



1114 W Saratoga Ave..
 (307) 326-5056
 Classroom Bldg.

Classroom News / April 2026

1705 Edinburgh St.
 (307) 324-4951
 Admin Bldg.

HAPPY EASTER

CARBON COUNTY CHILD DEVELOPMENT PROGRAMS

MISSION STATEMENT

Carbon County Child Development Programs assists and advocates for all children, families, and individuals, by empowering them to:

- Promote family integrity and stability
- Make positive choices toward meeting basic needs
- Enhance quality of life
- Achieve self - sufficiency with dignity
- Make sure children enrolled meet their goals of school readiness



UPCOMING EVENTS MAY 2026

Newsletter and Reading Challenge sent home.
PCC @ 8 a.m., Fatherhood @ 3 p.m., followed by Rachel`s Challenge Link Ceremony. Cinco de Mayo Celebrations
Bike Day with SPD & Bike Safety @ 3 p.m.
School Readiness Meeting @ 9 a.m.
Kindergarten Readiness @ 4 p.m.
PCC @ 8 a.m.
Health in the Classrooms "Summer Safety"
Last Day of School / Early Dismissal @ 11:30, Graduation at Platte Valley Community Center @ 5:30 p.m.

At Head Start We Believe
 Parents/Guardians Are a Child's FIRST and Most Important Teachers!

Your child's teacher advocates for your child,
 your Family Advocates Specialist advocates for you.
 Elizabeth Ridgeway - Family Enrichment Specialist - eridgeway@cccdp.net
 Melisa Perea - Family Advocate - molivas@cccdp.net
 Janet Stockwell - Family Advocate - jstockwell@cccdp.net



CARBON COUNTY CHILD DEVELOPMENT PROGRAMS

SARATOGA NEWSLETTER APRIL 2026

SUN**MON****TUE****WED****THU****FRI****SAT**

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identify and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

1

Spring Break

2

Spring Break

3

No School

4**5****6**

Newsletter Reading & Challenge sent home

Easter Egg Hunt @ 3:00 p.m.

7

Library @ 2:00 p.m.



Kinder camp P/up @4:30 at SES

8**9**

Kiwanis Guest Reader @ 2 p.m.



Kinder camp P/up @4:30 at SES

10

No School

11**12****13**

Kindergarten Readiness @ 4p.m.



14 Parent Center @ 8:00 a.m.

**15**

ECHO Advocacy and Engagement from 12 - 1pm

<https://iecho.org/public/program/PRGM1723603236258PSPJN6JJTP>

WHP Little Enforcer @ 2:30 p.m.

**16****17**

No School

18**19****20**

21 Fatherhood Activity @ 3:00 p.m.

**22**

Rachel's Challenge in the classrooms

23**24**

No School

25**26****27**

Reading Challenge due

Board/Policy Council Meeting @ 5:30 p.m.

28**29**

ECHO Charting the Life Course in Action from 12 - 1pm

<https://iecho.org/public/program/PRGM1723603236258PSPJN6JJTP>

Show & Tell

30

Movie & Pajama Day

“This institution is an equal opportunity provider”

PARENT CENTER

VOLUNTEERING OPPORTUNITIES:

We welcome all parents/guardians to get involved.

Join us for our monthly Parent Center Committee (PCC) meeting on Monday, April 14th at 8:00 a.m. We will be planning graduation and the end-of-year activities.



FATHERHOOD ACTIVITY

"Bumble Bee Craft"

Tuesday, April 21, 2026 @ 3:00 p.m.

All fathers, grandfathers, brothers, uncles, or other male role models are welcome to join.

If a male figure isn't available, moms, grandmothers, sisters, or aunts are also welcome.

Your participation counts as In-Kind support!
Thank you for helping our program grow!

READING CHALLENGE

- Reading Challenges go home every Month.
- Read with your child 10–15 minutes, at least 3 times a week.
- Have your child color and complete the reading log and return it every month.

Each month, students earn a certificate, a book, and a small prize.

Super Readers (those who complete all challenges) will be recognized during the school year!

RACHEL'S CHALLENGE

Rachel's Challenge teaches children to be kind and respectful. Family Advocates help teach these lessons in the classroom. Ask your child about the kindness bridge.

