

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 332-5559.

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 on 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 Fremont County School District #1 school calendar.

Absaroka Head Start-Lander Center

626 Washington Street, P.O. Box 15,
Lander, WY 82520

Center Supervisor/Teacher Peggy Wolf
Teacher Aide Leanne Miles
Teacher Mary Wellman
Teacher Aide Desirae Custeau
Cook Rebecka Shepard

Schedule

Our arrival time for children in the **morning** 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		307-332-7215
Crisis Intervention		307-332-7215
Family Violence		307-332-7215
Fremont County Group Home		307-332-5490
Department of Family Services	201 N. 4 th St.	307-332-6380
Legal Aid of Lander	www.lawyoming.org	307-233-3517
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls		307-332-3131
Admin / Investigations		307-332-3401
Fire Hall		307-332-2209
WY Hwy. Patrol/Auto Accidents & Emergencies		800-442-9090
WY Poison Control		800-222-1222
Court's County		307-332-3239
Housing Stability		
Good Samaritan Center (Homeless)		307-856-5435
Sunrise Villa Apartments	159 Jefferson St.	307-335-5495
Dillon Vista Apartment	105 Dillon Dr.	307-332-2050
Lander Mall Apartments – Retail	345 Main St.	307-332-2000
Blue Ridge Apartments	1024 East Main	307-335-3202
Public Works		307-332-3956
City Of Lander (Water)	240 Lincoln St.	307-332-2870
Rocky Mountain Power (Electricity)		888-221-7070
Pacific Power (Electricity)		800-715-9238
Source Gas (Natural Gas) 150 Casper WY 307-	900 Werner	359-0409
LIEAP		800-246-4221
Health		
Public Health Nurse Rm. 350	450 N. 2 nd St.	307-332-1073
Hospital		
Sagewest Medical (Hospital)	1320 Bishop Randall	307-332-4420
Medical Clinics		
Fremont Community Health	511 N. 12 th St.	307-463-7160
Lander Medical Clinic & Western Family Care	745 Buena Vista Dr.	307-332-2941
Fremont County Pediatric & Allergy Clinic	115 Wyoming St	307-332-2185
Fremont Orthopedic Associates	815 E. Main St.	307-332-9720
Susan Pearson M.D.	8195 Hwy 789	307-332-1551

Lander Family Medicine	930 Buena Vista Dr.	307-332-3050
Indigent Care Program	www.ncsc.org	307-332-4420
Popo Aggie Women's Clinic	1460 W. Main St.	307-332-2223
Wyoming Urology-Dr. Michael McManus	1510 W. Main St.	307-332-2271
Help for Health Hospice & Health Van		307-856-1206
One Stop Help Center	860 S. 3 rd St.	307-332-2877
Western Wyoming Family Planning	www.wvff.info	1-800-856-7211
Dentists		
Marginal Dental www.health.wyo.gov		307-777-7945
Family Dental	933 W. Main St.	307-332-3434
Fremont Family Dental – Main Street Dental	850 Main St.	307-332-2201
Mountain Dental	345 Garfield St.	307-332-5230
Lander Dental Group	799 S. 2 nd St.	307-332-7710
Wind River Dental Care Michael Shane, DDS, PC	8125 Hwy 789	307-332-3181
BenchMark Dental-Riverton	621 N. 8 th St.	307-856-9725
<u>Olsen Orthodontics</u> www.olsenortho.com	799 S 2nd St Unit B	(307) 332-9136
Gentle Dental Care	850 Main St, Lander	(307) 332-2201
Prevention		
Injury Prevention	153 N. 4 th St.	307-332-2821
Poison Control	www.poison.org	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
Mental Health		
Fremont Counseling		307-332-0193
Wyoming Life Resource Center	8204 N. Hwy 789	307-335-6700
AA (Alcoholics Anonymous)	280 Wood St	307-266-9578
Cynthia B. Stevens M.D. PC	172 Rosewood Ave,	307-332-2417
Fremont County Prevention	165 S. 5 th St.	307-335-5585
Frank Wheeler, M.D. Psychiatry & Neurology	830 Lincoln St.	307-332-9577
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 Dept. of Vocational Rehab Riverton	609 E. Madison Ave.	307-856-2393
Lander Workforce Center/Claims & Benefits	1295 12 th St.	307-332-9224
Employer Service	277 Main St	307-332-9336
Financial Stability		
Wyoming Community Bank	685 Main St.	307-335-7233
U.S. Bank Branch	505 Main St.	307-332-3143
Bank Of The West	303 Main St.	307-332-4212

