



# **Eagle Newsletter**

## **October 24, 2022**

**Encourage, Empower, Excel**



# IMPORTANT

## dates to remember



- Red Ribbon Week – October 24<sup>th</sup> – 28<sup>th</sup>
- PTO Pie Peddler Orders Due – October 26<sup>th</sup>
- Parent Teacher Conferences – October 25<sup>th</sup> & 27<sup>th</sup> 3:00 p.m. – 6:00 p.m.
- Art to Remember Orders Due- October 28<sup>th</sup>
- Mystery Reader Day- October 31<sup>st</sup>



- Professional Development (No School) – November 7<sup>th</sup>
- Election Day (No School)- November 8<sup>th</sup>
- Picture Retakes – November 9<sup>th</sup>
- SBDM Meeting – November 10<sup>th</sup> @ 2:45 p.m. in Library
- Veteran's Day – November 11<sup>th</sup>
- Thanksgiving Break -November 23<sup>rd</sup>-25<sup>th</sup>





## SCHOOL MENUS FOR October 24<sup>th</sup>-28<sup>th</sup>

ALL MEALS ARE FREE TO STUDENTS!

Chips and Ice Cream will be available on a limited basis. Chips are \$.75, and ice cream is \$1.

<b>Week 2</b>	<b>Monday</b> Cinn. Apple Texas Toast Juice Peach Cup Milk	<b>Tuesday</b> Egg & Cheese Biscuit Juice Applesauce Cup Milk	<b>Wednesday</b> Breakfast Pizza Juice Apple Slices Milk	<b>Thursday</b> Cereal & crackers Juice Raisins Milk	<b>Friday</b> Donuts Juice Orange Wedges Milk
<b>Week 2</b>	<b>Monday</b> Pizza Crunchers Green Beans (3/4 cup) Pears Milk	<b>Tuesday</b> Beef White Queso Nachos Refried Beans (1/2 cup) Corn (1/2 cup) Pineapple Milk	<b>Wednesday</b> Chicken Leg w/ Roll Mashed Potatoes (1/2 cup) Peas (1/2 cup) Baked Apples Milk	<b>Thursday</b> Cheeseburger on WG Bun Cooked Carrots (3/4cup) Peaches Milk	<b>Friday</b> Pizza Broccoli & Cheese (3/4 Cup) Fruit Cup Milk



Oct. 24<sup>th</sup> -  
28<sup>th</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		
Tuesday ☆	2:30 p.m. - 4:00 p.m.	5th Grade STLP
Wednesday 😊	2:30 p.m. - 4:00 p.m. 2:30 p.m. - 3:30 p.m.	Boys Who Code Choir
Thursday ♡	2:30 p.m. - 3:30 p.m.	3rd & 4th Grade STLP
Friday		





## Red Ribbon Week 2022 October 24th-31st



Heritage will celebrate being DRUG FREE with dress up days! Students may wear themed items each day to promote being drug free!

Students may turn in a poster on the theme “Celebrate Life, Live Drug Free” to Mrs. Madison by Wednesday, October 26th, for a prize!

**Monday, October 24th– Proud to be drug free!- Wear Your Crew Color!!**

**Tuesday, October 25th– Drug free from head to toe!- Wear Your Favorite Hat and Crazy Socks!**



**Wednesday, October 26th- Brave to be me, drug free!-Wear Camo!**



**Thursday, October 27th - Stay in the game, be drug free! - Wear Your Favorite Sports TEAM COLORS/ATTIRE!**



**Friday, October 28th - We have school spirit, drug free!- Wear Your Favorite Heritage Attire!**



**Monday, October 31st - Wake up drug free!- Wear Your Favorite Pajamas!**





DID YOU KNOW? Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't. Yet only a quarter of teens report having these conversations. Red Ribbon Week® (October 24-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started. This year's theme is Celebrate Life. Live Drug Free.™ Visit [www.redribbon.org](http://www.redribbon.org) to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

**[Parents and Guardians, please click here watch this video for the lock up your meds campaign.](#)**





## Heritage's Red Ribbon Week Food Drive for the Shelby County Backpack Program! October 24th-31st



The Shelby County Backpack Program provides specific non-perishable food items for students over the weekends at every school in Shelby County. Heritage would like to support this important program by having a food drive during Red Ribbon Week to spread kindness!

