



Program News from the Cassie

Hello Parents and Family Members. We are in full swing with the new school year. Assessments are finished on the children, Family Goals are set, and of course, the children are learning new and exciting things.

October 31st, the children will be going around and collecting goodies from the Management staff. If you prefer your child doesn't participate; please let their teacher know. Also if you would like to dress our child up in observance of Halloween, please remember no masks or weapons. This is for the safety of your child and others in our school.

Family Engagement is HUGE for Little People's Head start and your children. Please watch for information on upcoming Socializations and feel free to come and volunteer in your child's classroom or one of our eight (8) classrooms. This is great for your children and you as a parent; to be able to see firsthand what it is your child is learning, and it gives your child the opportunity to show off what they have learned. Parents are the biggest cheerleaders for their children....GO Kids, GO!!

<i>Important dates to Remember:</i>
October 19th, Policy Council at 8:15 am
October 31st, Board of Directors at 10:30 am
October 27th, NO SCHOOL-Nevada Day

Bugs Go Away...

Be sure to wash your child's hands frequently, especially after using the restroom and before eating.

If your child is sick with vomiting and diarrhea, please keep them home for at least two days after symptoms stop.

Parents if you have any questions about symptoms your child is experiencing, either take them to their healthcare provider or meet with Joy Asher, the Health Manager at LPHS.

October is SIDS Prevention and Breast Cancer Awareness Month.



HUMAN RESOURCES

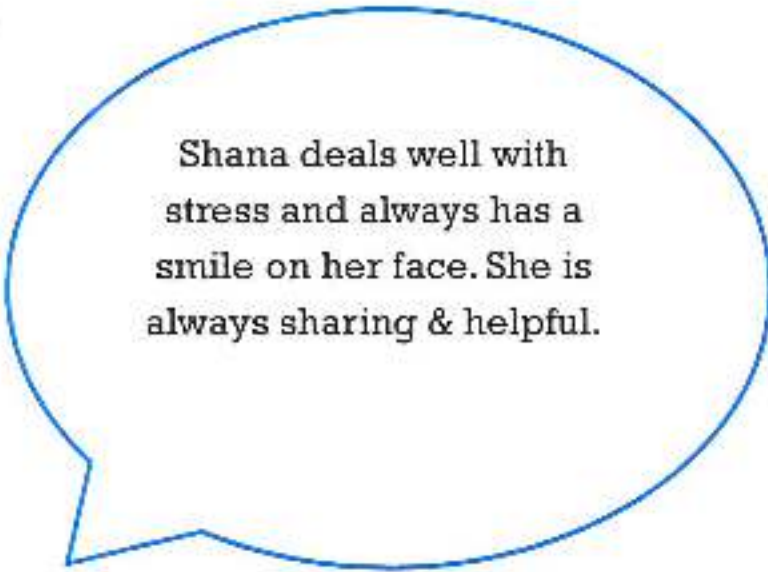
October's employee of the month is Shana Jenkins-Southall.

Shana is one of our Early Head Start teachers. She has her Associates in Early Childhood Education (ECE) and her Infant/Toddler CDA (Child Development Associates).

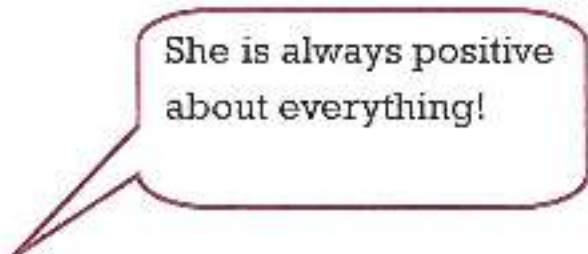
Shana's passion is teaching and it definitely shows. She also enjoys fishing, hunting, painting and weight lifting.

Shana's goal is to get her bachelor's degree in ECE.

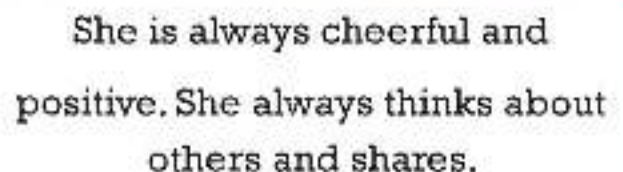
Here are some of the nice things her co-workers had to say about her.



