



November 2015

Bi-monthly Newsletter provided by Ashe County Partnership for Children

For more information contact our office: 336-982-4588

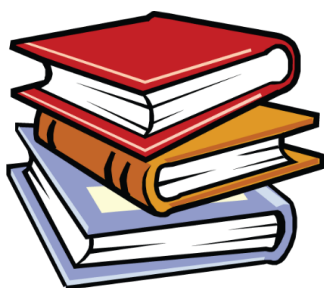
Child Care Family Resource

Amanda Hamby, BK teacher at Mt. Jefferson Child Development Center, was awarded an educational scholarship to attend the North Carolina Association of Education of Young Children Conference. The conference was held in Raleigh, during the week of September 16th - 19th. Amanda was also awarded a year's membership with the North Carolina and the national chapters.

The Fall 2015 Professional Development Institute was rescheduled to November 7th due to the flooding Ashe County experienced in September.

The Child Care Family Resource Program is hosting a book fair from October 19th - November 7th to raise money for a Christmas project in the child care classrooms. The goal is to have at least 10 wrapped books, per classroom and for the classroom to unwrap a book each day to increase their classroom library. Please consider helping us with this project by visiting our book fair and purchasing a book. It is also a great way to do your personal Christmas shopping.

Marilyn Agnew (336) 982-8870 ext. 239



Healthy Families Ashe

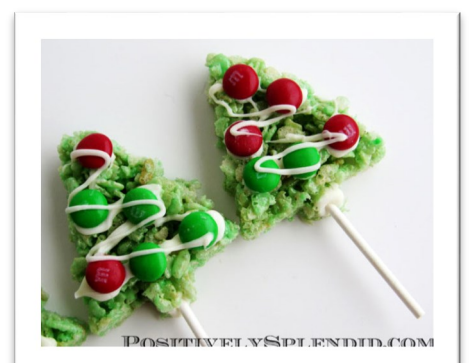
Stress Management for the Holidays

As the holiday season approaches, here are some tips for managing the stress that comes along with added demands in our already busy lives. Remember to set reasonable goals; decide on a budget and stick to it. Plan ahead, make a list before you leave the house, know what it is you are looking for, and how much you can spend. Homemade gifts are options to consider when thinking about ways to stretch your budget further this holiday season.

[Click here for some ideas for homemade gifts.](#)

Ways to relieve stress include: getting enough rest, enjoying your favorite books, or music, and taking a walk. Fresh air and sunshine can go a long way to make even the weariest shopper feel rejuvenated. Remember to take time to enjoy being with family and friends this holiday season.

Melissa Fowler at (336) 982-4588 ext. 246



Child Care Health Consultant

A few healthy tips for snacking throughout the upcoming holidays:

Make vegetable and fruit trays in place of chips and other packaged snack foods.

Use whole wheat flour, honey, molasses, and spices in place of sugar when baking cookies and other sweets.

Nuts are a wonderful, nutritious snack food.

Remember, no sodas and limit fruit juices. Try fresh fruit infused water for a very healthy alternative!!

REMEMBER.....staying healthy starts with eating healthy.



Vickie Roark: (336) 982-4588 ext. 228



A great opportunity is coming for you to make a
difference in the life of a child!

Be watching for this...



You can help us
“Feel Their Heart”



A Safe Home for Everyone

Holiday Self-Care Tips for Trauma Survivors

The holidays are known to be happy, merry, and bright, but for survivors of domestic violence and sexual assault, the holidays can also trigger fearful memories and feelings of anxiety and depression. There are a number of factors that can make the holidays a challenging time for survivors and people dealing with trauma. Existing coping mechanisms may become inadequate with the increase of financial and family stress caused by travel, gift buying, and event planning. Survivors may be more likely to be in contact with former offenders or abusive partners during this time, especially if they have children together or mutual family/ friends. Alcohol consumption increases during the holidays, which can increase impulsivity, disinhibit latent abusive behaviors, or intensify emotional triggers for survivors of these crimes.

Overcoming these challenges looks different for everyone, but there are a few general suggestions to try to make the holidays as enjoyable and relaxing as possible.

