BOYD COUNTY EARLY CHILDHOOD ACADEMY

New Year 2023!!

We hope you all had a great Christmas break!! We are looking forward to great things to happen at Boyd County Early Childhood Academy this new year. The weather has been, let's just say unpredictable. One day you have to dress for cold weather and the next day it is warmer. However, snow days or flood days may be in the future forecast. Listen to your local radio or television stations to get the information regarding school closings. Please make sure the school has your current contact information.

MISSION STATEMENT Boyd County Preschool Programs are committed to the cognitive, emotional, physical and social development of our children and their families. Through developmentally appropriate practices and partnerships with the families, we plan to instill a love of learning that will last a lifetime!

Five Tips to Help Your New Year's Resolution Stick

The New Year is here, and many of you may have resolved to live healthier– by going to the gym, eating fruits and veggies or quitting a bad habit. Unfortunately, 85% of New Year's resolution end in failure. This year, follow these tips to help you stick with your resolution and achieve success!

1. **Get Psyched Up:** Every day, take a moment to think about why you chose your resolution, and why you want to make a change. The more reasons, the better!
2. **Think Small:** Beware of broad, vague or unrealistic goals. stick to small, specific and easily measurable objectives that can be accomplished one at a time. For example, resolve to go to the gym on Mondays, Thursdays and Saturdays, rather than saying you'll "go more often" or resolve to eat one extra serving of vegetables with dinner every night instead of committing to "eat healthier."
3. **Formulate a Plan:** Without a plan of action, accomplishing your goals can be next to impossible. Think about that specific details of each step– for example, if you resolve to exercise every Monday, decide exactly when and where you will do so ahead of time. Make sure your plan is non-negotiable-no excuses!
4. **Make it Public:** Don't just write down your resolution, go public with it. Tell a trusted friend or start a progress blog to share your story with the world. Announcing your goals to others is a great way to garner the support you need to stay on track.
5. **Stay Positive:** Don't be discouraged by mistakes or misdirection. Remain positive and get back on track as quickly as possible. Adapt or revise your goals if necessary instead of abandoning them altogether.

(http://blog.vitacost.com/vitablog_vitamins/2012/01/five-tips-to-help-your- new-years-resol...)

What Parenthood Teaches Us

Things you may not have known before you had children:

- **How many seconds it takes to microwave fish sticks.**
- **How to change a diaper in total darkness in the back seat of a car on a child who's standing up.**
- **How brightly the moon can shine at 3 a.m.**
- **That you can never own too many sippy cups.**
- **What Cheerios sound like and feel like when you step on them in bare feet.**
- **How to balance a lunch box, an extra coat, a briefcase, a diaper bag and a baby while opening a minivan door.**
- **How much you can dilute apple juice while still retaining its taste.**
- **The importance of naps.**

(Taken from The Curious Journal-www.audubon-area.com)

Just for Fun

Q. What did the teddy bear say when he was offered a dessert?

A: No, thanks. I'm stuffed.





Winter Greetings!

I hope each of you had a wonderful holiday season filled with joyful memories! These next few months of school are important ones in your child's learning. Our three-year-olds are exploring and becoming more social every day, and our four- and five-year-olds are getting closer to becoming kindergarten ready. Because there is so much learning to be done, please make every effort for your child to be at school on time every day for the remainder of the school year.

As we are now in the season where inclement weather can strike we always have the possibility of NTI and/or snow days. There are some easy things that you can do to further develop your child's literacy and numeracy skills when you have your child home with you. Remember, keeping your child on a consistent sleep schedule with appropriate bedtimes is so important. Also, read with your child daily asking questions about the characters' feelings and plot as you go. Allow him or her to ask questions of you as well. Find the numbers in the stories, count together and look for patterns. Model how you recall information and use problem solving in your day. Let your child know when you see them making a connection to a text and their life.

Remember, you are your child's first teacher and the one who will be with them as they progress through school! Below are some foundational skills to practice, especially if your child is going to kindergarten. Some kindergarten readiness skills you can practice include:

- Say his/her first and last name, age, and birthday (month and day)
- Memorize his/her telephone number and street address
- Name parts of the body (thumbs, fingernails, chin, chest, elbows, shoulders, etc.)
- Practice balancing (standing on one foot, walking forward and backward heel-to-toe, etc.)
- Draw different forms, such as an X, a square, rectangle, triangle, and diamond
- Write his or her first and last name, using only a capital letter for the first letter then all lowercase
- Say the ABCs without singing them
- Read and say the names of the letters of the alphabet
- Sort different objects by size, shape, or color
- Touch and count objects one at a time-this is called one-to-one correspondence

We wish you a safe and productive January and hope to see you at our next Parent Committee meeting on January 18, at 8:15am. As always, reach out to us at 606-928-7110 if you have any questions and remember to follow us on Twitter: @BCPreK

