

# AUGUST 2023 NEWS TO KNOW

JC SCHOOLS PARENTS AS TEACHERS MISSOURI CURRICULUM PARTNER

*Ready.* **set.** *learn!*

**Ready** your child for school success by **setting** up a strong foundation of **learning** at home.



 Read Aloud  
15 MINUTES

ReadAloud.org

## SUMMER READING: ALL TOGETHER NOW

Remember to stop by your local library for your summer reading prizes!

- [Missouri River Regional Library's summer reading program](#) ends August 4
- [Holts Summit \(Daniel Boone Regional Library\)'s summer reading program](#) ends August 12.

# MEET YOUR PARENTS AS TEACHERS STAFF FOR 2023-2024 AND WELCOME OUR NEW PARENT EDUCATORS!



## AMBER EKHOLM

Amber is thrilled to begin partnering with families as a parent educator! As first time parents of a one-year-old daughter, she and her husband found participating in PAT to be encouraging and helpful. As an experienced preschool teacher and infant and toddler day care provider, Amber realizes just how important family relationships and early education are to a young child's development.



## RETURNING PARENT EDUCATORS

Starting from the close side of the table on the left, moving toward the back of the table and around in a clockwise direction (ending with the close side of the table on the right): Alice Messenger, Tomi Startzman, Shelly Stumbaugh, Ashley Gentges, Jasmin Angel, Christy Brooks, Jessica Jobe, and Katie Epema. This team has a combined 79 years of home visiting experience!



## GRACE MASSMAN

Grace has her Bachelor's degree in Human Services with a minor in Child and Family Studies. She comes to us with PAT experience, as she completed an internship with the Maryville public schools Parents as Teachers program. She has also worked in childcare for many years. Grace is excited to join our team and work with families in the Jefferson City School District!





## SCHOOL READINESS TIPS: MAKE A PLAN, GET CONNECTED, BE READY!

Whether your child is starting preschool or kindergarten, feelings of anxiety may bubble up for both of you. Becoming familiar with a new building or classroom and getting to know a new teacher is a big transition for everyone involved. Look for opportunities to learn about the school, staff and procedures before the big day (August 21 for the Jefferson City School District):

- Ease first-day jitters by reading books about school from your local library.
- Pick out [school supplies](#) together. If you need assistance to provide school supplies, check out upcoming events for K and up: [Back to School Bash](#) at the Community Health Center of Central Missouri (1511 Christy Drive, JC) on Saturday, August 5 from 11 a.m.-2 p.m. while supplies last and the [Back to School Block Party](#) at Building Community Bridges (213 East Ashley St., JC) on Saturday, August 12 from 11 a.m. to 2 p.m. The Samaritan Center will also be giving away school supplies during pantry hours starting in early August until school starts or supplies are gone.
- Drive by or take a walk past the building and the playground. Take pictures or print them from Facebook/website and make a personalized book with your child about going to school.
- Attend open house with your child. Bring in your child's school supplies, meet the teacher, and tour the building to see the gym, cafeteria, art and music classrooms, and find where the bathrooms are (if possible and permitted).

**Practice eating "school lunch" with your child.** Lunch times are short and teachers can't open items for 20+ students at one time, so practicing will help set your child up for independent eating success.

- Set a timer for 15 minutes and talk about how they may not finish eating, and that's okay.

- If you will be sending their lunch from home, make sure they can open everything you send with them. Practice packing back up—talk about what is trash and what should come back home in their lunch box.
- If they will be eating school lunch, have them practice carrying a tray or cookie sheet.
- Purchase items in cartons so they can practice the skills needed to open a milk carton. Small packages of gold fish crackers work well, or look around the store to see what else opens the same way—we've seen juice, liquid eggs/egg white, cartons of cream and buttermilk that could be used for cooking, and even hashbrowns at our local grocery stores.

**Make a plan for regular school attendance.** Unless your child is sick or there is a doctor's appointment that can't be scheduled outside of school hours or on a day off, they should be at school. Showing up on time every day is important for your child's success and learning from preschool forward. Missing even 10% of preschool or kindergarten (one or two days every few weeks) can cause students to fall behind in school and make it harder for them to learn early reading skills, which are crucial for ongoing success. If getting out the door in the morning to get to school on time is tricky, consider where you could make changes in your [morning routine](#).