Students and staff may bring in the following items:

- (Poptop) Vienna Sausage cans
- (Poptop)Soups/Chef Boyardee
- Pop-Tarts
- Cereal Bars

\*\*\*\*All soup or Chef Boyardee cans must be pop top, as some students may not have can openers. The backpack program can only take pop tarts and cereal bars that are nut free due to food allergies.





Parent Teacher Conferences are October 25<sup>th</sup> and 27<sup>th</sup> from 3:00 p.m. -6:00 p.m.! Messages for time slot signup were sent last week by email. Please email your child's teacher for any more information.



Due  
Wednesday,  
October 26<sup>th</sup>!

Hello Heritage Families!

Heritage Eagles PTO is sponsoring our annual Pie Peddler Fundraiser now through October 26. This is your chance to snag some delicious pies that will be baked fresh and delivered just before Thanksgiving! Yum! All while supporting our school community!

We appreciate your support! If you have questions, reach us on FB (Heritage Elementary PTO) or by e-mail ([HeritagePTO1@gmail.com](mailto:HeritagePTO1@gmail.com)).

Heritage Eagles PTO

HERITAGE EAGLES PTO

PIE PEDDLER FUNDRAISER

The order form attached and payments are due by:

**October 26**

Pie pick up from Heritage Elementary will be:

**November 17**

- \* Payment may be made by check, cash or Venmo (*NEW OPTION*).
- \* Checks should be made out to Heritage Eagles PTO.
- \* See details below for Venmo payments.

Venmo--@Heritage Eagles PTO

*If you choose to use Venmo for payment:*

1. The account name for the person initiating the Venmo payment should match the name of the customer on the attached order form. **AND**
2. The student name should be included in the Venmo payment note



Image obtained from Clip Art

Student with the most sales will receive a \$25 gift card!!





HERITAGE ELEMENTARY INVITES  
YOU TO CELEBRATE

# VETERANS DAY

FRIDAY, 11/11/22 DURING THE STUDENT'S LUNCH  
TIME

The students and staff of Heritage Elementary would like say "Thank You" to our veterans for their service to our country! We want to invite any veteran, (parent, grandparent, aunt/uncle or friend) connected to our students, to enjoy lunch in the gym with their student (see lunch schedule & prices below)!

To show our appreciation of your service to our country, the staff will provide homemade desserts for the student and their veteran to enjoy together!





# VETERANS DAY

## SCHEDULE, MENU AND PRICES

### Lunch Schedule

11:00-11:25	McKinney and Travis
11:05-11:30	Mota
11:15-11:40	Pickens and Gordon
11:20-11:45	Chen
11:35-12:00	Hinton and Kirtley
11:40-12:05	Shaver
11:50-12:15	Pancake and McDowell
11:55-12:20	Campayno
12:10-12:35	Medley, McClellan, and Durr
12:30-12:55	Crain and Jeffries
12:35-1:00	Swinford

### Menu:

Chicken Strips (3)  
WG roll  
Mashed Potatoes (1/2 cup)  
Green Beans (1/2 cup)  
Fresh Fruit  
Milk

**IF YOU CHOOSE TO EAT THE SCHOOL LUNCH, THE NON-STUDENT  
PRICE FOR LUNCH IS \$4.05. WE CAN ONLY ACCEPT CASH OR  
CHECK!**



HERITAGE ELEMENTARY  
FAMILY RESOURCE CENTER

HOLIDAY  
ASSISTANCE  
APPLICATION  
DEADLINE IS  
TUESDAY,  
NOVEMBER 22ND!

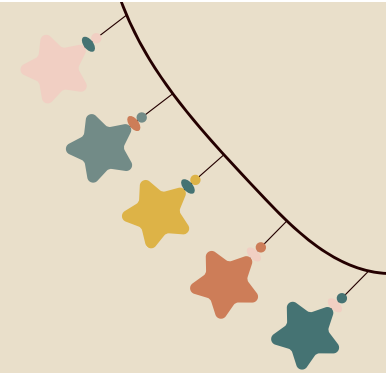
PLEASE EMAIL MELANIE MADISON AT  
MELANIE.MADISON@SHELBY.KYSCHOOLS.US OR  
CALL (502)829-5454





## HERITAGE ELEMENTARY





# **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 IT ON  
Google Play

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



GET IT ON  
Google Play

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!