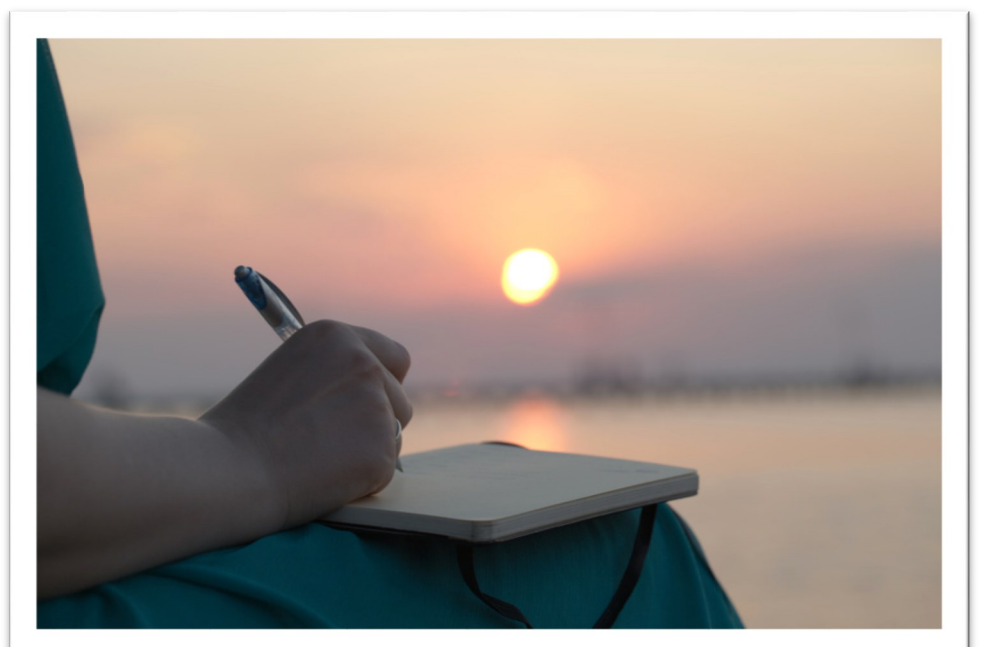
Manage expectations and prepare yourself. Take the time to imagine or even write down what about the holiday is important to YOU. Set boundaries for yourself when it comes to friends' and family's expectations. Consider manageable and practical ways to achieve the things you want. If there is something about the holidays that you know is going to be especially difficult, write down or rehearse a healthy way to handle that specific situation before it happens.

Take a deep breath. If you find yourself in a triggering situation or circling your thoughts around triggering ideas, actively stop and separate yourself. Take a walk, find a quiet spot, and take at least three deep belly breaths. Breathe in through your nose and out through your mouth. Focus on taking breaths that fill your belly and then your chest. Slow your breath and count to four during both the inhale and exhale.

Focus on the positive. Use a private journal or notebook to write down at least one thing you are grateful for each day leading up to the holidays. Maybe it is something you have, someone in your life, or something about yourself. Consider the strength you possess that has brought you to where you are. Try to increase the number of things you write and continue the habit into the new year.

Self-care is important during difficult times and throughout the year. However, you are not alone. If you or someone you know is dealing with domestic violence or sexual assault, or if you would like more information about how to end violence in our community, contact A Safe Home for Everyone at 336-982-8851 or on our 24-hour crisis line at 336-246-5430.

Deanna Stoker at (336) 982-8851 ext. 231



SAVE THE DATE

May 14, 2016

Walk a Mile in Her Shoes®

A Safe Home for Everyone

For more information and to find out how to be involved, please contact Amber Dixon at

336.982.8851



www.walkamileinher shoes.org

Walk a Mile in Her Shoes®

**THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**

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a Mile in Her Shoes®



Thank you to the Family Violence Prevention Services Program, US DHHS, and NC Council for Women for financial support.