**Set a regular sleep schedule** to help your child's body know when it's time to sleep and wake up. If you are not on the wake-sleep schedule that you will use once school begins, now is the time to [start making changes](#) and [set up a good sleep routine](#)! Quality sleep is essential to children's success at school, because it impacts both mood and the ability to focus. Sleep is also when learning occurs, as information is transferred from short term to long term memory. Your child might need more sleep than you think, especially if they are tired from a longer day of working at school than they are used to (school requires different levels of focus and concentration than preschool or childcare), are adjusting from taking a nap to not napping, or have to get up earlier than they are used to so they can [catch the bus](#) or be [dropped off at school](#). The amount of sleep needed varies depending on your child's age, activity levels, and individual needs. The National Sleep Foundation suggests the following guidelines:

- Preschoolers (ages 3-5) require 10-13 hours of sleep
- School-age children (ages 6-13) require 9-12 hours of sleep

This means that if your day starts at 6, your child will need to be asleep by 8 or earlier to get the sleep they need.



## EASE THE TRANSITION TO KINDERGARTEN

JC Schools will be hosting a “JC Schools Jumpstart” this August to welcome students in transition grades into their new buildings. This event will provide an opportunity for students to meet their teachers, walk the halls of their new school, and be better prepared for the first day of school.

Here are some more helpful details about JC Schools Jumpstart:

**WHO:** Students entering kindergarten, sixth, and ninth grades this fall

**WHAT:** JC Schools Jumpstart

**WHEN:** Wednesday, August 16, 8-11 a.m.

**WHERE:** The school your student will attend this fall

**WHY:** Meet new teacher(s), tour new school, be better prepared on the first day of school

*Please note: Transportation will not be provided on this day. Students should be dropped off at the designated car-rider areas of each building.*





Open house at Southwest will be Wednesday, August 16 from 4-6 p.m. This is for all Preschool, JC STEP2, and ECSE families. Bring your child to meet their teacher and see their classroom, drop off [school supplies](#), talk to the school nurse about any health concerns, and get to know other SWECC staff members. Preschool families will meet their Parents as Teachers parent educator to schedule their first visit.

*If your child will be attending the preschool classroom at Callaway Hills, you will attend their open house on Thursday, August 17 from 5-7 p.m. instead of coming to Southwest's.*



## SCHOOL FACEBOOK PAGES AND GROUPS

Visiting your school's website and finding them on social media is a great way to become familiar with the building and staff, as well as a way to stay connected throughout the year. Many preschools and elementary schools have a Facebook page and/or Twitter account; search for your school on social media if you don't see it on the list below.

### **Jefferson City School District:**

[JC Schools Parents as Teachers Missouri Curriculum Partner](#)

[Southwest Early Childhood Center](#)

[Belair Elementary](#) and [Belair Elementary PTA](#)

[Callaway Hills](#) and [Callaway Hills PTO](#)

[Cedar Hill Elementary](#) and [Cedar Hill PTO](#)

[East Elementary School](#) and [East Elementary PTO](#)

[Lawson Elementary School](#) and [Lawson School PTO](#)

[Moreau Heights Elementary](#) and [Moreau Heights PTO](#)

[Pioneer Trail Elementary](#)

[North School](#)

[South Elementary School](#)

[Thorpe Gordon Elementary](#)

[West Elementary School](#) and [West Elementary PTO](#)

### **Parochial Schools:**

[Immaculate Conception Catholic School](#)

[Immanuel Lutheran Church & School - Honey Creek](#)

[Lighthouse Elementary](#)

[River Oak Christian Academy](#)

[St. Francis Xavier Catholic School-Taos](#)

[St. Joseph Cathedral School](#)

[St. Martin Catholic Parish](#)

[St. Peter Catholic School](#)

[Trinity Lutheran Church & School, Jefferson City, Missouri](#)

### **Homeschool Groups:**

[Jefferson City Area Homeschoolers](#)

[Jefferson City Home Educators- JCHE](#)

[Jefferson City Secular Homeschooling Group](#)



**JCMO SEPTA (Special Education Parent Teacher Association)** is open to families with children of any age with special needs, or anyone serving or caring for children with special needs.

