

Important Dates to Remember:

November 11, 2024 ~ Veteran's Day, Centers are CLOSED, Child Care is CLOSED.

November 20 2024~ Policy Council

November 27-29, 2024 ~ Thanksgiving Break, all centers are CLOSED, Child Care is CLOSED.

Policy Council Update:

The Policy Council meets usually the third Wednesday of each month unless there is a scheduled vacation for the program or other event has been scheduled. So for the month of November the meeting date will be November 20th.

If you have any questions, please let us know.

The following children had **100%** attendance in September:

Chester Community Preschool:

CCP#1: Arabella U.

CCP#2: Kailyn H. Colt W.

Pine Street Preschool:

Daisy Room:

Willow Room: Madaline B.

Way to go!

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Juliana

In CCP1, we have been learning about Community Helpers and ways to stay safe! We have had a busy month but have enjoyed it. We had a family breakfast and went to the local Emergency Services Building to see the fire trucks, police cars, and ambulances along with the team of Emergency Services workers who help keep our community safe. We also started our Safety Unit that gives us rules to help keep ourselves and others safe. We had our monthly visit from Miss Carrie and she read us some cool books about Arfie the dog. Miss Cody also came from Vermont Institute of Natural Sciences (VINS) and we learned about everything pumpkins! Even though the weather is changing and starting to become cold, we are going outside a lot and enjoying our

new playground. We are looking forward to the month of November and learning about Fall and Harvest!



CCP2

Ms. Randi, Ms. Andi and Ms. Felicia
Happy November! This month's theme is going to be Fall and Fun on the Farm, so we have lots of fun activities planned. We will be working with pumpkins and apples, measuring, tasting, and graphing. We will also be exploring new things (corn) in our sensory bin, and some new surprises in our water table. Some projects will be making leaf people, piggies, chickens, and cows. Our letters this month will be L for leaf, P for pumpkin, and S for sheep. We will be reading lots of fun books such as The Apple Pie Tree, Fall Mixed Up, Apple Trouble, Johnny

Appleseed, and Too Many Pumpkins. It's going to be an exciting month!!!

Family Partner

Katie Murphy
Chester Community Preschool

Happy Fall! I hope all of you are well.

I want to thank all the families that were able to join our Guys Night Out Parent Meeting. We had such a great time painting our pumpkins! I will make sure to figure out the movie for next time!

A special thanks to Vanessa Heybyrne our Food Service Provider for making us some chili and cornbread!

Additionally, Trunk or Treat was so much fun, we enjoy participating in community events and seeing you all dressed up and having fun!

It is time to complete our first Home Visit of the year. These visits are an opportunity to connect on a more individual level. I will be sending out a google link to set up a time to meet. I look forward to spending some one on one time with all of you.

We will be starting our Positive Solutions Parenting Workshop

November 6th, remember to sign up by reaching out to your child's teacher or myself.

Heating season is here. Make sure you sign up for Seasonal Fuel Assistance if you need help heating your homes this winter. You can find out more information and apply for that on the Vermont.gov website at:

<https://dcf.vermont.gov/benefits/fuel>

If you need assistance with this please contact me and I would be glad to help in any way I can.

Please keep an eye on Seesaw and Facebook for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Katie Murphy
Family Partner
Chester Community Preschool
802.460.0297
kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Jen, Ms. Sarah and Ms. Meaghan

What a fun filled month we have had learning about Dragons and Castles while finishing off October with Safety. The children have also learned some safety rules and

you can ask them about those rules. They are good to reinforce with them. The Rules of Safety: Stop! Think, is it safe? Ask an adult or person bigger than you. We have painted with our fingers and made police badges.

One of the fun things that we did was read The Princess and the Pea. The children made their bed with as many mattresses as they wanted and then put the pea under the mattress. The children had to remember what the story was about so that they could do the project.

November we are climbing into the dinosaur cave and exploring nocturnal creatures too.