Shana deals well with stress and always has a smile on her face. She is always sharing & helpful.



She is always positive about everything!



She is always cheerful and positive. She always thinks about others and shares.

**Employee
of the
Month**

OCTOBER 2017 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2)	3)	4)	5) National Forest Service Visit HS @ 10:00am EHS @ 10:30am	6) TEACHER IN-SERVICE DAY ...NO SCHOOL
9)	10)	11)	12)	13) TEACHER IN-SERVICE DAY ...NO SCHOOL
16) WIC OFFICE CLOSED—OFF SITE FOR TRAINING	17) WIC OFFICE CLOSED—OFF SITE FOR TRAINING	18) WIC OFFICE CLOSED—OFF SITE FOR TRAINING	19) FRC OFFICE CLOSED—OFF SITE FOR TRAINING	20) FRC OFFICE CLOSED— OFF SITE FOR TRAINING TEACHER IN- SERVICE DAY ...NO SCHOOL
23)	24)	25)	26) POLICY COUNCIL MEETING. 8:15am @ the FRC Room	27) HOLIDAY
30)	31) BOD MEETING. 10:30am @ the FRC Room KIDDO'S TRICK OR TREAT AROUND THE SCHOOL		SCHOOL HOURS: HEAD START: EARLY HEAD START:	8:00am - 3:00pm 8:00am- 3:30pm

Early Head Start Parents

These are the LPHS School Readiness Goals for the month of October. The goals are gross motor skills; specifically around balancing and manipulating balls or similar objects. They are divided by the age of the child. At the bottom of the goals are Family Practices for the parents. Please work on these goals at home with your child to supplement our balancing and ball handling activities at school. If we work together your child will show tremendous progress.

DOMAIN: PHYSICAL WELL BEING (GROSS MOTOR)		
GOAL: Children will demonstrate age appropriate fine and gross motor skills and age appropriate self-help skills.		
Early Head Start Objective 2: By Spring 2018, infants and toddlers will develop the ability to engage in age appropriate balancing and manipulating balls and similar objects skills.		
Young Infants: The children will meet or exceed the TSG Objective (5) balancing while exploring immediate environment.	Older Infants: The children will meet or exceed the TSG Objective (5) of experimenting with different ways of balancing.	Toddlers: The children will meet or exceed the TSG Objective (6) of manipulating balls or similar objects with stiff body movements.
Effective Teaching Practices for Infants and Toddlers: <ul style="list-style-type: none"> • Teachers will create a protected space for young infants to explore movement safely while on their stomachs or backs. • Teachers will provide push toys e.g., toy shopping carts and doll strollers, in the classroom and outside to help children who are learning to walk to maintain balance. • Teachers will provide supervised opportunities for young infants to play on their stomachs to build strength. • Teachers will play games with toddlers to promote balance. • Teachers will modify the environment and learning experiences to accommodate a range of abilities. • Teachers will encourage children to stop, change directions, or walk up and down low ramps to promote their balance as they walk. 		

Head Start Parents

This is the LPHS School Readiness Goals for the month of October. The goal is a gross motor skill; specifically around balancing. At the bottom of the goal are Family Practices for the parents. Please work on this goal at home with your child to supplement our balancing activities at school. If we work together your child will show tremendous progress.

DOMAIN: PHYSICAL WELL BEING (GROSS MOTOR)
GOAL: Children will demonstrate age appropriate fine motor, balancing and self-help skills.
Head Start Objective 2: By Spring 2018, preschoolers will develop the ability to engage in age appropriate balancing skills.
Preschoolers: The children will meet or exceed the TSG Objective (5) of sustaining balance during complex movement experiences.
Effective Teaching Practices: <ul style="list-style-type: none">• Teachers will place masking tape or brightly colored yarn on the floor and encourage children to practice balancing by walking on it.• Teachers will implement balance beam activities and have children walk with arms out to balance.• Teachers will increase challenge on balance beam by having children walk forward, backward or sideways.
Family Practices: <ul style="list-style-type: none">• Families will volunteer in their child's classroom to better understand how to help their child increase their balancing skills.• Families will then use those teacher strategies at home to improve their child's balancing skills.• Families will assist their child's teacher with setting balancing goals for their child's Individual Child Plan and then work on these goals at home.

