



Little People's Head Start  
Early Head Start

November 2017

Program News from Cassie

***Happy Fall to you all!!***

The weather is starting to change, it's getting colder and colder in the mornings. Please remember to dress your child/ren in appropriate clothing; as they are going outside to play. Outside play is a great experience for the children. There are so many areas to explore and it allows the children to get some exercise, while playing.

We are looking for classroom substitutes. This is a paid position on an on call basis. The opportunities are to be in the classrooms, learning what the children are learning, learning how to prepare healthy meals for your children and most importantly being a part of the learning and development of our children in the program. If you or you know someone who would be interested in being a substitute, please come see Jesece for more information and/or a job application.



## IMPORTANT DATES TO REMEMBER

November 10-NO SCHOOL, Veterans Day

November 16-Policy Council; 8:15 a.m.

November 22-24, NO SCHOOL; Thanksgiving Break

November 29-Board of Directors, 10:30 a.m.

## November Newsletter

Dear Parents,


We are two months into the year!!!! For the month of October we had 27 children with perfect attendance. I just wanted to tell you thanks for getting your kids here. Good attendance is very important in your child's education.

In-kind was very good for September, we had a lot of parent bring back there children's reading logs and homework.

I have given out several Family Dynamic Survey's, please return them as soon as you can. They need to be in by November 30th.

It's has been wonderful getting to know all of the families.

Christina Bantick  
Family Service Manager



There will be so many times you feel like you've killed, cut in the eyes, heart and mind of your child, you are super mom.

Important Dates:  
No School  
November 20th and 29th

# HUMAN RESOURCES


November's employee of the month is Alisha Gorecki.

Alisha is one of our Early Head Start teachers. She is currently working on her Associates in Applied Science in Human Services with a Certificate in Substance Abuse Counseling. Alisha also has her Infant/Toddler CDA (Child Development Associates).

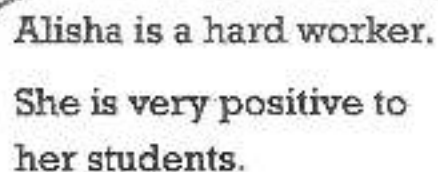
Alisha has been with LPHS for almost 10 years.

Alisha enjoys spending time with her daughter, playing board games with family, reading, and cooking.

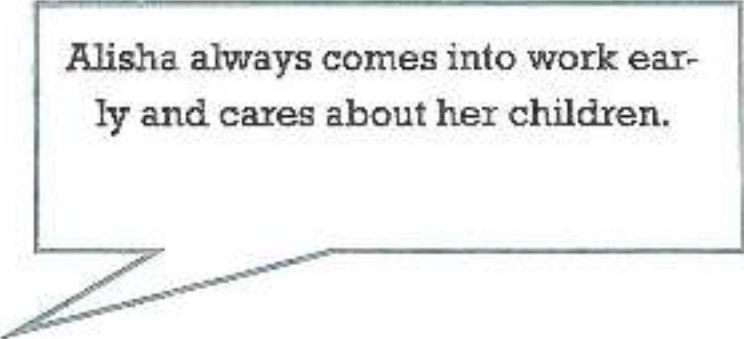
Here are some of the nice things her co-workers had to say about her.



Alisha does a great job talking to the students. She is always helpful when I need help at work.



Alisha is a hard worker. She is very positive to her students.



Alisha always comes into work early and cares about her children.

**Employee  
of the  
Month**

# NOVEMBER 2017 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SCHOOL HOURS:</b> HEAD START:  EARLY HEAD	8:00am - 3:00pm  8:00am- 3:30pm	1)	2)	3)  <b>TEACHER IN-SERVICE DAY ...NO SCHOOL</b>
6)  BOOK FAIR	7)  BOOK FAIR	8)  BOOK FAIR	9)  BOOK FAIR	10)  HOLIDAY
13)	14)	15)	16)  POLICY COUNCIL MEETING. 8:15am @ the FRC Room	17)  <b>TEACHER IN-SERVICE DAY ...NO SCHOOL</b>
20)	21)  THANKSGIVING FEAST—COME HAVE LUNCH W/ YOUR KIDDO	22)  SCHOOL CLOSED	23)  HOLIDAY—NO SCHOOL	24)  HOLIDAY—NO SCHOOL
27)	28)	29)  BOD MEETING. 10:30am @ the FRC Room	30)	

## Early Head Start Parents

These are our School Readiness Goals for November. They are based on self-help skills. At the bottom of the goals are Family Practices. Please practice these activities at home with your child to support our efforts.

