



HERE WE GROW Winter 2018



A Newsletter for families of young children in Westminster & Ashburnham, & Ashby, Townsend & Pepperell & Groton and Dunstable.

Greetings from the Coordinated Family and Community Engagement Program

"Here We Grow" is a publication of the Coordinated Family and Community Engagement (CFCE) Program. Our funding source is from the MA Department of Early Education and Care. This newsletter is sent to families with children from birth to age 4 and distributed to kindergarten children through the schools. We are a program of the Ashburnham-Westminster Regional School District. We offer programming in Ashburnham and Westminster, in Ashby, Townsend and Pepperell and in Groton and Dunstable — see inside for details.

The CFCE program has information about local child care providers and preschools. In addition, we can direct families on how to access EEC financial assistance for early education and care.



The CFCE Program is advised by a Council of parents, educators, child care professionals, and community members who work to further our goals and objectives. You can become involved in the CFCE Program by attending our Council meetings that are held at 6 PM in the CFCE office at Meetinghouse Elementary School, 8 South Street, Westminster. Upcoming meeting dates are: January 15th and March 12th.

We welcome your input and ideas for articles in future editions of "Here We Grow". Please contact us at the CFCE Program office at Meetinghouse Elementary School, 8 South Street in Westminster, via phone (978.874.0163) or email at jharrison@awrsd.org.

Jana Harrison, CFCE Coordinator

Understand Your Child's Development With This Tool



helps you learn about your child's skills in: Communication; Gross Motor; Fine Motor; Problem Solving; and Personal-Social Skills.

Would you like to help monitor your child's growth and development? The CFCE Program offers a free tool, called the Ages & Stages Questionnaire (ASQ.) This FREE simple tool is for Ages 2 months - 5.5 years. It

Contact Jana Harrison for a questionnaire for your child. You fill it out at home and return it to us. We'll provide you with results and, if needed, referral information.

Contact Jana Harrison at MHS, 8 South St. Westminster, MA 978.874.0163 or through email: jharrison@awrsd.org





DESIGNING WITH WOOD

Parent and child will work together

Build & Paint wooden creations

Open to children ages 2.5 - 8 yrs.
with a parent or guardian

Choose one session :

Monday, January 7th 6:00-7:30 PM

Wednesday, January 9th 6:00-7:30 PM

All parts and instruction included!
led by Wooden Toys and Crafts Company

FREE – sponsored by Stevens Library & CFCE

Partially funded by the Massachusetts Dept. of Early Education and Care



Stevens Memorial Library, 20 Memorial Dr, Ashburnham

Registration begins December 21st: 978-827-4115

Registration limited to 10 – call early - slots fill quickly

FINANCIAL LITERACY for Young Children

Children too young to know the value of different coins, older children who have money stashed in their piggy banks, children who have lists of toys, clothes and other items that they want to buy - they can all benefit from having their own savings account. Some local credit unions and banks offer special accounts for



children, even giving out rewards for deposits. Opening a savings account with your child is an opportunity to talk about setting goals and waiting until you have enough money before buying things. By introducing your child to saving money you are instilling a habit that will, hopefully, last a lifetime.

JOIN Us for the LEGO/DUPLO Construction Drop-In Club



Come join us every other Friday afternoon at 3:30 p.m. at the Forbush Memorial Library, 118 Main Street, Westminster.

Come and build something new or keep working on a project.

Use the vast collection of LEGOs/additional DUPLO blocks and other material including materials suitable for younger children.

Check the Forbush Library schedule:

Upcoming Drop-in Times:

Friday, January 4th at 3:30 p.m.

Friday, January 18th at 3:30 p.m.

!! Caution: Small parts – choking hazard !!

Public Preschool Enrollment Information



When your child reaches age 3 s/he may be able to attend the integrated public preschool. Children who have disabilities and their 'typically developing peers' learn together in an inclusive setting. Peers in NMRSD and GDRSD may enroll, space permitting, as early as age

3, or in the upcoming school year.

Ashburnham and Westminster preschool children who will reach age 3 by Aug. 31, 2019 are eligible to attend

Learning Tree Preschool. A limited number of children are selected as peers through a lottery conducted in March for enrollment in September. For more info about the Learning Tree Preschool and/or to place your child on the list of potential students, call the A-W CFCE at 978.874.0163. Registration deadline is Feb. 15, 2019.

If you suspect your 3 or 4-year-old child has a disability contact the Special Education Department - for Ashburnham and Westminster: 978-827-3062, for Ashby, Townsend and Pepperell: 978-597-8713, for Groton and Dunstable: 978-448-5505.

SUPPORTING CHILDREN'S POSITIVE BEHAVIOR: Effective Strategies for Guiding their Social/Emotional Learning



Join us for any or all workshops
for parents/caregivers of young children:
Session 1 - Powerful Tools for Nurturing Relationships
Session 2 - Why Children Do What They Do
Session 3 - Practical and Effective Strategies
Session 4 - Techniques for Challenges

Two options available –

Thursday mornings in March from 9:30-11AM

Townsend Public Library next to Squannacook Early Education Center, Dudley Road, Townsend
(Contact us if you need childcare – we can accommodate some needs for child care.)

Thursday mornings – March, 7th; 14th, 21st, 28th (Snow make-up date: 4/4)

OR

Thursday evenings in March from 5-7PM

Children's Garden Nursery School, 247 Locke Road, Ashby
Includes light family supper and on-site childcare for those who register

Thursday evenings - March, 7th; 14th, 21st, 28th (Snow make-up date: 4/4)

Fill your toolbox with good ideas!

