



# Eagle Newsletter

## March 27, 2023

**Encourage, Empower, Excel**

MARCH

MAR  
**30**

**1st Grade  
Exhibitions at  
10:00 am**

MAR  
**31**

**Professional  
Development -  
No School**

**APRIL**

Date	Event
APR 3	Spring Break Week
APR 13	SBDM Meeting & FRC Advisory Council Meeting @2:45 p.m.
APR 20	Kindergarten Registration @ 5:30 PM
APR 21	Kindergarten Registration @ 9:00 AM
APR 27	4th Grade Exhibitions @ 8 am & 2nd Grade Exhibitions @10 am
APR 28	Personalized Learning Day

3

APR

13

APR

20

APR

21

APR

27

APR

28

APR



## SCHOOL MENUS FOR March 27<sup>th</sup>-30<sup>th</sup>

ALL MEALS ARE FREE TO STUDENTS!

Snacks and Ice Cream will be available on Mondays and Fridays. Chips are \$.75, and ice cream is \$1. Non-student lunch prices are \$4.75

Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cinn. Apple Toast(45g)	Sausage Biscuit(30g)	Mini Bagels (42g)	Cereal (24g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Applesauce (13g)	Apple Slices (7g)	Raisins (33g)
Milk	Milk	Milk	Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pizza Crunchers (41g)	White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)
Green Beans (3/4c)(5g)	Refried Beans (23g)	WG Roll (22g)	Carrots (3/4c) (9g)
Pears (14g)	Corn (21g)	Mashed Potatoes (34g)	Peaches (16g)
Milk	Pineapple (16g)	Peas (12g)	Milk
	Milk	Baked Apples(28g)	

Mar. 27<sup>th</sup> -  
31<sup>st</sup>

\*\*\*Students who participate in afterschool programs must turn in a note with permission to stay after school and any transportation changes.



# After School Clubs

## Schedule

Monday	2:30 p.m. - 3:45 p.m.	Ms. Baxter & Ms. Madison's Girls Group
Tuesday ☆	2:30 p.m. - 4:00 p.m.	5th Grade STLP
Wednesday 😊	2:30 p.m. - 4:00 p.m.	Boys Who Code
Thursday ♡	2:30 p.m. - 3:30 p.m.	3rd & 4th Grade STLP
Friday		



Yearbooks are on sale!  
Orders due by April  
14<sup>th</sup>!

## Order Your 2022 – 2023 Yearbook!

Student Name:	Teacher:	Grade:
1.		
2.		
3.		

**Orders due April 14<sup>th</sup>!**

We accept cash, check, or online orders! \*

Yearbooks will be delivered the last week of school.  
Yearbooks will also be on sale during Book Fair and Art Night!

---

**Order Info:**

Total yearbooks ordered: \_\_\_\_\_ @ \$12 = \_\_\_\_\_

I am paying with the following:

Cash \_\_\_\_\_

Check \_\_\_\_\_

Make checks payable to Heritage Elementary.

\*You can also order your yearbook online at Balfour.com. Steps to order online are on the back.

### How to Order Your Yearbook Online

1. Go to balfour.com.
2. Click "Shop My School" at the top.
3. Type in the zip code for Heritage: 40076. When you do this, Heritage should pop up below the search bar.
4. Click on Heritage Elementary School, Waddy, KY
5. It will take you to the Heritage Yearbook Webpage. Under the picture and title that says, "Yearbook Product and Ads," click on the box that says, "Order Now".
6. Enter your student's information and click "Shop for this Student".
7. Click "Get Started" in the Yearbook Only Package box.
8. Choose your student's homeroom teacher. **Keep the quantity as 1** and click "Add to Cart".

**IF YOU ARE BUYING MULTIPLE YEARBOOKS, you will need to purchase them separately.** (For example, if you are buying two books for two students, please order them separately instead of grouping them in the same order.)\*\*\*\*

9. Click "Checkout" and walk through the steps to purchase a yearbook.
10. Once you have finished checking out, it will add your name to the list of yearbooks purchased online.

\*\*\*\*The system that Balfour uses does not specify quantities for orders with multiple books. **You will have to checkout and repeat this process** for each yearbook you are wanting to buy.