# School Calendar

## 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
23	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	9
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. Amelia Hinton

### Teaching Position:

Fourth Grade

### Contact Information:

[amelia.hinton@shelby.kyschools.com](mailto:amelia.hinton@shelby.kyschools.com)

Phone: (502) 829-5242

## MEET THE TEACHER!

This is my second year teaching in Kentucky. I absolutely love being a part of the Heritage family and have never worked with a better group of educators and families. My husband Lee, our daughter Paige, and my parents enjoy the beauty of Kentucky and the kindness of the community here in Shelby County.



### Education/Degrees:

**Bachelors:** Elementary Education

@Newberry College in South Carolina

**Years of Experience:** 18 years



### Hobbies/Interest:

- Spending time with family
- Cooking
- Softball
- Exploring new places
- Hanging out by the pool
- Working in my garden

### Staff Birthdays:

Jill Renfro 10/24

Martha Fuqua 10/30

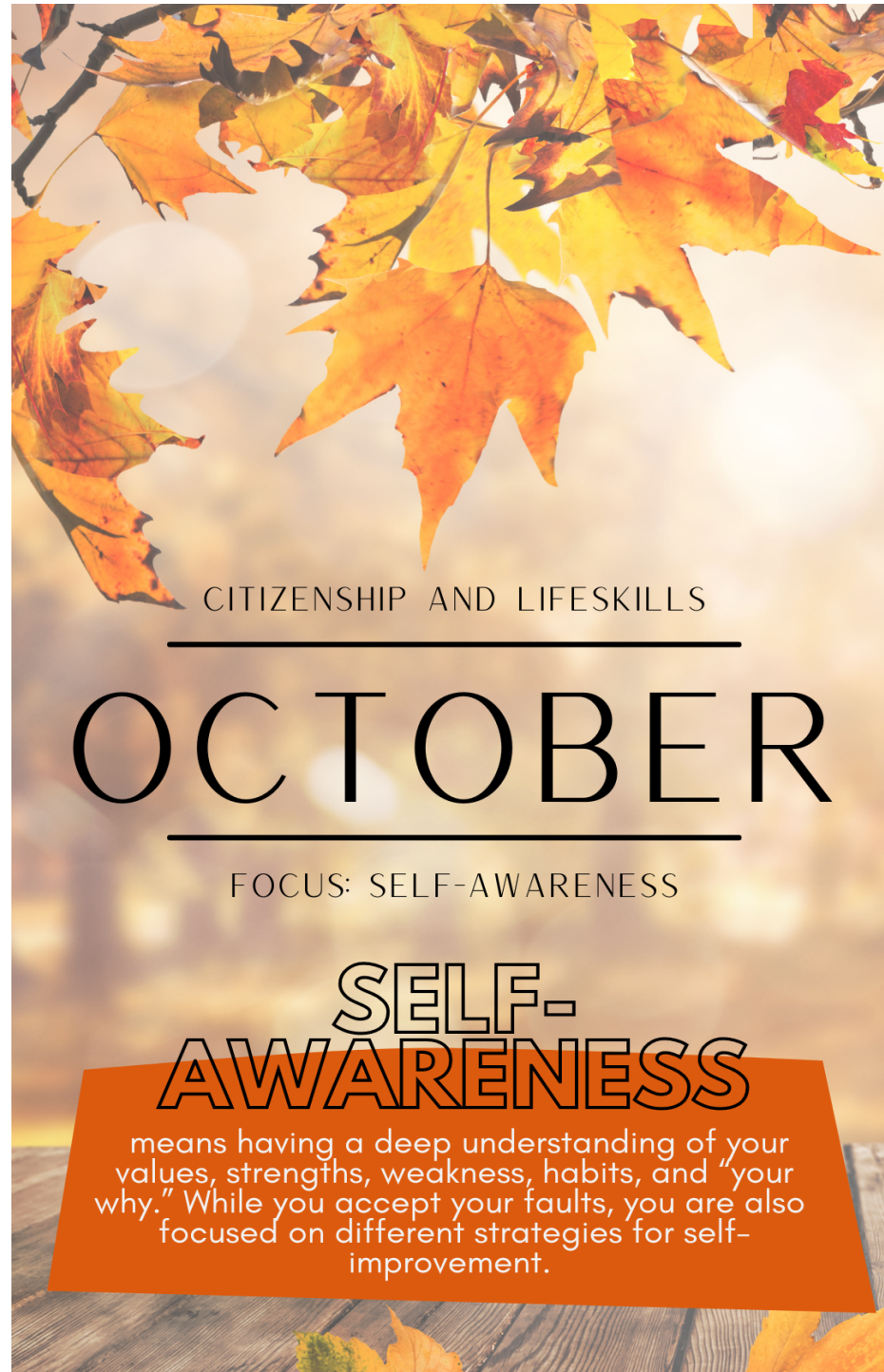


Pursuant to KRS 158.186, before Sept. 15 of each year the commissioner of education must distribute copies of [KRS 158.183](#), which details the “rights of students,” and [KRS 158.195](#), which requires each public elementary and secondary school to “display the national motto” of the United States.

