Employee Only	\$ 33.90 per check
Employee + Dependents	\$ 63.75 per check
Family	\$ 90.70 per check



Dental Insurance

Employee Only	\$ 10.10 per check
Family	\$ 23.25 per check

Vision Insurance

Employee Only	\$ 3.55 per check
Family	\$ 8.05 per check

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 No Head Start HIT Holiday Good Friday	4
5	6 No Head Start (Staff Off)	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Policy Council at 5:30 in Mandan (Health & Safety Checklists due-PC)	30		

Tell your friends and family about **WEST RIVER HEAD START**

Do you know anyone with a child who is between the ages of 3 to 5 who lives in the Mandan, Carson, or New Salem communities? Don't keep us a secret...tell them about our Head Start program!

We are currently registering students for the 2026-2027 school year.

Encourage your friends and family to apply today!

FREE PRESCHOOL
for ages 3 to 5



Mandan ★ Carson ★ New Salem

(701) 663-9507

<https://www.hitinc.org/services/WestRiverHeadStart>

Eligibility Criteria

Do you receive SNAP, TANF, or SSI?

Have a foster child?

Currently homeless?

Make less than the poverty guidelines?


Then your child qualifies for Head Start!

Limited openings so **APPLY TODAY!**



Scan here to apply

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLANNING AHEAD! Paperwork will be sent home for children who will be returning in the fall. Make sure to complete it and turn it into your child's teacher or family support coach.						
					1	2
3	4 Parent/Teacher Conferences Early Dismissal @ 1:00	5 Parent/Teacher Conferences Early Dismissal @ 1:00	6 Parent/Teacher Conferences	7 Parent/Teacher Conferences Early Dismissal @ 1:00	8 Parent/Teacher Conferences Early Dismissal @ 1:00	9
10 	11	12	13	14	15 Last Day with Kids 	16
17	18	19	20 Teaching Staff's Last Day	21	22	23
24	25 WRHS CLOSED MEMORIAL DAY  HIT Holiday	26	27	28	29	30
31						

Promote School Readiness at Home

- ♥ Make a collection of rocks, bugs, or other items around the home. An empty egg carton makes a good container for some collections.
- ♥ Teach your child to wash before meals and after using the toilet, and to brush their teeth after meals. These are important health habits your child is learning in school and good practice to continue at home too.
- ♥ Take your child for a walk and let them explore nature. Talk about the things you see with your child.
- ♥ Use things you have at home for toys, such as paper bags, empty boxes, jar tops, cake pans, pot lids, spoons, empty spools.
- ♥ Bake something with your child. Let them measure and pour ingredients. Children love to create things!
- ♥ Read stories! Take time to talk with your child about the pictures.
- ♥ Teach your child to say the magic words “please”, “thank you”, and “excuse me”.
- ♥ Let your child color and draw.
- ♥ Use old magazines to teach the names of animals, vegetables, fruits and other objects. Teach your child to recognize A, B, C and more of the alphabet as your child learns more letters
- ♥ Let your child help whenever possible. For example, you could ask your child to hand you two clothes pins, three clothes pins, a few clothes pins, a lot of clothes pins. This will help you and teach about numbers at the same time.
- ♥ Teach your child a simple song. An older child can easily help with this.
- ♥ Teach covering mouth when your child sneezes, coughs or yawns.
- ♥ Give your child lots of love and attention!



Help Prepare Your Child for Kindergarten

Talk about the bus ride. Talk about how he/she will get to and from school. Be sure they know who will drop them off and pick them up.

Visit the school. Your child will feel more secure if he/she visits the school ahead of time.

- Show him/her how to get in and out of the building.
- Show him/her where to get a drink, to hang her coat, etc.
- Visit the lunchroom, the library, the bathrooms, and the playground. Spend some time exploring this new world.



Talk about what teachers expect in school. Always keep your comments positive!

Talk about how long school days will be. Use terms that your child can understand.

Listen to your child's comments and questions. He/she may not be able to express all the emotions he/she is having, so listen for hidden messages.