If you have any questions, please feel free to reach out to Caroline Medley at [caroline.medley@shelby.kyschools.us](mailto:caroline.medley@shelby.kyschools.us)

First Grade Presents







**No School for PD Day on March 31st.  
Spring Break is April 3rd–7th!**

**Online Registration  
Opening  
April 1st**



**Registration For The  
2023-2024  
School Year  
Must Be Complete By  
August 9, 2023**





## **Kindergarten Registration**

**at your child's school**

**April 20th 5:30 pm - 7:30 pm**

**April 21st 9:00 am - 1:00 pm**

# **It's time to Register for Kindergarten!!**

## **Follow these 3 Easy Steps!**

### **Step 1:**

Beginning **April 1st**: Go to SCPS Webpage

Complete online enrollment for SCPS (Choose 2023-2024 School Year)

### **Step 2:**

Beginning **April 1st**:

Schedule your Kindergarten Registration/Brigance Assessment

<https://outlook.office365.com/owa/calendar/KindergartenReadiness2023@shelbykyschools.onmicrosoft.com/bookings/>



### **Step 3:**

Come to Kindergarten Registration and Bring the following documents to your scheduled Registration/Brigance assessment time.

- **Birth Certificate**
- **Two proofs of residency**
- **Current Immunization Form**
- **Social Security Card**
- **Physical, Eye and Dental Form**

## **Call 633-2375 for further questions**





## **Matrícula de Kinder** **en la escuela primaria de tu hijo**

**20 de abril 5:30 pm - 7:30 pm**

**21 de abril 9:00 am - 1:00 pm**

**¡Es hora de matricularse para el Kinder!!**

**¡Sigue estos 3 sencillos pasos!!**

**Paso 1:**

**a partir del 1 de abril: vaya a la página web de SCPS y Complete la matrícula en línea para SCPS (Elija el año escolar 2023-2024)**

**Paso 2**

**Programa una cita para completar la matrícula/evaluación  
a partir del 1 de abril**

<https://outlook.office365.com/owa/calendar/KindergartenReadiness2023@shelbykyschools.onmicrosoft.com/bookings/>



**Paso 3:**

**Vaya a la Primaria de su hijo(a) y traiga los siguientes documentos para completar la matrícula**

- Certificado de nacimiento
- Dos comprobantes de domicilio
- Formulario de vacunación actual
- Tarjeta de seguro Social
- Formulario de examen físico, vista y dental

**Llame al 633-2375 para más preguntas**



What we are  
learning about  
during advisory and  
Heritage Huddle this  
month!

# Decision-Making Skills

help you to think through problems and make good choices

## Thinking Ahead

Thinking about how choices will affect the future. By planning and thinking you can learn to make better choices.

## Self- Control

Being able to stop and think before making a choice is important. It allows you to really think through your actions.



## Problem-Solving

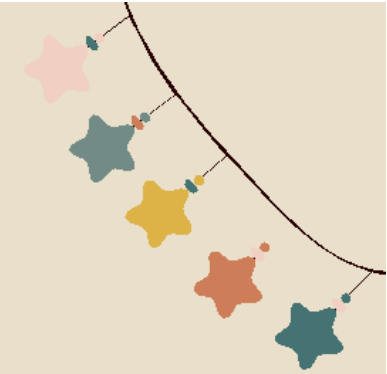
Using problem solving skills helps to handle disagreements and problems that may come up.

## Reflecting on Choices

Thinking about what went well and what did not go well. By reflecting, you can learn how to make better choices in the future.

## Weighing Options

Carefully thinking about what the best choice may be. Sometimes, this can be difficult so it is a good skill to practice.



**JOIN  
THE  
HERITAGE  
BABY EAGLES'  
CLUB**



**YOU CAN SIGN UP FOR A MONTHLY FREE  
BOOK AND RESOURCES WHEN YOU SEND IN  
A PICTURE OF YOUR LITTLE ONE WHO IS 4  
YEARS OLD AND UNDER. YOU CAN EMAIL  
THE PICTURE WITH THE CHILD'S NAME AND  
AGE TO  
[MELANIE.MADISON@SHELBY.KYSCHOOLS.US](mailto:MELANIE.MADISON@SHELBY.KYSCHOOLS.US)**





School Payments  
Simplified

MY  
SCHOOL  
BUCKS

Easily pay for school items and fees with MySchoolBucks



Fast & Easy  
Checkout



Simple  
& Secure



Make Payments  
Anytime

#### Get Started:

- 1 Go to [myschoolbucks.com](https://myschoolbucks.com) or download the app
- 2 Visit the school store & add items to your cart
- 3 Check out with your credit/debit card



MySchoolBucks.com

DOWNLOAD



GET SOCIAL



Compras Escolares  
Hechas Fáciles

MY  
SCHOOL  
BUCKS

Fácilmente pague las tarifas y los artículos escolares con MySchoolBucks.



