

Absaroka Head Start



Community Resources 2018-2019

We want to welcome all our families to Head Start! We look forward to working with you and your child and hope you find the year enjoyable. If you need to contact us, all staff will be available at 754-2013.

MISSION: To provide building blocks for children and families for a lifetime of success

VISION: Building leaders for today and tomorrow

VALUES:

1. Individuals are respected and valued.
2. Open and honest communication is fostered.
3. Cultural diversity is respected.
4. A non- judgmental atmosphere will be created and non-judgmental attitudes will be demonstrated.
5. Equal educational opportunities are provided for all children and families, regardless of race, gender, religion, ethnicity, sexual preference or disability.
6. Personal and professional growth opportunities are provided for staff and families.
7. Openness to and acceptance of progressive positive change is demonstrated.
8. Every individual has intrinsic worth. The opinions, experiences, and feelings of others are given consideration.

Main Office: Absaroka Head Start

P.O. Box 952

Worland, Wyoming 82401

Phone: 307-347-4192

Fax: 307-347-4777

Website: www.abshs.org

High Scope Curriculum

High Scope is based on active learning. Active learning means students have direct, hands-on experiences with people, objects, events, and ideas. Children plan their activities, carry them out, and talk with others about what they have done and what they have learned.

Parent Area

Mailbox for parents, resource information, schedules, and menus are found in our parent's corner. Another great resource for our parents is the Absaroka Head Start website: **www.abshs.org**.

Volunteer Calendar

We encourage you to volunteer as it is a great time to be with your child and it greatly helps us out. The calendar is posted in the parent corner. If you are unable to volunteer please find your own replacement for that day; another family member or someone from the community who can take your place. We are meeting our 80% in-kind towards federal monies for the time parents spend in our classroom. Please sign the in-kind sheet when you visit our center.

Resource Book

If there is any information you need and cannot find it in this Resource book, please feel free to ask one of the staff members. There is a Resource File in the Parent Area that has a lot more resources. If you cannot find your Resource Book, **There is also a copy in the parent corner.**

Sign-In/Sign-Out

We ask that you sign your child in and out every day. The sheet has your child's name on it. It is filled out as follows: write in the day of the week, the date, circle the meals your child will be eating (B for breakfast, L for lunch, or S for snack,) and then sign your child in. When you come in to pick up your child, you can sign him or her out for the day. **The sign in/sign out sheets are in the mailbox cart.**

NEWSLETTER

We send out a monthly newsletters filled with our activities, field trips, days without school, and other important information. It is also has ideas for furthering your child's interest in wanting to learn so they become school ready. When you are excited and interested, your child will learn from your interest and want to learn more. We follow the Big Horn School District #4 calendar.

Absaroka Head Start-Powell Center

883 E. 7th Street
Powell, WY 82435

Center Supervisor/Teacher Miranda Bruins
Teacher Aide..... Lynette Link
Teacher.....Melinda Ballard
Teacher Aide.....Bobbie Jo Ulmer
Full Day-Teacher.....Janet Partridge
Full Day-Teacher Aide.....Alysia Torres
Cook Carol Dean

Schedule

Our arrival time for children in the **Full-day** session is 8:30 **AM** and pick-up time is 3:30**PM**. **Half-day** class is **8:30 AM**, and pick up time is **12:30 PM**.

IMPORTANT INFORMATION

We have an open door policy, but we keep our doors locked for the children's safety. Please knock hard and loud on the door, or ring the doorbell.

Come and volunteer! Your children would enjoy you coming and being with us because it makes them feel so special.

Come sign up and volunteer on our volunteer calendar monthly.

Please give us referrals for children who might want to come to Head Start as we are recruiting all year round.

