



CKLECC Newsletter

Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

What is CKLECC?

The Cheyenne, Kiowa and Lincoln Counties Early Childhood Council (CKLECC) is a council that has been established to work collaboratively with community partners to improve resources and services for children and families in Cheyenne, Kiowa and Lincoln counties.

The goal of CKLECC is to work as a resource to support families, providers, caregivers and organizations who work for the well being of children and realize the importance of early childhood learning.

The council works to improve the availability and quality of early childhood services for children and families by focusing on the four domains of early childhood - early learning, family

support and parent education, social, emotional, and mental health and health.

The council is currently focusing on two main goals which are the importance of early learning in children and the importance of nutrition and healthy lifestyles. CKLECC is using its website www.cklecc.org and its Facebook page to provide helpful information for families on these topics as well as information on local activities and programs in our communities for our children.

The council consists of many different members of organizations including Lincoln County Public Health, Cheyenne County Public Health, Baby Bear Hugs, Centennial Mental Health, Southeast Mental Health,

Cheyenne, Kiowa and Lincoln Departments of Human Services, Limon Child Development Center, Eads Preschool, Limon Memorial Library, Hugo Public Library, Eads Library, Cheyenne Wells Library, Northeast Colorado Child Care Resource and Referral, Early Intervention, various teachers in pre-schools and kindergarten classrooms in all three counties and more.

If you feel like you could be a beneficial member to our council or would like to inform the council about grant opportunities or programs regarding early childhood please contact Julie Witt, Council Coordinator at 719-775-9728 or Haley Smith, CKLECC Representative at 719-649-3954.



www.cklecc.org

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Special Points of Interest:
HAPPY HOLIDAYS!!!



- ☉ Local Car Seat Safety Technicians
- ☉ Library Schedules
- ☉ Holiday Calendar
- ☉ December Books
- ☉ Simply Eating Cooking Class

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Holiday Event Calendar (continued on page 6)

DECEMBER 7th:

Hugo - UMW Bazaar & Bake Sale 9 am - 2 pm at the United Methodist Church

Limon - The Festival of Trees opens at the Limon Senior Center, 220 E Ave.

Cheyenne Wells - Tumbleweed Christmas: 5 pm - 7 pm Dinner & Booths at The Knights of Columbus, Parade at 7:30 pm.

Eads - Christmas drawing - anyone who spends \$5.00 or more at one of the par-

ticipating merchants receives an entry blank for three different chances to win \$50 in "Eads Bucks". Which are redeemable the same as cash at merchants in Kiowa County.

Kit Carson - Santa Day at Pool Hall 11:00am-12:30pm; Soup and Chili Dinner hosted by Junior class/Christmas Bazaar at School 1:00 pm

CKLECC Fun Tote Program

The Cheyenne, Kiowa and Lincoln Counties Early Childhood Council (CKLECC) would like to introduce the Fun Tote Program. The program was created to promote school readiness and the importance of early learning. One of the many goals of the council is to promote the importance of school readiness. The totes were created to assist preschools, kindergarten classrooms, parents and care givers with the task of helping with the development of our young children.

The tote bags contain art and learning supplies that focus on math, reading, writing and healthy living.

The bags are being used in preschools and kindergartens in Cheyenne, Kiowa and Lincoln Counties and are also available to be checked out at the local libraries in all three counties. The Lincoln County Bookmobile is also participating in the program and will have totes available to check out. The bags feature art supplies, books, dry erase writing boards, math ducks, rulers, stickers, inflatable exercise dice and much more. The Early Childhood Council focuses on the ages of 0-8. The totes have activities or supplies for all these ages.

Please help us promote the Fun

Tote Program by taking your kids to the local libraries to check one out and get a head start on learning!

For any questions on the program or to provide feedback on your experience with the totes please contact Julie Witt, Council Coordinator at 719-775-8837 or Haley Smith, CKLECC Representative at 719-649-3954.



Plainview Preschool in Kiowa County and Tina Kraft (continued on page 4)

Plainview Preschool; Kiowa County School Dist. RE-2
13997 County Road 71; Sheridan Lake, CO 81071
Phone (719) 729-3331; Preschool Teacher Tina Kraft

Plainview Preschool is part of the Plainview School. The school district consists of students from Brandon, Sheridan Lake and Towner. Our district is fairly small having an average of 80 students in Preschool - 12th grade.