Pagos rápidos  
y fáciles



Sencillo  
y Seguro



Pague en  
cualquier momento

#### Para Comenzar:

- 1 Vaya a [myschoolbucks.com](https://myschoolbucks.com) o descargue la aplicación
- 2 Visite la tienda escolar y agregue los artículos al carro
- 3 Pague con su tarjeta de crédito o débito



MySchoolBucks.com

DESCARGUE



SOCIALIZA





Johnna M. Black,  
Principal

Megan Baxter  
School Counselor

*Encourage, Empower, Excel*

**Heritage Elementary**  
8300 Frankfort Road  
Waddy, KY 40076  
Ph: (502) 829-5242  
Fax: (502) 829-9605

Molly Smith,  
Assistant Principal

Kara Clark,  
Instructional Coach

Dear Heritage Families:

We are announcing the fee structure for the 2022-23 school year for all our elementary grades.

- **No device usage fee** will be charged, however, damaged or lost items will still require a payment.
- **A simpler, less expensive supply list** has been developed for use by all elementary grades, district-wide.
- All elementary schools will charge the same **\$20 instructional fee** and no other fees will be charged for instructional supplies; this \$20 will cover items such as headphones, erasers, Primary journals, additional or specialized folders and notebooks, rulers, index cards, highlighters, agenda books, field day t-shirts, recorders, etc.
- Any elementary student participating in at least one school club will be charged **only one \$20 club fee** instead of multiple individual club fees.
- **No other fees** will be charged during the 2022-23 school year for elementary grades except for occasional field trips; the maximum fee an elementary parent will pay is \$40 (plus field trips)
- **No other requests** will be made for elementary parents to send in classroom supplies for the 2022-23 school year

A waiver or adjustment may be made for any student qualifying for free or reduced meals to ensure that no student is denied services due to the inability to pay. In order for your student to receive the fee waiver, you are required to complete the Educational Benefit Form (EBF).

If you would like to donate additional funds or supplies, you can do so by contacting the school office or the Family Resource Center.

Thank you for allowing us to serve your children!



## Shelby County Public School 2022-2023

July 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	ELE SEC		6
7	SB	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	PL	24
25	26	27	28	29	30	

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	SB	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	DPLC	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	PL	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	PL	4
5	6	7	8	9	10	11
12	13	14	15	16	DPLC	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	PL	18
19	20	21	22	23	24	25
26	27					

April 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	PL	29
30						

May 2023						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Professional Development (No School for Students)	Election Day (No School)	Break (No School)	Personalized Learning Day
First and Last Day of School	Opening and Closing Day For Staff	Holiday (No School)	

*Mrs. Pamela Pickens*

5th grade Teacher

[pamela.pickens@shelby.kyschools.us](mailto:pamela.pickens@shelby.kyschools.us)

Phone: (502)829-5242



## MEET THE TEACHER!

I am super excited to start my 19th year in education. I have spent a majority of my career teaching 5th grade. I love hanging with my husband Shawn and two sons Zane Marshall and Zackary Murray. They both attend Heritage too! We enjoy watching lots of football and spending time outside. We have a pet turtle named Camo Junior.



Elementary Education, Bachelors of Science - 2004

**Murray State University**

Curriculum, Instruction & Assessment

Masters in Arts - 2009

**Walden University**



Hobbies: Cooking, Baking, Boating, Kayaking, Traveling, Organizing, Watching lots of Junk TV Shows, Pinning lots of stuff on Pinterest and not ever making it, Putting stuff in my online shopping cart but never buying it. :)

### Staff Birthdays:

Ashley Craig 3/ 4  
Caitlyn Chen 3/23

Teresa Kennedy 3/27  
Denise McClain 3/28

Pursuant to KRS 158.186, before Sept. 15 of each year the commissioner of education must distribute copies of [KRS 158.183](#), which details the “rights of students,” and [KRS 158.195](#), which requires each public elementary and secondary school to “display the national motto” of the United States.

# COMMUNITY EVENTS



**Resources, & Information**



LIMITED SPOTS  
REGISTER NOW!



