



SUMMER 2009

# INFORMATION Please ...

A publication of the Hill Country Community Needs Council

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830-997-9756 • [www.needsCouncil.org](http://www.needsCouncil.org)

**Contiene informacion importante!**  
**Pida que se le traduzca.**



## School Bells Ring Again

Summer is almost over! Some of us are ready for school to begin while others have enjoyed the different pace.

We are so fortunate in the United States of America that all children have the opportunity and privilege to attend school. Public schools are free to children. Schools are funded primarily by property tax dollars. Even persons who have no children but who own property pay taxes so that all children can go to school to learn.

Although public school is free, parents have responsibilities, both financial and personal. Financial responsibilities may include providing adequate clothing and shoes, paying for school supplies and backpacks, paying for school lunches or sending the child to school with lunches, paying fees for special workbooks, and providing transportation to school for the child. In addition, there are opportunities which may allow the child to buy a school “t-



shirt”, to buy books at reduced prices, and others. Personal responsibilities include getting the child to school each day on time, picking the child up on time, keeping the child healthy, keeping the child home when sick, attending school open houses and Parent-Teacher Organization meetings, checking the child’s backpack for notes and homework, sending signed notes and homework back to school, meeting with a child’s teacher about progress in school, volunteering at the school, encouraging the child to do well and to mind the teacher, and overall taking an interest in the child’s education.

Our schools can bus children who live more than two miles from school. There is a school breakfast and lunch program for low income children. The Needs Council offers reimbursement for school supplies to assist families in need of financial assistance. (Call 997-9756 to learn more.)



### Following are tips for getting the most out of school:

1. Make school your child’s top priority: school and school work come before anything!
2. Get plenty of rest: infants need 12 hours per night; 1<sup>st</sup> to 5<sup>th</sup> graders do better on 10-11 hours; and teens and adults need 8-9 hours although teens like to go to bed later and get up later.
3. Keep to a sleep schedule. Have regular bedtimes and stick with them. Don’t vary weekend sleep schedules more than two hours or the “biological clock is thrown off”.
4. Breakfast is the most important meal of the day.
5. TV’s and video games in bedrooms are the biggest causes of missed sleep and poorly done homework. Set time limits each day.
6. Monitor programs and games children watch and play. Some are inappropriate.
7. Speak English at home. Children whose mothers, especially, speak English do better in school.
8. Make friends with other parents and families, so that your child knows other trusted adults.
9. Praise achievement to encourage more achievement!
10. Let your child know that you have high expectations!



## Parenting with Love and Logic

Parenting with Love and Logic is taught several times a year in both English and Spanish through Continuing Education of FISD, 997-7182. Graduates of the class talk about techniques they learned to reduce family stress and conflict. Parents learn to help children think through decisions and to

take responsibility for their own actions. One of the recurring comments is, "What I learned really works." The Needs Council pays \$300 toward licensed child care or to the Boys and Girls Club for the children of each parent presenting a Certificate of completion of "Parenting with



Love and Logic" to the Needs Council. Parenting with Love and Logic costs \$60. Class size is limited. If parents request them, perhaps more classes can be scheduled. The most recent class began August 4, 2009.



## Child Care

Many families must use full-time day care or after-school care. Choosing quality child care which is loving and stimulating is very important. Certainly not all families have trusted and able family, neighbors and friends to provide child care. The largest numbers of children are cared for in centers. Health and safety are the "musts".

### **Most important are:**

- 1) Ratio of caregivers to children (1 to 4 for 1-2 1/2 years; 1 to 5 for 2 -3 year olds and 1 to 8 for 4-5 year olds, are examples).
- 2) Caregiver and child interaction as opposed to hours spent watching TV and DVD's.
- 3) Children's movement and play as free and safe as possible.



Babies in cribs, car seats, and "jumpy seats" most of their waking time is not a good idea and toddlers and older children should be involved in both structured and unstructured activity as opposed to wandering aimlessly. Parents should visit and observe children and caregivers prior to choosing child care. Look for licensed or registered facilities. Understand, though, that these only have to meet minimum standards. Violations, if any, can be checked on the Texas Department of Human Services Website under Day Care Licensing. If your child adjusts to day care, appears content, plays well with others, and learns skills, then you have chosen child care well and your child is off to a good start in life.



# We Need Your Help!

Our Mission Statement says, **“With loving hearts and helping hands, the Needs Council identifies, establishes, and administers services that address the basic unmet needs of people in Gillespie County.”** How are we doing? Please answer the following questions. You can also answer the questions online by emailing us at [info@needsCouncil.org](mailto:info@needsCouncil.org)

- 1. Have you utilized the services provided by the Needs Council in the past year?  Yes  No

If **YES**, briefly describe how the Needs Council helped you.

- 2. What are the three most currently unmet needs in our community that keep you from having a better quality of life?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

- 3. What are the three most important programs that the Needs Council could provide to help you?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

- 4. Please give us any comments about the Needs Council's services below.





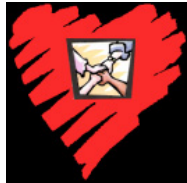
### Important Phone Numbers

Food Pantry	997-9383
Good Samaritan Center	990-8651
Community Health Center	992-2593
K'Star	997-9214
Golden Hub	997-7131
St. Vincent de Paul	997-3392
Needs Council	997-9756

## Counseling

Counseling can be a very good family investment. Sometimes we are so caught up in our problems that solutions elude us. Talking with a professional can help dissipate the stress so that we can begin working on answers. The first step is acknowledging that there is a problem. The next step is deciding that we need help and are willing to work on the issues. Looking for a therapist and going to sessions is the final step. Even a few sessions of counseling can put a problem into perspective so that solutions begin to appear.

There are many trained therapists in the Hill Country. Some take insurance or Medicaid, work out payment plans, charge based upon income, or have agreements with the Needs Council to take clients we approve. K'Star has an office at the Boys and Girls Club. Their employee can work with children and families free of charge. The Needs Council has Family Violence and Sexual Assault Counseling, also free of charge. Some ministers offer counseling, especially marriage counseling. Persons with alcohol problems can attend AA meetings every day of the week. Al-Anon also meets weekly. For a more complete listing of resources, go to the resource directory at [www.needsCouncil.org](http://www.needsCouncil.org).



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