

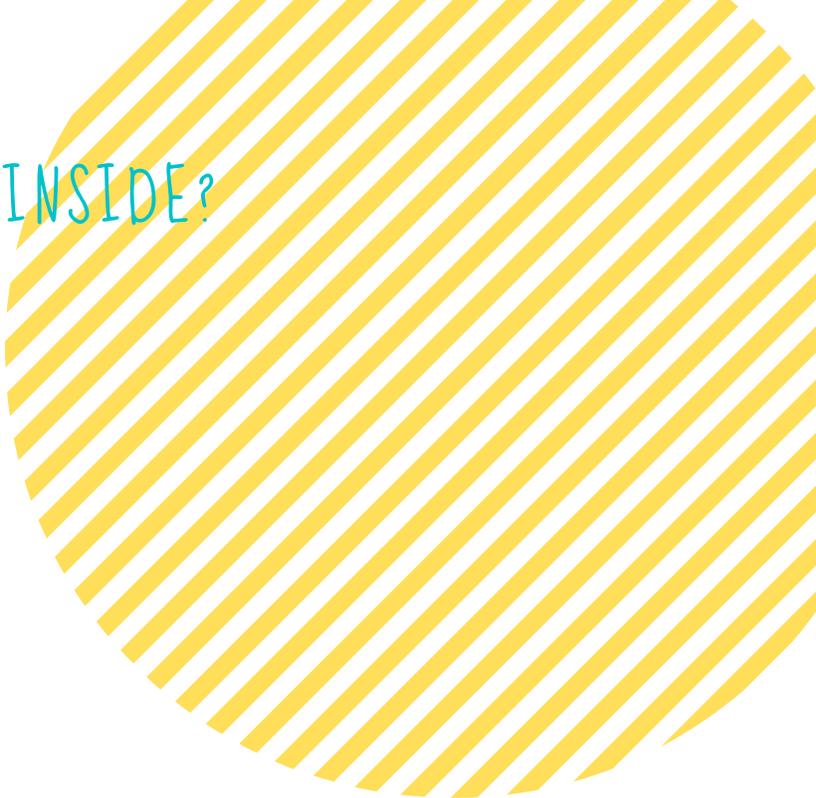
CROSSROADS



Welcome to Crossroads Youth & Family Services where we support the healthy lifestyles and emotional well-being of children, youth, and families through the provision of effective, community-based programs.

September
2021

WHAT'S INSIDE?



EARLY LITERACY - 3

Early Steps to help build a love of literacy from birth.

MAKE A BOOK/ JOURNAL- 5

Want to build literacy? Have kids create a book for free. Upcycle some old cereal boxes to make journals. .

PEEK INSIDE- 7

Take a look inside the EPIC boxes for students dealing with anxiety or depression.

LITERACY AND MENTAL HEALTH - 9

Want a books for littles, middles, and bigs to help discuss mental health?

CYFS OR HGTV - 12

Take a look inside the shelter remodel project. This is a collaboration with Ideal Homes and Norman North's SPUD.

HEAD START UPDATES - 13

Want to see the latest from Head Start programs across our five counties?

SHOUTOUTS- 15

We couldn't impact the community without you!

EARLY LITERACY TIPS



1. Share books, songs, and rhymes in home languages, tribal languages, and in English.
2. Encourage children to explore books and use drawing materials on their own with adult assistance.
3. Offer a wide variety of books
4. Provide large pieces of paper and large crayons or markers so children can experience making their own marks.
5. Provide books and pictures related to a child's experience, such as learning to walk or being afraid of the dark.
6. Make up and tell stories about a child or children in the group.



CHILDREN'S BOOKS RECOMMENDATIONS



Books about Feelings

Courtesy of Gift of Curiosity

How are you Peeling? Foods with Moods by Saxton Freymann and Joost Elffers

Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

Happy, Sad, Silly, Mad by John Seven

Lizzy's Ups and Downs: NOT An Ordinary School Day by Jessica Harper

Happy Hippo, Angry Duck: A Book of Moods by Sandra Boynton



“
Guess what? Crossroads
has our first children's
story coming soon!
”

MAKE A BOOK USING MYSTORYBOOK.COM

Homestyle Craft Idea for kids (and adults) of all ages

1 Create an account with mystorybook.com

There is also an app version of this program.