My Best,
Stephanie Lyons
Director

BOYD COUNTY EARLY CHILDHOOD ACADEMY











Food Banks/Pantry's

- Community Soup Kitchen
  1337 Winchester Ave.
  606-325-8144

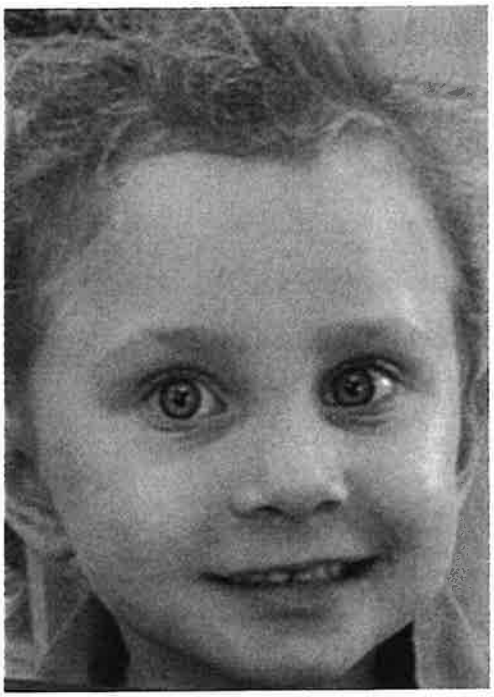
- Cannonsburg Trinity United Methodist Church
  11620 Midland Trail Rd.
  606-928-9855

- Oakland Avenue Baptist Church
  3265 Oakland Avenue
  606-739-4142
  (Referral only by Family Resource Center)

- CARES
  2516 Carter Ave.
  606-324-2949

- Mount Olive Freewill Baptist Church
  21610 State Route 3
  606-928-9705


WELCOME TO
WHOVILLE









MONTH OF JANUARY BIRTHDAYS

Adkins– Carter, Lincoln, Remington

Bevis– Brylinn, Noah

Crowe– Willie, Caleb, Jacey, Jackson, Jarrett

Davis– Kinsley

Dillon– Harrison

Jenkins– Shelby, Sydney

Perkins– Madelyn, Zayne

Roberts– Mila, Addison

Jude– John, Jedrick

Snyder– Eli

Upcoming events at Boyd County Early Childhood Academy

Parent Committee Meeting– Next meeting is on Tuesday, January 18,2023 at 8:15 a.m. at BCECA.

Policy Council Meeting– Tuesday, January 24, 2023 at 8:15 a.m. at BCECA

(This meeting will be held hybrid.)

Board of Education Meeting– These meetings are held every fourth Tuesday of each month at BCHS auditorium at 6:00 pm.

Fatherhood Initiative– Friday, January 20, 2023 from 5:30 p.m.– 6:30 p.m. (For this event and more information, contact Sue Kenser at #928-7110 or sue.kenser@boyd.kyschools.us

*** If you have any questions or would want a copy of the minutes from these meetings, call Sue Kenser @ #928-7110.

Our menus are on our website!

If you would like a copy of these menus, please contact Sue Kenser at #928-7110 or sue.kenser@boyd.kyschools.us

This is a great resource for parents and guardians!

sesamestreetincommunities.org

Family Advocates

If you need any help with getting any of your paperwork in or if you are in need of something else, please contact these ladies at the school.

Melissa Sparks— Perkins, McKenzie, Snyder, Jenkins, Reapsummer

Lori Jacobs– Bevis, Adkins, Roberts, Jude, Wilburn

Johnna Culver– Dillon, Davis, Crow

















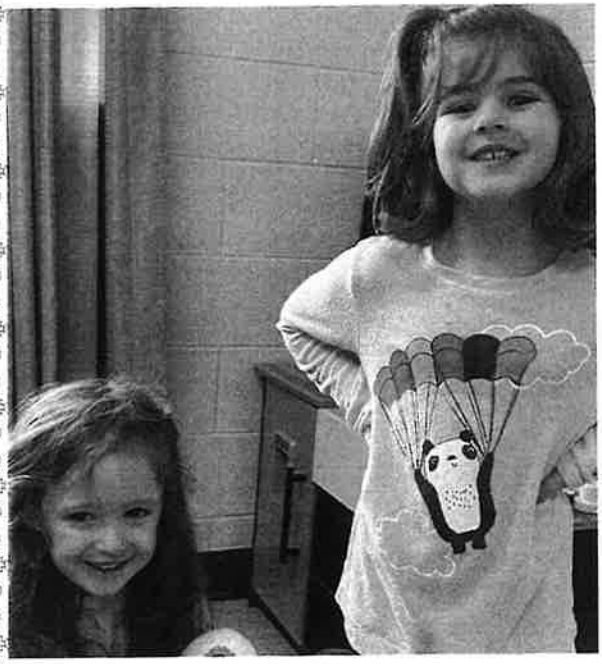
CHECK YOUR CHILD 'S BACKPACK DAILY!