<b>DOMAIN: PHYSICAL WELL BEING (SELF HELP SKILLS)</b>		
GOAL: Children will demonstrate age appropriate fine motor, balancing and self-help skills.		
Early Head Start Objective 3: By Spring 2018, infants and toddlers will develop age appropriate self-help skills, as measured below:		
<b>Young Infants:</b> The children will meet or exceed the TSG Objective (1.c) of indicating needs and wants; participates as adult attends to needs.	<b>Older Infants:</b> The children will meet or exceed the TSG Objective (1.c) of seeking to do things for themselves.	<b>Toddlers:</b> The children will meet or exceed the TSG Objective (1.c) of demonstrating confidence in meeting one's own needs.
<b>Effective Teaching Practices for Infants and Toddlers:</b> <ul style="list-style-type: none"> <li>• Teachers will establish and practice consistent routines.</li> <li>• Teachers will describe what you are doing during caregiving routines, so children can learn the sequence of actions to care for themselves.</li> <li>• Teachers will ask families about the self-care activities in which the child participates at home.</li> <li>• Teachers will serve food that children can feed to themselves. Be prepared for messes.</li> <li>• Teachers will provide picture and word cues to assist toddlers as they participate in self-care tasks.</li> <li>• Teachers will include clothing of various sizes so children can practice dressing themselves.</li> <li>• Teachers will encourage children to attempt to clean up toys in the classroom.</li> </ul>		
<b>Family Practices:</b> <ul style="list-style-type: none"> <li>• Families will volunteer in their child's classroom to better understand how to help their child increase their self-help skills.</li> </ul>		

- Families will then use those teacher strategies at home to improve their child's self-help skills.
- Families will assist their child's teacher with setting self-help goals for their child's Individual Child Plan and then work on these goals at home.
- Families will involve their children in simple household tasks as appropriate, e.g., hanging clothes, pouring beverages and setting the table.

Thank you,

LPHS Education Manager

Linda Garcia

## Head Start Parents

These are our School Readiness Goals for November. They are based on self-help skills. At the bottom of the goals are Family Practices. Please practice these activities at home with your child to support our efforts.

<b>DOMAIN: PHYSICAL WELL BEING (SELF HELP SKILLS)</b>
<b>GOAL:</b> Children will demonstrate age appropriate fine motor, balancing and self-help skills.
<b>Head Start Objective 3:</b> By Spring 2018, preschoolers will develop age appropriate self-help skills.
<b>Preschoolers:</b> The children will meet or exceed the TSG Objective (1.c) of taking care of own needs appropriately.
<b>Effective Teaching Practices:</b> <ul style="list-style-type: none"><li>• Teachers will use their QRIS/ECERS reports to improve their hand washing procedures.</li><li>• Teachers will establish and practice consistent routines.</li><li>• Teachers will describe what you are doing during caregiving routines, so children can learn the sequence of actions to care for themselves.</li><li>• Teachers will ask families about the self-care activities in which the child participates at home.</li><li>• Teachers will serve food that children can feed to themselves. Be prepared for messes.</li><li>• Teachers will provide picture and word cues to assist preschoolers as they participate in self-care tasks.</li><li>• Teachers will include clothing of various sizes so children can practice dressing themselves.</li><li>• Teachers will display posters made by kindergarten children that depict things they do to take responsibility for their own wellbeing.</li></ul>
<b>Family Practices:</b> <ul style="list-style-type: none"><li>• Families will volunteer in their child's classroom to better understand how to help their child increase their self-help skills.</li><li>• Families will then use those teacher strategies at home to improve their child's self-help skills.</li></ul>



- Families will assist their child's teacher with setting self-help goals for their child's Individual Child Plan and then work on these goals at home.
- Families will involve their children in simple household tasks as appropriate, e.g., hanging clothes, pouring beverages and setting the table.

Thank you,

LPHS Education Manager

Linda Garcia

NOVEMBER NEWS  
HEALTH/NUTRITION  
AND SAFETY

I don't know about you but this year has just flown by! We have been busy with school and making sure all of your children have all of their medical and dental needs taken care of. Please let me know if you have any questions concerning their needs.

