

CHOOSE QUALITY EARLY LEARNING PROGRAMS FOR YOUR CHILD

KEYSTONE STARS

When your child participates in an early learning program, you want him/her to be safe and secure as he/she learns and grows! Look for a Keystone STARS early childhood program to help ensure the overall quality of an early learning program for your child. Keystone STARS stands for Standards, Training, assistance, Resources, and Support, and is a voluntary continuous quality improvement initiative for child care and Head Start programs. Keystone STARS supports child care and Head Start programs that are committed to continuous quality improvement and offers families a valuable tool to measure quality in early learning programs.

Child care programs may enter at the Start with STARS level and earn STAR 1 through STAR 4 ratings.



PA PRE-K COUNTS

PA Pre-K Counts is designed for children who:

- Are between age 3 through the entry age for kindergarten
- Are at risk of school failure, due to income, language (English is not the first language), or special needs issues.

It includes full or half-day pre-kindergarten classes in schools Head Start, Keystone STARS child care programs with a STAR 3 level or higher or licensed nursery schools. PA Pre-K Counts is free to families. There are PA Pre-K Counts classrooms in most of Pennsylvania's 67 counties.

FULL-DAY KINDERGARTEN

Full-day Kindergarten provides children with the opportunity to engage with peers both academically and socially, in a well-planned and structured environment. Full-day kindergarten offers teachers the necessary time to build both pre-academic and social skills in children that a half-day program cannot offer. Children can participate in art, music and physical education classes. Full day Kindergarten students have a much easier transition to first grade.

For additional information, or to register your child, please contact your school district.

HEAD START

Head Start provides comprehensive early learning services to children and families who are most at risk of academic failure. Families earning 100% of the federal poverty level or less are eligible to apply. There is no cost to families. Programs offer home visits, classroom experiences, and parent involvement opportunities.



www.PAPromiseForChildren.com

**Ready Children + Ready Families + Ready Communities + Ready Services + Ready Schools =
CHILDREN SUCCESSFUL IN SCHOOL**

VISION: All children will enter kindergarten ready to succeed.

MISSION: Success By 6/The United Way of Mifflin-Juniata is dedicated to ensuring that all children ages birth to six will be mentally, physically, socially and emotionally healthy for lifelong learning and growing.

FUNDING FOR: The Community Engagement Coordinator/Success By 6 is through the Office of Child Development and Early Learning under the Department of Education and the Department of Public Welfare.

The "Winter Health, Safety & Energy Saving Newsletter" is produced by the United Way of Mifflin-Juniata. Efficiency with all our resources is a challenge. Our goal is to offer quality information to support residents of Mifflin and Juniata counties in meeting this challenge.

For more information contact:
Success By 6/United Way of Mifflin-Juniata
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(717) 248-9636 or (717) 436-0212
cyoders@mjunitedway.org



**Winter Health, Safety
& Energy Saving**

Newsletter



Funded by: Success by 6

Volume 2

Save Energy, Save Money and Help the Environment

Install a Setback Thermostat

For every degree you set the temperature back, you'll save 3% of your heating bill. For example, if you lower your thermostat setting from 72 to 68 during the day, you'll save 12% of your heating bill. Air conditioning savings in the summer are comparable if you set your temperature up.

Repair and Seal those Leaky Windows

Use caulk, rope caulk and storm windows to seal out the cold air. Tighten your window locks. **Repair all broken windows.** Replace all broken glass. Reglaze any panes that need new glazing.

Seal Drafts around Doors

Use V-seal, caulk, door sweeps and other weatherstripping to provide a tightly sealed door.

Seal Up Penetrations, Leaks and Holes in your Basement...

using expanding foam or insulation stuffed into plastic bags.

Repair any Leaks into your Attic

This could include your attic hatch or stairway to the attic.

Increase the Insulation in your Attic

If you have R-11 or less, add insulation up to R-38. Make sure to air seal before you insulate.

Buy Energy Star Appliances...

when replacing your refrigerator, heater, air conditioner, dishwasher, etc.

Install Radiator Reflectors and Bleed Your Radiators...

to get rid of air trapped in them, or if you have a forced air system, **replace your furnace filter before winter.**

Seal Leaky Ductwork with Mastic

Duct tape is for packages – not ducts.