SPRING BREAK  
**BASKETBALL  
CAMP**

.....  
APRIL 3RD - 6TH  
9AM - 3PM

BOYS & GIRLS K-8TH GRADE  
MARTHA LAYNE COLLINS HIGH SCHOOL

REGISTRATION FEE:

**\$100**



**BRING YOUR LUNCH  
&  
T-SHIRT INCLUDED**



Register Online at:  
[www.coachmasonbasketball.com](http://www.coachmasonbasketball.com)

# Volunteer Income Tax Assistance



The Volunteer Income Tax Assistance (VITA) program offers free help to people who generally make \$54,000 or less, persons with disabilities, the elderly, and limited English Speaking taxpayers who need help in preparing their tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing for qualified individuals.

To qualify for this program, you must:

- Earn moderate income or less, or
- Be disabled, or
- Be limited English Speaking; or
- Be a senior citizen

For more information, visit the Free Tax Return Preparation or qualifying taxpayers page or email at [parnter@irs.gov](mailto:parnter@irs.gov) or contact the helpline at 1-800-906-9887.

SNAP recipients who have lost food due to a power outage of at least 4 hours can call DCBS at 855-306-8959 to request a replacement of benefits. When reported by phone, form FS-70 will be mailed to the individual with instructions for completion. They may also go to their local office to see worker and obtain and sign an FS-70, replacement request form. The form that was shared was an old form. The new revision date is 3/22 and generated when they speak to



**Nurturing Parenting Program**  
**Statewide sessions 2023**

 Nurturing Parenting is an evidence-based program for families and caregivers to develop and strengthen their parenting skills.

This curriculum-based program works for the entire family and focuses on life skills including: healthy communication, discipline, developing empathy, substance abuse, dealing with anger, and other useful parenting tools and strategies.\*

You may attend one session or all the sessions; you can select based on the topics you feel are most important for you!

- March 20th - The Philosophy and Practices of Nurturing Parenting
- March 27th - Ages and Stages: Infants and Toddlers
- April 3rd - Brain Development in Children and Teens
- April 10th - Communicating with Respect
- April 17th - Building Self-Worth
- April 24th - Understanding Feelings
- May 1st - Morals, Values and Family Rules
- May 8th - Praising Children and their Behavior
- May 15th - Alternatives to Spanking
- May 22nd - Dealing with Stress and Anger
- June 5th - Nurturing our Relationships
- June 12th - Co-Occurring: Mental Health and Substance Use Disorder

Check out our website for more details about each session, [www.kypartnership.org](http://www.kypartnership.org).

**Free**  
to parents/caregivers

This program is offered virtually through Zoom

The program is offered in 12 weekly sessions  
7PM - 8PM EST.

To register for any of the sessions, click on this link below or use the QR code:

**Register!**





### Kentucky Medicaid Renewals

#### Here is what you need to know to stay covered!

If you or a family member currently has health coverage through Medicaid or the Kentucky Children's Health Insurance Program, called KCHIP, there are changes coming.

#### What's changing?

Because of COVID-19, the federal government declared a public health emergency (PHE). During this time, changes were made so that Medicaid and KCHIP renewals were not required, so people did not lose their coverage.

However, Kentucky will restart Medicaid annual renewals April 1, 2023. Make sure you take the necessary steps to keep your coverage!

★ **You will receive a letter when it is your time to renew.**

#### What do you need to do?

**1 Update your information:**

Make sure [kynect.ky.gov](https://kynect.ky.gov)

has your correct:

- ✓ mailing address
- ✓ phone number
- ✓ email

This way, we can contact you without delay.

**2**

**Check your mail:**

You will get a letter about your Medicaid or KCHIP renewal **when it is your time**. The letter will let you know if you need to complete a form or send in information to keep your coverage.

**3**

**Send in information:**

If you get a form, fill it out, return it right away. Make sure to give us any information we request. The information will help determine if you still qualify for coverage.

#### Have questions? Need help?

To make sure your information is updated, visit [kynect.ky.gov](https://kynect.ky.gov)  
or call 855-4kynect (855-459-6328)

**Kentucky Medicaid will reach out to you when it is your time to renew.**

You can also get help from your local Department for Community Based Services (DCBS) staff and from kynectors. To find a kynector or your local DCBS office please visit <https://kynect.ky.gov/healthcoverage>.



# Narcan Bundles



North Central District Health Department and the SUDS coalition has collaborated with a number of community partners to help distribute Narcan to those who are in need of it. Below is a list of entities that are offering FREE Narcan WHILE SUPPLIES LAST.