Plainview preschool currently has 8 students. We are a half day program, running from 8:00 a.m. to 11:30 a.m. In

addition to our preschool another service we have to offer is the amazing opportunity to participate in the **Ready! for Kindergarten Parent Training Program** free of charge to the parents in our school district with children from birth through age 5. The Plainview School District supports this program and works to support parents as their child's most influential, and most loved, teacher during the important early learning years.

When it comes to learning, home is where the start is. Young children learn best when they are actively involved and engaged with people they love and trust. That's family! They also learn best by short and frequent repetition in a secure environment. That's home!

READY! for Kindergarten classes encourage parents and caregivers to talk, sing, read and play with their child in simple ways that foster essential pre-literacy, pre-math and social-emotional skills. Age-appropriate activi-

Frosted Reindeer Cookies

- 1 roll store bought sugar cookie dough
- 1/4 cup all-purpose flour
- Frosting of choice
- 64 small pretzel twists
- 1/4 cup chocolate chips
- 16 gum drops, cut in half



Stir dough and flour until well blended. Reshape dough into a triangular shaped roll. Refrigerate for 30 minutes. Heat oven to 350 degrees. Cut roll into 32 triangular slices. Bake on ungreased cookie sheet for 7 to 11 minutes. Once cool frost. Use pretzels for antlers, choc. chips for eyes, and gumdrop for the nose.

Christmas Fun With The Kids

Handprint Christmas Wreath

Fun and Easy! Have your kids cut out their handprints, paint them (red & green), and glue them together for a festive and hand made Christmas decoration.



Paper Plate Snowman

All you need are paper plates, construction paper, scissors, glue and your choice of décor to create the perfect snowman with your kiddos!



Must Have Recipe - Berry Tasty Muffins

Prep time: about 40 minutes

What you need:

- 1 c. Flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- 1/4 c. vegetable oil nonstick cooking spray

What to do:

1. Preheat oven to 400°F (200°C).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add egg mixture to the dry ingredients in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.

7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your berry tasty muffins

Makes 12 muffins

Nutritional analysis (per Serving):

136 calories	3 g protein	6 g fat
19 g carbohydrate	1 g fiber	344 mg sodium
18 mg cholesterol	86 mg calcium	0.9 mg iron

KidsHealth.org

How To Be A Fit Kid (A note to kids)

There is a lot of discussion these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit.

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you are fit, your body works well, feels good, and can do all the things you want to do, like run

around with your friends.

Some steps only parents can take - such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules, knowing that some days (like your birthday) might call for cake and ice cream.

www.KidsHealth.org

- Eat a variety of foods so your body gets more nutrients
- Drink water and milk so that you are quenching your thirst and getting calcium for your bones
- Listen to our body so you know when your body is full
- Limit screen time to no more than two hours a day (TV, video games, handhelds, computer)
- Be active and make it fun!

The groundwork for all happiness is Health - Leigh Hunt

Find A Daycare Provider

Have you been looking for a daycare provider but not sure where to start? Call the Northeast Colorado Child Care Resource and Referral Agency and you will be provided with names of licensed providers in your area. You can also contact them to learn how to become a licensed daycare provider. The contact information of NCCRR is 970-848-3867 or 877-338-CARE.

Car Seat Safety - Find a Safety Technician

Did you know car crashes are the number one killer of children and nine out of ten car seats are used incorrectly?

Make sure your child's car seat is properly installed. Contact one of the certified child passenger safety techs for a FREE car seat check. The following are certified techs:



Cheyenne County:

Haley Smith - 719-343-5008
Tish Wright - 719-767-5633



Lincoln County:

Rich Johnson - 719-743-2421 x3221
Carolyn Juranek - 719-775-2367
Dee Lockhart - 719-740-0392
Amy Seymour - 719-743-2889
Rachel Wineski - 719-743-2421

The Importance of Developmental Milestones & Screenings

Developmental milestones are certain skills that children are expected to meet within a specific period of time. All children develop at their own pace; however, it is important for parents and caregivers to be cautious of whether or not milestones are being met. By being aware and having a general idea of the areas of development parents can take the next step to find out whether or not there should be a concern.



There are six major areas of development that should be monitored:

problem solving, fine motor skills, gross motor skills, social skills, communication skills and self help skills. As children reach school age it is critical these skills are obtained as they learn to read, write and problem solve.

