



HERE WE GROW Winter 2019



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 local community programs.



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: March 10th and May 21st.

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
Chardell Davis, CFCE Specialist*

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 6th 6:00-7:30 PM

Wednesday, January 8th 6:00-7:30 PM

(snow dates the following week)

All parts and instruction included!

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 23rd: 978-827-4115

Registration limited to 10 – call early - slots fill quickly

Meet Miss Chardell our New CFCE Literacy Specialist

Chardell Davis is our new Literacy Specialist! She and Miss Jana welcome you to our weekly playgroup/storytimes/craft-times held weekly. See our schedule on the next page.

Miss Chardell has been providing children's programming for many years! Many of you will remember her from Appleseed Academy and Stevens Memorial Library.



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 3rd at 3:30 p.m.

Friday, January 17th at 3:30 p.m.

!! Caution: Small parts – choking hazard !!

Public Preschool Enrollment Information



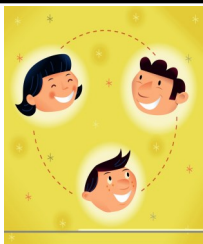
When your child reaches age 3 s/he may be able to attend the integrated public preschool. Children who have disabilities and their 'typically developing peers' learn together in an inclusive setting. Peers in NMRSD and GDRSD may enroll, space permitting, as early as age 3, or in the upcoming school year.

Ashburnham and Westminster preschool children who will reach age 3 by Aug. 31, 2020 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. 14, 2020.

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: 978-448-2297.

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 Effective Strategies & Techniques for Challenges

Thursday mornings in March from 9:30-11:30 AM

Townsend Public Library next to Squannacook Early Education Center, Dudley Road, Townsend
(Contact us if you need childcare .)

Thursday mornings – March, 5th, 12th, 19th (Snow make-up date: 3/26)

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

Grandparents Raising Grandchildren Support Groups

Faced with the hard job of raising grandchildren or other kin? — come to one of two local support groups to learn with others. Ashburnham-Westminster RSD hosts a group at the superintendent's office, 11 Oakmont Dr, Ashburnham, every 2nd Tuesday morning at 9:30 AM. The Townsend Senior Center hosts a group on 2nd Wednesdays at 6 PM. (Childcare is provided and RSVP required.) All welcome!



FREE Physical Activities for Preschoolers in 2020



FREE Preschool Yoga for Children w Info for Parents also

When: Thursday, January 16th from 12-12:45 p.m. (snow date 1/23)

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 Fitness Class

When: Thursday, February 6th (tentative date) 10-10:30 AM (snow date 2/13)

Ages: 3.5 to 5 years (pre-K)

Where: location: TBD- (in or near Westminster)

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



A 30 minute class for preschoolers: following challenge stations, balance, core strength, cardio and focus. The class stresses respect, courtesy, listening and paying attention skills



FREE Young Children's Festival

When: Saturday, March 28th 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.

Use Positive Words



- ◆ Tell your child what to do instead of what not to do.
- ◆ Clearly and simply state what you expect the child to do.
- ◆ Have age appropriate expectations.
- ◆ Use age appropriate language. Young children have difficulty with contractions (two words that are combined to form one, such as don't and can't.)

Don't say....

Don't run!
No yelling!
Don't throw your truck!

Do Say...

Stay with me. Hold my hand!
Use a calm voice. Use an inside voice.
Roll your truck on the floor.

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

Wednesday, March 4th, 2020 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.

- Raise strong children and build strong relationships with them;
- Enjoy **FREE PIZZA DINNER!**

Registration is limited. Please register by March 2nd by calling Ashburnham-Westminster CFCE Office @978-874-0163, or email jharrison@awrsd.org
Program is sponsored by the Ashburnham-Westminster, Gardner AND Templeton CFCE's, Mass. Dept. of Early Education & Care, and YOU, Inc

All caregivers
are superstars

FREE Drop-In Outdoor Winter Program

Join Carlee Mills, Early childhood teacher and founder of Peaceful Roots! All ages are welcome to spend time outdoors on any or all Sunday mornings from 9-11 AM at Dunn Park, Gardner from December-February. Learn to love the out-of-doors and see what is around us For more information contact Carlee at peacefulrootscentralma.org. Follow her FB page for these events and more.



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8 South Street, Meetinghouse Elementary School
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Mail to:



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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 and February — registration info inside
January Designing with Wood at Stevens Memorial Library—see inside

March 4th — Parent Dinner and Program — details inside

Positive Solutions for Families Training — see details inside for March program

Saturday, March 28th —

22nd 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.