2 Start Creating!!!!

This is perfect for kids with simple drag and drop features.

3 Save to library

With parental email provided, all stories can be saved to the creator's library.

"NO NEED TO SUGAR COAT YOUR FEELINGS..."

Let's create upcycled journals from cereal boxes by BuzzFeed



Materials:

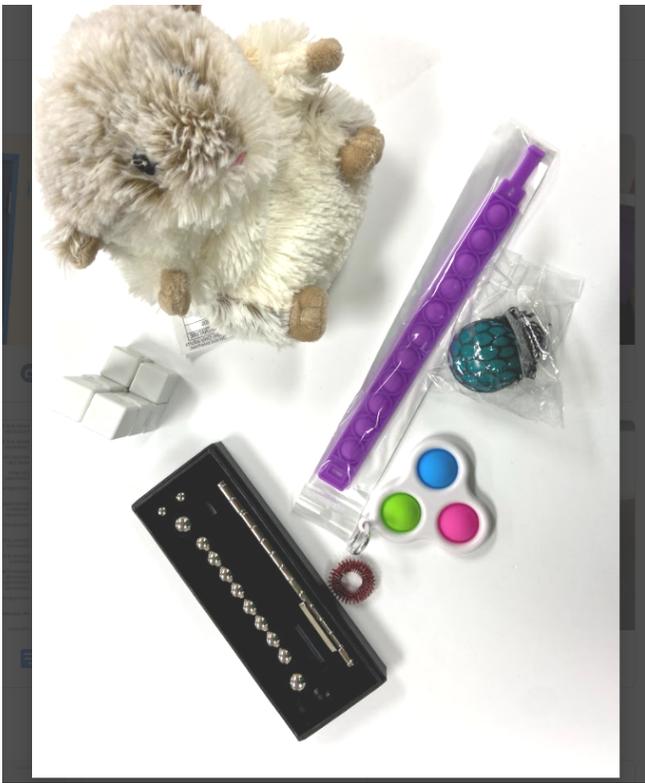
- Cereal box (1 cereal box makes 2 notebooks. You can also use cardboard, cardstock or gift boxes)
- Paper for the inside pages (I used 20 pieces of 8.5" x 11" computer paper, but you can also use lined or graph paper)
- A piece of decorative paper (to cover the spine)
- Scissors
- Ruler
- Pen
- Glue stick, tape runner or double-sided tape
- Needle and embroidery floss
- Button

Steps:

- Cut out the cereal box to create the cover for your notebook. I cut a 5.5" x 8" piece for mine, but you can make it as small or large as you wish.
- Fold it in half so that the blank side is facing out.
- Run embroidery floss through the needle and sew on the button to the front of the notebook. Leave about 20" of the thread hanging. This will be used to wrap around the notebook to close.
- To cover the images of the cereal box, apply glue or tape to the inside of the notebook (make sure you get the corners!) and place a piece of paper on top to attach. Cut around the edges to remove any excess paper.
- Grab your paper for the inside pages and trim them down so they are slightly smaller than the notebook (about 1/4" shorter on all sides).
- With the needle and embroidery floss, stitch the paper to the notebook down the spine.
- Apply glue or tape to your decorative paper and attach it to the spine of the notebook.
- Optional: For a more finished look, cut rounded corners on all four edges of the notebook.

"THIS ISN'T PANDORA'S BOX."

Youth Services Team



“ In 2019, approximately 1 in 6 youth reported making a suicide plan in the past year, a 44% increase since 2009.



How Crossroads Helps

- Fortunately, the same prevention strategies that promote mental health—like helping students feel connected to school/family—help prevent a range of negative experiences, like drug use and violence.
- Building strong bonds and relationships with adults and friends at school, at home and in the community provides youth with a sense of connectedness.
- This feeling of connectedness is important and can protect adolescents from poor mental health, and other risks like drug use and violence.
- Youth need to know someone cares about them. Connections can be made virtually or in person.