Linda Garcia

LPHS Education Manager

- Teachers will provide sufficient equipment for each child to participate. Include a variety of shapes, sizes, textures, and weights to encourage experimentation and active participation.
- Teachers will provide balls of various sizes, textures and grips to explore. Include balls with chimes, bells, and visible items rolling inside.
- Teachers will provide opportunities for toddlers to practice releasing balls into targets such as large baskets, buckets, or small basketball hoop.
- Teachers will use scarves or Mylar balloons to practice catching. These items are easier to catch than balls because they move slowly and give children time to position themselves to catch.

Family Practices:

- Families will volunteer in their child's classroom to better understand how to help their child increase their gross motor skills.
- Families will then use those teacher strategies at home to improve their child's gross motor skills.
- Families will assist their child's teacher with setting gross motor goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the gross motor home activities that are provided by the child's teacher.
- Families will provide many opportunities at home to improve their child's gross motor skills.
- Families will help their child practice balancing and ball handling skills at home.

Linda Garcia

LPHS Education Manager



October News Letter

We are now into fall with all the beautiful colors of leaves. Please make sure you are bringing appropriate clothing for your children, because it is getting very cold outside. Thank you to all the parents who brought back their children's homework. This helps a lot with meeting our in-kind.

Congratulations for the month September we had 36 children with perfect attendance. It has been wonderful getting to know all of the families. This month I will start meeting with parents to set goals for our Family Partnership Agreements and finishing up on getting the Family Dynamic Surveys back. If you ever have any questions please come see me.

Christina Burdick
Family Service Manger

October 2017
Health/Nutrition
Safety

Happy new month every one. We are so busy here at school and would like to invite you to all come and participate in the classrooms with your children. It is a true adventure.

The weather is cooling off and the classes still go outside for play and exercise, so please dress your children appropriately a coat is good for morning but a sweater or sweatshirt is a good thing to keep at the school for the afternoons. I love that you allow your children to dress themselves in the morning, I do know how hectic it can be getting yourself and the children ready to get out the door on time. Would it be possible to check and make sure your child has underpants and socks on before they head to the car or bus? Just a reminder sometimes they forget.

Since it is October and candy is in full display in every store, please help your children brush teeth before bed cavities are just waiting to happen this time of year. You may want to offer a piece of fruit or a bowl of chopped up veggies for a snack rather than that candy bar. You may be surprised on how well they eat it.

It is the cold and flu season so please check your child out before they come to school, if your child has a runny nose (colored drainage) a fever or cough please keep them home. We are not set up to keep ill children here and we will have to send them home. If your child needs over the counter medication to keep a cough or fever down they should stay home. We are not allowed to give them over the counter medication. Giving your child a double dose at the beginning of their day will not last until it's time to pick them up. They are still contagious and will spread their illness to their classmates. Some of our children

do not have any type of insurance to go to the doctor when they get sick.

Please watch for cars in the parking lot and TRY to hold your child's hand when bringing them to school. This is a good practice for when you take them out for Halloween too.

When you are driving into the parking lot be aware that there are children (running) through cars that are parked. As short as the children's legs are they are fast and we would all be devastated if you or anyone else was hurt because of an accident in our parking lot or streets.

I would like to remind everyone that we have to have an up to date physical and dental exam for each of the children, along with current immunizations if you have any questions about your child's file please come see me. We can look it all up together. If I send you a notice of needed medical information and you feel our information is incorrect please come see me. When your Doctor has told you your child is up to date and we don't show it with the information you have supplied us, we need it in writing from your health care provider.

Check out the recipe I have attached to the back page it's a staff favorite.

My door is always open to you.

Joy Asher

Health/Nutrition Manager

Cabbage Roll Soup

Prep time: 15 mins Cook time: 25 mins Total time: 40 mins

Ingredients

Follow Spend With Pennies on Pinterest for more great recipes!