The weather has been mild so far but that is about to change. So please remember to dress your children appropriately. The classes go outside each day and we want the children to be warm enough. I appreciate the fact that your children are dressing themselves in the morning but as a parent would you please check to make sure they are putting on underpants and socks. A jacket kept in their cubby for an extra layer or when the weather warms up is a good idea, this way they won't get overheated while on the playground when the weather turns warm and they don't want to keep their heavier coats on.

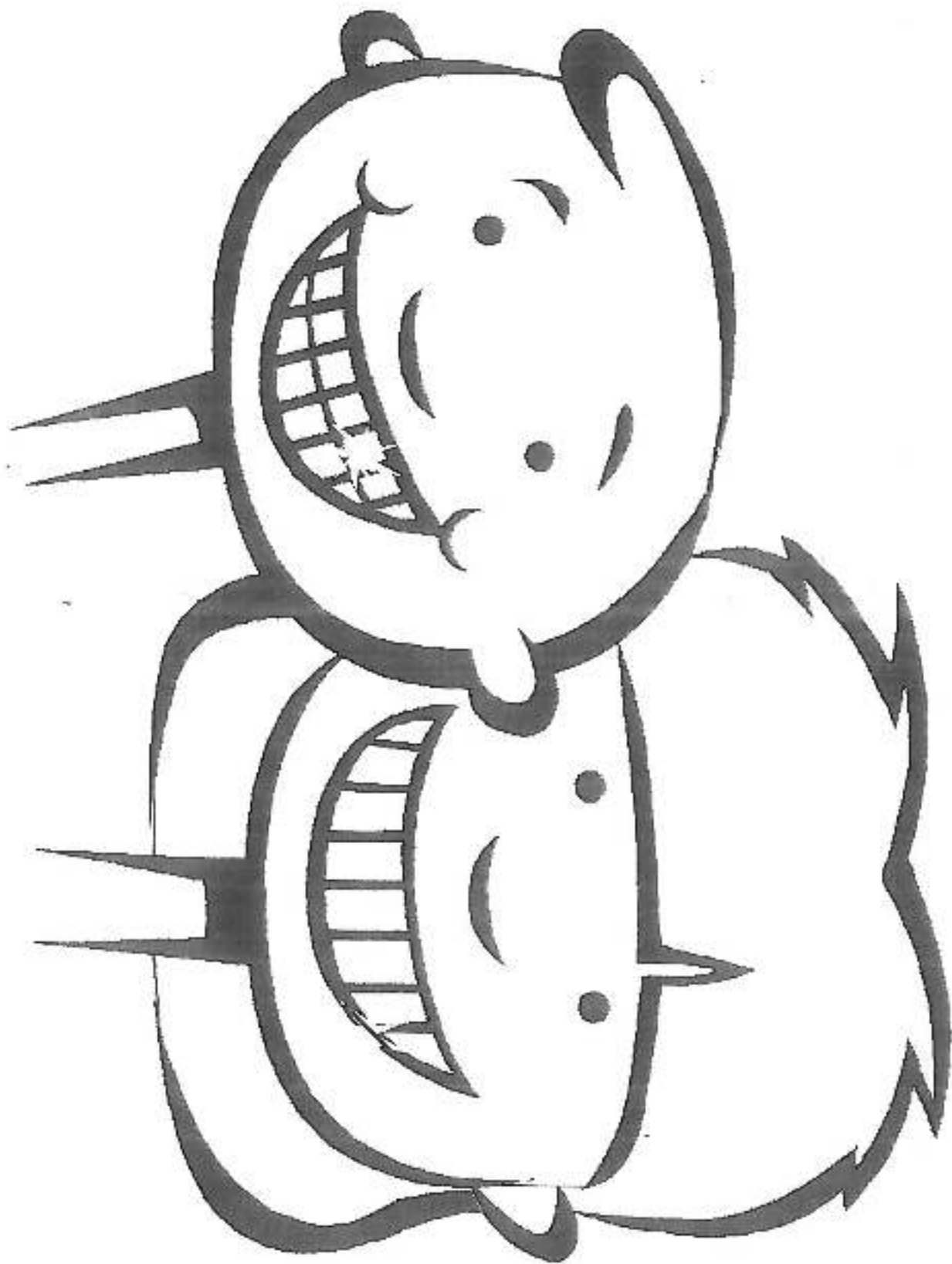
We have some children with food allergies so please talk to your teachers before bringing snacks to the class for special events, this way we can make sure all of the children have a treat. The kitchen will try to have items set aside for the children who have the special diets. If your child is one with allergies please bring me a note from the Doctor so we can keep it in the kitchen and have alternatives for them.