Tell your child where you will be during school. Let him/her know that the school people know how to reach you if needed.


Ask yourself how you, as a parent, feel about your child starting school. Remember that your attitude and feelings about school will greatly affect your child's attitudes and feelings, so be positive about school, teachers, and how your child will do.

How to Stay Involved

- ♥ Get to know your child's teacher and the school environment. Find out what teaching and learning methods are used in your child's kindergarten class. Your interest and input are needed.
- ♥ Provide the teacher with helpful information about your child. Teachers appreciate knowing about habits, likes, and dislikes.
- ♥ LISTEN! Let your child get into the habit of letting you know everything that happens at school. This will help you to pick up on sources of stress for your child in future years and will help to keep the lines of communication open.
- ♥ Keep a positive attitude about school. Your enthusiasm and positive feelings will be contagious.
- ♥ Talk to your child about some of the rules at school. Practice them at home with your child for extra reinforcement.



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14  <i>Flag Day</i>	15	16	17	18	19	20
21 HAPPY FATHER'S Day!	22	23	24	25	26	27
28	29	30				



Educational Apps for Preschoolers

Screens are here to stay and can offer many positives. West River Head Start supports appropriate amounts of screen time and encourages educational apps for children. Some guidelines and tips from the American Academy of Pediatrics include:

- Know what your child is watching and playing.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters or to stop tantrums.
- Remove screens from bedrooms.
- Stop screens 60 minutes before bedtime.

Encourage your child to learn other activities such as sports, music, art, and hobbies that do not involve screens and remember to set a good example with your own safe and healthy screen time habits.



GoNoodle offers movement and mindfulness videos that provide children with physical, academic, social emotional tools, and overall wellness.



Epic is a fun, kid-safe, interactive reading app that fuels curiosity and reading confidence with instant access to 40,000+ books, audiobooks, learning videos and more.



PBS Kids - play hundreds of free educational games designed for your child and watch as they learn with their favorite PBS characters.



Sesame Street is a free app with over 100 games, songs and videos covering topics from math & science to dealing with big feelings.



Fish School - Colorful fish transform into letters, shapes, numbers, and different patterns to help develop skills like matching, spotting the difference, counting and more.



Astroblast Rocket Rush sends preschoolers on various space missions. Children can earn upgrades for new spaceship parts and pilots.



Khan Academy is a free app that offers books, games, and lessons to develop early childhood skills. There's even music, dancing, and yoga videos to help kids burn some energy.



Drawing Games: Draw and Color is a virtual coloring book, and has a "glow" feature, along with connect the dots options. The app helps with shape, number, and picture recognition.



Smart Tales introduces STEM subjects with 1000+ educational games designed by speech therapists & educators. It also includes book-like experiences to inspire kids to enjoy science and technology.



Kinderland, Kids Academy focuses on letters, numbers, words, nursery rhymes and more. Kids will learn and practice through fun and engaging activities: educational games, quizzes, songs, books, videos and more.



Starfall ABCs helps preschoolers get ready to read. Kids will see, hear, and interact with letters at the word and sentence levels, and play games that help with letter recognition, letter sounds and sight words.



ABCya Games is organized by grade level and subject area. The free-to-play app provides tons of interactive games. It also has worksheets, videos, and interactive stories.



Preschool & Kindergarten Games has over 30 interactive educational games for your preschool and kindergarten kids to enjoy!





Duolingo ABC is a fun, hands on way for your child to learn to read and write. Engage your child with delightful stories and mini lessons teaching the alphabet, phonics, sight words, vocabulary, & more.



Monkey Preschool Lunchbox, learn and have fun by helping monkey pack lunch- 7 different games that teach kids about colors, letters, counting, shapes, sizes, matching, and differences.

** WRHS does not guarantee the availability or functioning of the applications listed above or any specific results or outcomes based on the use of these applications.

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 WRHS CLOSED HIT Holiday	4 
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 	

Community Resources

Access Points

(If you are homeless you MUST start at one of the highlighted places.)