Be sure to visit the following sites for updates on FREE Narcan distribution:

- <https://www.ncdhd.com/>
- <https://sudsky.org/>
- FB page: @SUDScoalition
- FB Page: @NCDistrictHD

---

## **Shelby County:**

- Shelbyville Comprehensive Treatment Center
- Seven Counties Services
- Agape Wellness Center

## **Spencer County:**

- Spencer County Library
- Seven Counties Services

## **Henry County:**

- Henry County Library
- The Hope Center
- Seven Counties Services

## **Trimble County:**

- Seven Counties Services
- Morgan Community Center
- Trimble County Library

FREE  
Day Pass to  
Clear Creek  
FAC

# The First Saturday Walkabout

Sign in at the front desk on the first Saturday of any month, rain or shine, from 8:00 to 8:30 a.m. Receive one FREE Day Pass per person. Afterward, walk on the trails, on the walking path, or on the inside walking track. Use your pass at any later date of your choosing.

8:00 - 8:30 a.m.  
The First Saturday  
of Every Month

Clear Creek  
Family Activity Center  
717 Burks Branch Rd  
Shelbyville, KY





## Northside Early Childhood Center



### **FREE PRESCHOOL SCREENINGS for 2023-2024 School Year**

**FREE** to any 3 and 4 year old Shelby County Resident

Screenings will provide parents with information regarding their child's development in: self-help skills, social emotional development, speech and language, fine and gross motor, cognitive development, and vision/hearing.



#### **Screening Dates**

2/10/2023

2/11/2023

4/14/2023

**Schedule your FREE  
Preschool Screening  
TODAY!!**



502-633-5123

email [kimberly.malone@shelby.kyschools.us](mailto:kimberly.malone@shelby.kyschools.us)

**Shelby County Public Schools**





# Northside Early Childhood Center



## **EXÁMENES PREESCOLAR GRATIS para el año escolar 2023-2024**

GRATIS para cualquier residente del condado de  
Shelby de 3 y 4 años

### **Fechas de las evaluaciones**

2/10/2023

2/11/2023

4/14/2023



### **Evaluación de Preescolar GRATIS!**

**Haga su cita  
HOY!**

502-633-5123

email [kimberly.malone@shelby.kyschools.us](mailto:kimberly.malone@shelby.kyschools.us)



## **Shelby County Public Schools**

# BAGDAD BASH BALL TOURNAMENT

BAGDAD RURITAN CLUB IS HOSTING AN  
ADULT CO-ED SLOW-PITCH SOFTBALL  
TOURNAMENT!



**May 19 & 20, 2023**

**First Place :**

**\$500**

**Second Place:**

**\$200**

*Sponsored By:*



NSA RULES

6 TEAMS

DOUBLE ELIMINATION

REGISTRATION : \$200

Bagdad Ruritan Club

TO REGISTER PLEASE CONTACT

DUSTIN PERRY (502-321-1516) OR KELLY MCNEW (502-220-8665)

# Get The Facts On Kentucky's Utility Sales Tax

## What happened?

In 2022, the Kentucky State Legislature voted to repeal the tax exemption on residential utilities, except for those used in primary residences.

Starting in 2023, if Kentuckians own or rent more than one property in the state, they will pay 6% sales tax on utilities (electric, gas, water, sewer, and other services) in any property that is not their primary residence.

Have additional questions?  
Scan here to learn more from  
the KY Department of  
Revenue:



## Own Your Home?

In most cases, customers that were previously exempt will remain that way.

**If the only property you own is your main home, your utilities will not be taxed.**

**Homeowners with multiple houses are responsible for letting their utility provider know which property is their main home.**

The new 6% sales tax on utilities **only** applies to Kentucky residents who have multiple residences in the Commonwealth.

This change applies to secondary properties such as vacation houses, or property used as short term rentals, like AirBnB.

Customers who own more than one residential property should complete the same form as renters (Declaration of Domicile) and submit it to their utility provider.

**Contact your utility provider for additional information.**

## What If I'm A Renter?

Renters must complete the form linked on this page and submit it to their utility provider to avoid the 6% tax increase on their utility bills. This will establish the rental as their primary living space.

Some landlords may collect the forms and submit them on behalf of their renters.

Scan here with your phone or tablet camera to download a fillable PDF *Declaration of Domicile* form:



## Own Rental Property?



Property owners must complete a *Multi-Unit Declaration of Domicile for Landlords* form (available by scanning the QR code). The declaration must a) specify the number of units and b) have a corresponding Declaration of Domicile form for each unit.