**[Click here to read last Friday's district newsletter.](#)**



Skills we are  
working on in  
October!



CITIZENSHIP AND LIFESKILLS

OCTOBER

FOCUS: SELF-AWARENESS

SELF-  
AWARENESS

means having a deep understanding of your values, strengths, weakness, habits, and "your why." While you accept your faults, you are also focused on different strategies for self-improvement.



# PARENT RESOURCES

## Self-Awareness Activities for Kids



www.thepathway2success.com  
Clipart by Kate Hadfield & Sarah Pecorino



Write in a journal



Do an emotions  
check-in



Write self-  
compliments



Read positive  
affirmations



Make a gratitude list



Draw emojis for  
emotions



Make a vision board



Research future  
careers



Host a show-  
and-tell



Introduce new  
activities

## Self-Awareness Journal Prompts

www.thepathway2success.com

What are some of your  
biggest strengths?

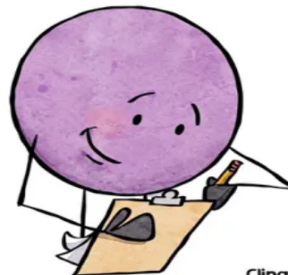
How do you  
feel today?

What do you  
LOVE to do?

What are some hopes you  
have for the future?

What are your top five  
positive qualities?

When was a time you  
succeeded at something?



Clipart By Sarah Pecorino



Pathways to Every Child's Success

# Self-Awareness

## The Source of Meaning and Purpose



Self-awareness is the ability to examine and understand who we are relative to the world around us. It is developed through skills like self-reflection, meaning-making, and the process of honing core values and beliefs. It is situated at "true south" on the compass to symbolize that introspection is about looking southward, into ourselves. Self-awareness impacts the capacity for successful kids to see themselves as uniquely different from other people. We stimulate children's self-awareness when we engage them in reflective conversations about values, beliefs, attitudes, and moral dilemmas. When we encourage them to understand and attend to their intellectual, emotional, social, and physical selves, we let them know we value their full human potential.

### GIVE HONEST FEEDBACK

When given constructively, children understand that feedback helps them learn about themselves. Children who are encouraged to reflect on their behavior, actions, and performance, most often take responsibility to improve.



### TALK ABOUT CHARACTER

Children become aware of their character strengths and weaknesses by recognizing them in others. Use books and movies to stimulate family conversations about virtues such as open-mindedness, bravery, kindness, leadership, forgiveness, gratitude, and more!

### BE A SERVANT LEADER

Parents are leaders. Being a servant leader involves bringing out the highest and best in your child from the inside out. This contrasts with driving results from the outside, often with a focus on correcting your child's deficits and maintaining authority over them.

### PRACTICE MINDFULNESS

Mindful practices grow self-awareness, help families cope with stress, improve concentration, generate empathy, and strengthen the neural systems of the brain! Parents teach children to be mindful warriors through deep observation and listening.



# OTHER RESOURCES

## My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



### If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



NIH  
National Institute  
of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

Follow NIMH on  
Social Media @nimhgov





# COMMUNITY EVENTS



**Resources, & Information**



# Participate in KIN-VIP for a Chance to Win!

To highlight our KIN-VIP program and the amazing work they do with kinship families, we are hosting a raffle for KIN-VIP participants.

Any kinship caregiver that attends at least three (3) KIN-VIP support groups from October to December 2022 will automatically be entered for a chance to win one of three (3) \$100 checks.

Explore KIN-VIP Groups

KIN-VIP support groups provide a safe, confidential space where caregivers can share their experiences with their peers. These groups are open to all kinship caregivers throughout the state of Kentucky.