Family Well-Being		
Safety	Address	Number
Domestic Violence/Sexual Assault/Victim Services		
Battered Woman	uspring.com/battered_woman	
Crisis Intervention	335 North Gilbert	307- 754-7959
Family Violence		
Cedar Mountain Center: Cody	707 Sheridan Avenue	307- 578-2421
Department of Family Services	109 West 14 th	307 754-2245
Legal Aid	www.lawyoming.org	
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls	250 N. Clark St.	307-764-8400
Admin / Investigations		
Fire Hall	1101 E. South St.	307-754-2211
WY Poison Control		1-800-222-1222
Housing Stability		
Rentals		
Donna Adams		307- 754-2967
Marge Cook		307- 754-4420
Andy Fisher		307- 527-7887
Gil Gillam		307- 754-9483
Holly Griffin		307- 754-7092
Chuck Hassler		307- 254-0401
Glen Holm		307- 754-5811
Gary Ladd		307- 754-9740
Merlin Olson		307- 754-5911
Eva Sanders		307- 754-3450
Andrew Whitlock		307- 754-9437
Real Estate		
Gold Key Properties	246 N Absaroka St	307-754-9591
Heart Mountain Realty	306 N Bent St	307- 754-9631
Powell Valley Realty	846 E Washington St	307-754-5707
Real Estate Connection	133 S. Bent St.	307- 754-2800
Running Horse Realty- Street #1	469 S. Mountain View	307- 754-9400
Wyoming Real Estate Network	306 North Bent Street	307- 548-9500
LIEAP		(800) 246-4221
Rocky Mountain Power (Electricity)		888-221-7070
Pacific Power (Electricity)		800-715-9238
Health		
Park County Public Health Nurse	109 W 14th St	307- 754-8870

Public Health	413 North Ingalls St.	307- 754-3552
Park County Annex	109 W 14th St	307- 754-8870
Hospital		
Powell Valley Hospital	777 Ave H	307- 754-2267
Medical Clinics		
Powell Valley Health Center	777 Avenue H	307- 754-7257
Haberland, Lyle F MD	808 E 5 th Street	307- 754-4262
307 Health	250 North Evarts	307- 764-3721
Heritage Health	128 N Bent	307- 764-4107
Express Care Clinic-Street A	450 Mountain View	307- 754-7708
Billings Clinic (Cody)	201 Yellowstone Ave.	307- 527-7561
Dentists		
Marginal Dental www.health.wyo.gov		307-777-7945
Akin, Larry D. DDS	175 N Bernard	307- 754-3391
Ginest, Melvin N DDS	215 S Division	307- 754-5502
Hoffman, Cordelia E and Kenneth A DDS	303 N Division	307- 754-4554
Hoffman, Jason DDS	255 S Division	307- 754-8080
Hull, Rock DMD	136 N. Bent Street	307- 764-2378
Landers, James DDS	956 12th St	307- 587-5588
Paulson, Roy DDS-Casper Children's Dentistry	102 N. Kenwood St.	307- 266-1997
Williams, Scott DDS	303 N Division	307- 764-2378
Vision		
Big Horn Eye Care -Dr. Kent Keinlen	401 S Bent St	307-754-7254
Heart Mountain Eye Care	255 W 3rd St	307- 754-7151
Powell Vision Clinic & Sensory Learning Center	106 S Absaroka St	307-754-2020
Pharmacies		
Powell Drug	140 N Bent Street	307- 754-2031
Shopko Pharmacy	1005 W Coulter Ave	307- 754-2755
Walmart Pharmacy	321 Yellowstone Ave	307- 527-5746
Prevention		
Poison Control	www.poison.org	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
Mental Health		
Yellowstone Behavioral Health Center	627 Wyoming Avenue	307- 754-5687
Positive Progressions LLC	125 S Division Street	307- 254-2321
Alcohol Anonymous- Cody	1220 12th Street	307- 587-3024
Rimrock Foundation-Billings, MT	1231 N. 29th St.	(800) 227-3953
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627