When children show kindness, they earn paper links. Classrooms collect the links all year.

At the end of the year, we invite families to join us and celebrating with a Link Ceremony.

APRIL 2026 FAMILY ACTIVITY

SKATING NIGHT!

You're Invited!

Join us for a fun-filled afternoon of skating, laughter, and family time!
Come make special memories with your Head Start community! ♥

Date: Sunday, April 19, 2026

Time: 1:00 – 3:00 p.m.

Location: Rawlins Recreation Center

Bring your family and enjoy:

- Skating fun for all ages
- Music and laughter
- Time to connect with other families

Have fun and bring your family!
We can't wait to see you there! ♥

KHAN ACADEMY CURRICULUM INFORMATION

Khan Academy

is a free, nonprofit online learning website, where people of all ages can learn math, science, reading, history, computers, and more.

It offers short lessons, practice exercises, and progress tracking so learners can go at their own pace – at home or in school.

It's free to use

Lessons are through videos and practice problems

Covers basic to early college topics

Helpful for students, parents, and teachers


You can explore it here: <https://www.khanacademy.org>

April 2026 Preschool & Classrooms News

This is an exciting time for you and your child. They will be learning so much and cannot wait to collaborate with you. Join us each month to see what your child is learning throughout their day.

Below you will find their monthly learning goals.

If something peaks your interest let us know. We love having classroom volunteers.

April Weeks	Zoo - Phonics Letter/ Number	Social Skills	Math Skills	Creative Curriculum	Other
APRIL 6-9	Z AND 26	SELF- REGULATION, REVIEW SOLUTIONS WITH PYRAMID	3 AND 4 ELEMENT PATTERNS	INSECTS AND GARDEN	
APRIL 13-16	REVIEW A-H, 27	SELF- REGULATION, REVIEW SOLUTIONS WITH PYRAMID	CLASSIFYING PATTERNS	PETS	
APRIL 20-23	REVIEW I-Q, 28	SELF- REGULATION, REVIEW SOLUTIONS WITH PYRAMID	GRIDS	PETS	
APRIL 27-30	REVIEW R-Z, 29	SELF- REGULATION, REVIEW SOLUTIONS WITH PYRAMID	GRAPHING AND SURVEY DATA	PETS	



SAFETY/HEALTH & MENTAL HEALTH REMINDERS

- On April 15, 2026, the Wyoming Highway Patrol will be here to discuss car seat safety. Parents are strongly encouraged to attend. This is very important, you will see how easily it is to be injured at a low rate of speed, even here in town.

ECHO – BUILD A SUPPORT SYSTEM FOR YOUR FAMILY

**Join us here at school or in your own home
for a virtual class on:**

ECHO for Families
from 12 - 1 pm
Social and Spirituality
April 1, 2026

Advocacy and Engagement
from 12 - 1 pm
April 15, 2026

Charting the LifeCourse in Action
from 12 - 1 pm
April 29, 2026

Spanish interpretation is available
Lunch provided.

<https://iecho.org/public/program/PRGM1723603236258PSPJN6JJTP>

Echo for Families is an online group for families with children who have developmental disabilities, autism, or special care needs.

All family members are welcome.

Brought to you by the University of Wyoming.

IN- KIND WHY IT MATTERS

Your participation in Fatherhood events, family activities, homework, and reading challenges helps us keep our program grant and continue serving families.

Fill out the Reading Challenge.
Please return it to your child's teacher.

Questions? Call 326-5056



Healthy Nutrition for Families

Nutrición Saludable para Familias



Building Healthy Habits at Home

- ✓ Grow strong and healthy
- ✓ Have energy for school, work, and play
- ✓ Strengthen the immune system
- ✓ Build lifelong healthy habits



Creando Hábitos Saludables en Casa

- ✓ Crecer fuertes y sanos
- ✓ Tener energía para la escuela y el trabajo
- ✓ Fortalecer el sistema inmunológico
- ✓ Crear hábitos saludables de por vida



Make Half Your Plate Fruits & Vegetables

- ✓ Add fruit to breakfast
- ✓ Serve veggies with lunch & dinner
- ✓ Offer apple slices, carrots, or cucumbers for snacks



