

MONTHLY NEWSLETTER

# SALIDA EARLY CHILDHOOD CENTER

February 2024



## Reminders and Events!

**Feb 19th-** President's Day. **School in session!**

**Feb 14th-** Reminder, no outside food or candy. Please and thank you!

**Feb 26th-** Pajama Day/National Read Across America Day!!

**March 6-7th-** Home Visit days, **SCHOOL NOT IN SESSION.** Childcare provided for District employees only!

## Returning Students

THINKING ABOUT THE 24/25 SCHOOL YEAR!

- **Universal Pre K** -The Family Services staff will be assisting families in applying for the 24/25 school year. If you have any questions, please see Sheri or Heather!
- If your child is transitioning from the toddler program to preschool, you will need to **resubmit income or eligibility documents.** Sheri/Heather will be checking in with you if this requirement is for your child.
- **Kindergarten transition** will begin in April. We will need a copy of your child's birth certificate to send to Longfellow. We will be notifying you if we do not have one for your child!





"You're braver  
than you  
believe,  
stronger than  
you seem, and  
smarter than  
you think."  
~A.A. Milne



## Principal's Corner

Theresa Gilson

February is International Friendship Month! This is a time to focus on building connections and supporting those around us. Here at SECC, we focus on building friendships throughout the year as this is a key skill to future success in school and in life. Teachers spend time teaching children about kindness, empathy, and other qualities that support friendships, and then offer lots of opportunities to practice these skills. While we do not celebrate Valentine's Day at SECC, and we ask that you not bring in treats or valentines, I do encourage you to spend some extra time sharing with your child what it means to be a good friend. Keep it simple and remember children learn best from you and through play. If you would like any specific ideas, please reach out to your child's teacher. Additionally, if you need any support as a caregiver building connections to our community, reach out to Sheri or Heather. Please know this month we will be celebrating the connections we have with each of you. Thank you for sharing your children with us. In the words of teacher Hannah in Room #106, "they really are all so easy to love!"

## Become a sub at SECC!!!

Do you like working with children?

Would you like to have a similar schedule as your child?

Fill out an application to become a substitute teacher at SECC! See Monica at the front desk for more information!



## Circle of Security Parenting Class

Learn how your relationship with your child can be supported and strengthened.

Support your child's ability to manage emotions successfully.

Understand your child's emotional world by learning to read their emotional needs.

Interested? Talk to Sheri or Heather.  
Dates and times TBD!



# MOUNTAIN MAMA SUMMIT

*inspire • connect • celebrate*

## **SHE'S BACK! Keynote Speaker JACKI CARR**

**Honoring Your Edges: Answering the Call to Alignment with our Core Values and Boundaries**



Jacki Carr is a goal coach, motivational speaker, writer and mother. She leads people to amplify their voices and clarify their vision and goals to better the future of the World. Known as a fiery and very relatable storyteller, Jacki is a certified trauma-informed leader and Senior Lightyear Leadership Coach and has worked with companies around the world.

Jacki currently lives in Maine with her three daughters, husband and their senior dog.

**REGISTRATION \$25**

Register on Eventbrite.com

Search for:

Mountain Mama Summit

**Saturday April 6, 2024**

9 am to 2:15 pm

**SALIDA STEAMPLANT**

Lunch catered by Michelle Gapp with Kalamatapit Catering

**Breakout workshops on parenting and relationships with  
Renee Duricy and Carol Ann Soltz**



Partnering with We Are Chaffee Storytelling  
Local women sharing stories of resilience

## **CLOSING SESSION: Grow Your Capacity to Meet Hard Moments**

Heather Barron (she/her) has called the Arkansas River Valley home since 1998. This is the only place she's ever felt she truly belongs, though wanderlust has also taken her on adventures far and wide. Heather walks side-by-side through challenging "wilderness" moments as a life coach and facilitator. Heather is also a consultant, speaker, writer and novelist who braved her own wilderness of heartbreak after losing her only son twenty-one years ago. She sees her purpose as spreading light and bearing witness to others and asks you to embrace the message: **I belong here – I am ready – I am not alone.**



**Stay and meet others at the optional Social Hour: 2:30 - 3:30 pm**  
**Cash bar and non-alcoholic drinks**

Sponsored by



HEALTH  
COLORADO



HILL COUNTRY  
REGIONAL MEDICAL CENTER

Salida Early  
Childhood  
Center



# SALIDA PARKS AND RECREATION

719-539-6738  
www.cityofsalida.com

## At the Aquatic Center

Click on the  
QR codes for  
more info & to  
register

### FEBRUARY DISCOUNTS

Relieve your muscles after a long day up on the mountain! Soak, swim, or play in the soothing mineral water at the Salida Hot Springs Aquatic Center. For the month of February: \$2 OFF admission for Adults, \$1 OFF for kiddos with your Monarch Mountain Season Ski Pass or Day-of Lift Ticket. Chaffee County residents in the following industries can use the facility for FREE all month: Education, Childcare, & Monarch Mountain employees.