IF YOU HAVE NOT SENT A CHANGE OF CLOTHING FOR YOUR CHILD. PLEASE SEND THE CLOTHING IN YOUR CHILD'S BACKPACK!

THANK YOU!















February

Get Moving Today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Heart Health this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.	Start today with jumping jacks. Is your heart beating faster? 	Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?	Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.	Play the "Mirror Game". Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.	Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?	Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.
Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.	Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?	Read a book with someone and act out the words. 	Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.	Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.	Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast. 	Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?	Give away five hugs to make your heart happy and healthy today!	Be a clean machine! Dust – reach high, low, over and under as you work your muscles.	Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?	Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.	Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.
Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.	Yoga Zoo Animals – put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.	Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?	Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.	Body Ball Roll – using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, kneel or lay down. Go around the whole body and different body parts.	Place a sheet of newspaper on your tummy – try to run without it falling off. 	Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?
Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.	Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.	Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?	Sweep the floor, working your reaching and pulling and pushing motions. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?	Read through each day again and repeat your favorite February activity. Enjoy!

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

© SHAPE America – Society of Health and Physical Educators • www.shapeamerica.org

1900 Association Drive, Reston, VA 20191 •703.476.3400• Fax 703.476.9527 • info@shapeamerica.org

2023 Winter Bill Information for Kentucky Power Customer

When winter hits, we typically see an increase in electric bills caused by using more electricity to heat homes and businesses. In addition to the colder temperatures and accompanying increased usage, the escalated cost of fuel used to operate power plants is causing customers to see a spike in power bills.

We understand that any spike in a household budget can cause hardship, and we want to provide ways that Kentucky Power can help our customers. The information below should help define what you see on your bill and provide tips for how to manage your electric costs.

Fuel costs contributing to higher winter bills

On your Kentucky Power electric bill, there is a line item called the "Fuel Adj" or Fuel Adjustment. This is a charge or credit for the actual cost of coal or natural gas used to generate or purchase electricity. Kentucky Power does not make a profit on fuel costs. The Company simply recovers dollar-for-dollar the costs of purchasing fuel to power its plants, which is passed through to customers. The charge or credit can vary significantly from month to month, depending on usage and the market pricing for fuel.

Rates

Kentucky Power's rates are based on the company's actual costs and are approved by the Kentucky Public Service Commission (PSC). The last rate adjustment went into effect January 14, 2021, in accordance with an Order issued by the Kentucky Public Service Commission. Rates are not set by the will and pleasure of Kentucky Power. Any rate adjustment is a legal and regulated process that takes months.

There are measures taken during these proceedings to lessen any rate impact. For example, in the last rate adjustment, we were able to accelerate the return of tax benefits associated with the federal 2017 Tax Cuts and Jobs Act. The credit will appear over three years and benefits customers.

This tax credit is actually larger from December to March for residential customers to help offset higher winter bills. Residential customers using an average of 1,300 kWh per month will receive a credit of $28.43 from December-March and a $0.13 credit for the rest of the year.

Bill Accuracy and Meter Reading

Bills include important details; look for these items on yours:

- Kentucky Power obtains a reading on your meter every month to track your electricity usage and calculate your bill amount. If we are unable to read the meter, we estimate that month's usage based on seasonal data and your usage history. We then readjust your bill amount at the next actual reading.
- About 98 percent of customer bills are based on actual usage. You can check whether the bill is estimated or based on an actual reading under "meter read details" at the top of page 2 of the bill.
- Check the number of days being billed by looking at the "current bill summary" on the first page. Billing periods can vary between 28 and 35 days, which can affect the overall bill amount.
- If you believe the meter is not functioning properly, you can request a meter test. You will not be charged for the test if the meter is malfunctioning. It is rare that meters do not read accurately.

2023 Winter Bill Information for Kentucky Power Customer

Heating your home or business

Colder weather can cause your electric usage to jump quickly. In fact, heating and cooling systems account for nearly 50 percent of your total electric use. When temperatures drop below freezing, heating systems run longer, work harder, and use more energy to keep your home warm.

Electric Heat/Heat Pumps: Even if you have lowered your thermostat, extremely cold weather can require your heat pump to change how it operates. When outdoor temperatures fall below 30 degrees, heat pumps need help from less efficient supplemental electric resistance heat to maintain indoor warmth. In extreme cold periods, when heating needs are highest, most of the heat provided comes from the less efficient supplemental electric resistance heat. This is how your bill can increase, even if it seems you haven't done anything differently.