The children have decorated with letter F with Fire, the letter D as Dragon and will continue on with the Letter R for Raccoon, and M for a Measaurus, as well as C for cat. VINS will also be here and we will be learning about Day and Night animals with them, s tying into our unit on Nocturnal creatures.

We will be making owl waffles Dinosaur fossils, Name books with webs, just to name a few.

As always feel free to come in and spend some time with your children when you have time. We love to have families come in and see what we are doing!

Willow Room

Ms. Ruby, Ms. Nicholle, Ms. Alyssa

Happy Autumn!

We had such an amazing month of October. The kids have enjoyed doing a lot of fun Fall and Five Senses activities as well as making friends and enjoying the cool weather. Everybody loves our 2 beautiful fish pets in our classroom! The kids got to eat breakfast with their family during Family breakfast. The kids made their own pizza as a celebration for filling up the marble jar for making green choices.



We transformed our dramatic play area as a Farmer's Market and everybody just loved it. VINS paid a visit and did amazing activities with the kids about fall leaves. They're coming again next month.

We also did fall tree craft using real leaves and branches, smelly collages using different spices and food, pumpkin decorating, painting with pumpkins, food tasting activity, listening games, learned about rhymes and syllables, learned about changes that happen during fall season, clothes we wear, importance of taking care of our eyes, the importance of our senses, did a sink or float experiment, and also played a lot of exciting counting games. This is such a great month for all of us, full of fun and learning!



Our theme for November will be about Community Helpers!

Pine Street Preschool
Family Partner

Hello Pine street families,



I've enjoyed getting to know you all this past month, with our parent meeting and family breakfast and of course my monthly check-ins! In October we had a great turnout for our "Paint a Pumpkin" night! I look forward to what November brings with our positive solution workshop! Ill also be reaching out to schedule a home visit!

Just a friendly reminder with the colder weather creeping in to send in warmer clothes for your little ones! If you see me around please feel free to reach out to me, my door is always open for whatever your family's needs might be!

PSP Family Partner
Michohn Parmenter



News from the
Practiced-based Coach

Susan Brown

Child Development Support
Specialist

It has been a fabulous two months!! The amount of growth, in every classroom, has been incredible to witness. This is a direct result of teachers and parents, working together, making every child's experience matter. Children have settled into a routine, learned the rules of the classroom and played hard since school began.

Some of the ways, that have made the beginning of the year successful, is that teachers have established routines, rules, clear expectations and predictability. I have seen less anxiety, more independence, better self-regulation and improved focus. These same techniques can be used at home.

My role, in the classroom, is to support teachers and

children. I have introduced specific activities, helping with curriculum and playing with all the children at the centers. I may bring in some of my own games, tools and activities to go along with the classroom theme. I love being able to share activities I have used the past. I have the best job!!

In the next few months, you will see new themes and activities being implemented within the classroom. Don't be shy about looking around the classroom to see what's happening. You will have your first parent teacher conference where you will hear about you child's developmental progress, learning style, strengths and needs of your child.

I look forward to the next few months where I can play and share new activities with each classroom. Have a wonderful holiday with your families.



News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Fall! The children are settling into the routine of the classrooms and are really having fun! Teachers began observing children on the first day of school and are busy taking observations of children as they play. Teachers will begin to review observations and evaluate children's progress in the middle of November to prepare for parent conferences in December. Please feel free to share any observations and stories of your children from home with teachers to help with assessment! We are excited to welcome Sarah Schleimer as the Teacher Associate in the Daisy Room, and we are now officially fully staffed! We are still looking for substitutes, so if you are interested, please email Jodi Farashahi at jfarashahi@sevca.org

Health/Mental Health/Family Services

By Barbara Vandenburg
802-674-8416



Happy Fall! Staff have been very busy doing health screening's for children. We

have screened their

vision, hearing, height and weight. If a child was absent, didn't pass a vision or hearing screening, or they didn't want to participate, we will be working on rescreens over the next couple of weeks. I will be sending notices home to all families with the results, as soon as rescreens are complete.

