



Buckle Up Kids
NORTH CAROLINA



DUPLIN COUNTY
Partnership for Children

a partner in the
smart start network



News for the Communities, Families and Early Childhood Educators of Duplin County



February
2021

Do you or someone you know need a car seat or have questions about your seat?
For more information, please contact Karen Pacheco at 910-296-2000 on Monday - Friday from 8:30 am - 4:00 pm.

Page 2-3	The Scoop On Managing Stress
Page 4	Black History
Page 5	Goal Setting
Page 6	Recipe
Page 7	Providers Corner





The SCOOP on Managing Stress

S Stay connected to family and friends.

Social connections build resiliency.

C Compassion for yourself and others.

Self-compassion decreases trauma symptoms and stress.

O Observe your use of substances.

Early intervention can prevent problems.

O Ok to ask for help.

Struggling is normal. Asking for help is empowering.

P Physical activity to improve your mood.

Exercise boosts mood and lowers anxiety.

HOPE  4 NC HELPLINE 1-855-587-3463



Sepa cómo controlar el estrés recordando las iniciales SCOOP

S Siempre manténgase en enlace con familiares y amigos.

Los lazos sociales ayudan a desarrollar resiliencia.

C Crea en la práctica de la bondad hacia usted mismo y los demás.

La bondad hacia sí mismo disminuye los síntomas de trauma y estrés.

O Observe cuál es su consumo de sustancias problemáticas.

La intervención temprana puede prevenir dificultades.

O OK, siempre está bien pedir ayuda.

La lucha es algo normal. Pedir ayuda da empoderamiento.

P Practique actividad física para mejorar su estado de ánimo.

El ejercicio sube el estado de ánimo y reduce la ansiedad.

LÍNEA TELEFÓNICA
DE AYUDA

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Black History Month



Black History Month honors the impacts African Americans have made to U.S. history. Here are some interesting facts about the month itself:

The Origins



It began as “Negro History Week,” created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher.

Other Nations Celebrate Too

Canada also celebrates in February.

The U.K. celebrates the month in October



Why February?

It was chosen to coincide with Frederick Douglass’s and Abraham Lincoln’s birthdays.

BIRTH OF THE MONTH

The idea to turn the week into a month first came from the Black Student Union at Kent State University. It did not become a month-long celebration until 1976.



Changing Themes



With each new year comes a different theme. This was originally set by Carter G. Woodson to help focus the attention of the public. They are not intended to restrict the celebration of the history, but its purpose is to shine a light on important topical issues.

RAISING AWARENESS

In 1940's, African American community began increasing their efforts to expand the study of black history in schools.

During the Civil Rights Movement in the South, certain schools added Black history into the curriculum with the hopes of advancing social change.



By: Itzel Gallardo



GOAL SETTING

This is the time of year when many people take time to set goals. Whether these goals are to live a healthier life, improve work habits or to simply reset bad habits, there are five golden rules to goal setting.

specific

The goal should be clear and well defined.
Vague goals are not helpful and lack direction.

Measurable

Goals need to be in terms of specific amounts or so that they can measure the degree of your success.

Attainable

Set achievable goals, to not strain confidence or demoralize yourself. Be sure to not make goals easy, as that can set you up for future failure.

Relevant

Goals should pertain to your focus and align with what you want from the goals.

Time-Bound

Any goal should have a deadline or a time to get it accomplished.

World's Easiest Chicken Taco Soup

A healthy and delicious chicken soup for quick weeknight dinners.

Ingredients

- Breast meat from a rotisserie chicken shredded
- 4 cups of low-sodium chicken broth
- 1 15-ounce can of black beans drained and rinsed
- 1 8.75-ounce of can corn drained
- 1 10-ounce can of green enchilada sauce
- 1 14.5-ounce can diced tomatoes with green chilies



Toppings

- 5 tablespoons of sour cream
- 1 1/4 cup of shredded sharp cheddar cheese
- Green onions thinly sliced
- Fritos or tortilla chips crushed

