

# *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 347-3164.

**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 sign in and sign out. 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 newsletter and calendar 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 Washakie County School District #1 calendar.

# Absaroka Head Start-Worland Center

1313 Big Horn Avenue  
Worland, WY 82401

Center Supervisor/Teacher 3 year old classroom (PD) ... Sydnee Jameson  
Teacher Aide..... Evangelina Rodriguez  
Teacher 4 year old classroom (FD)..... Ashley Rollins  
Teacher Aide..... Maria Deniz  
Teacher Aide..... Cynthia Fabela  
Cook ..... Tina Rios  
Assistant to cook and Janitorial.....Vanessa Ysebaert

## Schedule

Our arrival time for children in the **full-day (FD)** session is:

**8:00 AM** and pick-up time is **3:00 PM**.

**Part-Day (PD)** session: **8:00 AM to Noon**

## IMPORTANT INFORMATION

We have an open door policy. 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><i>Domestic Violence/Sexual Assault/Victim Services</i></b>		
Crisis Prevention Center	1909 Big Horn Ave.	347-4991
Department of Family Services	1700 Robertson Ave.	347-6168
Local Emergencies		347-6545
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
Sheriff	100 N. 10th	347-2242
Worland Police Department	100 N. 10th	347-4253
Fire Hall	200 S. 5 <sup>th</sup> St.	347-6379
WY Poison Control		1-800-222-1222
<b>Housing Stability</b>		
Multi-Age Family Housing	208 Shiloh Rd.	347-2456 Ext. 4
Hake Reality	1515 Crest Way	347-3416
Parkway East Sage Creek Apartments #24	2010 Sage Crossing Ave.	347-4786
Real Living	102 S. 2nd	347-3229
McGarvin and Taylor	114 N. 9 <sup>th</sup> St.	347-4271
<b>Utilities</b>		
Rocky Mountain Power	1905 Robertson Ave.	1-888-221-7070
Utilities Commission	829 Big Horn Ave.	347-2486
Wyoming Gas	101 Division St.	347-2416
R.T. Communications	130 S. 9 <sup>th</sup> St.	347-7275
Bresnan Communications	714 Coburn Ave.	347-3244
State Farm	409 N. 10 <sup>th</sup> St.	347-9233
Famers Insurance	824 N. 10th	347-9822
<b>Health</b>		
Washakie Co. Public Health	1007 Robertson Ave.	347-3278
<b><i>Hospital</i></b>		
Washakie Medical Center	400 S. 15 <sup>th</sup>	347-3221
<b><i>Medical Clinics</i></b>		
Banner Health Clinics	400 S. 15th	347-6933
Red Rock Family Practice	1125 Charles Ave	347-2449
Treece, Robert Dr.-Thurston Medical Clinic	401 S 15th St	347-2525
Dr. Ed Zimmerman	316 N. 10th	347-8885

<b>Dentists</b>		
Nelson and Page DDS	209 S. 7th	347-6148
Jeffries Dental	3313 Paintbrush Lane	347-3994
Robert Paris DDS	901 Coburn	347- 2151
Marginal Dental	<a href="http://www.health.wyo.gov">www.health.wyo.gov</a>	307-777-7945
<b>Vision</b>		
Clear Image Vision Care	610 S. 12 <sup>th</sup> St.	347-4151
Cottrell Carl C OD	820 Coburn	347-6141
<b>Pharmacies</b>		
Ricker's	1801 Big Horn Ave.	347-2281
Shopko	100 S. 20th	347-2851
<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>		
Cloud Peak Counseling	401 S. 23 <sup>rd</sup> St.	347-6165
Suicide Prevention (After Hours)	401 S. 23 <sup>rd</sup> St.	347-4253
Crisis Center	510 S. 15 <sup>th</sup>	347-3023
Cowboy Psychological Services	1123 Big Horn	347-2717
Kathy Smith Counseling	1200 Culbertson	347-431-8005
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627
<b>Employment</b>		
Washakie County Unemployment Office	1200 Culbertson	347-8173
State of Wyoming-Small Business Dev. Counselor		1-800-969-8639
Wyoming Workforce Development	<a href="http://wyomingworkforce.org">wyomingworkforce.org</a>	
<b>Financial Stability</b>		
U.S. Bank	100 S 15th	347-9268
Bank of the West	120 N 7th	347-6126
Pinnacle Bank	644 Big Horn Avenue	347-3215
Security State Bank	320 N 10th	347-4300
American National Bank	700 Big Horn	347-4241
Big Horn Federal Savings Bank	1006 Big Horn Ave	347-6196
Sunlight Federal Credit Union	1429 Big Horn Ave.	347-8315
<b>Food/Clothing</b>		
Food Pantry (After hours- 431-6356)	620 Big Horn Ave.	347-6123
Born Again Clothing	734 Big Horn Ave.	347-2047
Second Treasures	1212 Big Horn Ave.	388-0135
Cloud Peek Kids Korner	701 Big Horn Ave.	347-4576