- **Community Action Program**
(701) 258-2240
2105 Lee Ave, Bismarck
- **Ministry on the Margins**
(701) 426-8747
201 N 24th Street, Bismarck
- **Native, Inc.**
(701) 595-5181
Emergency Line: (701) 595-5181 #1
Emergency Line: (701) 214-7911
205 N 24th Street, Bismarck
- **United Way Emergency Shelter**
(701) 401-5606
1140 S. 12th Street, Bismarck
- **Youthworks**
(701) 223-1889
217 W. Rosser Ave Bismarck
Emergency Shelter to Ages 12-17
Transitional Housing to ages 18-21

Shelter/Housing for Families

- **Welcome House** (701) 751-0142
Family transitional housing – call first.
- **United Way Emergency Homeless Shelter**
(701) 255-3601 Call for information.
114 N 3rd Street, Bismarck

Domestic Violence Shelters

- **Abused Adult Resource Center**
(701) 222-8370
Crisis Line: (866) 341-7009
- **Mercer Co. Women's Action & Resource Center**
Business and 24/7 Crisis Line:
(701) 873-2274
Food Pantry: Mon.-Fri. 10 am-4pm

Food Assistance Programs

- **Supplemental Nutrition Assistance Program (SNAP)** (701) 222-6622
415 E. Rosser Ave Suite 113 Bismarck
- **Women, Infants & Children Food Program (WIC)** (701) 667-3370
403 Burlington St SE, Mandan
- **Great Plains Food Bank**
SNAP Hotline: 1-855-405-0000

Alcohol/ Substance Abuse and Treatment

- **Alcoholic Anonymous**
(701) 222-2100
- **Heartview Foundation**
(701) 222-0386
101 E. Broadway Ave. Bismarck
- **Narcotics Anonymous**
(800) 494-8381
- **ND Teen Challenge**
(701) 667-2131
1406 2nd St NW Mandan
- **West Central Human Service Center**
(701) 328-8888
1237 W. Divide Ave Suite 5
Crisis Line: (701) 328-8899 or 1-800-328-2112
*Offers mental health services too.

Food, Clothing, & Household

- **Abundance of Grace Pantry**
(701) 595-0417
4209 Old Red Trail, Mandan
Wednesdays 5pm until 6:30pm
- **Adopt-a-Block / Dream Center**
- **AID, Inc.**
(701) 663-1274 Ext. 18
Mon thru Friday 10am till 4pm
(See Additional Resources)
- **Bismarck Emergency Food Pantry**
(701) 258-9188
1012 S 12th Street, Bismarck
Monday and Tuesday 1pm-4pm
- **Community Action Program**
258-2240
- **Corpus Christi Church**
(701) 255-4600
1919 N. 2nd Street, Bismarck
Monday & Thursday 1pm-1:30pm
- **Ministry on the Margins**
(701) 223-6315
201 N 24th Street, Bismarck
Food pantry Tu/Wed 10 am-11:15 am, Th 5-7 pm Prepared Meals Tu, W, & Th 9:30am-11:30am
Re-Entry support for those leaving jail and prison.
- **Spirit of Life Food Pantry**
(701) 663-1660
801 1st Street SE, Mandan
Mon-Fri. 10am-3pm

Family & Children Services

- **NDDPI State Homeless Education Program**
(701) 328-3544
600 E. Boulevard Ave. Dept. 201, Bismarck
- **Bismarck Public School Liaison**
(701) 323-4051
- **Mandan Public School Liaison**
(701) 751-6504
- **Child Care Aware**
(701) 390-3201
1223 S. 12th Suite 3, Bismarck
Helping parents in search of childcare.
- **Carrie's Kids**
(701) 223-1501
Provides outreach, clubs, groups, events and programs to children and teens who are homeless or at risk.
- **Head Start (Preschool)**
BECEP
720 N 14th Street, Bismarck
(701) 323-4400
West River Head Start
1004 7th Street SW, Mandan
(701) 663-9507

Employment Services

- **Job Service ND**
(701) 328-5000
1601 E. Century Ave, Bismarck
- **Command Center**
(701) 250-9675
214 N. 24th Street, Bismarck
- **Labor Finders**
(701) 258-6007
804 S. 18th Street, Bismarck
- **Labor Max Staffing**
(701) 751-7014
209 N. 24th St. Suite A, Bismarck
- **Labor Ready**
(701) 258-9800
2015 E. Main Ave, Bismarck



mvchp
Missouri Valley
Coalition for
Homeless People, Inc.