Turn your Water Heater Down...

to 110 degrees and install an insulating jacket and pipe wrap on the first 5 feet leading off the water heater.

Use Compact Fluorescent Lamps (cfls)...

instead of incandescent bulbs and save 75% of your lighting cost. Cfls last 8 years on average.

Coat your Roof with White, Acrylic, Elastomeric Roof Coating...

to reduce your air conditioning bill by 22%. These coatings can go over existing rolled roofing, modified bitumen (aka rubber roofing), metal and any seamed roofing material.



**Energy Conservation
is the
Best Investment
you can make!**

Hand Washing at Home!

A Message to the Family: Hand washing is an important habit that should start early so it becomes automatic as your child grows. You can help! Model proper hand washing at home using the steps below — and make hand washing part of your daily family routine!

Here's How...



Hand Washing for Kids

- Liquid hand soap may be easier than bar soap for small hands to use.* It spreads and lathers quickly with simple rubbing and water, to help kids do the job right. It's more fun, too!
- Hands should be washed for at least 20 seconds. Make it fun by having kids time themselves — and younger brothers and sisters, too — using a watch with a second hand!

Hand Washing: It's part of the plan!

Proper hand washing can help reduce the spread of germs that can cause illness. Hand washing is an important part of a complete health program that includes a healthy diet... exercise... adequate sleep... and proper immunization. Check with your child's doctor to make sure immunizations are up to date!



**Making Food Healthy and Safe for Children,* Health Resources and Services Administration, US Dept. of Public Health Service, Ch. 2, page 5.

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Save Money This Tax Season!

Get your taxes done for Free!!!

Plus, you could earn as much as \$5,657 from the **Earned Income Tax Credit!!!**

The Earned Income Tax Credit (EITC) is a refundable tax credit for working low income earners. To receive this money, you **must** file a tax return, even if you don't make enough money to be required to. You **must** have a valid Social Security number, have an earned income from employment or self-employment, be a US citizen OR year-long resident alien OR resident alien married to US citizen OR resident alien filing a joint return.

To Qualify:	# of kids:	Income less than:	EITC up to:
Between ages 25 and 65	0	\$13,440 (\$18,440 if married)	\$457
Live in the US more than 6 months	1	\$35,463 (\$40,463 if married)	\$3,043
Not a dependent of someone else	2	\$40,295 (\$45,295 if married)	\$5,028
	3 or more	\$43,279 (\$48,279 if married)	\$5,657

If you made less than \$49,000 in 2009, you may be eligible to get your taxes done for free. Call the United Way of Mifflin-Juniata for more information at 248-9636.

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

- Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become **MORE** severe, parents should consider the following steps:

- Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

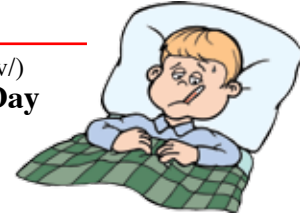
Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

Talk to your school administrators about their pandemic or emergency plan.

For more information:

- Visit:** www.flu.gov (<http://www.flu.gov/>)
- Contact CDC 24 Hours/Every Day**
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888)232-6348
 - cdcinfo@cdc.gov



SLED RIDING SAFETY TIPS:



Sled riding is a great way to have fun in the winter, but play it safe. Always remember these important safety tips:

WEAR A HELMET!

- Wear warm clothing - including heavy gloves and boots.
- Know how to stop your sled or make a sharp turn by dragging your feet.
- If your sled won't stop or if you are out of control, roll off your sled and onto the ground. Don't worry about your sled after you roll off. You can get it back after it stops sliding.
- Make sure your sled is in good condition and isn't broken. And always tell an adult if you have a crash.
- Only use the sled your parents or guardians gave you. Never use an inner tube, saucer or disk. You can get hurt because you can't steer them.
- Only sled ride when an adult is present.
- Never sled ride in the dark.
- Never ride a sled that is being pulled by a car, truck or ATV.
- Never sled ride in unsafe areas like the street, driveways, rocky hills or near a cliff.
- Never ride into a snow bank - the snow may hide a tree stump or rocks.
- Never sled ride when it is icy. Ice makes the sled go too fast. Plus, you can't steer or stop a sled when you're on ice.

