

# *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 864-5481.

**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](http://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](http://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 Hot Springs County School District #1 calendar.

# Absaroka Head Start-Thermopolis Center

326 Warren Street, P.O. Box 1227

Thermopolis, WY 82443

Teacher: ..... Caryn Ramirez

Teacher Aide: ..... Rachel Johnson

Cook: ..... John Martinez

## Schedule

Our arrival time for children in the Part-Day session 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.

<b>Family Well-Being</b>		
<b>Safety</b>	<b>Address</b>	<b>Number</b>
<b>Domestic Violence/Sexual Assault/Victim Services</b>		
H.O.P.E. Agency (Crisis Line)		864-4673
HSC Sheriff's Office Lou Falgoust, Sheriff		864-2622
Department of Family Services		864-2158
Office of Substance Abuse		1-800-729-6686
Help Me Grow– Safe Kids		1-800-994-4709
Legal Aid	<a href="http://www.lawyoming.org">www.lawyoming.org</a>	1-800-442-2496
Police/Sheriff/Ambulance/Fire		911
Police -Mark Nelson, Police Chief	326 Warren Street	864-3114
Fire Hall	400 S 14th	307-864-2821
WY Poison Control		1-800-222-1222
<b>Housing Stability</b>		
<b>Rentals</b>		
Matt Brown Real Estate	630 Maiden St	307-864-2121
Properties West	200 N 6th St	307-864-2192
RE/MAX	601 Broadway St	307-864-4663
Round Top Real Estate	508 Arapahoe St	307-864-2252
<b>Health</b>		
Public Health-Marie McDougall, R.N.	117 North 4th	864-3311
County Annex Building		1-800-870-2249
<b>Hospital</b>		
Hot Springs Co. Memorial Hospital	150 East Arapahoe	864-3121
<b>Medical Clinics</b>		
Red Rock Family Practice	120 No. C Ave.	864-5534
<b>Dentists</b>		
Marginal Dental	<a href="http://www.health.wyo.gov">www.health.wyo.gov</a>	307-777-7945
Paintbrush Dental	110 East Arapahoe	864-9411
<b>Vision</b>		
Thermopolis Eye Care	110 North 5th Street	864-2324
<b>Pharmacies</b>		
Vicklund Pharmacy	610 S 6th St	307-864-2369
Shopko Pharmacy	142 S Hwy 20	307-864-3777
<b>Prevention</b>		
Alcohol & Drug Helpline		1-800-821-4357
Poison Control	<a href="http://www.poison.org">www.poison.org</a>	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
<b>Mental Health</b>		

