

SEVCA Head Start Newsletter

Monthly Newsletter for November 2022



From the Desk of the
Director . . .

Dear Parents & Staff,

We are off to a flying start! The beginning of the program year is always full of so much activity. Everyone is bustling around trying to meet the 45 day deadlines, get to know parents and children and establish a classroom routine. And...we are so thrilled to be able to open our doors and have parents and volunteers return to visiting our centers! The breakfast and lunches that were planned in September were very well attended, so thank you Mom and Dad for taking the time out of your busy schedule to join your child for a meal. The children love showing off their classroom.

While COVID is still happening, we have learned to live with it and we will do our best to keep classrooms open. However, when we have several staff out, we may have no other choice than to close a classroom. We apologize for any inconvenience this causes. We are still looking for substitutes as well as Food Service

Providers for Windsor and White River Junction, as well as Teacher Associates for Springfield and White River Junction. Please spread the word so we can hopefully fill this positions ASAP!

The Policy Council met in September, but we did not elect officers as we are still getting parent elected to the Policy Council. Elections have been scheduled for October 19th, which is our next scheduled meeting. Please look for the new Officers listed in the next newsletter.

Have a great month and enjoy the many signs of fall!

Sincerely,
Lori Canfield



In-kind Update:

*The center that has topped the charts for In-kind in September is WRJ! **Nice Job!***

Important Dates to Remember:

November 11, 2022 ~ Veteran's Day, Centers are CLOSED, Child Care is CLOSED.

November 16 2022~ Policy Council

November 18, 2022~ All Staff In-Service Day, Centers are CLOSED, Child Care is CLOSED.

November 23-25, 2022 ~ 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 16th.

If you have any questions, please let us know.

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

Chester Community Preschool:

CCP#1: Jasper D., Amelia G. and Gracelynn Z.

CCP#2: Autumn M.

Pine Street Preschool:

Daisy Room: Phoenix D-M. and Robin G.

Willow Room: Storm L.

Northwoods: Brinley C.

The Children's Place: Zeven L.

Way to go!

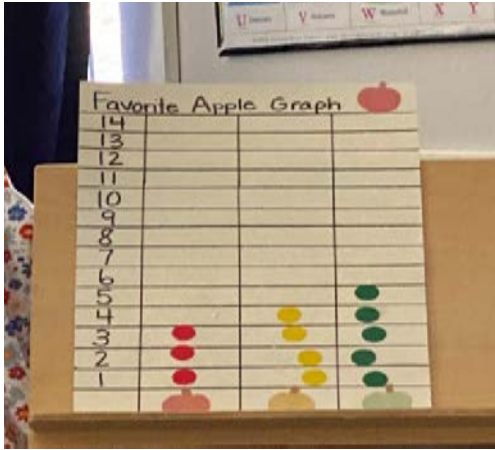
Classroom Updates...

Chester Community Preschool

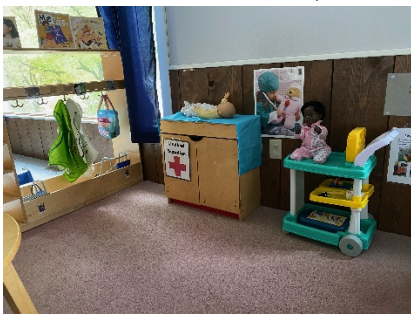
CCP1

Ms. Jodie, Ms. Karie and Ms. Brinaa

October has been a fun month learning all about Safety and Fall! We learned about apples and the different colors they come in. We even tasted a few different colors and made a graph of our favorites. The children also made homemade apple sauce by cutting apples and smushing them with a food mill. We had our apple sauce for a snack, and it was delicious! We created our letter A full of apples and the letter L filled with leaves!



Learning about Safety started with fire fighters and police. We had a fire station in our dramatic play area complete with a building on fire and uniforms. Officer Williams was able to come to our school and talk with us about safety and what our local Police Officers do for us and in our community. We changed up our dramatic play area into a doctor's office and learned more about keeping our bodies safe and healthy eating choices. We cut out healthy foods from magazines and made plates with healthy food choices, and even learned the letter X and turned it into an X-ray!