A reminder that all enrolled children need to have a recent physical on file. Jess Parmenter, our Health Support Coordinator, has been contacting doctors and sending releases for this information. If anything has changed with who your child sees for a doctor, or you need to find a doctor for your child, please let us know. We are also collecting dental information. We will be hiring a Tooth Tutor (Dental Hygienist) who will be able to assist us with dental screenings, possible fluoride

treatments, and assisting families with finding a dentist.

Finally, if you have not completed the DECA observation form that teachers gave you at the first Parent/Teacher conference, please do so. Thank you!

State of Vermont Seasonal Fuel Assistance Program

The State's Seasonal Fuel Assistance program is your first resource for ensuring your household stays warm. Here's what you need to know:

- **Year-Round Application:** [Applications](#) can be submitted year-round. SEVCA can help you apply if you need support.
- **Annual Benefit:** For all eligible households, a single benefit is paid between November and April.
- **Direct Payments:** For most individuals, this benefit is paid directly to your fuel vendor, simplifying the process.
- **Wood Heating:** If you heat your home with wood, the benefit is paid directly to you in the Spring, making sure you stay warm throughout the year.





Birthday News for November

Chester Community Preschool

CCP1- 11/29 Kora A.

CCP2- 11/04 Madilyn E.

Pine Street Preschool

Daisy- 11/25 Maddox D.

*Willow- 11/05 Madaline B.
11/19 Landon L.*

November 3th is daylight savings.

Remember to set your clocks back 1 hour before you go to bed on the 4th.



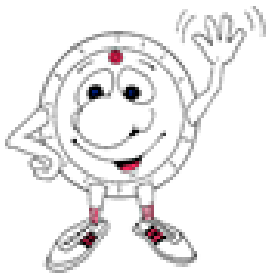
Staff

Practice-Based Coach/Child Development

Support Specialist – Susan B. 11/17

Daisy Teacher Associate- Alyssa Dalaba-11/23

PCP Family Partner - Michohn Parmenter-11/28



Remember to change your smoke detector's batteries too!



Parents Invited to Parenting Class about Trauma



Learn more about the impact of trauma
(on yourself and your child/ren)

Understand big feelings
(for you and your child)

Address challenging behaviors
(in your child/ren)

Find new ways of talking with your children
(about your family's experiences)

Learn & practice parenting strategies
(for more effective & happier parenting)

For parents who went through childhood trauma and now want help raising their own kids

OR

Parents facing life challenges who want to learn the best ways to raise their kids

OR

Parents with children who are in foster care or who used to be in foster care.

Meet Weekly in person or virtually for 10 weeks

Receive up to \$180 in gift cards for participating

Sign Up Here!



QUESTIONS?