*If you know of any other additional PTO/PTA or elementary school/homeschool resource pages/groups, please [let us know](#) so we can add them to our list.*

## WORLD BREASTFEEDING WEEK IS AUGUST 1-7

If you are expecting or have a little one, there are several local breastfeeding support resources that you may find helpful:

- Capital Region Medical Center offers [prenatal breastfeeding classes](#) and [outpatient lactation services](#).
- Cole County Health Department offers [breastfeeding classes](#), monthly [nursing moms meetings](#) and [other supports](#) for WIC clients. They are also a local drop off point for donations of frozen breastmilk for [The Milk Bank](#). If you are interested in donation, visit [themilkbank.org](http://themilkbank.org) to complete the steps to become a donor.
- [Covenant Chiropractic and Wellness](#) offers lactation services specializing in lip and tongue tie.
- [Pregnancy Help Center of Central Missouri](#) offers a class focused on infant nutrition that includes breastfeeding information as well as starting solid foods.
- St. Mary's Hospital offers [prenatal breastfeeding classes](#), lactation counseling, and evening [support groups](#) for mothers who are breastfeeding or thinking about breastfeeding.

See the Lactation Resource Guide below for more information.



Lactation Resource Guide



Download

687.2 KB



# Celebrating WORLD BREAST- FEEDING WEEK

AT THE COLE COUNTY FAIR  
JULY 31- AUGUST 4TH | 5-9 PM  
AUGUST 5TH | 12-8 PM

*The Cole County Breastfeeding Coalition is partnering with the Pregnancy Help Center to provide a nursing/pumping & diaper changing station at this year's fair!*



## NURSING MOTHER'S STATION

Private, air-conditioned nursing/pumping and diaper changing station located inside the PhC mobile unit



## LOCATION

The PhC Mobile Unit will be located between the 4-H booth and Grand Stand



## SNACKS AND WATER

Snacks and cold water provided to booth visitors by Capital Region Medical Center



## FREE BABY SWAG BAGS

Swag bags with baby items given to FIRST 10 booth visitors Monday-Friday nights of the fair



## SAFE SLEEP KIT GIVEAWAYS

THREE winners will receive a Graco Pack-and-Play, sheets, Avent pacifiers, and a HALO sleep sack from Cole County Health Dept. (over \$145 value each)



## GROCERY GIFT CARD GIVEAWAY

ONE \$100 Schulte's gift card from Osage County Health Dept.



## FEEDING SET GIVEAWAY

ONE baby feeding gift basket will be given away by Whaley's Mommy & Me (over \$200 value)

*Breastfeeding resources and giveaways provided by these coalition members:*



EVENTS

**REGISTRATION (ECSE FAMILIES)**

If your child attends a half day class or receives itinerant services through the Early Childhood Special Education program (ECSE), make plans to attend registration at Southwest on Thursday, August 3rd from 12-7 or Friday, August 4 from 8-3. Please bring your photo ID and a proof of residency dated within the last 60 days that include the parent/legal guardian's name and address (such as utility bill, cable/satellite bill, landline phone bill, signed housing contract/lease, mortgage statement, or document from DFS or Social Services). Please also bring any updated immunization records and any legal documents pertaining to the student (custody papers, guardianship documents, ex parte orders, etc.). Call 573-632-3435 starting July 31 with any questions.



## AUGUST COMMUNITY EVENTS:

**Your parent educator will be reaching out to you between August 9 and 18 to schedule your first visit of the 23-24 school year, and visits will begin on August 21. We look forward to catching up with all returning families and meeting new families!**

*Please check with the hosts for details or cancellation information. Inclusion of events on this listing does not imply endorsement of said events. If you know of an event that is not on our list, please [let us know](#) and we'll share it on our Facebook page.*

**On your schedule:** Enjoy music and movement (new video alternate Thursdays) from the Daniel Boone Regional Library (Holts Summit Public Library).

**What Will You Create Today? Music and Art! Música y Arte!** Watch on YouTube August 1-31. Guatemalan-born artist, producer, songwriter and musician, Mi Amigo Hamlet presents this engaging bilingual enrichment program. You'll be guided through a mixed-media art project around the theme of TREES! What makes them magical? Will we make one type of tree or many? Will they be small or tall, brown or blue? The possibilities are many! Gather your paper, markers and get ready to experiment and create! Families. Recommended for ages 4 and older. (20 min.)