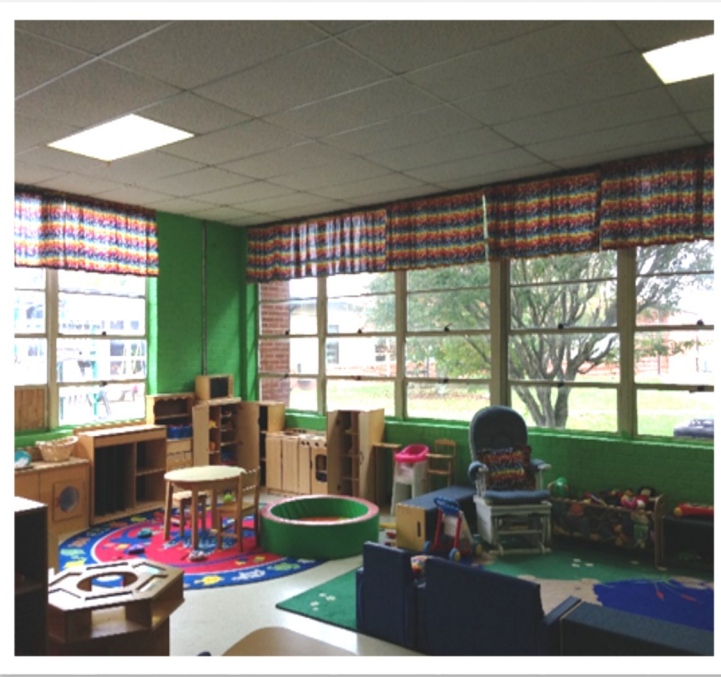
My Little Free Library



Ashe County Partnership for Children is excited to help promote literacy and the love of reading by placing a free library in front of our office. We have books for all ages and accept donations. Come by and visit the library, it’s very simple...
Take a Book, Leave a Book.



Bring your children and visit our Play Center. It is open to the public from 8:00am-5:00pm. You can also reserve this space for birthday parties!



Family Friendly Activities

Ashe County Public Library

Tot Times-Wednesday's 10:30 a.m.

An active storytime for the young and the restless, ages 2-3. Art, stories and songs.

Storytime-Thursday's 10:30 a.m.

Art, stories, songs and activities for 4-5 years old.



Otaku's United-Tuesdays at 4:00 p.m.

Anime/Manga for grades 6th to 12th. Like to read, watch it, draw it? Come and geek out with us.

Old Helton School - Thursday, November 5th, 2015

This friendly and fun event is held at the Old Helton School, a small brick and frame building that serves as a community center for the northern area of Ashe County. Once led principally by the fiddler Dean Sturgill and the late tobacco farmer and bluegrass banjo player Larry Pennington (1946 - 2003), this weekly event is truly community-based entertainment and is very popular with local folks. This event or venue is part of the Blue Ridge Music Trails of N.C., a project of the NC Arts Council and the Blue Ridge National Heritage Area.

www.BlueRidgeMusicNC.com

Email: ncarts@ncdcr.gov or **Phone** (336) 384-4707 for more information.

Phipps General Store Jam

On Fridays, owner, Rita, opens the doors to Phipps General Store for a jam session that can be one of the liveliest in the region. Spectators sit and chat in benches by the old counter, or in chairs surrounding the musicians. The Phipps General Store Jam is unusual in that it is enthusiastically attended by both old-time and bluegrass musicians. On any given night you can hear good mountain music played by people of all ages, and visitors are welcome to participate.

Email: ncarts@ncdcr.gov or **Phone** (336) 384-2382.

Website: www.BlueRidgeMusicNC.com



West Jefferson Centennial Beard & Mustache Competition

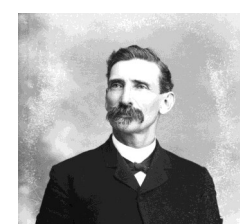
Glance at historic photos from 100 years ago and men often sported abundant facial hair. In the spirit of good fun, the West Jefferson Centennial Commission and the Cutter's Edge Salon are hosting a competition to test the robustness, creativity and sheer volume of facial hair of the men of our area. Judges include Danna Little, Stephen Shoemaker and JE Blevins. Judging will take place during West Jefferson's hometown Christmas Celebration. Arrive at 4:45 for judging. Prizes awarded.