Hot Springs Co. Counseling Center	121 So. 4th	864-3138
Common Grounds	124 North 5th	864-3851
Alcohol Anonymous	6th Street South	307-921-0880
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627
<b>Employment</b>		
State of Wyoming-Small Business Dev. Counselor		1-800-969-8639
Wyoming Workforce Development	wyomingworkforce.org	
<b>Financial Stability</b>		
Big Horn Federal	643 Broadway, St	307-864-2156
Bank of Thermopolis	701 Shoshoni St	307-864-3787
Central Bank and Trust	435 Arapahoe St	307-864-5561
Pinnacle Bank	125 S 5th St.	307-864-5555
<b>Food/Clothing</b>		
River of Life (3rd Thursday food giveaway)	319 Broadway St	307-864-3452
Messiah's Mall (basement of Risen Son SBC)	342 Amoretti	
<b>Positive Parent-Child Relationships</b>		
<b>Nurturing Relationships</b>		
<b>Park</b>		
Candy Jack Park	200 block S 12th	
City Park	100 block N 12th Street	
Bicentennial Park	432 Broadway St	
Hot Springs State Park	538 E Park St	
Wooden Park	300 Arapahoe St	
River Bend Bark Park	234 E Park St	
Wyoming Dinosaur Center	110 Carter Ranch Rd	307-864-2997
★ <a href="http://www.positiveparenting.com">http://www.positiveparenting.com</a> : "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.	★	★
★ <a href="http://parenting.aol.com">http://parenting.aol.com</a> : 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.		
★ <a href="http://www.parenthood.com">http://www.parenthood.com</a> : This Web site highlights adoption, family finances, special needs children, and grand parenting.	★	★
★ <a href="http://www.americanbaby.com">http://www.americanbaby.com</a> : 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.	★	★
★ <a href="http://www.fathermag.com">http://www.fathermag.com</a> : 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.	★	★
★ <a href="http://www.tnpc.com">http://www.tnpc.com</a> : 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:</i> <b><u>www.parentsoup.com</u></b>	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES:</i> <b><u>www.pbskids.org</u></b>	★	★
★ <a href="http://www.parenting.org">http://www.parenting.org</a> : 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.	★	★
★ <a href="http://parenting.ivillage.com">http://parenting.ivillage.com</a> : This Web 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.		
<b>Day Care/Preschools</b>		
Kim Enis	521 Amoretti	864-5278
Judy Giannino	117 Cedar Ridge Drive	864-2748
Wanda Lorenz	625 South 14th	864-2905
Joyce McFall	1204 Clark	864-9448
Country Kids-Cassie Owsley & Barb Kissell	525 East River Road	864-9213
Pam Stevens	545 Fremont street	921-9085
<b>Child Development Education/Parenting Skills</b>		
<b>Websites:</b>		
<i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET: <a href="http://www.earlyliteracymatters.org">www.earlyliteracymatters.org</a></i>	*	*
<i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION: <a href="http://www.earlychildhood.com">www.earlychildhood.com</a></i>	*	*
<i>VISIT <b>GET READY TO READ</b> FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS: <a href="http://www.getreadytoread.org/research.html">www.getreadytoread.org/research.html</a></i>	*	*
<i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES: <a href="http://www.proactiveparent.com">www.proactiveparent.com</a></i>	*	*
<i>FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS: <a href="http://www.kinderplanet.com/index.htm">www.kinderplanet.com/index.htm</a></i>	*	*
<i><u>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.</u></i>		
<b>Families as Educators</b>		
<b>Family Education</b>		
Hot Springs Co. Library	344 Arapahoe	864-3104
HSC Museum & Cultural Center	700 Broadway	864-5183
Wyoming Dinosaur Center	110 Carter Ranch Rd	864-2997
<b>Websites:</b>		
★ <a href="http://www.familyeducation.com">http://www.familyeducation.com</a> : This site deals exclusively with education concerns that a family might be faced with. The site gives parents advice from Dr. Seuss, guides	★	★



<p>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.</p>		
<p>★ <a href="http://childparenting.about.com">http://childparenting.about.com</a>: 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.</p>	★	★
<p>★ <a href="http://www.kidshealth.org">http://www.kidshealth.org</a>: Kids Health provides doctor-approved health information about children through adolescence. Kids Health has separate areas for kids, teen, and parents and includes tons of features, articles, animations, games, and resources. All the information is created and developed by experts in children and teen health.</p>	★	★
<p>★ <a href="http://www.ed.gov">http://www.ed.gov</a>: This site offers various links to help your child academically (for example, "Helping Your Child Learn History Of Science"). Search for parents."</p>	★	★
<p>★ <a href="http://www.internet4-classroom.com">http://www.internet4-classroom.com</a>: This site offers information for parents to help their children. Links include reading, discipline, family, and schoolwork.</p>	★	★
<p>★ <a href="http://www.futureofchildren.org">http://www.futureofchildren.org</a>: This site offers different journals you can read about issues children are facing such as obesity, social mobility, and so on.</p>	★	★
<p>★ <a href="http://www.magickeys.com">http://www.magickeys.com</a>: 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>★ <a href="http://www.sesameworkshop.org">http://www.sesameworkshop.org</a>: Sesame Street games and short stories about Sesame Street characters facing certain fears and issues</p>	★	★