**Tuesdays at 10:30: Preschool Story Time** at [Missouri River Regional Library](#). Stories and music for preschoolers, ages 3-5. Will be held outdoors in the library's park area (High Street side of the building) through August 8, weather permitting. Backup location is inside in the gallery area. Storytime is set to return indoors on August 15. No reservations needed.

**Wednesdays at 10: Make a Mess!** at Labspace Robotics in the Capital Mall. Ages 4+ are invited to get messy! We'll have a variety of stations that you can visit in this informal, messy event! Each week will have a craft station, a STEM related station and then a variety of other stations for you to explore with your child. Activities are chosen with ages 4-7 in mind, but older and younger siblings are welcome. We recommend clothes that are okay to get messy:) Tuition for a single week is \$7 for one child or \$14 per family, or you can purchase a punch card with 10 Make a Mess classes for \$50 to be used by September 1. There is no charge for accompanying adults. [Register here.](#)

**Wednesdays at 10:30: Family Storytime** at Missouri River Regional Library. Stories, music, crafts and activities for families. Each week during the summer will be related to the summer reading program theme, with a return to regular storytime programming on August 16:

August 2: Together/Apart

August 9: Friends Forever

**Summer Family Flicks:** Free family movie every Wednesday and Thursday at 10 a.m. at GQT Capital 8 (June 7-August 10).

August 2 & 3: How to Train Your Dragon

August 9 & 10: Sing 2

**First and third Fridays at 9:30, 10:15 or 11 a.m.: Rhyme Time** at Missouri River Regional Library. A special time for babies and their caregivers featuring music, movement and socialization. For children 2 and under and their caregivers. No reservations needed.

**Open Play at Tiny Tumblers** for children 1-6 years old, (1716 Four Seasons Drive, JC). For the summer session (May 31-August 19): open Monday, Wednesday, and Friday from 9:00-10:30 a.m. and Sunday 6-7:30 p.m. \$5 per child per visit or \$40 for 10 visit voucher.

**Little Splashers Playtime:** Enjoy the water during a time reserved for the little ones. For ages six and under with an adult 15 years or older. Admission is \$2/person.

Little Splashers Playtime is held in shallow areas of both JC Parks pool locations.

- Memorial Park Family Aquatic Center: toddler play structure area, M-F 10:30-11:30 a.m. through August 11.
- Ellis-Porter Riverside Pool: zero-depth entry area, M-S 10:30-11:30 a.m. through August 19.

---

Often additional events come available after our newsletter is created, and we share these on our Facebook page as we learn about them. [Follow our page](#) for timely information about upcoming community events, such as pop up "Mommy and Me" events with [Posh Tots](#).

**July 31-August 5:** [Cole County Fair](#). The Cole County Breastfeeding Coalition will be offering an air conditioned [nursing/pumping and diaper changing station](#).

**August 1-31:** [Tales Along the Trail](#) at Runge Nature Center. Look for the book pages posted along Runge's Naturescape trail and enjoy a story while walking and exploring!

**Saturday, August 5:** [The WHY Matters Parenting Conference: Understanding Your Kids from the Inside Out](#) hosted by Covenant Chiropractic & Wellness and Covenant Pediatrics. Held at Freshwater Church (2500 Tanner Bridge Pl., JC), 8 a.m.-1 p.m. Hear from speakers on topics such as traditional and alternative therapies for complex needs such as autism, PANS/PANDAS, constipation, selective eating, sleep challenges, and more. [Advance registration encouraged](#). Entry fee is a donation of diapers or wipes benefiting Beni Births and the Capital City Diaper Bank.

**Tuesday, August 8:** [Mad Science of St. Louis: Fire and Ice](#) at the Holts Summit Public Library, 10-10:45 a.m. This spectacular show thrills audiences with impressive science experiments



that create foggy dry ice storms and make giant beach balls float in the air. You will be amazed by sizzling, shivering scissors and special bubbly showers! Families, ages 4 and older.

**Tuesday, August 8:** [Little Acorns: Hug a Bug](#) at Runge Conservation Nature Center, 10-11 a.m. Some say creepy and crawly, but bugs are worthy of a big hug! Our insect friends have important jobs to do. Crawl, fly, or hop in to have fun learning about bugs through stories and outdoor discovery. [Registration required](#) (opens August 1). Ages 3-6.