Multi-Unit declarations that do not include these forms from **all** dwelling units are not eligible for residential tax treatment.





# Kentucky Energy Savings Fact Sheet

## Changes Ahead

Winter is coming! Average electricity prices for homeowners have increased 10.5% over the same time period last year and could increase an additional 3% in 2023. Homeowners should be prepared that a larger percentage of household budget will be for electricity and home heating fuel expenses.

## What's Going On?

The global pandemic and war have disrupted global energy markets. Kentucky's coal and gas resources are global commodities and due to supply and demand changes, prices have risen just like other items we use every day. As a result of fuel prices increasing, the price consumers pay for electricity will rise going into winter when heating demand increases.

## Energy Efficiency Tips to Increase Savings

- Open window curtains during the day to allow sunlight to naturally heat the home, and close them at night to reduce the chill from cold windows.
- Replace furnace and heat pump filters once a month or as needed.
- Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of drafty window frames during the cold winter months. Make sure the plastic is tightly sealed.
- When you are home and awake, set the thermostat as low as is comfortable.
- Keep the temperature of the water heater on the warm setting (120°F). This also helps avoid scalding.
- Find and seal air leaks around chimneys, pipe cut-throughs, and unfinished spaces behind cupboards and closets.

Scan here for more information and tips on how to save money:



## Utility Resources

There are many free resources available to you to help reduce the cost of your utilities.

To find a community action network in your area and apply for LIHEAP and weatherization assistance, please visit:

<https://www.capky.org/network/>

Contact your utility provider to see if they are offering financial assistance on your bill. Many have resources available upon request.

To learn more about energy affordability, visit:

<https://eec.ky.gov/Energy/Programs/EnergyAffordability/Pages/default.aspx>

For additional resources in your community you can also contact your Family Resource Youth Service Center coordinator:

<https://bit.ly/FRYSCContacts>

## Need Help with Your Energy Bill?

Find utility assistance  
in your area:







## Ready to Jump Start your Future?

We can help you get a good job and career.

**Kentucky Career Center services and KentuckianaWorks offer assistance at any point in your career path. Our services include:**

- Customized career advice for today's job market
- Help optimizing your resume & finding jobs. Start at [focuscareer.ky.gov](https://focuscareer.ky.gov)
- Assistance sharpening your interview skills
- Help building your professional network
- Up-to-date, local career information at [www.careercalculator.org](https://www.careercalculator.org)
- More than 4,000 online training courses
- Access to job leads and job fairs
- Specialized services for qualifying veterans
- Resources for visually impaired or disabled job seekers

**kentuckianaworks.org**

KentuckianaWorks is the Greater Louisville Workforce Development Board that serves Jefferson, Butler, Henry, Oldham, Shelby, Spencer and Tipton counties, and is an affiliate of the Kentucky Career Center, through contract with FastLane Workforce Services, in partnership with the Office of Employment and Training and other agencies. Funding is provided by the U.S. Department of Labor, through the Ky Education and Workforce Development Cabinet, and administered by KentuckianaWorks - an agency of Louisville Metro Government, Fiscal Service, Education and Employment Opportunities MFL/DOE.

**Kentucky  
Career Center**  
KentuckianaWorks



AmericanJobCenter

# G-FORCE

## A support program for grieving youth

Gravity. It grounds us. It holds us in orbit. It helps us stay centered. It pulls against us when rocketing into the stratosphere. Grief works much the same way. G-Force refers to the pull of gravity when making a transition forward. It takes practice and conditioning to withstand the pressure and to adapt. So does grief. We are not helpless in the face of loss. We can become stronger, more resilient, and confident that we can do hard things.

G-FORCE is a peer-centered education, support, and networking opportunity for youth coping with loss due to death. Meetings occur throughout the year offering a cycle every fall and spring following the school calendar. Youth can join at any point and re-up in an upcoming cycle.