Employment		
State of Wyoming-Small Business Dev. Counselor		1-800-969-8639
Wyoming Workforce Development	wyomingworkforce.org	
Powell Workforce Services-NWC	North Cheyenne St.	307-754-6436
Financial Stability		
Bank of the West	105 East 2nd Street	307- 754-2281
Big Horn Federal	151 E 1st St	307- 754-9501
River Rail Federal Credit Union	246 N Absaroka St	307- 754-9814
First Bank of Wyoming	245 E 1st St	307- 754-2201
Wells Fargo	102 E 2nd ST	307- 754-1454
Caring Program for Children (Non-Medicaid)	Casper Office	(800) 544-9364
KidCareCHIP/Equality Care Office	109 West 14 th	307- 754-2245
Food/Clothing		
WIC	109 West 14 th	307- 754-8880
Bargain Boutique	147 North Clark Street	307- 754-3450
Been There Worn That	225 N. Bent St	
St. John's Thrift Shop	308 Mountain View St.	307- 754-4000
Powell Valley Loaves and Fishes	109 W 14 th Street	307-754-8800
Commodities @ American Legion	143 S Clark Street	307-754-3411
Allison's Pantry Distributors: Melody Morrison mlmorrison1@hotmail.com		307-254-1287
Shelly Schultz csschultz2003@msn.com		307-272-8397
Eva Bott EvaBottAP@gmail.com		307-254-5961
Positive Parent-Child Relationships		
Nurturing Relationships		
Parks Office- parks@cityofpowell.com	503 Homesteader Court	307-754-9417
Powell Aquatic Center	1065 Coulter Ave	307- 754-0639
Powell Recreation District	501 Homesteader Crt	307- 754-5711
Riley Arena Center-Cody	1400 Heart Mountain St	307- 587-1681
JK Grover Park	West Baldrige Drive	
Washington Park	351 West 2 nd Street	
Homesteader Park	1049 East Coulter	
Westside Park	950 Avenue K	
Southside Park	755 East Jefferson	
Beartooth Park	411 Beartooth Drive	
Veterans Memorial	10/U.S. Hwy. 14	
Whitlock Park	Road 8/Madison St	
★ http://www.positiveparenting.com :	★	★

<p>“Positive Parenting is dedicated to providing resources and information to help make parenting more rewarding, effective and fun!” This Web site, created by well-educated professionals, offers audio files for parents to listen to on certain topics as well as mp3 files, which parents can download and listen to at their leisure. The Web site also offers classes.</p>		
<p>★ http://parenting.aol.com: This Web site is an extension of Parenting Magazine. The articles and topics are extensive and comprehensive, and you can search by the age of the child(ren) you have in your home. They also offer a homework/learning helpline.</p>	★	★
<p>★ http://www.parenthood.com: This Web site highlights adoption, family finances, special needs children, and grand parenting.</p>	★	★
<p>★ http://www.americanbaby.com: American Baby magazine Web site concentrates on conception and pregnancy, and contains volumes of information on newborns through age two. The Web site also offers a newsletter with free membership.</p>	★	★
<p>★ http://www.fathermag.com: This Web site for fathers offers information on “Fathering on the fringe,” “The Joy of Fathering,” “The Importance of Fathers,” “Custody and Divorce,” “Second Wives and Second Families,” “Fathers and Sons,” “Fathers and Daughters,” “Single Fathers,” and more.</p>	★	★
<p>★ http://www.tnpc.com: This Web site is produced through The National Parenting Center, which was founded in July of 1989. Their mission statement states that they began this Web site “with the intention of providing the most comprehensive and responsible parenting <i>THIS USER-FRIENDLY SITE OFFERS ADVICE FOR PARENTS ON MANY TOPICS: www.parentsoup.com</i></p>	★	★

★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES: www.pbskids.org</i>	★	★
★ http://www.parenting.org : The group of professionals who represent Girls and Boys Town National Resources and Training Center Created this Web site to offer practical parenting advice on a range of topics. Girls and Boys Town has provided amazing services to boy and girls for decades.	★	★
★ http://parenting.ivillage.com : This Website has helpful information and advice for parents dealing with children at all developmental stages. The offer ideas on crafts, consumer information, and helping Mom pamper herself more. They offer advice and information and extensive list of topics.	★	★
Day Care/Preschools		
Child Care Finder	375 N. Cheyenne St.	307- 754-8457
Honey Bear	256 South Jones	307- 754-5437
Imagination Station Preschool	169 North Cheyenne	307- 250-2291
Little Learners	883 East 7 th Street	307- 272-0206
Immanuel Christian Preschool	217 East 5th Street	307- 754-7162
Little Learners Preschool	1241 Rosewood Ln	307- 272-0206
Luann Borders		307- 254-2322
Noah Ark Daycare	720 Road 7	307- 351-7745
Northwest College Childcare	231 West 6th Street	307- 754-6188
Powell Children's Center	128 North Ferris	307- 254-4776
Safe Haven Center		307- 254-0515
Sweet Beginnings	795 Del Rio Road	307- 754-0562
Tender Hands	1223 Road 4	307- 754-4069
The Learning Garden	620 Avenue A	307- 754-2825
Child Development Education/Parenting Skills		
Websites:		
<i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET: www.earlyliteracymatters.org</i>	*	*
<i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION: www.earlychildhood.com</i>	*	*

VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS: <u>www.getreadytoread.org/research.html</u>	*	*
<i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES:</i> <u>www.proactiveparent.com</u>	*	*
<i>FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS:</i> <u>www.kinderplanet.com/index.htm</u>	*	*
<u><i>If you do not have internet access at home, you can access these sites and others free at your local library or at the center during work hours.</i></u>		
Families as Educators		
Family Education		
Park County Library	217 E 3Rd St	307- 754-8828
Homesteader Museum	324 E 1 st Street	307-754-9481
Heart Mountain Internment Camp	1539 Road 19	307-754-8000
Websites:		
★ http://www.familyeducation.com : This site deals exclusively with education concerns that a family might be faced with. The site gives parents advice from Dr. Seuss, guides parents through choosing the right school, helps parents with handling parent-teacher conferences, offers homework help, and provides information on applying to college. The resources are categorized by age and interest.	★	★
★ http://childparenting.about.com : This Web site offers a broad selection of information covering discipline, health issues, development, family issues, and so on, as well as a great deal of academic support with homework help lines, advice on computers, helping children succeed in school, and effective study tips. The site also guides parents in selecting toys, gifts, and other family consumer needs.	★	★
★ http://www.kidshealth.org : Kids Health provides doctor-approved health	★	★

<p>information about children through adolescence. Kids Health has separate areas for kids, teen, and parents and includes tons of features, article, animations, games, and resources, All the information is created and developed by experts in children and teen health.</p>		
<p>★ http://www.ed.gov: This site offers various links to help your child academically (for example , “Helping Your Child Learn History Of Science”). Search for parents.”</p>	★	★
<p>★ http://www.internet4-classroom.com: This site offers information for parents to help their children. Links include reading, discipline, family, and schoolwork.</p>	★	★
<p>★ http://www.futureofchildren.org: This site offers different journals you can read about issues children are facing such as obesity, social mobility, and son on.</p>	★	★
<p>★ http://www.magickeys.com: This site offers free stories you can read to your children and has books such as phonics, home schooling, children’s books, and puzzles.</p>	★	★
<p>★ http://www.sesameworkshop.org: Sesame Street games and short stories about Sesame Street characters facing certain fears and issues such as fire safety, immunizations, first day of school, and son on are the highlights of this Web Site.</p>	★	★
<p>★ http://www.childrensmusic.org: This site offers resources for parents to monitor their children’s music. It has age-appropriate music for children and gives comprehensive list of children’s recording artists.</p>	★	★
<p>★ http://www.storyplace.org: This site is a digital library for children offered in English and Spanish with links for selecting age-appropriate activities and stories.</p>	★	★
<p>★ http://www.chkd.org: This site has information for parents on positive discipline and ;how-to reduce stress with newborns and small children. It also give</p>	★	★

information on health and other issues such as CPR.		
★ http://www.stophitting.com : This site gives information on how to stop spanking; and offers alternative ways for disciplining.	★	★
★ http://www.postiviediscipline.com : On this site, supported by Oprah, you can get information on positive discipline and ask questions and get a doctor's responses.	★	★
★ http://www.foreverfamilies.net : Guiding children, family challenges, and issues facing families are topics that can be addressed on this site. It covers behavioral problems, keeping tabs on teens, and strengthening relationships.	★	★
★ http://www.aappoicy.aappublications.org : This site gives developmental approaches to discipline, strategies for effective discipline, and recommendations on how to change behavior. http://www.nncc.org : This site promotes positive behavior and gives you links to help children who have multiple problems such as abuse.	★	★
★ http://www.practicalparent.org.uk : This support site for parents and teachers includes a discussion board where you can ask questions and get answers on child behavior, and parenting tips such as stress and how it affects your child and their behavior.	★	★
★ http://www.parentingweb.com : This site discusses discipline versus punishment, and help steer parents and teachers to guide children to responsible behavior.	★	★
Families as Learners		
Parent Training		
Northwest Community College GED/Classes/ABE	231 West 6th Street	307- 754-6000
Adult Literacy -Northwest College	231 West 6 th Street	307- 754-6000
Powell Middle School	369 East 3rd Street	307- 754-5716
Powell High School	1151 East 7th St	307- 764-6181