### DIVE & JIVE

Our favorite pool party for middle schoolers only - hang with friends in the leisure pool or race against your classmates in the lap lanes. The diving board and climbing wall will be open! Pre-registration is not available, just drop-in & join the party! \$6 for admission. Memberships & punch passes may also be used to attend. February 9th, 7-9pm.

### FAMILY FUN NIGHT

Family fun in the pool for everyone! Enjoy water games, floaties, and more! Pre-registration is not available just drop-in & join the fun! Adults \$10, Youth \$5, Children \$2. Memberships & punch passes may also be used to attend. February 15th, 5-8pm.

### ADULT SOAK

Join us in the pool for a relaxing evening for adults only. The lights go down and the water heats up for this super chill time in soothing mineral water. Pre-registration is not available. Drop-in for \$10. Memberships & punch passes may also be used to attend. February 23rd, 7:30-9:30pm.

### YOUTH SWIM LESSONS

**Preschool Swim Lessons:** Children that are 4 and 5 years old will learn fundamental water safety and aquatic skills. Registration opens 3/15 at 9am. Class starts 3/29, every Friday for 5 weeks from 10 - 10:45am.

**Parent/Tot Swim Lessons:** Familiarize children between 6 months old up to 3 years old with the water and learn swimming readiness skills. Parents will learn safety information to orient their children to the water. Registration opens 3/23 at 9am. Class starts 4/6, every Saturday for 4 weeks from 10:30 - 11:15am.



## Recreation Opportunities

### SCHOLARSHIPS AVAILABLE

Households that meet the requirements are eligible for up to \$150 in assistance per individual per year! Scholarships may be used for group swim lessons, daily drop-in visits, sports/leagues, and individual memberships. Applications for 2024 funds are now being accepted.



### SALIDA SKI BUS

Get a ride up to Monarch on Fridays & Saturdays this season! Pre-registration is required and is only \$5. All ages are welcome - kids under 10 years old are to be accompanied by an adult. Leave the aquatic center at 8:15am and head up to Monarch. The bus leaves Monarch at 3:30pm and drops riders off at the aquatic center (the last Saturday service for the season is 3/9, Friday rides continue through 4/26).



## FIBArk Community Paddling Program

all classes take place at the Salida Hot Springs Aquatic Center

### YOUTH KAYAKING LEVEL 1

Kids ages 8-14 years old will learn how to kayak in the pool this winter - gear will be provided! Registration for the February session is now full. There will be another session in March, with classes on Tuesdays from 7-8pm, 4/9-4/30. Registration will open on March 11th at 8pm - mark your calendars as this class will fill up fast!



### KAYAK ROLL SESSIONS

Practice water-based kayak skills during the winter months! Bring your canoe or kayak and work on rolling, tricks, or basic maneuvering. Participants must be at least 10 years old and be able to demonstrate a wet exit. Pre-registration is encouraged, as space is limited and spots will often fill up! Wednesdays 7:30-9pm in the pool.