We started our Second Step curriculum this October as it talks

about listening, focusing, and safety. We learned about listening rules "Eyes are watching, Ears are listening, Bodies calm, & Voices are quiet", learned about "attentascopes" and how we can use them to help us focus our attention, and recently started learning about all things 'safety'! Being safe is something that we need to think about no matter where we are or who we are with, so we are talking about how to be safe with different items, as well as in different spaces.

CCP2

Ms. Randi, Ms. Cathy and Ms. Kayley

This month we welcomed lots of new kiddos! We spent the first couple of weeks getting to know our classroom and the rules. We learned the proper ways to brush our teeth and wash our hands. We also learned about scissors and glue sticks. We have gone on a couple walks through town and had a book read to us at the gazebo. Along our walk we did an eye spy shape game because we are learning about different shapes as well. We saw octagons for stop signs, lots of squares on houses and street signs, some circles, ovals and triangles. Our theme this month was All About Me so we did some crafts both at school and with the families

as take-home crafts to get to know each other a little better. We have started an All About Me book to keep in our library and so far, we drew and wrote what our favorite food was and plan to add more as the year goes on. We measured ourselves with yarn and attached it to a paper flower to display in our cubby room to show that we all bloom a little differently. We made some shape and scribble monsters which they loved so much that they continued to do this activity on their free choice time.

We have filled our heart jar three times already! The first celebration they chose was a pajama day and then this past week they chose to make your own pizzas where they all made their own English muffin pizzas with toppings, and an ice cream day where they were able to make ice cream using blackberries, blueberries & raspberries.



We started to learn about red and green behaviors and how to

recognize what a green or red behavior or choice may be and ways to fill each other's buckets.

Dramatic play is a huge hit this month as it usually is with the baby dolls and pretend food all the kids seem to love it. We are looking forward to changing it all over for next month's theme, which is Fall.

A great start to the beginning of an amazing year!

Chester Community Preschool
Family Partner

Hello Families!

I want to thank you for your participation in our first Family Breakfast and Family Lunch/Parent Meeting. We are so excited we were able to host these events in house again! It was so wonderful to be able to share these meals with you and bring back these essential pieces of our program. A lot of information was given during these events, please feel free to reach out with questions regarding the information given. I am looking forward to our meeting this month! Remember these meetings are for you, if you have a specific topic you as parents and guardians would like to explore, let me know, we will make it happen. Please keep an eye on seesaw and our CCP Family Partner, Facebook

page, for more details about Family Engagement activities and other events.

I want to take a moment and shout out to our Pine Street Family Partner for all her amazing support, ideas, prep and planning that she has put into our recent recruitment events. Lindsay, you are appreciated! This month we will be scheduling and completing our first home visits. This is a great opportunity for me to get to know each family on an individual level and I can't wait!

As the seasons change it is a good time to think about switching out your child's extra clothing for warmer items such as pants and long sleeve shirts versus the shorts and t-shirts, although I wish it would stay warm for just a while longer! Please feel free to reach out, I am always available for questions, concerns, and support.

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

Looking for something fun to do? A fall scavenger hunt is a great way to stay busy! How many fall items can you find?

FALL scavenger hunt

<input type="checkbox"/> spider	<input type="checkbox"/> pumpkin	<input type="checkbox"/> gourd
<input type="checkbox"/> red leaf	<input type="checkbox"/> worm	<input type="checkbox"/> football
<input type="checkbox"/> pine cone	<input type="checkbox"/> acorn	<input type="checkbox"/> red berry
<input type="checkbox"/> scarecrow	<input type="checkbox"/> apple	<input type="checkbox"/> candy corn
<input type="checkbox"/> spider web	<input type="checkbox"/> bark	<input type="checkbox"/> green leaf
<input type="checkbox"/> moss	<input type="checkbox"/> rock	<input type="checkbox"/> mum plant
<input type="checkbox"/> grass	<input type="checkbox"/> orange leaf	<input type="checkbox"/> bird's nest
<input type="checkbox"/> feather	<input type="checkbox"/> corn cob	<input type="checkbox"/> stick



Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Nicholle and Ms. Sadie

Hello Families,

In the Daisy classroom our theme was All about me/All about school. We made self-portraits and measured how tall we were. We also graphed our hair and eye color along with our names. We learned how to use different classroom material such as watercolor paint, glue and scissors. For our October theme we will be discussing Fall/Five senses. We are excited to do some experiments with apples and pumpkins. We will also be learning about the five senses and what senses we use while doing different activities.

Thank you for a great first month!

Willow Room

Ms. Ruby and Ms. Felicia



Happy Autumn!

We had such a great first month of the year. The children seem to be settling in the routine and have been enjoying making friends. It was a very exciting month getting to know each other.



The kids got to eat breakfast with their family during Family Breakfast. Everybody was so happy and they all wanted it to happen again. The kids had a pajama day/dance party as a celebration for filling up the marble jar for making green choices.

We also now have 3 beautiful fish pets in our classroom!

In October, we learned about community helpers and why they're so important. We transformed our dramatic play area as a Vet Clinic and everybody just loved it. We also had community helpers visit in our classroom to share what they do and how they help the community. We made bagel pizza to celebrate another achievement, filling up our marble jar. By the end of the month, we also had a dress up day! Everybody just had a wonderful time

learning new things and celebrating achievements.



Our theme for November will be about Fall and Five Senses!

Pine Street Preschool Family Partner

Happy Fall!



I hope all of you are well.

I will be starting to schedule Virtual and In-Person Home Visits. I will be contacting families individually to set up times to meet. I look forward to spending some one-on-one time with all the families.

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: www.dcf.vermont.gov/benefits/fuel-assistance

Please keep an eye out for more details about Family Engagement activities and other events. Please

contact me if you have any questions, comments, or concerns.

Lindsay DeCell

Family Partner

Pine Street Preschool

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Ldecell@sevca.org

Northwood's Preschool

Ms. Jen and Ms. Beth

We have been very busy this month learning about fall and safety. We enjoyed a visit to the fire station and got to sit in the trucks. We tasted apples and made apple sauce. The children decided which applesauce and which apple they liked best. The children have yet to decide what they want to learn about in December so that will be a mystery.

Not only have we learned about apples and safety but they have also explored some letters. A for Apple, F for firefighter and P for pumpkin. VINS came and the children had a great time painting with apples and learning all about Apples. They will be coming back again next month and we will be learning about Squirrels and Chipmunks.



From the Desk of the Family Partner for The Children's Place Preschool and Northwoods Head Start

Jen Tucker

Hello Families!

This last month flew right by and now here in a new month. I will be starting to set up virtual/in-person home visits this month. I will reach out to each family individually to set those up.

Fall is upon us and the dreaded winter is not far behind. Hopefully everyone is preparing for the heating season. If you are worried about heating your home this winter here is a link to find out information about Seasonal Fuel Assistance and how to apply:

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

Here is a fun nature scavenger hunt for you to enjoy with your family too!



Nature Scavenger Hunt

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Acorns | <input type="checkbox"/> White Dog |
| <input type="checkbox"/> Pine Needles | <input type="checkbox"/> Water |
| <input type="checkbox"/> Pine Cones | <input type="checkbox"/> Fallen Branch |
| <input type="checkbox"/> Flowers | <input type="checkbox"/> Crooked Stick |
| <input type="checkbox"/> Weed | <input type="checkbox"/> Piece of Litter
(pick it up too) |
| <input type="checkbox"/> Spider Web | <input type="checkbox"/> Something Bumpy |
| <input type="checkbox"/> Footprint | <input type="checkbox"/> Something Flat |
| <input type="checkbox"/> Animal Print | <input type="checkbox"/> Bench |
| <input type="checkbox"/> Flying Bug | <input type="checkbox"/> Bird Nest |
| <input type="checkbox"/> Blue Bird | <input type="checkbox"/> Special Treasure for you |

If you or your family need anything please reach out to me!