**G-FORCE meets at the Hosparus Health Grief Counseling Center**  
**3526 Ephraim McDowell Drive, Louisville, 40205**

### **For youth in grades 6 through 10**

Fall 2022: Every 1st and 3rd Thursday, 4:30 – 6 p.m.  
September 1 through December 15

Spring 2023: Every 2<sup>nd</sup> and 4th Thursday, 4:30 – 6 p.m.  
February 9 – April 27

### **For youth in grades 2 through 5**

Fall 2022: Every 1<sup>st</sup> and 3rd Friday, 4:30 – 6 p.m.  
September 2 through December 16

Spring 2023: Every 2<sup>nd</sup> and 4th Friday, 4:30 – 6 p.m.  
February 10 – April 28

There is no cost for this program, but registration is required.  
Registration can be completed online at [www.hosparushealth.org](http://www.hosparushealth.org)  
Or by calling the Grief Counseling Center at 502-456-5451

**Grief is a force of nature. So are you.**

# Would you like to learn English?

## Shelby County Adult Education offers FREE ESL Classes

### Learn:

- To speak English
- To read and write
- Daily life skills
- Basic communication skills
- Advanced English



JCTC Shelby County Adult Education  
St. James Episcopal Church  
222 Main Street  
Shelbyville, KY 40065

Registration is week of August 7

Mon. & Wed. 9:00 a.m. – 11:00 a.m. Tues. & Thurs. 6:00 p.m. – 8:00 p.m.

**Register Now!**

Times of class are the same as above.

# Shelby County Daycares List

Call for openings.

## Childcare Facilities /Cuidado de Niños

- **Adventure Club- infants and toddlers through 5th grade**  
<https://simpsonvillebaptist.com/connect/weekday-preschool-2/>  
Phone (502) 722-5249 or Email: ac@simpsonvillebaptist.com
- **Inspirations Child Care**  
7387 Shelbyville Rd, Simpsonville, KY 40067 Phone: (502) 205-0026
- Corpus Christi Classical Academy Montessori Program  
7010 Us Highway 60, Simpsonville KY 40067  
Simpsonville, KY 40067 | (502) 722-8090
- **Kidsplay Child Care**

54 Old 7 Mile Pike, Shelbyville, KY 40065 (502) 633-9663

- **Shelbyville Community Day Care**

520 Mount Eden Rd, Shelbyville, KY 40065 (502) 633-6757

- **Little Hands Development Center**

250 haven Hill Rd,, Shelbyville, KY 40065 (502) 437-0547

- **Child Town Inc**

1940 Midland Trl, Shelbyville, KY 40065 (502) 633-2050

- **Little Stars Preschool**

100 Loop Rd, Fisherville, KY 40023 (502) 477-1150

- **Dorman Preschool Center**

719 Burks Branch Road, Shelbyville, KY - 40065 (502) 633-2760

## **Online Search Tool**

<https://www.4cforkids.org/for-families/find-child-care/>

## Child Care Referrals Tailored to Your Needs

### Herramienta de búsqueda en línea

Referencias de cuidado infantil adaptadas a sus necesidades

<https://www.4cforkids.org/for-families/find-child-care/> No siempre es fácil seleccionar un cuidado infantil que satisfaga sus necesidades. Permítanos ayudarlo a identificar proveedores en su área que ofrezcan el tipo de atención que necesita. Ofrecemos una variedad de formas de buscar cuidado infantil regulado por el estado en Louisville y sus alrededores. Podemos buscar cuidado infantil en función de las edades de sus hijos, sus horarios de trabajo y hogar, su ruta de viaje, si necesita transporte para su hijo y otros factores que hacen que sus necesidades sean únicas. No autorizamos, respaldamos ni recomendamos a ningún proveedor en particular. Solo usted puede determinar el entorno de atención de mejor calidad para su hijo.

- **BÚSQUEDA EN LÍNEA:** esta herramienta le permite crear su propia búsqueda personalizada de cuidado infantil regulado por el estado en Kentucky. Esta búsqueda incluye información sobre edades atendidas, horas de funcionamiento y calificaciones de STAR. Se le pedirá que cree información de inicio de sesión.

**LLAME** - Para hablar con un consejero de referencias, llame al 502-636-1358.



The Serenity Center has a food bank on Wednesdays  
from 12 p.m. to 4 p.m.

Serenity Center  
98 7<sup>th</sup> Street  
Shelbyville, KY 40065

The Bagdad Baptist Food Pantry is open the 2<sup>nd</sup> and 4<sup>th</sup> Saturday  
of every month from 9:15 a.m. – 12:00 p.m. Food is available to  
any Shelby County residents. Must show a valid driver's license.  
Entry is in the back of the church. There is also a small pantry  
outside the church open at all times.