ANXIOUS?

get



EPIC

RELAXATION

EPIC boxes provide students with the resources they need to help move past anxiety or depression.

Text **EZEPIBOX** to
405-452-8498



MY ROAD WITH CROSSROADS



We often say, "All Roads Lead to Home." For many staff, Crossroads is home. It is a place of growth and development. It is a place to grow and make meaningful connections.

There are many programs available to help our families and staff alike. We want Crossroads to be the place that allows all of us to build on a firm foundation.

Here are some of the stories.

It all started with a Leadership Class

Amy Gregg, Assistant Director of Compliance and Quality Outcomes

I started volunteering in Head Start through a Leadership Class at Tecumseh High School. I actually volunteered in Leanne's class when she taught at Seminole. After that I went to work as an assistant teacher in Seminole for 2 years, and then a Lead Teacher for 1 year. When Crossroads took over I moved to Little Axe as a lead teacher/center director and was there for 5 years. After that I moved to Learning Tree as an Early Head Start teacher for 2 years and then became the Center Director for 7 years. After that I was the Health and Nutrition Coordinator for 2 years and am now on my 2nd year as the Assistant Director of Compliance and Quality Outcomes. lol

I originally wanted to work for the public school, but after volunteering I fell in love with the program and how it works with the whole child and the whole family. It's in my blood now and I plan on being what we call a "lifer." I've taken my experience as a teacher and center director and have tried to apply it to my work the past few years. I try to make things easier and stream line things so everyone is on the same page. Especially now, my experience as a teacher has allowed me to make changes that hopefully have eased the work load of teachers and center directors. If anything, I hope I have been able to give instructions and guidance that I wanted when I was in those positions. We have a great leadership team who I feel are headed in a good direction and I can't see what the future holds for Crossroads.

“...after volunteering, I fell in love with the program...”

I Want to be a Great Role Model

Emma McClain, Center Director, Summit Ridges

As a former Early Head Start Teacher, I know how much of an impact we make in the lives of each of our families. I started in August 2017 after already working in childcare for several years. I knew it was time to take on a new challenge. Last year, Crossroads paid for 100% of my Associate's degree.

I want to be a great role model and help the kids, families, and teachers achieve their goals.

If you are thinking about furthering your education, the process is fairly simple and Crossroads is here to help!





“ Keep up the amazing work! You are changing lives out there!!!

A Moore Head Start mother was concerned because her son seemed behind. As Marcy chatted with her, she began to cry and shared how much of a blessing Head Start is for her family. The take-home activities helped her learn how to be a teacher to her child and help him learn. The information shared is BEYOND helpful. The Budgeting information, which she has followed to a 'T' also helped because she was never good at budgeting. Although they had a rough life the first couple of years, she is so thankful for this program for getting him on track.

Thank you, Tiffany, Blythe, Marcy, and all those involved in helping this family!