Developmental screenings are a helpful tool in assessing whether or not a concern in development exists. Most medical clinics, preschool centers and other organizations such as Baby Bear Hugs will do a screening on your child. The assessments help identify the areas of strength and

potential delays a child may have. Once a screening has been completed and if a concern exists the parent will be referred to the proper agency to seek the proper treatment.

Depending on the age of the child a referral to Early Intervention Colorado may be made. Early intervention Colorado supports and provides services for infants, toddlers and families. For more information visit www.eicolorado.org or call 1-888-777-4041.

For more in depth information on specific milestones and ages visit www.lifestagesinc.com.

Race to the Top Early Learning Challenge Fund

In December 2012, Colorado was awarded \$29.9 million in federal funding over the next four years to help accelerate the state's plan to improve school readiness in Colorado's children.

The Early Learning Challenge Fund will provide resources and supports for districts with implementation of school readiness plans and assessments in kindergarten. School readi-

ness plans will help teachers and families gather information to better support the developmental and academic progress of kindergarten children.

One of the specific work topics the fund will support is for the dissemination and use of Colorado's Early Learning and Development Guidelines for children aged birth to eight. To learn more about the Race to the Top Early Learning Challenge Fund visit

the Colorado Department of Education's website: www.cde.state.co.us/early.

CKLECC will be receiving a grant from the Race to the Top fund to help promote the early learning guidelines. The council and coordinators will be working hard to get the information out to all of our local communities.

Plainview Preschool in Kiowa County

ties are designed to start at birth and continue through age five. The curriculum is based on current research and replicates what parents and preschool educators of successful students have done for years.

Parents and caregivers choose activities from READY! classes to enjoy at home based on their child's personality, abilities and interests, and their family's values and culture. Sessions are held three times per year (Fall, Winter and Spring) and participants choose

from one of five classes depending on their child's age. Each free class is a 90-minute interactive lesson led by a trained instructor. The targets, materials, activities and tools used in class are yours to take home and enjoy with their child.

The READY! for Kindergarten program is designed to help participants prepare children with the skills needed to start and stay at grade level throughout their scholastic career.

In conjunction with the "Ready" for

(continued from page 2)

Kindergarten" classes we offer a "Playgroup"- with a **Story Time and activities for the children**. The goal is for the children to gain social skills by spending time with other children with trained adult guidance and support. We also have a library time where parents and children can come and check out books to take home and read.

Dolly Parton Imagination Library- provided for children birth to age 5. Through this program each month a carefully selected book arrives by mail for every child enrolled in the program.

Library/Story Hour and Bookmobile Schedules

Limon Memorial Library

M-F: 10:00 am -8:00 pm

Sat.: 10:00 am—2:00 pm

Toddler Story Hour Tuesday mornings at 10:30 a.m.

Hugo Public Library

M-F 2:00 pm—6:00 pm

Eads Library

M- F 8:00 am-4:30 pm

Parent Tot Class Wednesday mornings at 9:00 am. (NO Class Dec. 25th)

For more information contact Tina Meyer at 719-691-5407.

Cheyenne Wells Library

M: 9:00 am-6:00 pm

T-Th: 9:00 am-4:00 pm

F: 9:00 am-2:30 pm

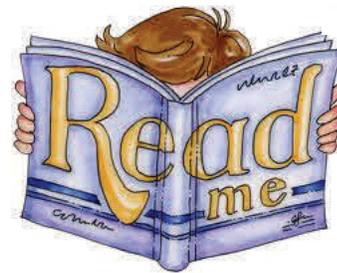
Sat: 10:00 am-1:00 pm

Toddler Story Hour Wednesday mornings at 10:00 am.

Lincoln County Bookmobile

Makes stops bimonthly at Arriba, Genoa, Hugo, Limon, and Karval.

For more information call 719-775-2163 or reach by email at lcbookmobile@yahoo.com



"One of the joys of childhood was an afternoon in the library, to browse & bring home a pile of books."

Noam Chomsky

December Books Your Kids Will Love

Reading is one of the most important things parents can do with their children. Not only does it build a close relationship between parents and their kids but it helps with academic and speech skills, the mastery of language and better communication and logical thinking skills. Get a head start on your child's learning and make sure to read to them everyday!

Below is a list of suggested books for the month of December to look for at your local libraries or would make wonderful Christmas gifts!