## *Heritage Elementary Family Resource Center*

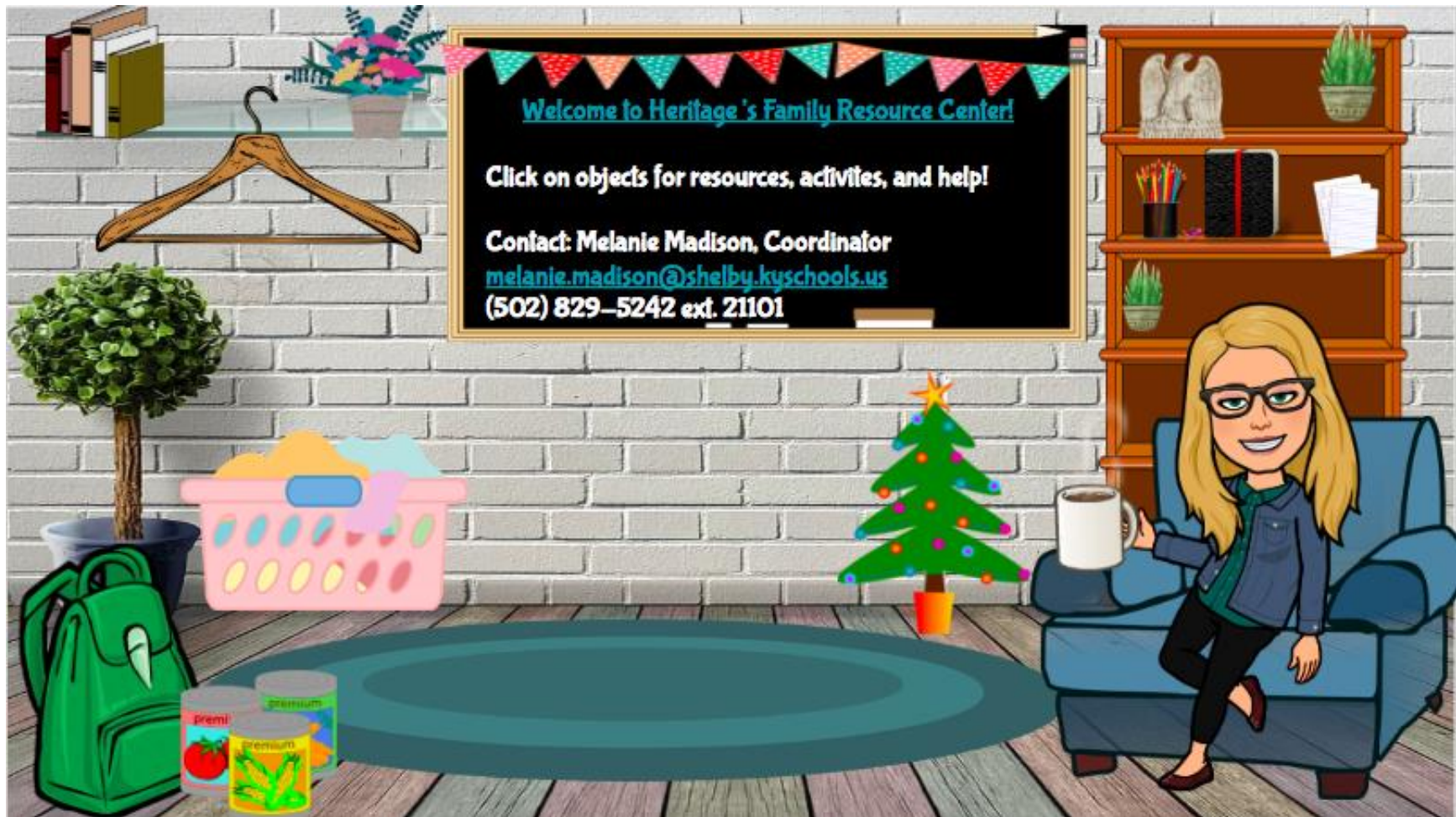
*Melanie Madison, Coordinator*

*Phone number: (502) 829-5242*

*Hours of Operation: Monday-Friday 7:00 a.m. - 3:00 p.m., available evenings and weekends by appointment.*







Check out the Virtual FRC Office!

<https://docs.google.com/presentation/d/106NkKh0pa6b5qnn0m93ZDNJgXuYtIDDUEHAYDeRWokc/edit#slide=id.>

Do you have a suggestion  
for improvement for  
Heritage?

[Click here to fill out a  
form.](#)