Practice a  
guided meditation



Calms emotions  
& improves focus

Journal together



Helps you understand  
yourselves better

Laugh together



Fights stress & makes  
you feel good

Practice gratitude  
together



Boosts your sense of  
happiness & well-being

# Small Ways FOR Parent & Child TO CONNECT BIG AT Bedtime

Read to  
each other



Develops your  
language abilities  
& imagination

Practice active listening



Builds empathy  
& trust

Share stories  
from your day

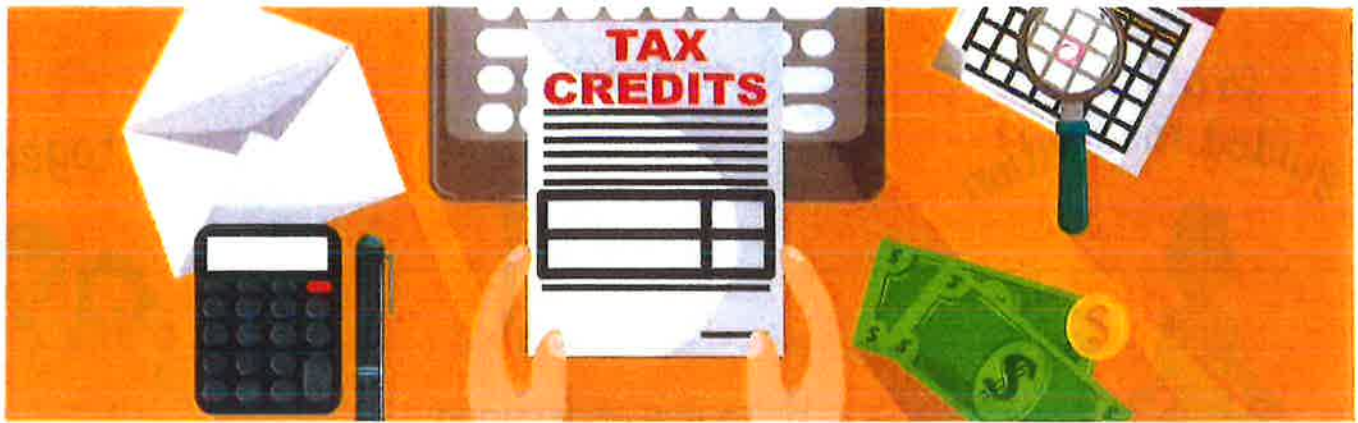


Improves memory &  
strengthens your bond

Give massages



Helps fight stress &  
promotes relaxation



## Federal and State Refundable Tax Credits are Available for Working Colorado Individuals and Families



### What is a refundable tax credit?

A refundable tax credit puts money back in the pockets of hardworking taxpayers like you. You may be able to claim a credit even if you don't normally file a tax return. If you qualify for a refundable credit, any amount of the credit remaining after reducing the amount of taxes that you may owe to zero is refunded to you.



### Earned Income Tax Credits

You may be eligible for refundable tax credits if you earned less than \$63,400 in 2023.

Generally, eligibility for the Colorado earned income tax credit is based on your eligibility for the federal earned income tax credit. Colorado has expanded eligibility for the Colorado credit for filers who cannot claim the federal credit. You work hard. See if the earned income tax credits can work just as hard for you! Visit [Tax.Colorado.gov/ctc-eitc](https://tax.colorado.gov/ctc-eitc) for more information.



### Child Tax Credits

You may be eligible to claim these partially refundable credits if you have a social security number or individual taxpayer identification number, have at least one child, and are part of a low- or middle-income family. Visit [Tax.Colorado.gov/ctc-eitc](https://tax.colorado.gov/ctc-eitc) for more information on eligibility and to see if you qualify!



### How to claim the Earned Income Tax Credits and Child Tax Credits

To claim the earned income tax credits or the child tax credits, file a federal and state return! Visit [Tax.Colorado.gov/ctc-eitc](https://tax.colorado.gov/ctc-eitc) for more details on requirements for and help with filing.



### Free Income Tax Filing Help

Qualifying taxpayers may be able to file their taxes for free by using the IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs. Colorado residents can file their state income taxes on Revenue Online. More information about these resources can be found at [Tax.Colorado.gov/ctc-eitc](https://tax.colorado.gov/ctc-eitc).



**COLORADO**  
Department of Revenue  
Taxation Division





**CHAFFEE HOUSING TRUST**  
A Commitment to Community

# Come to our Homebuyer Readiness Workshops!

Chaffee Housing Trust is offering a FREE interactive webinars for Chaffee and Lake County residents.

## Preparing for Homeownership

Participants will learn what to consider before becoming a homeowner, key players and their roles in the homebuyer process, and steps to help make the journey successful.

| Month              | Date    | Time             |
|--------------------|---------|------------------|
| February - English | 2/6/24  | 5pm-7pm via Zoom |
| February - Spanish | 2/8/24  | Zoom             |
| June - English     | 6/4/24  | 5pm-7pm via Zoom |
| June - Spanish     | 6/6/24  | Zoom             |
| October - English  | 10/1/24 | 5pm-7pm via Zoom |
| October - Spanish  | 10/3/24 | Zoom             |

## Create a Spending Plan, Your Way

Learn steps to create a spending plan, strategies to make adjustments, tools to address debt and tips to set up financial goals.

| Month              | Date    | Time                |
|--------------------|---------|---------------------|
| March - English    | 3/5/24  | 5pm-6:30pm via Zoom |
| March - Spanish    | 3/7/24  | Zoom                |
| July - English     | 7/9/24  | 5pm-6:30pm via Zoom |
| July - Spanish     | 7/11/24 | Zoom                |
| November - English | 11/5/24 | 5pm-6:30pm via Zoom |
| November - Spanish | 11/7/24 | Zoom                |

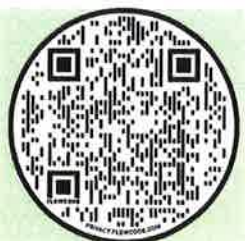
## Register Here!

Type this link into your web browser

<http://tinyurl.com/yu3ycekv>

OR

Scan this QR Code with your phone camera



**CHAFFEE HOUSING TRUST**

To learn more, go to <https://www.chaffeehousing.org> or contact Claudia at 719-239-1579 or [claudia@chaffeehousing.org](mailto:claudia@chaffeehousing.org)