Remaining Dates: Friday, November 27th at 4:00 pm - 5:00 pm

Email: info@westjefferson100.com

Phone: (336) 246-4251

Website: www.westjefferson100.com



Moravian Mountain Christmas

November 27th-29th Moravian Mountain Christmas Festival. Come for the day, overnight, or the entire weekend. Enjoy sounds of the season, shop for that "traditional" Christmas present. Music, crafts, good food and good fellowship will ring in the season with a resounding "Tra, La, La, La, La" for your entire family. The Event is held at Laurel Ridge Camp, Conference and Retreat Center, 124 Pendry Dr., Laurel Springs, NC. For more information, **call** 336-359-2951.

Ashe County Holiday Parade

The annual Ashe County Holiday Parade will be held in downtown West Jefferson, November 21st, 3:00 p.m. Santa will make his appearance during the parade.

"Light Up the Town!"

"Light Up the Town" will be held Saturday, November 21st, 5:30 p.m. following the Holiday Parade.



Holiday Activity for Children



Christmas Play Dough Snowman

You will need Play Dough, twigs, pipe cleaners, buttons, scissors, pompoms, patty pans, crepe paper streamers and wiggly eyes.



Bringing the snowman to life! We rolled and joined one large and small ball of play dough together, gently pressed in a pipe cleaner nose and mouth, wiggly eyes and twigs for the arms.



We used a red patty pan for a hat, crepe paper for the scarf and buttons down the front of the snowman. I think it would look great to use old clothes material for the hat and scarf.



You can create a landscape to lay your snowman on by drawing mounds of snow and snowflakes on to a white sheet of paper.

<http://www.learning4kids.net/2011/12/12/christmas-play-dough-snowman/>



Christmas



Masks



You will need:

Large paper plate

Reindeer ears or Santa's Hat: Click below to download and print:

[Printable Reindeer Ears](#) [Printable Santa Hat](#)

Brown or red paint, crayons

Kids PVA craft glue and sticky tape

Large red pompom for reindeer and Cotton wool balls for santa

Large pop stick paddle

Scissors & black marker pen

How to make?

Paint the paper plate and reindeer ears brown. Allow the paint to dry. Paint the Santa hat red, leaving the cotton wool areas white. While waiting for the paint to dry cut out holes for the eyes in the paper plate and draw on a nose and mouth.

Cut out the reindeer ears or santa's hat and sticky tape to the top of the paper plate. Also sticky tape the large pop stick at the bottom of the paper plate.

Sticky tape the red pompom for the Reindeer nose. Apply glue to the cotton wool areas and shred the cotton with fingers. Apply thinly to the wet glue.

<http://www.learning4kids.net/2012/12/04/paper-plate-christmas-masks/>



ROAD TRIP!!!!

**Are you prepared for holiday
traveling with your kids?**

Here are some tips from Triple P to help you out:

- **Most importantly, talk to your child ahead of time about the trip you will be making so they know what to expect.**
- **Put together a special bag of activities just for the car such as soft toys to play with and paperback books. My family loves Mad Libs! They are fun and make us laugh.**
- **Play ‘I Spy’ or take turns telling stories. My daughter loves to hear silly stories of when my husband and I were little.**
- **Remember the rules: keep your seat belt on , use your inside voice, and keep your hands and feet to yourself.**

If you would like to know more tips to help with unwanted behaviors, call 336-982-4588.

Tonya Roark, Level 2 Provider



How Can I Help Support the Children of Ashe County?

Much of the success of Ashe County Partnership for Children comes from our gracious donations from the community. We would not be able to succeed without your continuing support. Ashe County Partnership for Children is a 501(c)(3) nonprofit organization. Contact your tax advisor for gift deductibility.

**To mail in a donation: Please make check payable to “Ashe County Partnership for Children” and mail to:
626 Ashe Central School Road, Unit 1
Jefferson, NC 28640**



Yes! I would love to donate to help families of young children, early childhood educators entrusted with the children of our community, and the victims of domestic violence or sexual assault who are struggling to piece their lives back together. Please accept my donation:
\$25.00_____ \$50.00_____ \$100.00_____ Other \$_____



[Click here to get started!](#)

Looking for another way to give back this year or do you want to start your Christmas shopping early this year? Ashe County Partnership for Children is officially registered with Amazon Smile. When you shop with Amazon Smile .05% of your purchase will be donated to our agency.