PLEASE be careful in the parking lot children are short and can get away from their adults and they are just the right height to be under the back windows and out of sight if you are pulling out of a parking space. Let's work on holding hands throughout the walk across to the buildings. This is not just our lot this is for the stores, banks, post office and any other parking lot.

Enjoy your holidays coming up. And don't forget to check out the recipe I have attached. You are welcome to bring in a favorite recipe for me to add to our newsletter. Or let me know what you think of the ones I have put out, try them, they have been tried out in my kitchen at home and I try to keep them family friendly.

Please let me know if you have any questions about your child's health issues.

Joy Asher Health/Nutrition Manager



# Buttered Sweet Potato Knot Rolls

## Health

### Yield

24 servings (serving size: 1 roll)

Serve these delicious, guilt-free treats piping hot. They have about one-third the calories and fat of traditional rolls, and a boost of beta-carotene from naturally sweet sweet potato.

### Recipe 1a: Low Fat

#### Ingredients

1 package dry yeast (about 2 1/4 teaspoons)  
 1 cup warm 2% reduced-fat milk (100° to 110°)  
 3/4 cup canned mashed sweet potatoes  
 3 tablespoons butter, melted and divided  
 1 1/4 teaspoons salt  
 2 large egg yolks, lightly beaten  
 5 cups bread flour, divided  
 Cooking spray

#### Nutritional Information

Calories per serving 134, Calories from fat per serving 17%,  
 Fat per serving 2 g, Saturated fat per serving 1.1g,  
 Monounsaturated fat per serving 0.7g,  
 Polyunsaturated fat per serving 0.2g,  
 Protein per serving 4.3g, Carbohydrate per serving 23g,  
 Fiber per serving 0.5g, Cholesterol per serving 22mg,  
 Iron per serving 1.4mg, Sodium per serving 147mg,  
 Calcium per serving 21mg.

#### How to Make It

**Step 1** Dissolve yeast in milk in a large bowl; let stand 5 minutes.

**Step 2** Add sweet potatoes, 1 tablespoon butter, salt, and egg yolks, stirring mixture with a whisk.

**Step 3** Lightly spoon flour into dry measuring cups; level with a knife. Add 4 1/2 cups flour; stir until a soft dough forms.

**Step 4** Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel very soft and tacky).

**Step 5** Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press 2 fingers into dough; if indentation remains, dough has risen enough.) Punch dough down. Cover and let rest 5 minutes.

**Step 6** Line 2 baking sheets with parchment paper. Divide dough into 24 equal portions. Working with 1 part on at a time (cover remaining dough to prevent drying), shape each portion into a 9-inch rope. Carefully shape rope into a knot; tuck top end of knot under roll. Place roll on a prepared pan.

**Step 7** Repeat procedure with remaining dough, placing 12 rolls on each pan. Lightly coat rolls with cooking spray; cover and let rise 30 minutes or until doubled in size.

**Step 8** Preheat oven to 400°.

**Step 9** Uncover rolls. Bake at 400° for 8 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 7 minutes or until rolls are golden brown on top and sound hollow when tapped.

**Step 10** Remove rolls from pans; place on wire racks. Brush rolls with 2 tablespoons butter. Serve warm or at room temperature.

# Trying, Sharing, Enjoying Different Foods

For breakfast, Sisi had rice cakes filled with beans. Timmy ate cheese grits. Juan ate a scrambled egg wrapped in a soft tortilla. Sandra munched on a waffle and ham. They all drank milk and nibbled on fruit – orange, peach, mango, or berries. What's on your family table for breakfast?

Every family has its own customs and culture, no matter how long they've lived in a place. Your family foods reflect your culture. Some may differ from foods that others eat and enjoy. Some foods are about the same. That's true about people, too. We're alike. We're different. And we're all special!

Sharing family foods with others helps your child...

- learn about your family's customs and culture.
- feel proud of who he or she is.

Trying foods of other families and other cultures helps your child...

- learn about and enjoy new foods.
- get the health benefits from different kinds of foods.
- see how people are alike and different.
- know and respect others.