RSVP to Jana Harrison, CFCE Coordinator
jharrison@awrsd.org; phone: 978-874-0163

Sponsored by a grant from the MA Dept. of Early Education and Care

FREE Physical Activities for Preschoolers in 2019



FREE Preschool Yoga for Children w Info for Parents also

When: Friday, January 11th from 12-12:45 p.m.

Ages: 3.5 to 5 years (pre-K)

Where: Young at Heart Yoga Studio, Westminster

Register: 978-874-0163 or via email: jharrison@awrsd.org

The Value of Yoga for Preschoolers:

Learn the power of movement and breath through music, games and simple yoga positions. Yoga games help children balance, manage emotions, and understand the emotions of others

FREE Shoto- Kids Karate and Fitness Class



When: Thursday, January 31st from 11-11:30

Ages: 3.5 to 5 years (pre-K)

Where: Mello's Institute of Martial Arts, Westminster

Register: 978-874-0163 or via email: jharrison@awrsd.org

What is Shoto-Kids?

It is a 30 minute Karate/Fitness class geared towards pre-school aged children. The class consists of the following challenge stations, balance, core strength, cardio and focus.

The class is taught at a full service dojo therefore, respect, courtesy, listening and paying attention skills



FREE Young Children's Festival

When: Saturday, April 6th from 8-11:30 a.m.

Where: J.R. Briggs School, 96 Williams Road Ashburnham

For more info: 978-874-0163 or via email: jharrison@awrsd.org

Come and enjoy a free event! Lots of kids activities, free raffle and info on local resources! Held in conjunction with Easter Bunny Breakfast — ticketed event.

Fun With Blocks



Wooden blocks, Legos, Bristle Blocks, cardboard blocks, are great toys that help your child develop creativity, coordination, special skills and, most importantly, are a lot of fun. Think of new ways to play with blocks!

Tall Towers

Building towers with blocks is always a fun activity. Encourage your child to make many towers and then guess which one is the tallest. Take it a bit further by then measuring each tower to see if s/he was correct. Follow this with making and measuring long block roads. Then, get out the cars, trucks and little people, build buildings, and have fun in the imaginary town.

FREE PLAYGROUPS—OPEN FOR ALL

FUN FOR YOUNG CHILDREN

Playgroup/Literacy/Story & Craft Time

FREE—for young children w/ parent or caregiver

The Coordinated Family and Community Engagement Program



In Ashburnham and Westminster:

Mondays at 1 p.m. at Stevens Memorial Library, 20 Memorial Drive, Ashburnham

Fridays at 10 a.m. at Forbush Memorial Library, 118 Main Street, Westminster

In Ashby, Townsend and Pepperell:

Tuesdays (1st and 3rd) at 10:30 a.m. at Pepperell Children's Library, 15 Main St.

Tuesdays (2nd and 4th) at 10:30 a.m. at Ashby Public Library, 812 Main Street Ashby

Wednesdays at 10:30 a.m. at Townsend Public Library, 12 Dudley Road Townsend

In Groton and Dunstable:

Mondays at 9:30 a.m. at Peter Twomey Center, 385 Main Street, Groton

Tuesdays (1st Tuesdays) at 1:30 p.m. at Dunstable Congregational Church, 518 Main Street, Dunstable

Questions - Contact the CFCE Office at 978.874.0163 or jharrison@awrsd.org

Free ** PARENT DINNER AND PROGRAM** Free

Strong Families: Today and Tomorrow

Raising Confident Children in a Judgmental Society

Wednesday, March 6th, 2019 5:30-7:30 p.m. (Childcare Provided—ages 3&up)

Gardner Middle School, 297 Catherine Street, Gardner—

We all love our kids, but it takes more than love to keep our families strong.

- Make new friends;
- Join a small group to discuss ideas;
- Share information and ideas;
- Learn about community resources;
- Raise strong children and build strong relationships with them;
- Enjoy FREE PIZZA DINNER!

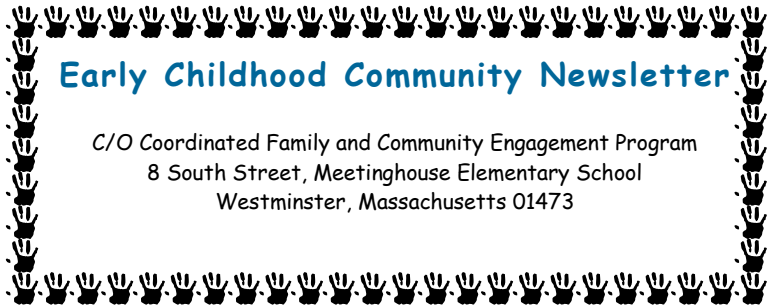


Registration is limited. Please register by February 28th by calling

Ashburnham-Westminster CFCE Office @978-874-0163, or email jharrison@awrsd.org

Program is sponsored by the Ashburnham-Westminster, Gardner AND Templeton CFCEs, Mass. Dept. of Early Education & Care., Winchendon Mental Health Center and YOU, Inc

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C/O Coordinated Family and Community Engagement Program
8 South Street, Meetinghouse Elementary School
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Mail to:



HERE WE GROW

A NEWSLETTER FOR FAMILIES
OF YOUNG CHILDREN

UPCOMING FREE EVENTS

SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE

Weekly Playgroups — see details inside

Movement Activities January 2019 — registration details inside

January Designing with Wood at Stevens Memorial Library—see inside

March 6th — Parent Dinner and Program — details inside

Positive Solutions for Families Training — see details inside

Saturday, April 6th —

21ST ANNUAL YOUNG CHILDREN'S FESTIVAL @ Briggs , 96 Williams Rd, Ashburnham

Parent Center Hours

CFCE Office is available for parents on Wednesdays.
Come learn about programming and meet the Coordinated Family and
Community Engagement Coordinator. Children are welcome.
Please call ahead 978-874-0163.

