

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 673-2637.

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. We also have a Community Calendar of events posted in the parent area.

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 20% 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 Johnson School District calendar.

Absaroka Head Start-Sheridan Center

201 East 5th Street
Sheridan, WY 82801

Center Supervisor Monica Granger
Teacher.....Tanya Buchanan
Teacher Aide.....Amy Beld

All Meals are catered

Schedule

Part-Day services from **8:00 AM to Noon**

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		
24 hour Crisis Hotline		1-800-684-2030
Department of Family Services- Suite 100	247 Grinnell St.,	672-2404
Advocacy and Resource Center	136 Coffeen Ave	672-7471
Police/Sheriff/Ambulance/Fire		911
Police/Sheriff Department	5 W 12th Street	672-2413
Compass Center for Families/CASA	429 W. Alger St.	675-2272
Public Defender-Erin Warrdell-Sheridan	203 S. Main	307-672-814
Probation and Parole, Room #4	37 N. Scott St.	672-5411
Justice of the Peace	224 South Main St.	674-2935
WY Highway Patrol/Auto	Accidents & Emergencies	800-442-9090
WY Poison Control		800-222-1222
Housing Stability		
Cheyenne Housing Authority	211 Smith Street	672-2240
Active Agent Real Estate LLC	2530 Weeping Willow Ct	307- 696-7101
Chase Brothers Properties	45 E Loucks St, #11	307- 675-1964
Burkhart Rhonda-ABC Realty Co	856 Coffeen Ave.	307- 674-7458
Minick Realty	170 E Ridge Rd	307- 673-1477
Bhj Realty Incorporated	3146 US Highway 87	307- 672-5838
Century 21	101 S Main St.	307- 672-5279
Westkott Real Estate Team	251 S Thurmond St	307- 751-1583
Powder Horn Realty	161 State Highway 335	307- 674-9545
Sheridan Real Estate by Gin	306 N Main St.	307- 683-6468
AmeriGas	49 Kooi St.	674-4968
Powder River Energy Corp	1095 Brundage Lane	800-442-3630
Energy Share		877-461-5719
LIEAP		800-246-4250
Health		
Public Health Nurse	297 S. Main St.	672-5169
Medical Clinics		
Sheridan Health Center Free Clinic	1401 W. 5 th St.	674-6995
Goose Creek Pediatrics-Sheridan	1701 W 5th St	307-672-7700
Northeast Wyoming Pediatric Associates, Dr. Wohl and Dr. Oss	916 Jackson Ave.	307- 675-5555
Big Horn Mountain Medicine	1428 W. 5 th St.	675-2650
Cedar Health Medical Clinic	813 highland Ave.	673-5501
Urgent Care Clinic-Suite 103	1842 Sugarland Dr.	673-4960
Hospitals		

Sheridan Memorial Hospital	1401 W. 5 th St.	672-1000
Pharmacy		
Oscro Drug	1865 Coffeen Ave	307- 672-8908
Walgreens	1766 Coffeen Ave	307- 674-1936
Walmart - Pharmacy	1695 Coffeen Ave Main	307- 674-7417
Hospital Pharmacy West	1333 W 5th St Ste 107	307- 673-3188
Albertsons	1865 Coffeen Ave	307- 672-8909
Dentists		
Morin Daniel L. Orthodontist	110 S Gould St	307- 672-7108
Joseph R Mccolley, DDS	642 Val Vista St	307- 674-9222
Grinnell Street Dental	108 E Grinnell Plz.	307- 461-9923
Family Dental	23 E Brundage St.	307- 674-9661
Coffeen Plaza Dental	1003 Coffeen Ave	307- 674-6330
Mohatt & Mccolley Family Dentistry	642 Val Vista St, Ste A	307- 674-9222
Sugarland Dental PC	941 Sugarland Dr. Ste A	307- 673-5522
Garner Kevin W DDS-Family Dental LLC	23 E Brundage St, #5	307- 674-9661
Big Horn Pediatric Dentistry Suite B-	642 Val Vista	307-674-5437
Vision		
Groshart Eye Clinic	25 E. Grinnell St.	307-674-7611
Sheridan Eye Care Center	116 S Main St.	307-675-2020
WyoVision	1450 Sugarland Dr.	307-673-5177
Walmart Vision Center	1695 Coffeen Ave	307-673-2500
Eye Care of the Big Horns	1033 Coffeen Ave	307-674-0444
Mental Health		
Northern Wyoming Mental Health Center	1701 W. 5 th St.	307-674-7102
Rising Sun Wellness	151 W Brundage St.	307-674-1668
Peldo Pamela-Peldo Counseling Services Marriage & Family Counselor	179 W 5th St.	307-675-1999
Barbara MS Schutte LPC Marriage & Family Counselor	23 N Scott St, Ste 28	307 673-4804
Cloud Peak Initiatives Incorporated	151 W Brundage St.	307- 674-1668
Bighorn Psychological	45 E. Loucks St. # 209	307-675-1805
Inspire Psychological	632 Coffeen Ave.	307-755-5510
Sensational Kids	918 W. Brundage Ln.	307-673-4420
Alcoholics Anonymous	4 N. Brook St.	672-6257
Employment		
Department of Employment	61 S. Gould	307-672-9775
Unemployment Insurance P.O Box 2760 Casper		307-473-3789
Financial Stability		
Bank of the West	2 N Main St.	307-674-4411
First Northern Bank of Wyoming	141 S Main St.	307-684-2211