Provided by \_\_\_\_\_

# Women, Infants, and Children



WOMEN INFANTS & CHILDREN

Starting healthy habits, growing brighter futures

## **WIC's Mission:**

To safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

Food, nutrition counseling, and access to health services are provided to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC. WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children who are found to be at nutritional risk.

Most State WIC programs provide vouchers that participants use at authorized food stores. A wide variety of State and local organizations cooperate in providing the food and health care benefits, and 46,000 merchants nationwide accept WIC vouchers. WIC is effective in improving the health of pregnant women, new mothers, and their infants. A 1990 study showed that women who participated in the program during their pregnancies had lower Medicaid costs for themselves and their babies than did women who did not participate. WIC participation was also linked with longer gestation periods, higher birthweights and lower infant mortality. **To learn more or make an appointment call 775-289-6113, ext #4.**

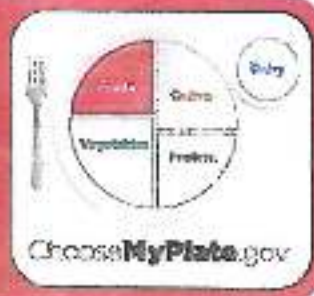
## **Build a healthy eating Style.....Choose MyPlate!!**

**MyPlate** is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. **MyPlate** offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

# What's MyPlate All About?





# Family Matters from...

## WHY IS THANKSGIVING IMPORTANT?

Thanksgiving is a special holiday: a whole day focused on spending time with loved ones and being thankful, without much of the commercialism that has crept into many other holidays. But before you pull up to the table to enjoy your delicious Thanksgiving feast, consider the opportunities this day presents to teach children about the important values of Thanksgiving, such as thankfulness, gratitude, and family.

## TEACHING CHILDREN ABOUT THANKSGIVING

Here are a few tips to teach and model important Thanksgiving lessons during the holiday:

- **Talk about why we celebrate Thanksgiving.** Connect your celebration to the original story of the fall harvest celebration that brought together struggling, starving Pilgrims and generous Native Americans.
- **Turn the television off during family time.** Yes, there are the parades, football games, and specials, but try to keep most of Thanksgiving about the conversation and time spent with loved ones.
- **Talk about family traditions and tell stories.** If your celebration involves multiple generations or multiple families, talk about traditions, "the good old days," and your own childhood. Stories teach children about life and history.
- **Put aside differences.** Families can be wonderful and enjoyable, but tension and stress are often a part of family get-togethers. Vow to put aside differences on Thanksgiving and focus on the aspects of your family for which you are grateful. While easier said than done, this provides an excellent model for children as they learn about relationships and family.
- **Talk about your Thanksgiving feast.** Talk to children about where food comes from and how it was prepared. Everyone can share what their favorite food is and why.
- **Be thankful.** Focus on the things you are thankful for; ask everyone at the table to say what they are thankful for or make a list of what your family is thankful for. To take this gratitude lesson to the next level, you could perhaps even hang poster board on the wall and ask everyone to write things they are thankful for throughout the day.
- **Share & donate.** Thanksgiving is a celebration of sharing and abundance. Develop a tradition of sharing with those who have less and involve children in contributing to a food shelter or other charities. This can help children to be thankful for what they have and learn the importance of helping others.
- **Create something for Thanksgiving together.** Whether you're cooking with your children, creating a craft, involving kids in the preparation or an activity is a great way to celebrate and enjoy family time. Don't worry if the potatoes have a lump or two; the memory-making experience is worth it.
- **Have fun.** Sometimes children spend long hours at the kid's table while grown-ups talk and talk. Be sure fun family activities and enjoying one another is a top priority on Thanksgiving. Maybe you can start a new tradition like going outside and playing a family game of football, or even creating a Thanksgiving Trivia activity. Here are a few fun facts to get you started:
  - ... A ripe cranberry will bounce.
  - ... All turkeys and chickens have wishbones.
  - ... Canadians celebrate their own Thanksgiving every October.
  - ... Abraham Lincoln declared a national day of Thanksgiving in 1863.
  - ... The first Macy's Thanksgiving Day Parade was held in 1924.

From our family to yours, however you spend your day, we hope you have a safe, healthy and delicious Thanksgiving with family, friends and neighbors.