<https://mvchp.com/resources>
24/7 Crisis Line: (701) 328-8899
or 1-800-328-2112

Medical/Dental Services

- **Bismarck-Burleigh Public Health**
(701) 355-1540
500 E. Front Ave, Bismarck
- **Bridging the Dental Gap**
(701) 221-0518
1223 S 12th Street #1, Bismarck
- **Western Plains Public Health**
(701) 667-3370
403 Burlington St SE, Mandan, ND
- **Women's Care Center**
(701) 751-4575
614 N 4th Street, Bismarck
- **UND Family Practice Center**
(701) 751-9500
701 E. Rosser Ave, Bismarck
- **Northland Community Health Center**
701-255-4242
914 S. 12th Street, Bismarck

Prepared Meals

- **The Banquet at Dream Center**
(701) 202-4749
1805 Park Avenue, Bismarck
Meals are served M-F from 5:30-7pm
and Saturday & Sunday from 12-1pm
- **Heavens Helper Soup Cafe**
(701) 751- 7687
220 North 23rd Street, Bismarck
Mon-Fri 11 am -7 pm
Saturday 11-5 Closed Sunday
Showers, laundry, computers, and
outreach

Veteran Resources

- **Supportive Services for Veteran Families**
(701) 258-2240
2105 Lee Ave, Bismarck
- **Military Service Center**
(701) 333-3800
4200 Miriam Ave, Bismarck
- **VA Supportive Housing (HUD-VASH)**
(701) 200-1057
Vet Center (701) 224-9756
19 Riverwood Dr. Suite 105, Bismarck

We are a partner in
VA's efforts to
**END VETERAN
HOMELESSNESS**

Help for Homeless Veterans
877-4AID-VET
vshg/homesless (877) 424-3838

Social Services

(SNAP, TANF, Child Care Assistance, Medical Assistance Services)

- **Burleigh County Social Services**
(701) 222-6622
415 E Rosser Av. Suite 113
- **Morton County Social Services**
(701) 667-3395
200 2nd Ave, Mandan

Additional Resources

- **AID, Inc.**
(701) 663-1274 ext. 18
Help Center: (701) 751-6366 ext. 12
314 W. Main St. Mandan
Food Pantry, Transportation, Rent/Utility
Asst. – Call for appt.
- **Legal Aid**
(701) 258-4270
Intake: 1-800-634-5263
418 E. Broadway Ave. Suite 7, Bismarck
Protection and Advocacy
(701) 328-2950
400 E. Broadway Ave. Suite 409,
Bismarck
- **Social Security Office**
1-877-319-6044
4207 Boulder Ridge Rd, Bismarck
Vulnerable Adult Protective Services
1-855-462-5465 (1-855-GO2LINK)
1237 W. Divide Ave. Suite 5, Bismarck
- **Burleigh County Housing Authority**
(701) 255-2540
- **Morton Country Housing Authority**
(701) 663-7494

Thrift Stores

- **AID, Inc.**
314 W. Main, Mandan
- **Dakota Boys & Girls Thrift Store**
1335 E Interstate Ave, Bismarck
- **Goodwill Store**
421 S. 3rd Street, Bismarck
- **Seeds of Hope**
520 East Main Ave, Bismarck
- **The Arc**
1211 Park Ave, Bismarck
- **Second Chances Thrift Store**
1717 E Broadway Ave,

ADOPT A BLOCK

DREAMCENTER
BISMARCK



LIHEAP
Low-Income Home Energy Assistance Program



**community
Action**
PROGRAM, BISMARCK REGION