

# Partnership for Children of Sampson County Provider Newsletter

January-March 2021

"A Smart Start to a Successful Future"

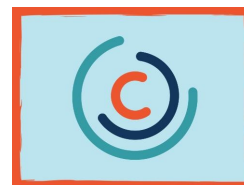
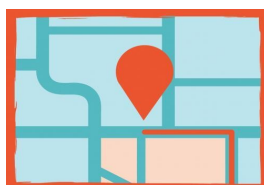
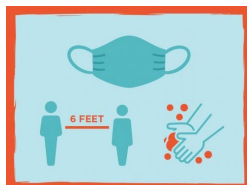
## Protect Yourself, Your Family and Your Neighbors

Practice your 3 W's

Find a Testing Place

Find a Local Vaccine Provider

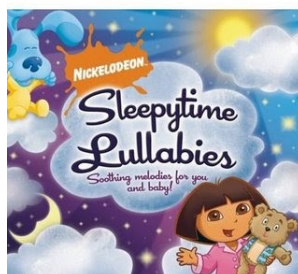
Download COVID NC



## Catch up on the Latest Information:

All North Carolinians should get the latest information on COVID-19 directly from reliable sources. The COVID-19 outbreak has been accompanied by a flood of misinformation from unreliable sources. Be thoughtful about what you read or hear about the virus and make sure you are separating rumor from fact before you act. COVID-19 information from across state government, including information about unemployment, can be found at [www.nc.gov/covid19](http://www.nc.gov/covid19). [Sign up](#) for weekly email updates about North Carolina's COVID-19 response.

<https://covid19.ncdhhs.gov/about-covid-19/latest-updates>



[KidsHealth](#) / [for Kids](#) / What Sleep Is and Why All Kids Need It

## How to Catch Your ZZZs

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading. Limit foods and drinks that contain [caffeine](#). These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't [exercise](#) just before going to bed. Do exercise earlier in the day — it helps a person sleep better. Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.

<https://kidshealth.org/en/kids/not-tired.html>

**Victoria Byrd, DBA**

Executive Director

**Cassie Pennell**

Deputy Director

**Lynn King**

Office Manager

**Raquel Cervantes**

HFA Educator

**Barbara Fortner**

HFA Educator

**Veronica Ramos**

NCPK Data Specialist

**Cynthia Banos**

Subsidy Data Specialist

**Donna Jackson**

Early Learning Specialist

**Elizabeth Marquez**

Early Learning Specialist

### SCHOLARSHIP PROGRAM:

Helps parents with the cost of childcare.

Parents must be working more than 20 hours a week or going to school FT.

Call 910-592-9399

### Healthy Families America

Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes for more information. 910-592-9399

### NC PRE-K

A free preschool program that targets children who turn 4 on or before August 31 of the school year. Call for your application appointment.

910-592-9399

### Dolly Parton's Imagination Library

Children ages 0-5 years old can receive a free book each month.

Enroll today!

910-592-9399

We are now ready to begin our trainings again. Although they are not in person you will still be able to communicate and engage virtually. Below is the calendar of events for the next few months. Please feel free to contact us for any other information.

<b>Virtual Learning Trainings</b>				
<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Instructors</b>	<b>Objective Focus</b>
February 25 <sup>th</sup>	6:00-8:00	Building Teacher Child Relationships	Donna Jackson Elizabeth Marquez	Building Relationships
March 25 <sup>th</sup>	6:00-8:00	Quality Lesson Planning	Donna Jackson Elizabeth Marquez	Quality Planning
April 22 <sup>nd</sup>	6:00-8:00	Behavior Management	Donna Jackson Elizabeth Marquez	Behavior Management
May 20 <sup>th</sup>	6:00-8:00	Centers/Materials	Donna Jackson Elizabeth Marquez	Learning Material for Engagement

### **Guidelines for trainings**

- Turn your computer camera on so we can see you (If you have one)
- Type your first and last name and facility in the chat box at the beginning of the training
  - Participate verbally or through chat box when questions are posed
    - Dial in by phone if you are unable to connect by computer
      - Participation is expected by everyone
    - You are expected to stay through the whole training

All participants must take the pre-test, pos-test and survey to acquire a certificate of completion

**As we are still readjusting to COVID-19**

**Here are some ways we can work with you:**

- **WebEx Meeting**
- **FaceTime**
- **Phone call**
- **E-mail**

**Please feel free to contact us at any time.**

**910-592-9399**

**We hope you join us for our virtual trainings. We look forward to seeing you there.**

**Continue to Be Safe!!!**

October-December 2020 "Ready for School, Ready for Life!"



Do you have a child who will be 4 YEARS OLD  
on or before August 31, 2021?

If so, you may qualify at no cost to you for the NC Pre-Kindergarten Program, which is designed to prepare children for success in school. We are still taking applications for the 2020-2021 school year. Sign your child up now!!!

PLEASE CONTACT OUR OFFICE FOR ADDITIONAL INFORMATION

(910) 592-9399

211 W. Main Street

[www.scpfc.org](http://www.scpfc.org)



Do you have, or know of a child who is  
younger than 4 1/2 years old and lives in Sampson County?

If so, he or she qualifies for Dolly Parton's Imagination Library, which mails one book a month to children at **no cost** until they turn 5 years old.



Please go to [www.scpfc.org](http://www.scpfc.org) to complete the application or call our office for more information.



We are excited to bring  
this program to Sampson  
County!