**Tuesday, August 8:** [Stuffed Animal Sleepaway Camp](#) at the Holts Summit Public Library, 4:30-5:30 p.m. Bring your second-favorite stuffed animal to a stuffie-only campout at the library! We'll enjoy stories and activities before you say goodnight to your stuffie. Come back after 2 p.m. the next day (Aug. 9) to pick up your friend. Ages 3 and older. Register at [www.dbrl.org/stuffie-sleepaway](http://www.dbrl.org/stuffie-sleepaway).

**Wednesday, August 9:** [Evening Family Storytime](#) at Missouri River Regional Library, 6-6:30 p.m. Stories and songs for families. No reservations needed.

**Thursday, August 10:** [Little Acorns PLUS: Hug a Bug](#) at Runge Conservation Nature Center, 10-11 a.m. Some say creepy and crawly, but bugs are worthy of a big hug! Our insect friends have important jobs to do. Crawl, fly, or hop in to have fun learning about bugs through stories and outdoor discovery. [Registration required](#) (opens August 1). Must have at least one child in the 0-2 age range AND at least one child in the 3-6 age range.

**Thursday, August 10:** [Beat the Heat](#) at Missouri River Regional Library, 10:30-11:30 a.m. It may be hot, but we can still have fun! Sidewalk chalk, hula hoops, jump ropes, oversize games, bubbles and more. Join us in the library park area (High Street side of the building).

**Friday, August 11:** [Sensory Play Day](#) at Missouri River Regional Library, 10:15-11 a.m. Drop in and enjoy an open learning and play time featuring a variety of sensory and activity stations for ages 3 and under.

**Saturday, August 12:** [Community Hike](#) at 6:30 p.m. on the greenway between Southwest Blvd. and Stadium Blvd. This 45-60 minute walk will be stroller friendly. Bring water and prepare for mosquitoes. The hike will go to Stadium Drive near First Mid Bank & Trust, and then return to Southwest Blvd. (about 2.5 miles). Join the Jefferson City Trail Users Group at the Jefferson Bank parking lot near the gazebo (across the street from Schnucks).

**Monday, August 14:** [Trash to Treasures](#) at Missouri River Regional Library, 1:30-2:30 p.m. No reservations needed. Turn recyclables into works of art. A variety of base and decorative items will be available. What you create is up to you. We provide the materials, you provide the imagination!

**Monday, August 14:** [Family Book Bingo](#) at Missouri River Regional Library, 6-7 p.m. All ages. No reservations needed. An hour of bingo fun for the family. Winning cards earn book prizes for ages 12 and under.

**Tuesday, August 15:** [Construction Story Time](#) at the Holts Summit Public Library, 10-10:45 a.m. Enjoy stories and songs about construction equipment. Hard hats will be provided. Offered in partnership with Associated General Contractors of Missouri. Families, ages 3-5.

**Wednesday, August 16:** [Baby & Toddler Time](#) at the Holts Summit Public Library, 10-10:45 a.m. Enjoy books, songs and play! Ages birth-36 months.

**Friday, August 18:** [Babes in the Woods: Hug a Bug](#) at Runge Conservation Nature Center, 10-11 a.m. Some say creepy and crawly, but bugs are worthy of a big hug! Our insect friends have important jobs to do. Crawl, fly, or hop in to have fun learning about bugs through stories and outdoor discovery. [Registration required](#) (opens August 1). Ages 0-3.

**Friday, August 18:** [Discover Nature: Outdoor Wild Kratts Night](#) at Runge Nature Center, 8-9:30 p.m. Bring the family and join us for two episodes under the stars! Bring bug spray and a blanket. Popcorn will be provided! No registration required. All ages.

**Friday, August 18:** [Insects at Night](#) at Runge Nature Center, 9-11 p.m. Beautiful butterflies, dazzling dragonflies, and buzzing bees...these are NOT the insects we will be exploring during this program. Join us for a portion, or the entire program as we discover the mysterious and wonderful insect life that comes out after dark. No registration required. All ages.

**August 18-21:** [Back to School Youth Used Book Sale](#) at Missouri River Regional Library, offering a variety of children and teen materials for sale. Hardback books will be \$1 and paperbacks will be \$.50. Hours:

Friday: 12pm-6pm

Saturday: 9am-5pm

Sunday: 1pm-5pm

Monday: 9am-5pm – Box Day! Everything you can fit into a box will be \$5!