Llena la Mitad del Plato con Frutas y Verduras

- ✓ Agrega fruta al desayuno
- ✓ Sirve verduras con el almuerzo y la cena
- ✓ Ofrece manzanas, zanahorias o pepinos como bocadillos



Choose Whole Grains

- ✓ Whole wheat bread
- ✓ Brown rice
- ✓ Oatmeal
- ✓ Whole grain pasta



Elige Granos Integrales

- ✓ Pan integral
- ✓ Arroz integral
- ✓ Avena
- ✓ Pasta de trigo integral



Choose Healthy Drinks

- ✓ Water
- ✓ Milk
- Limit:
 - Sugary drinks
 - Soda
 - Too much juice



Elige Bebidas Saludables

- ✓ Agua
- ✓ Leche
- Limita:
 - ✓ Bebidas azucaradas
 - ✓ Refrescos
 - ✓ Demasiado jugo



Healthy Family Eating Tips

- ✓ Eat meals together
- ✓ Let kids help in the kitchen
- ✓ Try new foods as a family
- ✓ Serve small portions
- ✓ Be a role model



Consejos para Comer en Familia

- ✓ Coman juntos en familia
- ✓ Dejen que los niños ayuden
- ✓ Prueben nuevos alimentos
- ✓ Sirvan porciones pequeños
- ✓ Sean un buen ejemplo



Limit These Foods

- Candy / Dulces
- Chips / Papitas
- Cookies / Galletas
- Fast Food / Comida Rápida



Recuerden:
¡Pequeños cambios en casa hacen una gran diferencia!



Helping Your Child Get Ready for Kindergarten!

★ ¡Preparando a su niño para el Kindergarten! ★

TIPS FOR KINDERGARTEN READINESS

- Read with your child every day.



- Practice counting and sorting objects.

- Encourage drawing and writing.



- Teach your child to follow simple directions.

- Help them learn to share and take turns.



CONSEJOS PARA EL KINDERGARTEN

- Lea con su hijo todos los días.



- Practique contar y clasificar objetos.

- Fomente el dibujo y la escritura.



- Enseñe a su niño a seguir instrucciones.

- Ayúdeles a compartir y tomar turnos.



LEARNING IS FUN!



- Make sure your child gets plenty of sleep!
¡Asegúrese de que su niño duerma lo suficiente!

¡APRENDER ES DIVERTIDO!



- Promote healthy eating and playtime!
¡Promueva una alimentación y juego saludables!

FINANCIAL RESOURCES FOR FAMILIES

This page is designed to support families by sharing trusted financial and basic-needs resources. All links go to official or well-known organizations. Availability and eligibility may vary by location.



Spring Support for Families!

TANF / POWER Program

Wyoming's **POWER** program
(Personal Opportunities with Employment Responsibilities)

Temporary Cash Assistance & Job Support
for Eligible Families with Children.

- ✓ Help finding a job or training
- ✓ Support for relatives caring for children

Contact:
Wyoming Department of Family Services (DFS)
307-777-7564 | 800-457-3659
Call your local DFS office to apply or learn more!



Wyoming SNAP (Food Assistance)

Who Can Apply:

- Low-income households
- U.S. citizens or eligible residents
- Families with children, elderly, or disabled members

Income Limits (Monthly):

- 1 person: \$1,695
- 1 people: \$2,291
- 2 people: \$2,887
- 4 people: \$3,482
- Larger households: add ~\$595 per person

Other Rules:

- Must meet resource limits (savings, property, etc.)
- Elderly or disabled households may have higher limits
- Benefits based on income and household size

Benefits:

- Money loaded on an EBT card to buy groceries
- Amount depends on household size and income

How to Apply:

Contact your local Wyoming Department of Family Services (DFS) Call: 307-77-7564 or 80-457-3659



WIC (Women, Infants & Children)

WIC is for children up to age 5, and their parent or caregiver can apply, including single dads.

Provides healthy foods, nutrition guidance, and breastfeeding support.

**WIC Info: 888-996-9378
307-777-7494**

Tip: If your household also receives SNAP, TANF, or Wyoming Medicaid, you automatically meet the income eligibility for WIC.

Emergency Food Programs

The Emergency Food Assistance Program (TEFAP) partners with food banks and local pantries to provide free food to eligible families.

Phone: 307-324-2408