Positive Parent-Child Relationships		
<b>Nurturing Relationships</b>		
<b>Parks</b>		
Sander's Park	1000 Obie Sue	
Newell Sargent Park	8 <sup>th</sup> and Washakie	
Veteran's Park	Yellowstone Ave.	
Riverside Park (West side of town)	Coburn Ave	
Kiwanis Park	20 <sup>th</sup> Street	
Hillcrest Park	Hillcrest Drive.	
Pioneer Park	908 Big Horn	
Railway Park	Culbertson Ave.	
Worland Aquatic Center	2198 Howell Ave.	347-3455
Worland Community Center	1200 Culbertson	347-8616
<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 down load 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> : <a href="http://www.parentsoup.com">www.parentsoup.com</a>	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES</i> : <a href="http://www.pbskids.org">www.pbskids.org</a>	★	★
<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 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.	★	★
<b>Day Care/Preschools</b>		
APPLE ACADEMY	1700 Yellowstone Ave.	347-3643
Busy Bee Preschool	Country Drive	258-8692
3 C's DAYCARE CENTER	1209 Charles Avenue	347-9524
Grandma Barb's Daycare	N Rd 11	347-8441
Krystal's Kids	S 13th Street	388-9728
Hanna's House	Charles Ave	347-8995
Miller's Daycare	Coburn Ave	347-8836
Tanya's Tots	608 Obie Sue	347-9277
Misty's Little Monkeys	S 17th Street	388-4328
Tuni's Daytime Babies	Circle Rd	347-8425
Bear's Kiddo Care	Must call for location	431-5184
Bright Beginnings	326 N. 11st	347-2551



Worland Preschool	1000 Wilson Dr.	347-8890
<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><b><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></b></i>		
<b>Families as Educators</b>		
<b>Family Education</b>		
Washakie County Library	1019 Coburn Ave.	347-2231
Washakie Museum & Cultural Center	2200 Big Horn Ave.	347-4102
<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 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.	★	★
<a href="http://childparenting.about.com">http://childparenting.about.com</a> : This Web site offers a broad selection of information covering discipline, health issues,	★	★

<p>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, article, 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:P">http://www.futureofchildren.org:P</a> This site offers different journals you can read about issues children are facing such as obesity, social mobility, and son 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 such as fire safety, immunizations, first day of school, and son on are the highlights of this Web Site.</p>	★	★
<p><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.</p>	★	★

<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.	★	★
<b>Families as Learners</b>		
<b>Parent Training</b>		
Central Wyoming College	Riverton Outreach	800-735-8418
NWC Adult Education Classes/GED	231 6 <sup>th</sup> St. Powell	307-754-6280
U W Extension Service		800-448-7801
Worland Middle School	2150 Howell	347-3233

Worland High School	801 S. 17th	347-2412
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Children's Resource Center	502 N. Road 11	347-8677
Parents As Teachers	<a href="http://www.patnc.org">www.patnc.org</a>	
Division of Dev. Services Cheyenne 186E	6101 N. Yellowstone Rd.	(800) 510-0280
<b>Kindergarten Transition</b>		
East Side School	203 N. 15th	347-4662
South Side School	1229 Howell Ave.	347-3306
West Side School	810 S. 6th	347-4298
<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
Wyoming Driver's License 173 US-20		307-864-9407
NOWCAP- Low Income Energy Assistance	500 Fifteen Mile Road	307-347-6185
Big Brothers Big Sisters Ext. 1	1313 Big Horn Ave	800-294-9700
Legal Aid		800-442-2496
Toastmasters	PO Box 1803	388-0464
Owl Unlimited	151 S. 6th St.	347-3535
Worland Senior Citizen Center	300 N 14th St.	347-3208
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
Business & Professional Women	847 Park Avenue	431-6560
Fraternal Order of Eagles Aerie 3096	701 S. Railway Ave.	
Worland-Ten Sleep Ambassadors	120 N 10th St	347-3226
Washakie Works- CPCC Scott Richard	Cloud Peak	347-6165
<b>Churches</b>		
Apostolic Pentecostal	617 Grace Ave.	347-9484
Assembly of God	1028 Rd. 11	347-2310
Bethany Fellowship Church	160 Pleasant View Dr.	347-2330
Big Horn Independent Baptist	420 Obie Sue	347-2522
Church of Christ	2801 Big Horn Ave	347-2132
Church of God	1101 Russell Ave	347-3086
Church of Jesus Christ of Latter-Day Saints	500 Sagebrush Dr.	347-3171
Church of Nazarene	701 Culbertson Ave.	347-3387

First Baptist Church	1101 Big Horn	347-4442
First Presbyterian Church	403 S 15th St	347-4422
First Southern Baptist	821 S. 15 <sup>th</sup> St.	347-4682
Grace Chapel Community	1101 Russel Ave.	347-3086
Grace Lutheran Church	701 S 15th St	347-2083
Seventh Day Adventist/School	660S. 17th	347-2026
St. Albans Episcopal Church	1126 Hwy 16	347-4704
St Mary Magdalen Catholic Church	1099 Charles Ave	347-2820
St. Luke's Lutheran Church LCMS	525 S. 6 <sup>th</sup>	347-2293
United Pentecostal Church	617 Grace Ave	347-9484
Worland United Methodist Church	1301 Big Horn Ave	347-3411
Worland Congregation of Jehovah's Witness	1156 South Rd. 11	347-2967
Zion Lutheran Church	1500 Circle Rd	347-2265
Sovereign Grace Bible Church	1200 Culbertson	307-899-7663
<b>Families as Advocates and Leaders</b>		
<b>Leadership Development</b>		
Washakie County School District #1 Admin.	203 N. 15th	347-2435
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	(307) 777-7415
Worland Chamber of Commerce	111 S. 7 <sup>th</sup> St.	347-3226
Washakie County Court (clerk of court)	829 Big Horn	347-2480
Washakie County Attorney	721 Big Horn	347-6324
Senate District 20- Wyatt Agar	Wyatt.Agar@wyoleg.gov	(307) 921-8825
Governor Matt Mead	<a href="http://governor.wyo.gov">governor.wyo.gov</a>	
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>	