

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 684-2873.

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 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 Johnson School District calendar.

Absaroka Head Start-Buffalo Center

201 Aspen Drive, P.O. Box 494
Buffalo, WY 82834

Center Supervisor/Teacher Julie Kaufman
Teacher Aide Mary Liebee
Teacher Aide Gina Coleman
Cook Kelly Roy

Schedule

Our arrival time for children in the **morning** is **8:30 AM**, and pick up time is **3:30 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
<i>Domestic Violence/Sexual Assault/Victim Services</i>		
24 hour Crisis Hotline		1-800-684-2030
Department of Family Services Main	381 North	684-7281
Family Crisis Center	255 E. Fetterman	684 -2233
Police/Sheriff/Ambulance/Fire		911
Police/Sheriff Department	639 Fort St.	307-684-5581
Compass Center for Families/CASA	224 N. Main St.	307-684-2446
Public Defender-Erin Warrdell-Sheridan	203 S. Main	307-672-814
Probation and Parole, Room #4	600 Veterans Lane	307-684 -7601
Justice of the Peace	76 N. Main	307-684 -5720
WY Highway Patrol/Auto	Accidents & Emergencies	800-442-9090
WY Poison Control		800-222-1222
Housing Stability		
Clear Creek Apartments	351 S Cedar St	(307) 684-2860
Cloud Peak Vista Apartments	160 Glencoe Way	(307) 684-8570
Harmony Apartments		(307) 672-2810
Mountain West Realtors	490 N Main St	(307) 684-8886
Buffalo Realty	294 N Main St	(307) 684-9531
Forever Western Properties	30 Dally Lane	(307) 684-7972
Buffalo Apartments Ltd Suite # 104	300 W Fetterman	(307) 684-5431
Rocky Mountain Electricity		1-888-221-7070
AmeriGas	1945 N. Main	684-0973
Tri County Gas, Inc.		307-278-1381
Powder River Energy Corp		307-674-6466
Energy Share		877-461-5719
LIEAP		800-246-4250
Health		
Public Health Nurse	85 Klondike Dr.	684 -2564
Medical Clinics		
Family Medical Center	497 Lot	684-2228
Goose Creek Pediatrics-Sheridan	1701 W 5th St	307-672-7700
Northeast Wyoming Pediatric Associates, Dr. Wohl and Dr. Oss	916 Jackson Ave. Sheridan	(307) 675-5555
Hospitals		
Johnson County Health Care Center	497 Lot	684-5521
Pharmacy		
Shopko Pharmacy	129 Harmony St	684-4540

Prescription Shop	431 Fort St	684-7003
Dentists		
Buffalo Dental Clinic		684 -7533
Cotant Family Dentistry		684 -2733
Eagle Summit Dental	1001 Eagle View	684-0119
Big Horn Pediatric Dentistry Suite B-Sheridan	642 Val Vista	307-674-5437
Vision		
Vision Center OD	114 W. Angus	684-5501
Sheridan Eye Care Center	116 S Main St.	307-675-2020
WyoVision-Sheridan	1450 Sugarland Dr.	307-673-5177
Walmart Vision Center-Sheridan	1695 Coffeen Ave	307-673-2500
Eye Care of the Big Horns-Sheridan	1033 Coffeen Ave	307-674-0444
Mental Health		
Northern Wyoming Mental Health Center	521 W. Lott	684-5531
Action Life Services Child Services Dana Hill	963 Fort St #4	307-217-2414
Rose M. Harriet, LPC Suite 2	781 Klondike Dr.	307-217-2161
Rhonda Money, MSW		307-217-0159
Alcoholics Anonymous	521 W. Lott	684 -9414
Employment		
Department of Employment-Sheridan	61 S. Gould	307-672-9775
Unemployment Insurance P.O Box 2760 Casper		307-473-3789
Financial Stability		
The Bank of Buffalo	106 Fort St	(307) 684-5591
First Northern Bank of Wyoming	141 S Main St.	(307) 684-2211
ANB Bank	99 S Main St.	(307) 684-2201
First Interstate Bank	40 E Hart St	(307) 684-2581
Payday Lenders-Loan Agency	67 N Main St	(307) 684-1888
Social Security-Sheridan	1949 Sugarland Dr.	307-672-5390/1-800-772-1213
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		
Bread Of Life Food Pantry Open Monday, Wednesday and Friday 12:00-1:00 and 5:00-6:00	178 S. Main St.	307-684-5298
Finders Keepers Thrift Store	178 N Main St.	(307) 278-0788
Gigi's Upscale Resale Consignment Shop	57 S Main St	307) 684-8877
Thrifty Treasures-Thrift Store	350 E Hart St.	