*This raffle is open to all kinship caregivers caring for relative or fictive kin children (not caregivers who are foster parents to those children).*

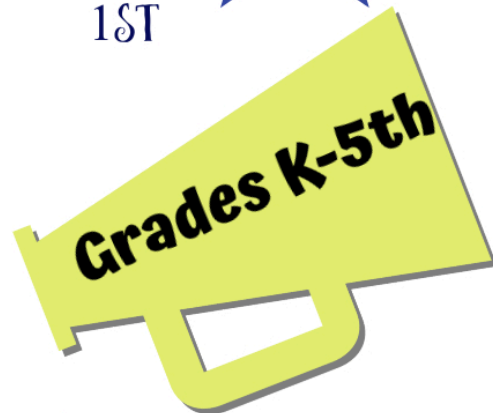
**<https://ceu.uky.edu/kinship-virtual-interaction-program/>**



# EMS Jr. CHEER CAMP

REGISTER  
BY  
NOVEMBER  
1ST

\$50



November 14th-17th @  
Wright Elementary Gym

6:30-8:00

ALL PARTICIPATES WILL GET A FREE BOW &  
SHIRT, AND WILL GET TO CHEER AT A GAME  
WITH THE EMS CHEERLEADERS, NOVEMBER  
22ND, AT EAST MIDDLE SCHOOL!!!

Contact: [Danielle.Botkins@shelby.kyschools.us](mailto:Danielle.Botkins@shelby.kyschools.us)







## **Trims and Whims**

**Christmas Craft Show & Tea Room**

**Saturday, November 12<sup>th</sup> 9:30-4:00**

**Sunday, November 13<sup>th</sup> 11:00-4:00**

**Wright Elementary School!**  
**500 Rocket Lane**



# REGION 5

## FRYSC Coalition

# Ways to help Eastern Kentucky

The Family Resource and Youth Services Coalition of Kentucky (FRYSKY) encourages you to support the EKY flood relief and recovery effort either through donation of supplies (see list below) or by making monetary donations to one of the following funds. You can also follow the Coalition's Facebook page where local FRYSC requests will be shared as we see them.

### MONETARY DONATIONS

KEA Appalachia Fund has set up a GoFundMe account that will go directly to Family Resource/Youth Service Center Directors in each eastern Kentucky school district affected by the floods. To donate you can click here: <https://loom.ly/odrGURg>

FRYSC Strong for Kentucky - every donated dollar goes to local FRYSC coordinators to help the families impacted by the flood. FRYSKY has an application process in place which was developed following the WKY tornadoes last year.

Online Donations (Venmo): FRYSC Strong for Kentucky @support-KY-FRYSC

Team Kentucky has established the Team Eastern Kentucky Flood Relief Fund to assist those impacted by the floods. To donate you can click here: <https://loom.ly/4YuT2KY>

<https://secure.kentucky.gov/FormServices/Finance/EKYFloodRelief>





## 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, Bullitt, Henry, Oldham, Shelby, Spencer and Trimble counties, and is an operator of the Kentucky Career Center, through contract with ReaCare 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, Equal Service, Education and Employment Opportunities M/F/D/V.

**Kentucky  
Career Center**  
KentuckianaWorks



AmericanJobCenter





Hosparus Health Grief Counseling Center

## Upcoming Youth and Family Programs

### **Guardians of Grief Treasure Hunt**

Thursday, September 29, 1:00 – 3:00 p.m.

Find clues to learn and care for grief and solve the puzzle of a missing map that leads to a hidden cache of unexpected treasure. Children, ages 6-11. Space is limited. RSVP is required.

### **Camp Evergreen**

Friday evening, October 14 – Sunday, October 16

This weekend retreat is for families with children ages 6-18 healing from loss due to death. Registration deadline is Monday, September 19<sup>th</sup>. Access your application at: <https://bit.ly/campevergreen2022> or find us online at [Hosparus.org](https://Hosparus.org)

### **Setting the Table for Gratitude**

Saturday, November 12, 10:30 a.m. – 2:00 p.m.

Family-centered workshop for ages 5 and up and the adult(s) to whom they are connected. Learn about gratitude's relationship to grief and create "Gratitudes" and other things for your Thanksgiving table. Lunch provided. Registration required.

### **Unexpected Gifts: Ornaments and Other Connecting Objects**

Saturday, December 10, 10:30 a.m. – 1:30 p.m.