**Saturday, August 19:** [Discover Nature Puppet Show: Critters Curious About Caves](#) at Runge Nature Center, 11 a.m. and 1 p.m. It's summer in Missouri. Some critters seek cool places. Come watch curious puppet animals hunt in the hidden world of our state for what they need. Snake searches for shade. Fish seeks for cool water. Cricket looks for moist soil. They and their puppet friends will open up hidden things. Come have fun with the Runge Puppeteers! No registration required. All ages.

**Tuesday, August 22:** [Discovery Time](#) at the Holts Summit Public Library, 10-11 a.m. Meet other parents and children, read to your child and get ideas for activities you can do to develop learning skills. Parents with children ages 5 and younger.

**Thursday, August 24:** [Little Acorns: Hug a Bug](#) at Runge Conservation Nature Center, 10-11 a.m. Some say creepy and crawly, but bugs are worthy of a big hug! Our insect friends have important jobs to do. Crawl, fly, or hop in to have fun learning about bugs through stories and outdoor discovery. [Registration required](#) (opens August 1). Ages 3-6.

**Friday, August 25:** [Discover Nature: Animal Feeding](#) at Runge Nature Center, 2-2:30 p.m. The animals are hungry! Watch as the Runge naturalist feeds the snakes, aquarium fish, and

snapping turtles. No registration required. All ages.

**Friday, August 25: [Family Movie Night: Paw Patrol the Movie](#)** at Missouri River Regional Library, 6-8 p.m. No reservations needed. Family Event. Blankets and pillows welcome! Light snacks will be provided. NOTE: This is an after-hours event- the library doors will be closed at 6:15 pm.

**Saturday, August 26: [Lobby Activity: Hummingbirds](#)** at Runge Conservation Nature Center, 10 a.m.-2 p.m. Hummingbirds are beautiful and unique birds. Discover more about these tiny fliers through ongoing activities and displays. No registration required. All ages.

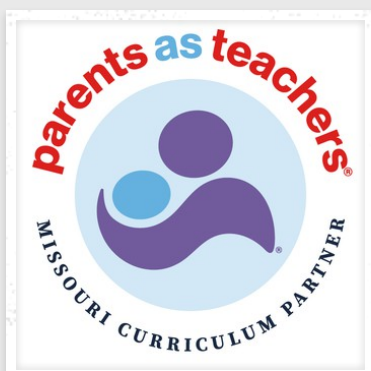
**Saturday, August 26: [Backyard Concert Series: The Gibson Girls](#)**, 7 p.m. at the Jefferson Landing State Historic Site (Lohman Lawn, 100 Jefferson St., JC). These are family-friendly, BYOC (bring your own chair) events, so bring your blankets, lawn chairs and picnic suppers for an evening of music that captures Missouri's music traditions past and present. In the event of rain, concerts will be moved inside the Lohman Building. This acoustic duo plays a blend of Americana, folk, blues and original music.

**Tuesday, August 29: [Helen Haynes Presents Musikgarten](#)** at Missouri River Regional Library. Music and movement for children and their caregivers. Two classes for different age groups. 10:30-11:00 (0-3 yrs. old). 11:15-12:00 (3-6 yrs. old). No reservations needed.

**Wednesday, August 30: [Little Acorns PLUS: Hug a Bug](#)** at Runge Conservation Nature Center, 10-11 a.m. Some say creepy and crawly, but bugs are worthy of a big hug! Our insect friends have important jobs to do. Crawl, fly, or hop in to have fun learning about bugs through stories and outdoor discovery. [Registration required](#) (opens August 1). Must have at least one child in the 0-2 age range AND at least one child in the 3-6 age range.

## COME JOIN OUR TEAM!

If you have education and experience in early childhood education or a related field or you know someone who would be a great parent educator, learn more about the position or apply [HERE](#).



## STAY CONNECTED WITH US

Facebook @JCSchoolsPAT

812 St Marys Blvd, Jefferson C...

ParentsAsTeachers@jcschool...

573-691-6740

jcschools.us/pat



JC Schools' Parents as Teachers is part of the Southwest Early Childhood Center, whose mission is that "all individuals will be respected, supported, appreciated, and safe." Let us know how we are doing with supporting that mission as we partner with your family!