Learn about other heating solutions here

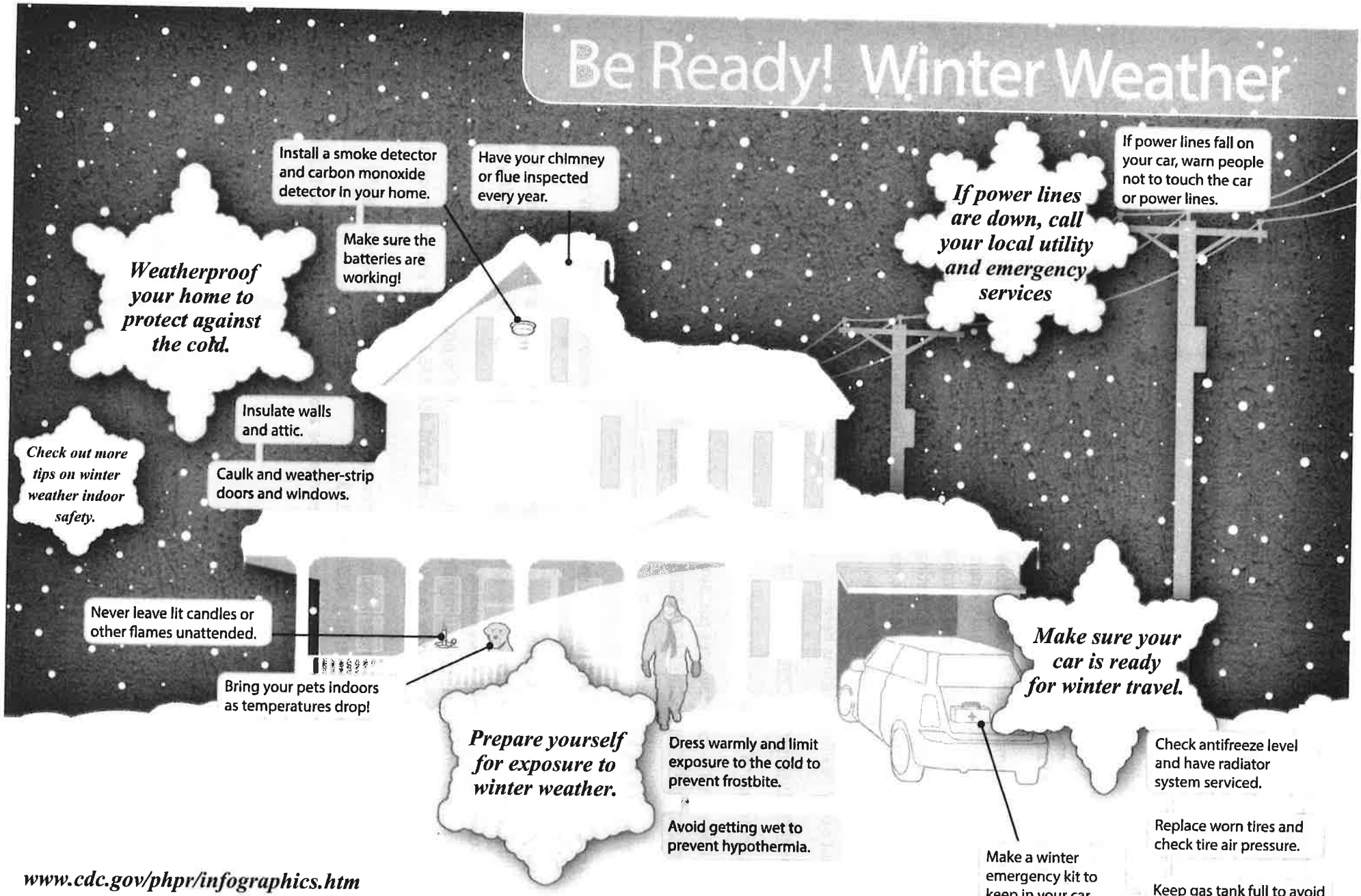
https://www.kentuckypower.com/savings/home/energy/Heating-Cooling

Ways for customers to manage their costs

There are low-cost, no-cost measures customers can take to manage electric usage and can be found here: https://www.kentuckypower.com/account/bills/pay/assistance/winter-bill-help

Ways we can help

- Kentucky Power can work with you to set up a payment extension or extended payment agreement.
- Enroll in the Average Monthly Payment (AMP) plan, which allows for a rolling 12-month average bill to even out winter heating and summer cooling bill spikes. Sign up by logging into your account on our website, or by calling us.
- There are payment assistance programs, including programs to provide assistance to income qualified customers. Visit www.capky.org or call 1-800-456-3452 to find your local community action agency office.
- More energy savings tips are available at KentuckyPower.com/savings or by calling the Customer Operations Center at 1-800-572-1113.
- Assistance with other household expenditures may be available at 211.org or benefits.gov.



www.cdc.gov/phpr/infographics.htm