First Federal Savings Bank	46 W Brundage St	307-672-0464
First Interstate Bank	4 S Main St	307-674-7411
First Federal Savings Bank	671 Illinois St.	307-674-0464
First Northern Bank of Wyoming	29 N Gould St.	307-673-7777
Wells Fargo Home Mortgage	424 N Main St	307-672-0705
US Bank	203 S Main St.	307-672-7290
Security State Bank	2070 Coffeen Ave.	307-673-4518
Wells Fargo Bank	1865 Coffeen Ave.	307-672-0705
Social Security	1949 Sugarland Dr.	307-672-5390 or 1-800-772-1213
Division of Vocational Rehabilitation	600 Veterans Lane	684 -2787
Worker's Safety and Compensation Claims and Benefits		307-672-9775 or 307-672-7849
Food/Clothing		
Holy Name Catholic Chr Thrift	345 E Burkitt St.	307-674-8806
Green Boomerang-Thrift Store	945 Werco Ave.	307-675-1974
Two-Bit Swap Shop	532 N Main St.	307-672-7186
Polar Food Bank Inc.	161 W Brundage St	307-674-4515
Lunch Together Soup Kitchen Lunch program for the needy	102 S Connor St	Mondays- Fridays 12 noon - 1pm
People Assistance -Food Assistance	2560 N Main St	307-674-1509
Positive Parent-Child Relationships		
Nurturing Relationships		
Kendrick Park	Badger St.	
Sheridan County YMCA	417 N Jefferson St.	307-674-7488
★ http://www.positiveparenting.com : "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 down load and listen to at their leisure. The Web site also offers classes.	★	★
★ 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.		
★ http://www.parenthood.com : This Web site highlights adoption, family finances, special needs children, and grand parenting.	★	★
★ 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.	★	★
★ 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.	★	★
★ 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>	★	★
★ <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 Web	★	★

<p>site 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.</p>		
Day Care:		
ABC Preschool	100 S Main St.	307-672-6222
Brite Beginnings	4042 Coffeen Ave.	307-673-7285
Children’s Center Incorporated	863 Highland Ave.	307-674-9750
Fox’s Fun House	1738 Kroe Ln.	307- 675-1870
Holy Name Child Care	259 E Works St.	307- 674-7009
Healthy Sprouts Day Care	1142 Shelly Ln.	307-620-0827
Myers Group Day Care Home	825 S Thurmond St.	307-672-8319
Marion Day Care Center	710 Marion St.	307-672-5408
Noah's Ark Preschool	135 Crescent Dr.	307-672-3221
Child Development Education/Parenting Skills		
Websites:		
<p>* <i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET:</i> <u>www.earlyliteracymatters.org</u></p>	*	*
<p>* <i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION:</i> <u>www.earlychildhood.com</u></p>	*	*
<p>* <i>VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS:</i> <u>www.getreadytoread.org/research.html</u></p>	*	*
<p>* <i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES:</i> <u>www.proactiveparent.com</u></p>	*	*
<p>* <i>FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN</i></p>	*	*

<i>IDEAS:</i> www.kinderplanet.com/index.htm		
<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>		
Families as Educators		
Family Education		
Sheridan County Fulmer Public	335 W Alger St.	307- 674-8585
Story Branch Library	20 Pine Ln.	307- 683-2922
Tongue River Branch Library	145 Coffeen Ave.	307-655-9726
Star Video Library	700 N Main St.	307- 674-8864
Fort Phil Kearny State Historic Site		307-684-7629
Sheridan County Museum	850 Sibley Cir.	307-675-1150
Bozeman Trail Gallery	190 N Main St.	307-672-3928
T-Rex Natural History- Ranchester	1116 Big Horn Dr.	307- 655-3359
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 informatio9n 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.		
★ 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.”	★	★
★ http://www.internet4-classroom.com : This site offers information for parents to help their children. Links include reading, discipline, family, and schoolwork.	★	★
★ http://www.futureofchildren.org :P This site offers different journals you can read about issues children are facing such as obesity, social mobility, etc.	★	★
★ 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.	★	★
★ 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.	★	★
★ 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.	★	★
★ 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.	★	★
★ 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 information on health and other issues such as CPR.	★	★