First Interstate Bank	8118 WY 789	307-332-7500
Atlantic City Federal Credit Union (ACFCU)	1005 South 11 th St.	307-332-5151
Meridian Trust Federal Credit Union	873 Main St.	307-635-7878
Food/Clothing		
Cent\$ible Nutrition/ www.uwyo.edu/centsible	450 N. 2 nd St.	307-332-1030
Lander Care & Share Food Bank	281 Garfield St.	307-332-7364
Neat Repeat	356 Main St.	307-332-3999
United Methodist Thrift Store	245 Washakie St.	307-332-4110
W.I.C. (www.wicprograms.org)	450 N. 2nd St.	307-332-1034
Positive Parent-Child Relationships		
Nurturing Relationships		
Ambassador Park	Highway 789	
Antelope Park	Jct. of Hwy 287	
Bike Park	Baldwin Cr Rd	
Centennial Park	2 nd & Main St.	
City Park Office	405 Fremont St	307-332-4647
Dillon Park	Dillon Subdivision	
Goodrich Park	Goodrich Addition	
Jaycee Park	1 st & Main St.	
Kristopher George Soccer Complex	Baldwin Creek Rd	
Lander Rodeo Grounds	Rodeo Drive	
McManus Park –City Park	Across bridge	
Lander Skate Park –Ice Rank		307-332-3486
Northside Park –	8 th & Jefferson	
Sinks Canyon		
★ 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> <u>www.parentsoup.com</u>	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES:</i> <u>www.pbskids.org</u>	★	★
★ 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:		
Donna's Day Care	795 Garfield	(307)332-2119
Bright Beginnings	331 Mortimore Ln.	(307)332-7872
Abundant Grace Family Center	1290 E. Main St.	(307)332-4713
Kay Steers	South 5 th	(307)332-2831
Just Like Home Day Care	690 Wood St.	(307)332-9401
Little Giggles DayCare	150 Baldwin Cr.	(307)349-0546
Loving Care DayCare (307)349-8620	930 Spriggs	
Loving Hearts		(307)332-2814
Del Street Kids Klub	N. Lane	(307)332-4641
Sharon Brinda		307-332-5960
Donna's	Cliff St.	307-349-2952
Tears, Laughs, & amp/ Cuddles (TLC)	190 Custer St.	307-438-4014
Sweet Pea	490 N. 8 th	307-335-5311
Nanny's DayCare	675 Canyon St.	307-332-2459
Bright Beginnings Christian	331 Mortimore Ln.	307-332-7872
Child Development Education/Parenting Skills		
Websites:		
* GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET: www.earlyliteracymatters.org	*	*
* THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION: www.earlychildhood.com	*	*
* VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS: www.getreadytoread.org/research.html	*	*
* THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES: www.proactiveparent.com	*	*
* FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS: 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		
Library		
Lander Children’s Museum	465 Lincoln St.	(307)332-1341
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 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.	★	★
★ 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, and son on.		
★ 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		
Central Wyoming College www.cwc.edu	427 Main St.	307-332-3394
Wyoming Catholic College/ www.wyomingcatholiccollege.com	306 Main St.	307-332-2930
Wind River Tribal College/ www.windrivertc.org	Ft. Washakie, WY	307-335-8243
Baldwin Creek/Elementary grades 4-5	250 Smith St.	307-332-6967
GED/ www.cwc.edu	427 Main St.	307-332-3394
Lander Middle School	775 Jefferson St.	307-332-4040
Lander High School	350 Baldwin Creek	307-332-3640
Family Engagement in Transition		
Children with Disabilities		
Child Development (CDS)	100 Push Root Ct.	307-332-5508
Parents As Teachers	www.patnc.org	
SunRise School/ www.boces5.org	465 Lincoln St	307-332-3774
Kindergarten Transition		
Gannett Peak Elementary K-3	863 Sweetwater St.	307-332-6690
Family Connections to Peers and Community		
Families/Peers/Community		
Auto License Department		307-332-1104