Ms. MIKKA &  
Ms. JANELLE

# Little Hoots

This month we will be learning about Buildings, Transportation, & Fall. Our School Readiness Goal is Physical Self Help Skills.

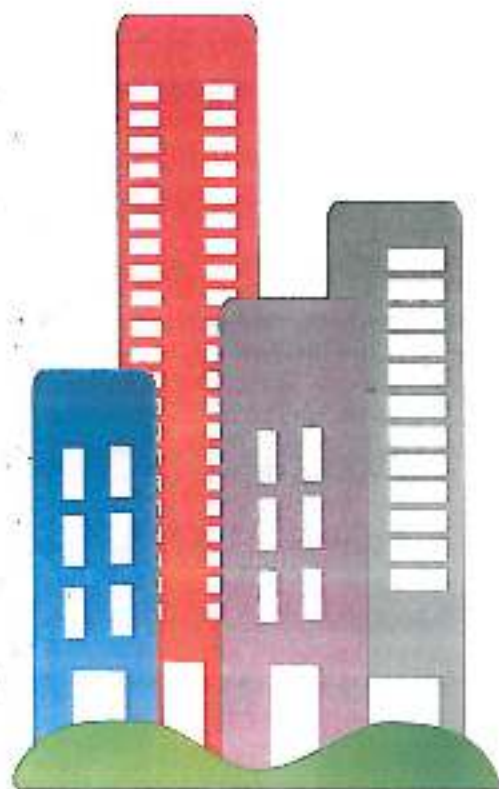
Important Dates:

Nov 14- Parent Meeting

Nov 16- Building 3 Little Pigs Houses

Nov 21- Thanksgiving Feast

NO SCHOOL: Nov 10, Nov 22 & Nov 23



# Busy Bees



This month we will be learning about fall, primary colors, basic shapes, all about me, and more or fewer items in a group. Our school readiness goal for November is self-help. We will be having the children set their trays in the mornings, so if you are late please help your child get his/her tray set for breakfast. You may join us anytime in the classroom, we love visitors.

## IMPORTANT DATES:

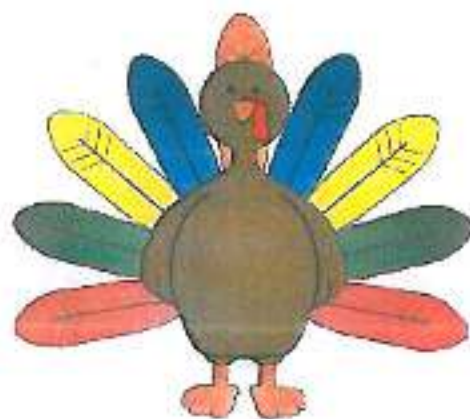
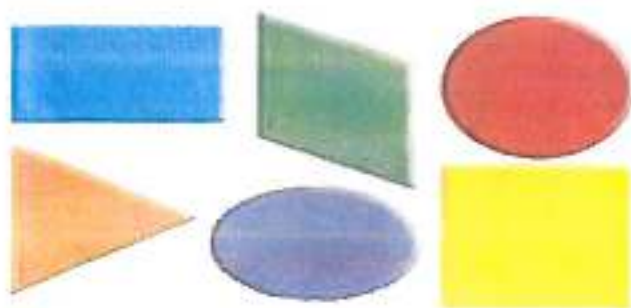
November 11th-Veterans Day

November 20th- Parent Meeting

November 22nd-24th- Fall Break



**Ms. MELINDA & Ms. TERESA**



# Leaping

MS. RENEE &  
MS. JESSICA



# Lizards

November is going to be a busy month. The kids will be working on their home structures to teach them the basic building concepts. We will also work on their home floor plans and school floor plans. They have adjusted well with a new head teacher that has a bright outlook for all of her students.

I would like to introduce myself to all of the parents and get to know all of you. Please stop by if you have any questions or just to meet me.



## IMPORTANT DATES:

Parent Teacher conferences will be starting so if you haven't already, please sign up.

Thanksgiving is also coming up so we will only have school on Nov 20th and 21st of that week.





**Ms. Shana**

**&**

**Ms. Esther**

## **Bumble Bees**



For the month of November children will be learning about self-help skills. Children will learn how to put on their clothes, socks, and shoes. We will also be doing a field trip

to the Post Office. This month our kids will also be introduced to the song "Teddy Bear, Teddy Bear".