- 1 large onion, diced
- 3 cloves garlic, minced
- 1 lb lean ground beef
- ½ lb lean ground pork
- ¾ cup uncooked long grain rice
- 1 medium head cabbage, chopped (core removed)
- 1 (28 ounce) can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups beef broth
- 1½ cups VB or other vegetable juice
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- salt and pepper, to taste

Instructions

1. In a large pot, brown onion, garlic, pork and beef. Drain any fat.
2. Stir in chopped cabbage and let cook until slightly softened (about 3 minutes).
3. Add all remaining ingredients, bring to a boil and reduced heat to medium low. Cover and simmer on low until rice is fully cooked (about 25-30 minutes)
4. Remove bay leaf and serve.

Notes

If you prefer a thinner soup, add more beef broth to reach desired consistency once rice is cooked.

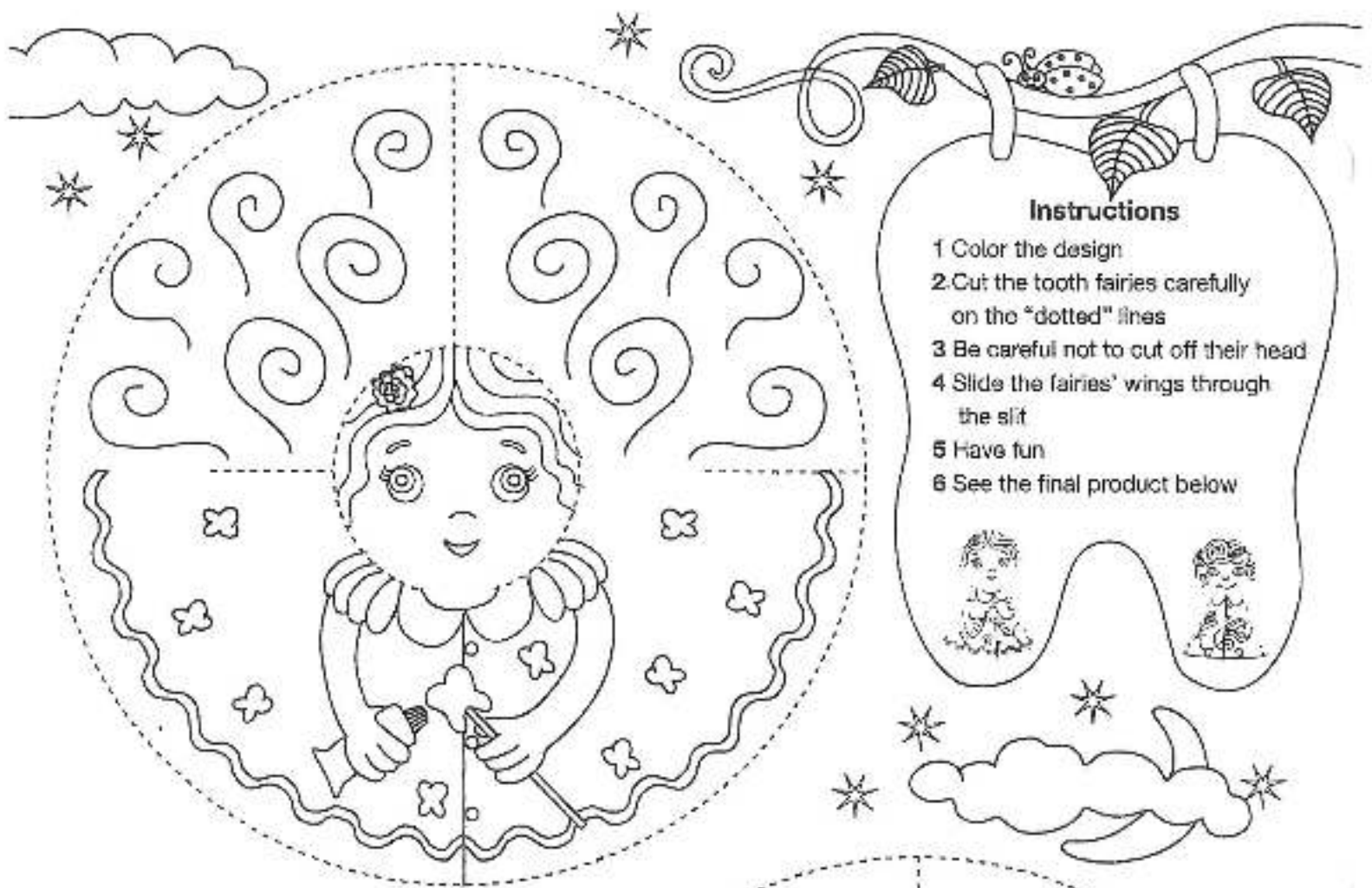
Recipe by Spend With Pennies at <http://www.spendwithpennies.com/cabbage-roll-soup-2/>



