



Dear First Start Partnerships Families,

Spring is in the air! After a long, dark winter it is wonderful to get outside and enjoy the longer evenings. This edition of Family Connections is packed with opportunities to get out in the community with your children. Check them out below.

Spring is also the time we look at how we are doing and we want to hear from you. Head Start and Early Head Start families are invited to come out and enjoy dinner, child care and connections with other families on **Monday, March 18th at 5:00 pm**. We will be at two locations - one at LifePoint Church in Chambersburg, and one in Mt. Vernon Terrace in Waynesboro. Let your teachers know if you can come!

Thank you for trusting us to give your child the start he or she needs for kindergarten success.

Yours,

Annette Searfoss, Ph.D.  
*President & CEO*

# Policy Council Corner

NOW is Head Start program planning time!  
Please send your ideas to improve Head Start to [fchs.policy.council@gmail.com](mailto:fchs.policy.council@gmail.com).

At Head Start, parents help shape our programs. That's what Head Start Policy Council is all about. Whether you give us suggestions or take a voting seat at our table, Policy Council wants to hear from YOU! You can reach us through your classroom teacher or by sending an email directly to Policy Council at [fchs.policy.council@gmail.com](mailto:fchs.policy.council@gmail.com).

# First Start News

Calling all current Head Start and Early Head Start Families! Please join us and give us your input on what we can do to serve you!

Get Back to Our Head Start Roots Family Event

March 18, 2019 5pm-7:30pm

Dinner will be served and childcare provided.

If your child attends one of our Pre-K Counts Classrooms we will have an opportunity for you to provide input at a later date.



# SPRING FISHING DERBY

## TORNEO DE PESCA PRIMAVERA



**MALE INVOLVEMENT EVENT**  
EVENTO DE PARTICIPACIÓN MASCULINA

SATURDAY, APRIL 13, 2019 ~ 8:00 - 10:00AM ~ SÁBADO 13 DE ABRIL DE 2019  
\*\*RAIN OR SHINE ~ LLUVIA O SOL\*\*

PRIZES FOR: 1<sup>ST</sup> CATCH, 2<sup>ND</sup> CATCH, 3<sup>RD</sup> CATCH, WEIGHT, LENGTH, NON-TROUT, SMALLEST, MOST FISH CAUGHT  
PREMIOS PARA: 1ª CAPTURA, 2ª CAPTURA, 3ª CAPTURA, PESO, LONGITUD, SIN TRUCHA, PEQUEÑO, LA MAYORÍA DE LOS PECES CAPTURADOS

"CATCH AND TAKE" EVENT. PLEASE BE PREPARED TO TAKE YOUR CATCH HOME AT THE END OF THE EVENT. **BAIT WILL BE PROVIDED FOR FIRST START PARTNERSHIPS STUDENTS ONLY. RODS AVAILABLE (LIMITED SUPPLY) FOR STUDENTS ON A FIRST COME FIRST SERVE BASIS. PERSONAL RODS AND BAIT ARE ALLOWED. NETS ARE NOT ALLOWED UNDER ANY CIRCUMSTANCES. DERBY RULES WILL BE SENT FOLLOWING REGISTRATION.** El evento "Catch and Take." Por favor estén preparados para llevar a su casa lo que logren pescar. Las cañas de pescar y las carnadas (anzuelos) serán provistas por First Start Partnerships solo para sus estudiantes (recursos limitados). Se le permitirá traer su caña de pescar personal y carnada. Las redes o mallas no se permitirán bajo ninguna circunstancia. Las reglas Derby serán enviadas después del registro.