such as fire safety, immunizations, first day of school, and son on are the highlights of this Web Site.		
★ <a href="http://www.childrensmusic.org">http://www.childrensmusic.org</a> : 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.	★	★
★ <a href="http://www.storyplace.org">http://www.storyplace.org</a> : This site is a digital library for children offered in English and Spanish with links for selecting age-appropriate activities and stories.	★	★
★ <a href="http://www.chkd.org">http://www.chkd.org</a> : 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.	★	★
★ <a href="http://www.stophitting.com">http://www.stophitting.com</a> : Tins site gives information on how to stop spanking; and offers alternative ways for disciplining.	★	★
★ <a href="http://www.postiviediscipline.com">http://www.postiviediscipline.com</a> : On this site, supported by Oprah, you can get information on positive discipline and ask questions and get a doctor's responses.	★	★
★ <a href="http://www.foreverfamilies.net">http://www.foreverfamilies.net</a> : 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.	★	★
★ <a href="http://www.aappoicy.aappublications.org">http://www.aappoicy.aappublications.org</a> : This site gives developmental approaches to discipline, strategies for effective discipline, and recommendations on how to change behavior. <a href="http://www.nncc.org">http://www.nncc.org</a> : This site promotes positive behavior and gives you links to help children who have multiple problems such as abuse.	★	★
★ <a href="http://www.practicalparent.org.uk">http://www.practicalparent.org.uk</a> : 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.		
★ <a href="http://www.parentingweb.com">http://www.parenting web.com</a> : This site discusses discipline verses punishment, and help steer parents and teachers to guide children to responsible behavior.	★	★
<b>Families as Learners</b>		
<b>Parent Training</b>		
Central Wyoming College	Riverton Outreach	800-735-8418
Adult Education Classes/GED		864-6543
U W Extension Service	328 Arapahoe	864-3421
Thermopolis High School		864-6511
Thermopolis Middle School	1450 Valley View Drive	864-6551
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Children's Resource Center	130 Highway 20 South	864-9227
Parents As Teachers	<a href="http://www.patnc.org">www.patnc.org</a>	
B.O.C.E.S. -Big Horn Basin Children's Center	250 East Arapahoe	864-2171
Division of Dev. Services Cheyenne 186E	6101 N. Yellowstone Rd.	(800) 510-0280
<b>Kindergarten Transition</b>		
Ralph Witters' Elementary School	215 Springview	864-6561
<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
Wyoming Driver's License 173 US-20		864-9407
NOWCAP- Low Income Energy Assistance	317 So. 6th	864-5544
HSC Youth Alternatives Program	417 Arapahoe	864-3603
HSC Senior Citizens' Center	206 Senior Ave.	864-2151
Risen Son Southern Baptist Christian School	342 Amoretti	864-5114
HSC Senior Citizens Bus (Public)		864-2151
Dr. Robert Kelso Gottsche Rehabilitation	148 East Arapahoe	864-2147
Anorexia & Bulimia Hotline		1-800-622-2832
Child help National Hotline		1-800-442-4453
Planned Parenthood		1-800-322-1020
Wyoming Highway Patrol		1-800-442-4331
Gotsche Rehabilitation Center	148 East Arapahoe	864-2147
Family Planning Services		864-3311

Vernon Miller, M.D. (surgeon)	112 East Arapahoe	864-2141
Thermopolis Chiropractic Clinic	443 Big Horn	864-4044
Myers Chiropractic	526 Big Horn	921-9890
<b>Churches</b>		
Church of Christ	701 Richards	864-3300
Church of God of the Prophecy	335 Amoretti	864-4236
Church of Jesus Christ of Latter-Day Saints	625 So. 10th	864-9452
Presbyterian – United Methodist Church	244 No. 6th	864-2524
First Baptist Church	310 So. 6th	864-3171
Holy Trinity Episcopal Church	642 Arapahoe	864-3629
Hot Springs Christian Church	1102 Broadway	864-3321
Living Waters Assembly of God	318 North 8th	864-3677
River of Life Fellowship	319 Broadway	864-3452
Risen Son Southern Baptist Church	342 Amoretti	864-4115
Saint Francis Catholic Church	815 Arapahoe	864-2674
Saint Paul’s Lutheran Church	288 Highway 20 South	864-2205
Seventh Day Adventist Church	7th and Fremont	864-2478
Shepherd of the Hills Lutheran Church	129 Mountain View Dr.	864-9247
<b>Families as Advocates and Leaders</b>		
<b>Leadership Development</b>		
Hot Springs County School District #1 Admin.		864-6515
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	(307) 777-7415
Thermopolis Chamber of Commerce	119 So. 6th	864-3192
Hot Springs County Court (clerk of court)	415 Arapahoe St	864-3323
Hot Springs County Attorney	415 Arapahoe St	864-2004
Senate District 20- Wyatt Agar	Wyatt.Agar@wyoleg.gov	(307) 921-8825
Governor Matt Mead	governor.wyo.gov	
US Senator John Barrasso 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	<a href="mailto:senator_ibarrasso@barrasso.senate.gov">senator_ibarrasso@barrasso.senate.gov</a>	
US Senator Mike Enzi 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	<a href="mailto:Senator_menzi@enzi.senate.gov">Senator_menzi@enzi.senate.gov</a>	
US Representative Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	<a href="https://cheney.house.gov/contact/email">https://cheney.house.gov/contact/email</a>	