★ http://www.stophitting.com : Tins 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.nccc.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 verses punishment, and help steer parents and teachers to guide children to responsible behavior.	★	★
Families as Learners		
Parent Training		
Sheridan College	3059 Coffeen Ave.	684-2001
University of WY Outreach	3401 Coffeen Ave.	307-672-8737
Sheridan Junior High School	500 Lewis St.	307-672-9745
Sheridan High School	1056 Long Dr,	307-672-2495

Family Engagement in Transition		
Children with Disabilities		
Child Development Center	1881 S Sheridan Ave.	307- 673-2700
Sheridan School Special Education	201 N Connor St	307-674-7405
Parents As Teachers: www.patnc.org	W. Lott St. Suite A	684-2277
Kindergarten Transition		
Sagebrush Elementary School	1685 Hillpond Dr.	307- 672-9059
Meadowlark Elementary School	1410 De Smet Ave.	307-672-3786
Coffeen School Elementary School	1053 S Sheridan Ave.	307-674-9333
Big Horn Elementary	333 WY-335	307-674-8190
Highland Park	2 Mydland Rd.	307-672-2113
Tongue River Elementary	124 Dayton St.	307-655-2206
Woodland Park	1010E. Woodland Park	307-674-7937
Family Connections to Peers and Community		
Families/Peers/Community		
Driver's License (Closed on Wed.)	1949 Sugarland Dr.	307-672-5924
Senior Center-The Hub	211 Smith St.	307-672-2240
Sheridan Toll Free and Emergency Service		800-638-3278
Legal Aid of Wyoming		877-432-9955
Montana Dakota Utilitas Natural Gas		1-800-638-3278
Farmer's CO-OP	1450 Coffeen Ave.	307-674-7463
Carson's Appliance Service- Sheridan		307-675-1994
AmeriGas Propane, Inc.	49 Kooi St.	307-674-4968
Ed's Compounding-Naturopath	362 Coffeen Ave	307- 672-7705
Duane's Appliance Service and Repair	40 E. 5 th St.	307-672-8101
AR Appliance	1250 S. Sheridan Ave.	307-683-7764
WIC	1309 Coffeen Ave.	307-672-5192
Habitat for Humanity on Marion St	476 Marion St.	307- 672-3848
Peter D's RV Park Campground	1105 Joe St.	307-673-0597
Wyoming Girls School	3500 Big Horn Ave,	307-675-3000
Martin Luther Grammar School	1300 W 5th St.	307-672-2766
Big Horn Elementary/High School	333 State Highway 335	307-672-3497
Churches		
Immanuel Lutheran Church	1300 W 5th St.	307-674-6434

First Baptist Church	3179 Big Horn Ave.	307-674-6693
Church of Christ	1769 Big Horn Ave.	307-672-6040
Christian Science Church	455 Sumner St.	307-672-2041
Cornerstone Community Church	4351 Big Horn Ave.	307-672-8126
First Presbyterian Church	2121 Colonial Dr.	307-672-1717
First Christian Church	102 S Connor St.	307-674-6795
First Congregational Church	100 W Works St.	307-672-2668
Good News Bible Church	218 W Burkitt St.	307-673-4837
Hope Community Church	45 E Loucks St, #301	307-673-6400
Mountain Alliance Church	3 South Dr.	307-673-6400
Sheridan Wesleyan Church	404 W Brundage Ln.	307-672-0612
The Rock Church	45 E Loucks St.	307-673-0939
Sheridan First Nazarene Church	907 Bellevue Ave.	307-672-2505
Vertical Church	30 E Grinnell St.	307-673-1060
Families as Advocates and Leaders		
Leadership Development		
Sheridan School Dist. Superintendent	1470 Sugarland Dr.	307-674-7405
Sheridan County Clerk	225 S. Main	307-674-2500
Sheridan Chamber of Commerce	224 S. Main St.	307-672-2485
Senate District 20- David Kinskey	Dave.Kinskey@wyoleg.gov	307- 751-6428
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	