DERBY LOCATION: CONOCOCHIEGUE STREAM - **CHILDREN AND DISABLED SECTIONS ONLY (WHITE SIGNS POSTED)**  
LOOP ROAD, CHAMBERSBURG, PA (NEAR ENTRANCE OF FRANKLIN LEARNING CENTER/Cerca de la entrada de Franklin Learning Center)



PARKING AVAILABLE AT THE FISHING SITE IN ADDITION TO FRANKLIN LEARNING CENTER  
Estacionamiento disponible en el lugar de pesca en adición al de Franklin Learning Center  
FIRST START PARTNERSHIPS SIGNS WILL BE POSTED Letreros de First Start Partnerships serán publicados

RESPOND NO LATER THAN APRIL 3, 2019 ~ RSVP a más tardar el 3 de abril de 2019

### SPRING FISHING DERBY - LA PRIMAVERA PESCAR DERBY

SATURDAY, APRIL 13, 2019 ~ 8:00-10:00am ~ SÁBADO 13 DE ABRIL DE 2019

Child's Name El nombre del niño \_\_\_\_\_ Classroom Salón \_\_\_\_\_

I plan to attend the event Planeo asistir al Evento. No. of children Núm. de niños \_\_\_\_\_ Adults Núm. de Adultos \_\_\_\_\_

I do not plan to attend the event No planeo asistir al Evento.

Submit RSVP to your Family Advocate or Classroom Teacher no later than Wednesday, April 3, 2019.  
Envíe RSVP a su representante de familia o maestro de aula a más tardar el miércoles 3 de abril de 2019.



## Week of the Young Child

April 8th - 12th

More information coming soon....



First Start Partnerships  
for Children & Families



First Start Partnerships for Children and Families was represented at the Waynesboro Hospital Health Fair (from 7-11am) on Saturday, March 2, 2019 by Adrienne Wachter (Policy Council member) Annette Artis (Family Advocate) and Caitlin Hock (nurse). We spoke with 87 people who were interested in early childhood education and our services; 73 brochures were distributed; 58 eye screenings were conducted and 6 eye screening referrals for follow up were made.

# Parent Committee Happenings

## ***Focus on Buchanan, Chambers and New Franklin Cluster***

Buchanan, Chambers and New Franklin Parent Committee Meetings are a collaborative effort between parents and staff alike! Here's what they have to say:

### *Family Participation*

In order to maximize family involvement, teachers do face-to-face reminders of upcoming meetings in addition to sending out flyers. Turnout has been great for most months!

### *Community Connections*

An exciting community connection that they've been able to tap into has been with our local Fire Department conducting a Fire Safety Presentation with fire fighters in full gear!

### *Keys to Success?*

"Communication and enthusiasm," says First Start Partnerships staff.

"Our meetings are determined by discussions with each other of what we think will be successful and meaningful for our families, and also feedback and ideas from our families."

One staff member shared that she believes enthusiasm has made a difference in attendance! She also quipped that it helps to have kid-focused activities so that they will tell the parents to come!

### *Challenges*

In addition to the challenge of inclement weather this program year, staff has needed to regularly determine the best meeting location and time convenient for families in all three classrooms! "We try to find the best that works for most of our families."

So far, they've been able to successfully work through this problem.

# Community News

## PA 211

PA211 is a statewide collaborative for health and human service information for Pennsylvanians. This easy-to-remember 2-1-1 phone number will link PA residents with human services throughout Pennsylvania. Click [here](#).

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## Community Film Night FRANKLIN COUNTY



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### *Freedom From Smoking sessions*

Healthy Communities Partnership will host the American Lung Association's Freedom From Smoking program in the following locations:

**Waynesboro: Waynesboro Hospital - March 18 at 6:30pm;  
Classes meet Mondays through May 6.**

**Chambersburg: Chambersburg YMCA- March 19 6:30pm - 8pm;  
Classes meet Tuesdays through May 7.**

Registration is free, participants receive tools, guidance and nicotine replacements while working with a trained cessation facilitator through their quit journey. Participants will spend time talking about tobacco dependence, planning their quit and supporting one another through the quit process.

**Registration can be completed at [www.hcpfranklinpa.org/FFS.html](http://www.hcpfranklinpa.org/FFS.html)  
or by calling (717) 264-1470 x 109**

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SATURDAY, MARCH 30

LEARN &

PLAY

DAY

GREAT Door Prizes including Chambersburg BORO POOL PASSES!

Presenting Sponsor:



with UNITED WAY

FREE FAMILY EVENT

ACTIVITIES • GAMES • "TOUCH A TRUCK" • & MORE!