This may be a recipe I have given out before, but
it's a good one. Give it a try & let me know what
you think!

Thank you

Joy



Instructions

- 1 Color the design
- 2 Cut the tooth fairies carefully on the "dotted" lines
- 3 Be careful not to cut off their head
- 4 Slide the fairies' wings through the slit
- 5 Have fun
- 6 See the final product below





....Dedicated to Helping
Children and Families in Need!

Scheduled events:

Cribs for Kids Class: Helping every baby sleep safer. Friday's at 10:00 (class participation gift given)

Play/Social Group: Thursday's at 10:00. Bring your infant, toddlers, children and enjoy a fun time of socialism and activities.

Clothes Closet: Come check out the newly donated gently used clothing Sizes newborn to 6/7

Baby Basics Class: Starting this Fall (swaddling, breast/bottle feeding, diapering, bathing, umbilical cord care, starting solids and how to soothe a crying infant will all be covered). All participants will have the knowledge and skills to confidently care for their infant.

Services/Programs:

Family Advocacy: Individualized family support in developing health, independence, and self-sufficiency.

Referrals and Information: Each year we receive more than 9,500 calls for assistance from families residing in Northeastern Nevada. We connect these families and individuals with community services, businesses, etc.

Women, Infants and Children (WIC) : Nutritional education and supplemental food for low income families.

Breastfeeding Support & Information: Help and resources for breastfeeding women.

Clothes closet, Car seats (\$20 donation), Gas Cards (use for travel to medical/dental appointment), **Parenting Classes** (starting in October)

Teen Health Education: Medically-accurate, evidence-based education programs, for adolescents and teens, aged 9-18, proven effective in reducing the risk of HIV, STDs and Teen Pregnancy (refer to Elko FRC).

For Growing Bones... Which Milk?

Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



Whole Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 70
<hr/>	
%Daily Value*	
Total Fat 8g	13 %
Saturated Fat 5g	25 %
Cholesterol 35mg	11 %
Sodium 120mg	5 %
Total Carbohydrate 11g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 8g	
<hr/>	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

2% Reduced Fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
<hr/>	
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 3g	15 %
Cholesterol 20mg	8 %
Sodium 120mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
<hr/>	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

1% Low-fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 25
<hr/>	
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
<hr/>	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