bpcstudy@uvm.edu

802-656-9196

802-656-9196



Monday

Tuesday

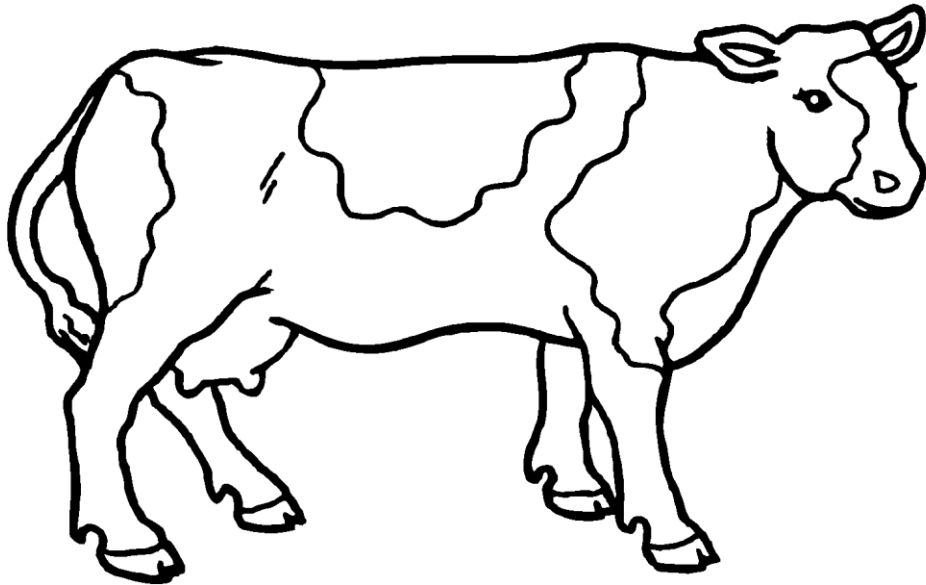
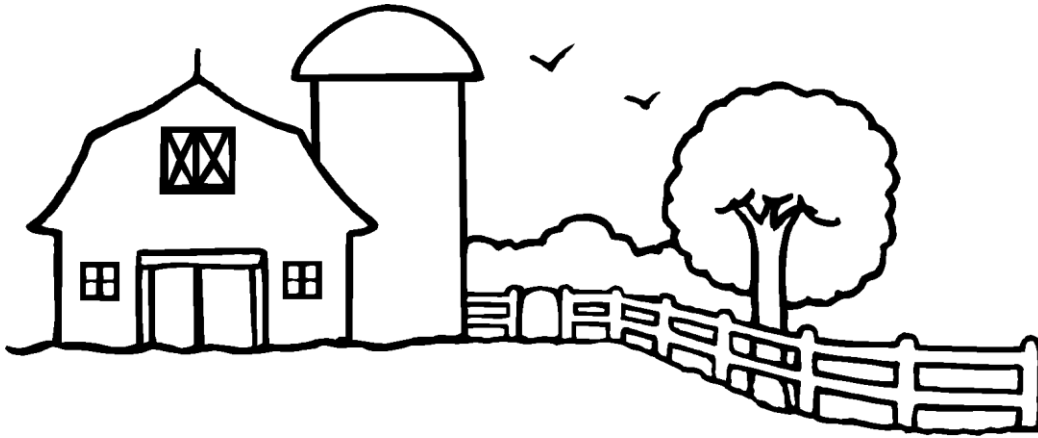
Wednesday