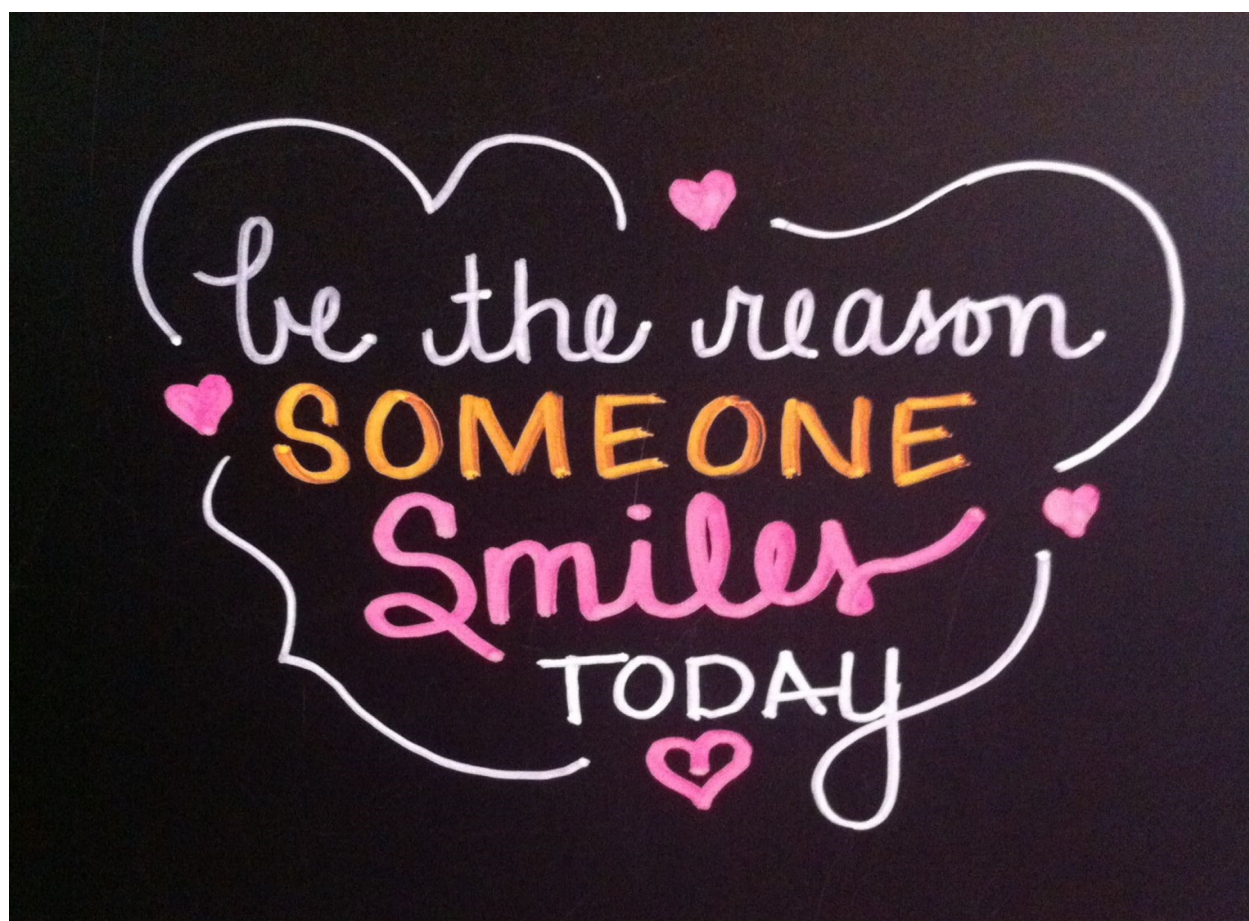
Directions

1. Combine ingredients to a large pot and simmer.
2. Serve and mix in cheese and sour cream.
3. Add additional toppings.



Trainings, Updates & News

Training	Date	Type	Cost	Deadline to Register
First Aid & CPR	02/09/21	Face To Face Duplin Commons	\$40.00	Pay the night of the training.
ITS SIDS	02/18/21	Virtual	\$5.00	02/16/21



Friendly Reminder

Immunization reports are due! For more information, please contact Rose Kornegay at 910-296-2130.

Donor Levels:

\$10-\$49	Friend
\$50-\$99	Patron
\$100-\$249	Bronze
\$250-\$499	Silver
\$500-\$999	Gold
\$1000 +	Platinum

Duplin County Partnership for Children is a 501(c) 3 private, nonprofit organization. Therefore, all donations are tax deductible. All contributions are appreciated. If you would like to make a contribution, make checks payable to the Duplin County Partnership for Children.

Name _____

Address _____

Daytime phone (____) _____

Amount enclosed ____\$100 ____\$50 ____\$25
____other

Your donation will help ensure that young children in Duplin County are healthy, safe, and ready for school.

Join Dolly Parton's Imagination Library & Smart Start as we celebrate this very special milestone!



Inspiring Young Readers
of Duplin County



DUPLIN COUNTY
Partnership for Children

149 Limestone Road
PO Box 989
Kenansville, NC 28349