SMALL TO BIG

colour, cut & sort



Shelter Remodel Updates



United Way Day of Caring



Friday, September 17

8:30- 2:00

follow along at www.crossroadsyfs.org/renovation

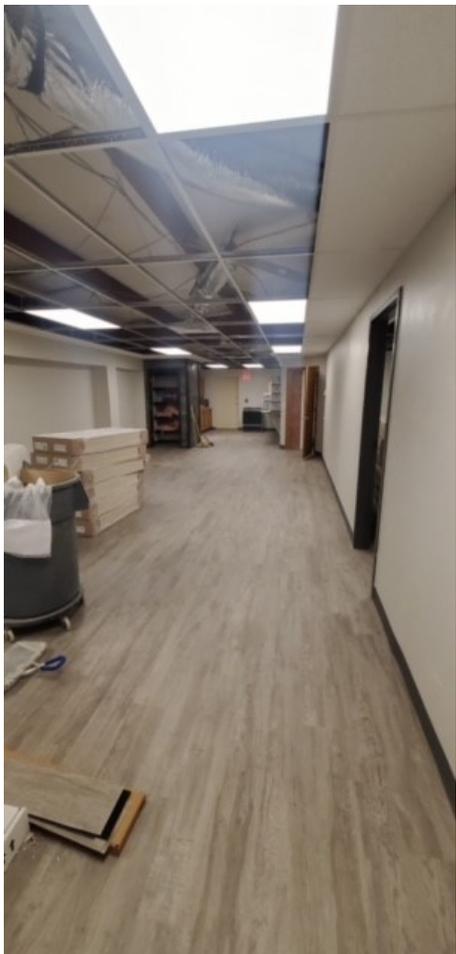
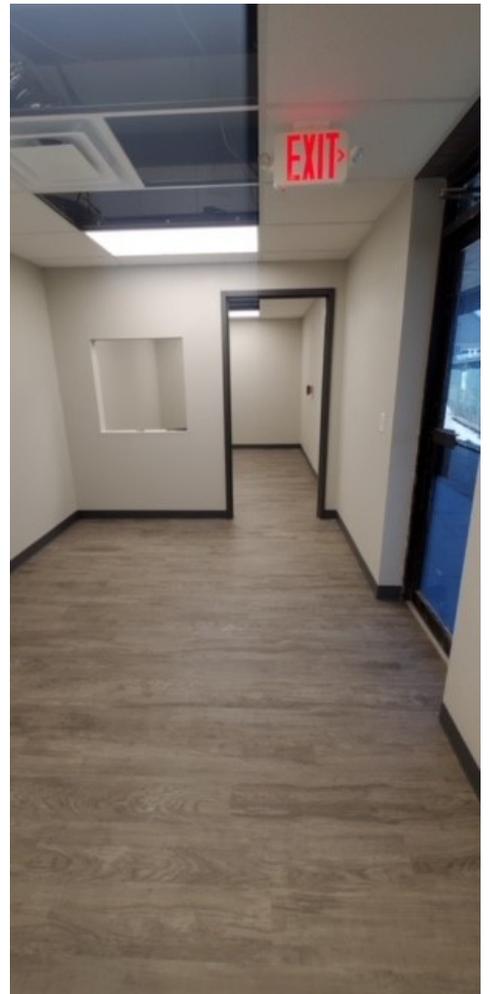


Seminole Remodel Updates



Ready to be Wowed?

Mike and Austin....what can we say?



CURRENT PROGRESS



NEVER BOARD!

Congratulations!!!

Clent Stewart- Board Chair

Lori Thrower-Vice Chair

Sharon Pyeatt- Secretary

Phyllis Weaver- Treasurer

H. Gerald Murray- Past Chair

September Birthdays

Lauri A.	25	Jessica P	20
Shannon A	6	Gale P	19
Lisa B	10	Jennifer P	8
Kelsey B	21	Marcy R	21
Darlene C	29	Leslie R	14
Debbie C	11	Kristina R	7
Patricia D	19	Ruth S	22
Margarita G	8	Stephanie S	10
Mollie H	22	Erika S	4
Kesheiona J	22	Michael T	19
Andrea M	3	Tammie T	12
Kally M	8	Tani W	22
Wendy M	5	Trina W	13
Erin M	11	Jennifer W	30
Crystal M	28	Holly W	11
Sharon M	2	Glenda W	9

1
YEAR

Amber C
Shamika D
Shyra M
Gabrielle P
Autumn R
Janeth V

2
YEARS

Carrie A
Tyranza C
Ariel C
Tanisha D
Tammy O
Jennifer R
Kenya R
Amy R
Duwannah W
Melissa W

3
YEAR

Debbie S

4
YEAR

Rita P
Latoya T

5
YEAR

Latrisha I
Roxanna N
Nadiuska R

6
YEAR

Vicki B
Naroba C
Brittini E
Rosaly W

10
YEAR

Annette G
Gisela H

14
YEAR

Angie R
Christabel S
Ronda T

24

YEARS

Timothy W





Thank You!

Counseling Staff,

A huge "Thank you" for covering shortages at
the Emergency Youth Center.

-Christabel and Ty L.

Head Start Staff,

Area supervisors as cooks, family advocates as
teachers, teachers combining classes...we are working
through these trying times as a team...

Thank you!