Cemetery		307-332-9584
City Hall / City Clerk		307-332-2870
Community Center (Booking)		307-332-2870
County Clerk – Titles		307-332-2405
DMV		307-332-9858
Century Link (Phone) Riverton	501 E. Monroe	307-856-8385
Charter (Cable Service)	617 W. Main	1-877-273-7626
Fremont Broadcasting (Satellite Service)	1530 W. Main St.	307-332-5683
Fremont Communications	925 Lincoln St.	307-332-3338
Union Wireless (1330 Cellular)	1530 Main St.	307-332-5683
Verizon Wireless	700 Main St.	307-332-5064
City Plumbing	340 Main St.	307-332-5816
Bill Jones (Plumbing & Heating)	1500 Main St.	307-332-5442
Clarks Landscaping		307-332-7759
Perfect Power Electric		307-332-7184
Rocky Mountain Pre-Mix	51 Lower North Fork	307-332-2753
Sprout's Green House	8591 Hwy 789	307-332-3572
Wyoming Solid Waste-Riverton	730 S. Broadway	307-856-5354
Wyoming Windows	3011 Hwy 287	307-332-2372
Maz's House & Mobile Home Movers Homes	420 Fremont St.	307-332-4997
Artery Construction	57 Tweed Lane	307-332-9494
Bonneville Builders LLC	2147 N. 2 nd	307-330-4036
Florquist Construction	88 Tweed Lane	307-332-9268
SDI	158 Tweed Lane	307-335-7809
Little Children Preschool	150 Baldwin Creek	(307)259-9188
Little Scholars Preschool	445 Lincoln Suite #b	(307)460-8296
Tiger Tots	626 Washington	(307)359-1943
Lander Learning Express		(307)335-0306
Lander Christian	875 Fremont St	(307)332-5598
Academy Cornerstone Christian School	80 Mortimore Ln	(307)332-6000
Amedisys www.amedisys.com	230 N. 1 st	1-855-582-8984
National Runaway Swithboard	1800runaway.org	1-800-786-2929
Child Support Enforcement		307-332-1141
Rural Development-Ex: 4	rurdev.usda.gov	307-856-7524
Churches		
Apostolic Bible Chapel		307-332-6215
Bethel Lutheran		307-332-4320
Church of Jesus Christ of Latter Day Saints:	307-332-4770 2 nd	307-332-2439 1st
Church Of The Nazarene		307-332-2207
Faith Lutheran		307-332-2192
Covenant Presbyterian Church	875 Fremont St.	307-332-3834
First Baptist Church		307-332-5063

First United Methodist Church		307-332-3188
Holy Rosary Catholic Church		307-332-4952
Hudson Community Church		307-332-2609
Jehovah's Witness		307-332-2057
Lander Christian Center		307-332-5754
Lander Evangelical Free Church		307-332-6767
Lander Valley Baptist Church		307-332-2236
Living Water Fellowship		307-332-2636
Mountain View Baptist Church		307-332-4713
New Hope Community Church	267 Main St	(307)332-6808
Religious Society Of Friends (Quaker)		307-332-6518
Trinity Assembly Of God		307-332-2275
Seventh Day Adventist		307-332-3088
St. Andrews Episcopal Church		307-332-6161
St. John's Anglican Catholic Church		307-332-5572
Trinity Episcopal Church		307-332-5977
Unitarian Universalist of the Wind River		307-349-2536
Wind River Community Church		307-332-6808
Word Of Faith Family Church		307-332-8707
Wind River Indian Assembly of God		307-332-8159
Families as Advocates and Leaders		
Leadership Development		
Superintendent www.landerschools.org	400 Baldwin Creek	307-332-4711
National Outdoor Leadership School	502 Lincoln St.	307-332-4784
District Court		307-332-1134
Municipal Court		307-332-8179
Chamber of Conference	160 N 1 st St.	307-332-3892
Senate District 25- Cale Case,PHD	Cale.Case@wyoleg.gov	((307) 332-7623
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	