Family-centered workshop for ages 5 and up and the adult(s) to whom they are connected. The season of gift giving invites us to consider what we have received from those close to us. Create ornaments and simple gifts to pay this forward. Lunch provided. Registration required.

### **First Cup of the Day: Parent Talk (Virtual)**

Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday mornings, 9:30 – 10:30 a.m.

On its best days parenting is challenging. It is even more so when parenting a grieving child while adapting to loss, yourself. Here we talk about everything from behaviors to expect, how to address them, and handling questions that have no easy answers. Pour yourself a cup and join in this ongoing conversation. Registration is required. You will be sent a link to the conversation just prior to its scheduled times. Questions? Contact Erin at 502-456-5451.

Registration is easy. Look for program links on our website:

[www.Hosparushealth.org](https://www.Hosparushealth.org) or call the Grief Counseling Center at 502-456-5451.



# 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

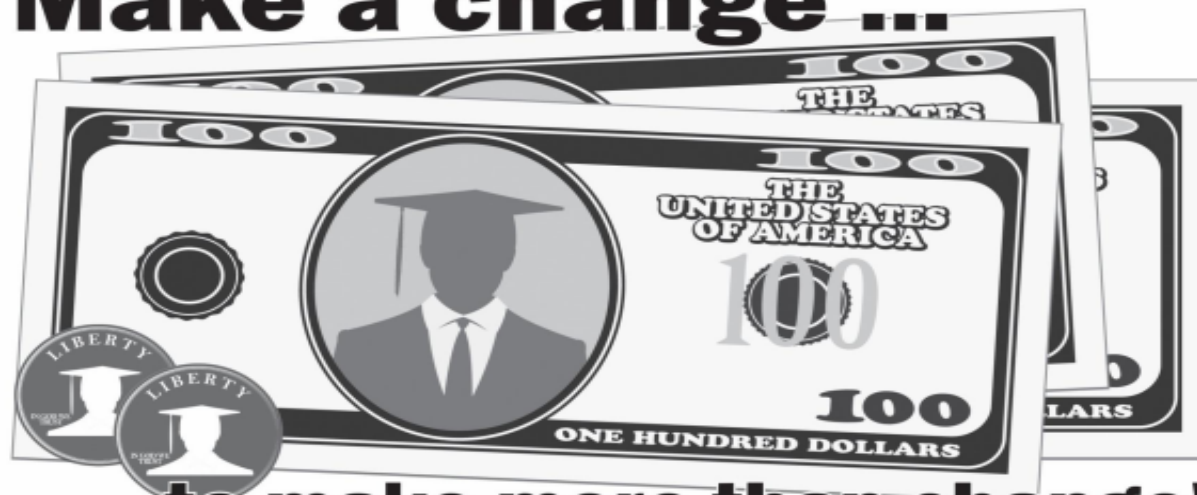
Spring 2023: Every 2<sup>nd</sup> and 4th Friday, 4:30 – 6 p.m.  
February 10 – April 28

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.**



# Make a change ...



## ... to make more than change!

**Did you know that GED® graduates earn an average of \$9,400 more per year than non-graduates?**

*Those who go on to earn an associate degree earn an average of \$6,900 more per year than that – and it only goes up from there!*

**We can help you learn more to earn more!**

**We offer FREE academic skill-building classes that can help you:**

- Earn GED® diploma • Prepare for college
- Increase career opportunities • Increase employability skills
- Assist kids with homework • And much more!

### **JCTC Shelby County Adult Education**

**1361 Frankfort Road, Shelbyville, KY 40065**

**502-213-3669**

[http://jefferson.kctcs.edu/Academics/Adult\\_Education](http://jefferson.kctcs.edu/Academics/Adult_Education)

**KENTUCKY  
Adult Education**

*Your future starts here!*

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# 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



Selecting child care that meets your needs isn't always easy. Let us help you identify providers in your area that offer the kind of care you need. We offer a variety of ways to search for state-regulated child care in Louisville and the surrounding area. We can search for child care based on the ages of your children, your work and home schedules, your commute route, whether you need transportation for your child, and other factors that make your needs unique. We do not license, endorse, or recommend any particular provider. Only you can determine the best quality care setting for your child.

- ONLINE SEARCH – This tool allows you to create your own customized search for state-regulated child care in Kentucky. This search includes information about ages served, operating hours and STAR ratings. You will be prompted to create log in information.
- **CALL** – To speak to a referral counselor, call 502-636-1358.



## 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.>