Thursday

Friday

<p>This menu is subject to change.</p> <p>WGR=Whole Grain Rich</p>	<p>This institution is an equal opportunity provider</p>			<p>1 Breakfast WGR Banana Oat Muffins Mandarin Oranges 1% unflavored milk Lunch Ground Beef Sloppy Joe on WGR Bun Green Beans Blueberries 1% unflavored milk EARLY RELEASE</p>
<p>4 Breakfast WGR Cereal Mixed Fruit 1% unflavored milk Lunch Peanut Butter and Jelly on WGR Bread Cheese Sticks Cucumbers Watermelon 1% unflavored milk Snack Peaches WGR Wheat Thins</p>	<p>5 Breakfast Yogurt Applesauce 1% unflavored milk Lunch Cheese Pizza on WGR Tortilla Green Beans Bananas 1% unflavored milk Snack Carrots WGR Triscuits</p>	<p>6 Breakfast WGR English Muffins Peaches 1% unflavored milk Lunch Chicken Alfredo Sauce with WGR Rotini Broccoli Strawberries 1% unflavored milk Snack Waffles Mixed berries</p>	<p>7 Breakfast Scrambled Eggs Pineapple 1% unflavored milk Lunch Ground Turkey WGR Rice Tomato Cucumber Salad Orange Slices 1% unflavored milk Snack Ham Roll-Ups Goldfish</p>	<p>8 Breakfast WGR Oatmeal Muffin Squares Pears 1% unflavored milk Lunch Beef Patty with Cheese on WGR Bun Lettuce, Tomato, Pickles Honeydew melon 1% unflavored milk Snack Yogurt WGR Cereal</p>
<p>11 CLOSED Veteran's Day</p>	<p>12 CLOSED In-Service</p>	<p>13 Breakfast Hard-Boiled Eggs Mixed Fruit 1% unflavored milk Lunch Ground Beef with Cheese WGR Elbow Pasta Green Beans Strawberries 1% unflavored milk Snack Yogurt Mixed Fruit</p>	<p>14 Breakfast WGR English Muffins Applesauce 1% unflavored milk Lunch Ground Turkey Meatballs Gravy WGR Rice Corn 1% unflavored milk Snack Carrot Sticks WGR Wheat Thins</p>	<p>15 Breakfast WGR French Toast Peaches 1% unflavored milk Lunch Scrambled Eggs WGR Toast Orange Slices Diced Potatoes 1% unflavored milk Snack Celery with Cream Cheese Goldfish</p>
<p>18 Breakfast WGR Cereal Pears 1% unflavored milk Lunch Ham and Cheese WGR Tortilla Celery Orange Slices 1% unflavored milk Snack Carrots WGR Wheat Thins</p>	<p>19 Breakfast Hard-Boiled Eggs Mixed Fruit 1% unflavored milk Lunch Cheese Pizza on WGR Sandwich Thin Garden Salad Cantaloupe 1% unflavored milk Snack Teddy Grahams Bananas</p>	<p>20 Breakfast WGR Oatmeal Muffins Mandarin Oranges 1% unflavored milk Lunch WGR Macaroni and Cheese Strawberries Carrots 1% unflavored milk Snack Cheese Sticks Cucumbers</p>	<p>21 Breakfast WGR Toast Peaches 1% unflavored milk Lunch Turkey Burgers WGR Rice Blueberries Broccoli 1% unflavored milk Snack Yogurt Mixed Berries</p>	<p>22 Breakfast WGR Pancakes Applesauce 1% unflavored milk Lunch Ground Beef Taco WGR Soft Tortillas Lettuce and Tomato Mixed Fruit 1% unflavored milk Snack Peanut Butter WGR Rice Cakes</p>
<p>25 Breakfast WGR Cereal Pears 1% unflavored milk Lunch Ham and Cheese on WGR Tortilla Carrot Sticks Bananas 1% unflavored milk Snack Strawberries and Pineapple Yogurt</p>	<p>26 Breakfast WGR Oatmeal Muffins Pineapple 1% unflavored milk Lunch Cheese Pizza on WGR Crust Garden Salad Apple Slices 1% unflavored milk Snack Cucumbers WGR Wheat Thins</p>	<p>27 CLOSED</p>	<p>28 CLOSED Thanksgiving</p>	<p>29 CLOSED</p>

Dairy



WIC APPROVED ACTIVITY

Today your child learned about dairy and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.

Easy No-Bake Mac and Cheese Recipe

Ingredients

- 2 cups macaroni, whole-wheat, uncooked
- 1 ½ cups milk (1% or skim)
- 2 tablespoons flour
- Dash black pepper
- 2 cups Cheddar cheese, low fat, sharp, shredded

Directions

1. Follow package directions to cook macaroni.
2. Using a fork, blend flour and milk in a small mixing bowl until flour can no longer be seen and there are no lumps.
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly until it begins to bubble and thicken.
4. Reduce heat to low and add pepper and shredded cheese.
5. Stir until cheese melts. Remove from heat.
6. Stir cheese sauce and cooked macaroni together until blended. Enjoy!

- Dairy provides many health benefits like building and maintaining strong bones.
- Kids that are 2 years old and up can drink 1% and skim milk.
- Some children may prefer milk to other foods and fill up on it. Be sure they get enough, but not too much!