We will be working on activity based for our school readiness goals. Parents please bring your children with proper clothing, it's starting to get cold and we go outside everyday.

### **IMPORTANT DATES**

November 6-9: Book Fair

November 10: Holiday— No School

November 22-24— Thanksgiving Break

**hAPPY**

**tHANKS**

**gIVING**

# THE EXPLORERS

This month we will be talking about families and the change of the seasons.

Important Dates:

Thanksgiving Break- Nov 22-24



Please remember with the season changing and the weather getting colder the children need to be dressed appropriately. Jacket, boots, gloves and hats are warm in the cold weather while we play outside. Have a wonderful month of November.

*Ms. Alisha & Ms. Kirstan*

# Courageous



## Cubs

Ms. Melissa

&

Ms. Jasmine

Hello and welcome to November! We have gotten off to a great start and will continue our daily routines. We want to say thank you to all our parents for your time and efforts in getting all of the homework and reading lists in on time. We will be having parent/teacher conferences soon and look forward to showing you all your child's progress.



### IMPORTANT DATES

Nov 6-9- Book Fair

Nov 22-24 No School

# November



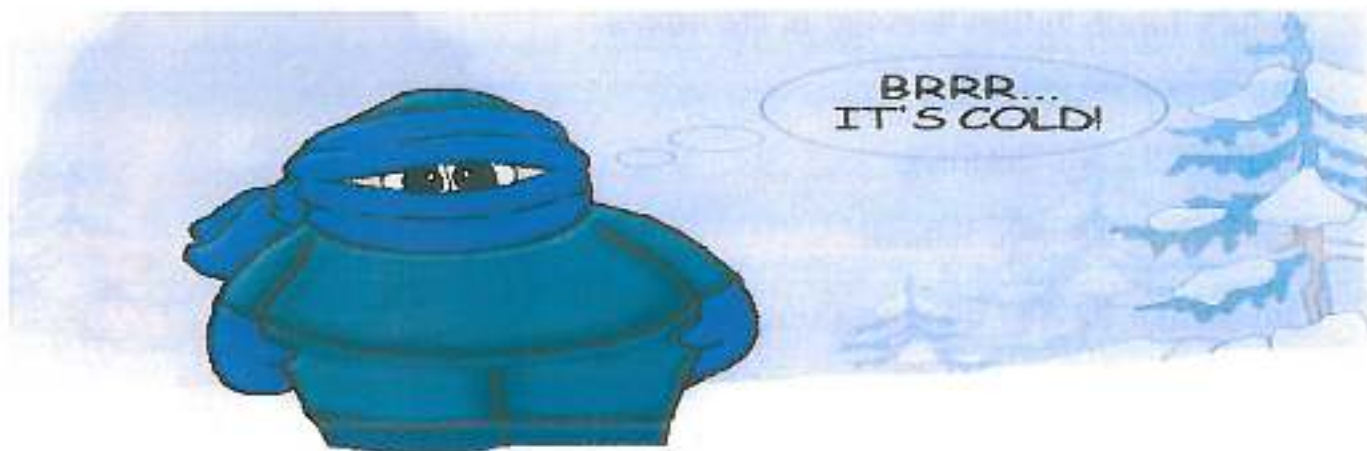
Ms. Maria

Ms. Alisa



To start off the month we would like to introduce ourselves. We are the new teachers for Early Head Start classroom 4. We are very excited to be apart of the Jungle Buddies family. We look forward to our time together.

Please be sure to bring appropriate clothing for the weather including, socks, shoes and jackets.





# Forest Friends

MS. KATHLYN

&

MS. TAMJ



This month our school readiness goal is self-help. The Forest Friends are practicing using a 360 sippy cup and feeding themselves. Our younger babies are practicing expressing their needs.

**HAPPY  
BIRTHDAY**

We would like to wish Maxton and Evalyn a Happy Birthday!

Thank you parents for washing your child's hands before leaving in the morning, it is a lot of help.

**IMPORTANT DATES:**

November 10— No School

November 22-24— Thanksgiving Break



# Extended Day



Hello November & Welcome  
the colder weather to our town!



We are really excited about  
thanksgiving break and enjoy-  
ing our time with our families.

This month we are learning  
about: Family

Happy Thanksgiving!

Ms. EL



# Happy Thanksgiving