- **Polar Express** by Chris Van Allsburg
- **Snowballs** by Lois Ehlert
- **How the Grinch Stole Christmas** by Dr. Suess
- **The Nutcracker** by Stephanie

Spinner and Peter Malone

- **The Mitten** by Jan Brett
- **There Was A Cold Lady Who Swallowed Some Snow** by Lucille Colandro
- **The Legend of the Candy Cane** by Lori Walburg
- **The Children's Wish** by Lori Evert

SAVE THE DATE



Don't miss the next Simply Eating Cooking Class hosted by Colorado East Community Action. Come learn to cook a delicious meal or treat while keeping it healthy and staying on a budget. Kids and families are welcome!! The next class will be a holiday cookie decorating class. Please call Colorado East at 719-775-8586 to receive the December date and time. Don't miss out on the fun!

LEAP

The Low Income Energy Assistance program (LEAP) began on Nov. 1st. The program is designed to assist with winter heating costs. Applicants must provide a valid driver's license, monthly gross income, and proof they pay a heating bill. Pick up an application at your local Human Services office or call the HEAT HELP line at 1-866-432-8435.

Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

455 1st Avenue, Limon, CO 80828
PO Box 37 Hugo, CO 80821
Phone: 719-775-9728



Important Phone Numbers

Cheyenne County

Prairie View Clinic
(719) 767-5669

Public Health
(719) 767-5616

Sheriff's Dept.
(719) 767-5633

Social Services
(719) 767-5629

WIC
(719) 346-8732

1st Thursday of every
month at 560 W. 6th
N., Cheyenne Wells,
719-767-5616

Kiowa County

Police Department
(719) 438-5590

Social Services
(719) 438-5541

Eads Medical Clinic
(719) 438-2251

Public Health
(719) 438-5782

Lincoln County

Public Health/WIC
(719) 743-2526 - Hugo

1st and Last Wed. of
every month at 326
8th Street, Hugo

Public Health/WIC
(719) 775-8864 -
Limon

1st Four Tuesdays of
each month at 455 1st
Avenue, Limon

Sheriff's Office
(719) 743-2426

Human Services
(719) 743-2404

Plains Medical
(719) 775-2367

Gordon Clinic
(719) 743-2155

Limon Family Practice
(719) 775-8662

Early Intervention Colorado

www.eicolorado.org 1
-888-777-4041

Centennial Mental Health

(719) 775-2313

South East Mental Health

(719) 336-7501

Holiday Event Calendar - (continued from page 1)



DECEMBER 8th Hugo - Christmas Home Tour 4 pm - 8 pm

DECEMBER 9th Cheyenne Wells - K - 3 School Christmas Program at 6:30 pm

DECEMBER 12th Karval - Elementary - High School Music Concert and Santa visit

DECEMBER 14th Genoa - Santa Is Coming To Town at 12 pm at the Senior Center

Eads - Christmas drawing (Dec. 7th, 14th, & 21st) - anyone who spends \$5.00 or more at one of the participating merchants receives an entry blank for three different chances to win \$50 in "Eads Bucks". Which are redeemable the same as cash at merchants in Kiowa County

Limon - Free Pics with Santa from 11 am - 2 pm on Limon Fire Dept. North Pole Express; Heritage Society Whistle Stop Soup Lunch from 11:30 am - 1:00 pm; Bake Sale; Free Movie at the Lincoln Theatre at 1:00 pm - The Muppets Take Manhattan

DECEMBER 15th Eads - Christmas Cantata at 6:00 pm

DECEMBER 16th Cheyenne Wells - 4th-12th Band Concert at 7:00 pm

DECEMBER 17th Kit Carson - Christmas Program, Dinner at 5:00 pm, Concert at 7:00 pm

Limon - Elementary School Christmas Program 7:00 pm

DECEMBER 18th Limon - Eastern Plains Safe Shelter 4th Annual Wrap Up - Bring gifts to Alco to get wrapped and take your appetite to Wendy's between 4:00 pm - 9:00 pm. 10% of your bill is donated to the Safe Shelter

DECEMBER 19th Limon - LCDC Christmas Program: Songs by the Children followed by a visit from Santa at Limon Public School; Parade of Lights at 7:30 pm

DECEMBER 21st Hugo - Santa 1 pm at the Community Building; Story and craft at the library; Hugo Lion's Club train rides

DECEMBER 19th-21st - Holiday Basketball Tournament at Lamar Community Building.