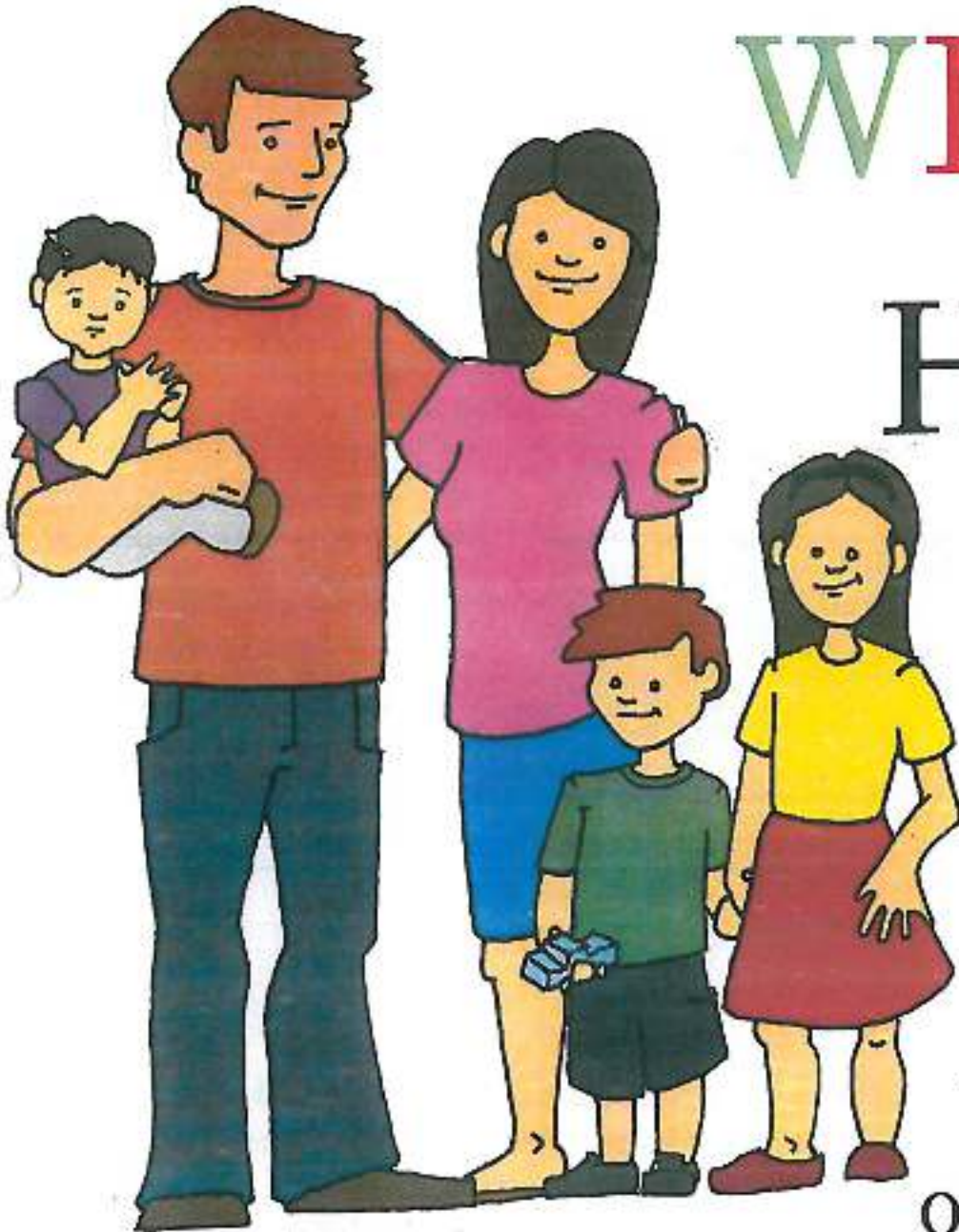
Provided by _____



How

WIC

Helps



Improve
the health
of you and
your family

How WIC Helps

- WIC helps by improving the health of nutritionally at risk low income women, infants and children. WIC services are provided at no cost to you

Who WIC Helps

- Pregnant women
- Moms up to 6 months after the baby is born, if they are not breast feeding
- Moms up to 1 year after the baby is born, if they continue breastfeeding
- Babies up to their 1st birthday
- Children from age 1 up to their 5th birthday

What WIC provides

- Nutritious foods
- Nutrition Information
- Breastfeeding Support
- Healthcare Referrals
- Community Program Information



WIC foods are good sources of important nutrients to help you and your children grow and develop.

The WIC food package provides you with some foods you need for your diet. It supplements the foods you buy. WIC staff can help you plan to make healthy choices for yourself and your family.

WIC foods include baby food, breakfast cereal, fruits and vegetables, juice, eggs milk, cheese peanut butter, whole-wheat bread, and other whole grains, dried and canned beans/peas, canned fish and infant formula

Become Healthier.....inquire about **WIC**



**MS. MIKKA &
MS. JANELLE**

This month we will be learning All About Me such as how we are different but together we are a community. We will be learning about our senses and



about fall. The School readiness goal is physical, gross motor. Please feel free to join us in the classroom anytime!