Family Engagement in Transition		
Children with Disabilities		
Children's Resource Center	558 East 2nd St.	307- 754-2864
Parents As Teachers	www.patnc.org	
Division of Dev. Services Cheyenne 186E	6101 N. Yellowstone Rd.	(800) 510-0280
Kindergarten Transition		
Parkside Elementary School	125 S Douglas	307- 764-6182
Southside Elementary School	532 E Madison Street	307- 764-6183
Westside Elementary School	956 Avenue K	307- 764-6184
Family Connections to Peers and Community		
Families/Peers/Community		
Angels Home Furnishings' -Cody	713 16th Street	307- 527-1113
Bargain Box	1644 Alger Avenue	307- 587-6666
Powell Valley Hospice	777 Ave H	307- 754-7750
Farm Bureau Insurance	762 East 3rd St	307-754-5769
Farmers Insurance	114 North Bent Street	307- 754-9285
Nelson Insurance	109 N Clark St Clark	307-754-7211
Progressive	109 N Clark St	307- 754-7211
State Farm	249 N. Clark Street	307- 754-9541
Heart Mountain Photography	1828 Lane 11 1/2	307-754-3904
Nick Allen Photography	130 N Bent St # B	307- 254-2817
Sunlight Photo graphics	101 North Bent St	307- 754-5731
T.J. Portrait Studio	115 North Bent Street	307- 754-8188
American Red Cross-Park County Chapter	1054 Road 9	307-754-5678
Child Support Authority – Park Co	109 West 14 th	307- 754-8830
Migrant Health	615 East 7th Street	307- 754-5252
NOWCAP Services of Northwest WY		307- 754-9511
Women's Wellness	615 E. 7th St	307- 754-5252
Boys and Girls Club	815 East 5th Street	307- 754-0202
Big Brothers Big Sisters of Park County	815 E 5th Street	307- 754-3338
Family Chiropractic	401 S Bent St # A	307- 754-5777
Fike Chiropractic	178 West North Street	307- 754-9008
Tobin Chiropractic	403 East 2nd Street	307- 754-3436
Big Horn Basin Hearing Inc.- Cody	1535 Bleistein Avenue	307- 527-6475

Basin Law Group LLC Bankruptcy	117 N Bent St	307-271-1001
Tracy J. Copenhaver	224 N Clark Street	307-754-2276
Darrah Darrah & Brown PC Insurance	254 E 2 nd Street	307-754-2254
Wilkerson & Bremer PC Attorney	200 N Bent Street	307-754-2500
Kahl Law Office Attorney	249 E 2 nd Street #2	307-754-2603
Jessica Loeper PC Personal Injury Attorney	178 S Bernard Street	307-754-3900
Churches		
Church of Jesus Christ of Latter Day Saints	525 W Seventh St	307- 754-2110
Church of Nazarene	364 W Park St	307- 754-4842
Community of Christ	305 S Evarts St	307- 754-7917
St. John's Episcopal Church	308 Mountain View St.	307- 754-4000
Hope Lutheran Church	588 Avenue H	307- 754-4040
Immanuel Lutheran Church	223 East 5th Street	307- 754-3168
First United Methodist Church	137 West 2nd Street	307- 754-3160
New Life of Christian Fellowship	107 North Bent Street	307- 754-4423
Presbyterian Church	329 N Bent St	307- 754-2491
Seventh Day Adventist	225 E 6Th St	307- 754-2129
Families as Advocates and Leaders		
Leadership Development		
Park County School District #1 Admin.	160 N Evarts	307-764-6186
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	307- 777-7415
111 South Day Street		307- 754-3494
Park County Circuit Court	109 W. 14 th	307- 754-8890
Park County Attorney	109 W. 14th	307-754-8860
Senate District 19-R. Ray Peterson	Ray.Peterson@wyoleg.gov	(307) 548-6405
Governor Matt Mead	governor.wyo.gov	
US Senator John Barrasso 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	senator_jbarrasso@barrasso.senate.gov	
US Senator Mike Enzi 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	Senator_menzi@enzi.senate.gov	
US Representative Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	https://cheney.house.gov/contact/email	