Positive Parent-Child Relationships		
Nurturing Relationships		
Buffalo City Park	Burritt and DeSmet Roads	
Washington Park -Free Outdoor Swimming Pool-June, July and August	City Park off Angus St.	
★ 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</i> : www.parentsoup.com	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES</i> : www.pbskids.org	★	★
★ 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 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.	★	★
Day Care:		
Buffalo Children’s Center		684-5802
Kim Norman		684-5356
Jera Monroe		684-2321
Noah’s Ark Daycare		307-217-3126
Ruthann T. Ashburn		307-620-0602
Tina Beach, 5 Star Child Care		307-752-9638
Evonne Tucker		684-9193
YMCA Child Care Center		684-9558
Child Development Education/Parenting Skills		
Websites:		
* <i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE</i>	*	*

<p><i>ACTIVITIES IN THIS BOOKLET:</i> www.earlyliteracymatters.org</p>		
<p>* <i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION:</i> www.earlychildhood.com</p>	*	*
<p>* <i>VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS:</i> www.getreadytoread.org/research.html</p>	*	*
<p>* <i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES:</i> www.proactiveparent.com</p>	*	*
<p>* <i>FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS:</i> www.kinderplanet.com/index.htm</p>	*	*
<p><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></p>		
<h2 style="background-color: #4a86e8; color: white; padding: 5px;">Families as Educators</h2>		
<h3 style="color: #4a86e8;">Family Education</h3>		
Johnson County Library	171 North Adams	684 -5546
Community Resource Center		684 -7933
Buffalo Jim Gatchell Memorial Museum	100 Fort St	(307) 684-9331
<p>Websites:</p>		
<p>★ http://www.familyeducation.comA: 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.</p>	★	★
<p>★ http://childparenting.about.com: This</p>	★	★

<p>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>★ http://www.kidshealth.org: 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, 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:P This site offers different journals you can read about issues children are facing such as obesity, social mobility, etc.</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</p>	★	★

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.parenting web.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/Johnson Co		684-2001
University of WY Outreach	3401 Coffeen Ave.	307-672-8737
Clear Creek Middle School	361 W. Gatchell	684 -5594
Buffalo High School	29891 Old Hwy 87	684 -2269
Family Engagement in Transition		
Children with Disabilities		
Child Development Center-Region 2	1 North Desmet	684-9271
Parents As Teachers: www.patnc.org	W. Lott St. Suite A	684-2277
Kindergarten Transition		
Meadowlark Elementary School	550 S. Burritt Ave	684 -9518
Cloud Peak Elementary School	100 Conrad St	684-0153
Family Connections to Peers and Community		
Families/Peers/Community		
Driver's License (Open only on Wed.)	350 E. Hart St. #3	684-5809
Senior Center Bus, Bats Bus		684-9551
Buffalo Christian School	#6 Barstad Way	307-684-5755
Learning Tree Christian Preschool	820 W Fetterman St	307-684-7509
Sheridan Toll Free and Emergency Service		800-638-3278
Legal Aid of Wyoming		877-432-9955
Gary's Propane Gillette		307-687-1516
Montana Dakota Utilitas Natural Gas		1-800-638-3278
Johnson County CO-OP	107 US HWY 16 E	684-9561
Carson's Appliance Service- Sheridan		307-675-1994
Blakeman Propane, Inc.	29202 Old Hwy. 87	684-0682
Appliance Service and Repair		1-800-863-3278
WIC	963 Fort St.	684-2744
Deer Park Campground	146 Hwy. 16 E.	

Indian Campground	660 E Hart St	
Buffalo KOA	87 US Hwy. 16 E	
Mountain View Motel and Campground	585 Fort St.	
Churches		
Big Horn Baptist Church	1400 Fort St.	684-5487
Buffalo Baptist Church	1124 S. Main St.	684-2740
Bethlehem Lutheran Church	503 W. Foote St	684-1347
Calvary Chapel	40 N Desmet Ave.	684-8725
Church of Christ	1100 Fort St.	684-5141
St. John the Baptist Catholic Church	532 N. Lobban Ave.	684-7268
First United Methodist Church of Buffalo	132 N.Adams Ave.	684-5845
Grace Fellowship	108 N. Burrit Ave.	684-7511
House Prayer United Pentecostal	701 Fir St.	684-7344
Kingdom Hall of Jehovah's Witnesses	686 Fort St.	684-2750
New Life Assembly of God Church	#6 Barstad Way	684-5755
Prince of Peace Lutheran Church	1200 Fort St.	684-5470
Seven-Day Adventist Church	201 Aspen Dr.	684-9062
St Luke's Lutheran Church	615 N Burritt Ave.	684-7872
Summit Church	980 N. Main St.	684-9548
Church of Jesus Christ of Latter-day Saints	470 Munkers St.	684-5289
Union Congregational Church	122 E. Bennett St.	307-684-2958
Families as Advocates and Leaders		
Leadership Development		
Johnson County-Superintendent		684-9571
Johnson Count Clerk		684-7272
Buffalo Chamber of Commerce		684 -5544
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@senate.gov	
US Representative Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	https://cheney.house.gov/contact/email	