10AM-1PM AT LIFEPOINT CHURCH

339 LINCOLN WAY EAST, CHAMBERSBURG, PA 17201  
SPANISH INTERPRETERS WILL BE PRESENT

# Camp Amp

## What We Do-

Easterseals is proud to offer a four day residential summer camp in Franklin County every year for individuals ages 7-17 with any disability or special need to experience increased independence, enhanced self-esteem, and develop new interests and friendships.



## Caring Staff and Fun Activities-

We are committed to creating a safe and enjoyable environment for campers by staffing our camps at a 1:3 counselor to camper ratio.

Activities include; swimming, go-karts, arts and crafts, campfires, &more! We ensure all campers are included by ensuring these activities can be adapted to all levels of ability.



Call or email Allison Scott,  
TR Program Specialist- Camp and Respite,  
York Division  
[ascott@eastersealswcpenna.org](mailto:ascott@eastersealswcpenna.org) | 717.741.3891





## at Keystone Health

Stop by our free pop-up produce market to get fresh fruits and vegetables.

## Together We Grow Community Event

Thursday, March 28, 2019  
10:00 a.m. - 12:00 p.m.  
830 Fifth Avenue, Chambersburg, PA  
(Cochran Professional Center)

[www.hungryharvest.net](http://www.hungryharvest.net) - @HungryHarvest



# get fit NOW!

Join this program to help you develop a healthier lifestyle. Using a combination of FitBit technology and supportive group sessions, learn strategies to help you improve your health.



## Get Fit NOW!

### Week 1: Self-assessment and Goal Setting

Getting started: self-assessment, goal setting, and introduction of the FitBit (*payment of \$60 payable to Summit Health is required upfront, reimbursed after attending all classes*).

### Week 2: "Me cook? "

Getting organized. Planning, grocery shopping, and quick-meal fixes. Explore strategies to simplify healthy eating that work for the long haul.

### Week 3: "Why did I just eat that?"

Thinking before eating. Mindless eating vs mindful eating. Consider how you will handle eating out and special occasions.

### Week 4: "Am I really hungry?"

Eating for health and nourishment and not for emotional or other reasons. Think about other ways to handle your emotions.

### Week 5: "Where do I go from here?"

Developing strategies for long-term success. Realize what you need to do to maintain positive diet and lifestyle changes.

### Programs Offered in Waynesboro

Waynesboro Hospital  
Family Birthing Services Classroom  
501 E Main Street, Waynesboro

Thursdays: 3/21, 3/28, 4/11, 4/18, 4/25  
From 5-6 pm  
\*No class on 4/4

Mondays: 4/1, 4/8, 4/22, 4/29, 5/6  
From 12-1 pm  
\*No class 4/15

Please register by visiting  
[SummitHealth.org/GetFitNow](http://SummitHealth.org/GetFitNow)

Or call (717) 262-4472

Open to adults age 18 years and older

Sessions led by:  
Heather Myers  
Community Health Coordinator

 **Summit  
Health.**  
THE PEAK OF GOOD HEALTH  
Community Health



Fridays

11 am

# Mother Goose On The Loose



Alexander Hamilton Memorial Free Library

45 E .Main Street Waynesboro, PA 17268 717-762-3335 [www.ahmfl.org](http://www.ahmfl.org)

Question? Contact Miss Randi—[rhartman@ahmfl.org](mailto:rhartman@ahmfl.org)

First Start Partnerships  
Job Openings

Join Our Team

# Family Focus



With so much emphasis today on preparing children for school, parents are eager to know how they can help their young children learn. [Read More...](#)



The year between age 2 and age 3 is an exciting one. Toddlers are realizing that they are separate individuals from their parents and caregivers. This means that they are driven to assert themselves, to communicate their likes and dislikes, and to act independently (as much as they can!). Toddlers are also developing the language skills that help them express their ideas, wants, and needs. [Read More....](#)



## Dates to Remember

March 18 - Staff In-Service Day; No school for students



## First Start Partnerships for Children & Families





We are a proud Keystone STARS Four Star Program, with funding from the Office of Head Start, Pennsylvania's PreK Counts, and Franklin County United Way.