Important Dates:

- 10/5- Socialization: Smokey the Bear we be coming to visit us
- 10/11- Parent Meeting
- 10/31- Socialization: Halloween Party



Busy Bees



This month we will continue with learning about the rules and routines. We will also be learning about Fall and pumpkins. Parent meeting will be Thursday October 12th at 2:30 pm. As the weather is getting colder please remember to bring jackets as we do go outside.

We will be having a Halloween party on the 31st, so make sure you wear your costumes.



Ms. MELINDA & Ms. TERESA



Leaping



Lizards

MS. LINDA &
MS. RENEE

We are continuing to work on the Creative Curriculum Schedules and Routines Study during the month of October. The focus questions are: When do things happen at school?, Who works at the school?, and How do we make and keep friends? There is also a mini study called What sounds do we hear at school?

On Tuesday October 31st your child can bring their Halloween Costume so they can trick or treat at the LPHS offices.

We really appreciate all of the parents who completed the homework activities and the reading logs for the month of September. Keep up the great work! We hope your children enjoy the books they received.





Ms. Shana

&

Ms. Esther

Bumble

Bees



Fall is here. It's getting colder each and every day. Parents please bring your children with appropriate clothes. Let's make sure your child has socks, shoes, and jackets or sweaters with them so they are still able to go outside. We would like for them to warm when we go outside. For this month we will do many activities with leaves, tree branches and pumpkins. We will also explore what is inside a pumpkin and have pumpkin seeds. We are working on our gross motor skills for this month and the children will get to do activities to use their larger muscles.

Parents thank you for bringing your child to school everyday. Our routines are very important, so please remember that school starts at 8am to 3:30 pm unless you are in extended care.



THE EXPLORERS

October is Fire Safety Month so we will be learning about fire fighters and Smokey The Bear. We will also be bringing Fall related items into the classroom to explore, such as leaves, Pumpkins, and fall vegetables.

As the weather gets colder, please remember to bring a jacket and dress your children appropriately to play outside. We look forward to another fantastic month!



IMPORTANT DATES

Oct 31- Halloween

Feel free to dress in costumes, but please no masks or face paint.



Ms. Alisha & Ms. Kirstan

Courageous

Ms. Melissa

&

Ms. Jasmine



Cubs

Hello and welcome to October. Our year has gotten off to a great start. Everyone is getting used to our routine and we are excited to see them all develop and grow. This month we will be continuing our daily routines

My Daily Schedule					
get off bus	walk line	dye	bathroom	table work	circle time
walk line	clothes	bathroom	recess	physical therapy	circle time
speech	bathroom	handline	recess	physical therapy	get on bus

as well as
working on each child's ICP.



IMPORTANT DATES

Oct 24- 8:00 AM Parent Meeting

Oct 31- Halloween Parade





Ms. Amy
&
Ms. Morgan

This month we will learn about Fall and pumpkins. Please make sure to bring appropriate clothes for your children. The children go outside so we need them to have coats, socks, and shoes. We will be

Working on our school readiness goals of gross motor skills, which include using our large muscles and balancing skills.

We would like to wish our classmate
Jakeb Sonsoucic a Happy Birthday!

★ HAPPY ★
BIRTHDAY!

Parents thank you for bringing your children to school. On October 31st the children may dress up in their costumes for our Halloween party.

WELCOME FALL!

Forest Friends



MS. KATHLYN

&

MS. TAMM

WELCOME

We would like to welcome Maxton to our class and congratulate Jessica on the birth of Jason. It's been a crazy but amazing few weeks. We are enjoying our time with each child in our class. Thank you parents for all your support.



Happy 1st Birthday to Alice! Alice had perfect attendance for the month of September.



Our school readiness goal is physical. One of the areas we are focusing on is balancing skills for our class. To encourage this skill we have added new activity mats and surfaces for them to explore.

Parent Meeting Oct 16 at 3pm



Extended Day



The fall season is here . We love this season with all the colorful leaves.



After the first month of school, we have learned about our new friends that are in different classes. We are working on the importance of sharing and having a good friendship with one another.

Enjoy the weather!



Ms. EL