Thank you,

Jen

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Meagan

Hello friends and family! September was a wonderful start to our school year. We focused on the rules of our school and did lots of team building. This is also the month when we learn lots of social skills to learn how to get what we need. This is filled with naming how we are feeling and learning to play in groups. I must say, they learned this very fast!



Our theme in September was learning about the magic of the Monarch Butterfly. We started with the life cycle of the butterfly, then onto the anatomy of the butterfly. Milkweed came into the classroom and the kids learned about the plant and also that the caterpillar, of the Monarch eats only these leaves. The children investigated our chrysalis's and

watched the process of the metamorphous. Sadly, our chrysalises didn't complete their process. This brought up another whole conversation of "why" this happened. We made milkweed where the kids had to put their egg under the leaf (the same process the butterfly does). Such wonderful conversations about why they lay their egg underneath the leaf. We have some fantastic critical thinkers in our classroom. Having the Vermont Institute of Natural Science come in concluded our exploration of butterflies. This was a wonderful way to educate the children further about these amazing creatures. We concluded our month with an exploration into pumpkins and apples. I like to take advantage of the world happening in Vermont. The kids labeled the anatomy of both pumpkin and apples. We compared the two and noticed the differences and the similarities. This led the way into our hammers and nails and the opportunity to hammer the nails into squash.

October's theme delved into Africa and its culture and its animals. Our dramatic play area became a village in Africa, complete with hut with a grass roof. We were lucky enough to have clothing from Africa too. The kids took this further by making a boat, with paddles, so that they could fish for food. We made mud cloth, yes made with mud, and joined our squares

into a piece of art to hang up. Each square had symbols of Africa. Who doesn't like mud? We made drums that became rain sticks. This was a huge hit. We explored elephants and their body measurements. We read a book about elephants who paint and had to try painting with our mouths. It was not easy to paint with our mouths. We made lions, anteaters, a life size giraffe, hippos, zebra, gorillas, rhinos and ostriches. We ate foods from Africa like African Chicken Peanut Soup and African Chili. We also had the opportunity to try plantains. We made thumb pianos, tried weaving, made shields and masks. We also made tana gram animals too which brought in some different shapes. We made a topical map to learn about the different geography in Africa. This went into making our own African village maps. I love doing mapping with children. We had a visit from VINS (Vermont Institute of Natural Science) to explore the world of the earthworm. This was fabulous. Each child had their own nightcrawler and investigated its body as well as experimented with water, leaves and shade to see what the nightcrawler would prefer. This was complete with magnifying glasses to capture the hairs on the nightcrawler. This brought us to our own nightcrawler habitat. We feed these gentle creatures all winter and take them out to examine them throughout the

school year. We are hoping that they make babies!!

In November, we are moving into the human body. This has been a huge topic in our classroom so we had to move along in their interest. This is a rich unit of language and science. I can't wait to see where each of the children go with this topic.

Thank you all for coming to our ESI parent/ teacher conference. It is always exciting to tell you about the growth we see in the classroom!! I also want to thank you all for coming to our family breakfast. The kids absolutely loved showing you their classroom. 😊 Happy Fall!

*News from the
Practiced-based Coach/Child Development Services Specialist
Fran Lynggaard Hansen*

I can still remember how I felt the day my youngest started Preschool and that was thirty-one years ago! I remember it well, because it was hard for me to do. She attended a Montessori school where the teacher met me at the door. A shade covered the window and I wasn't allowed to come inside. I asked myself so many questions.....what happens in there? Is my daughter alright? Did she cry?

Sometimes it is more difficult for parents to let go of their children than it is for their children to let go of us. Worrying for our children,

especially during the current state of the world can be challenging.

If you feel similarly to how I felt when my daughter was three, I would first suggest that you take a moment to consider what exactly it is that you **are** feeling.

Could it be worry? If that is the case, what is the nature of that worry? What exactly are you worried about for your child?

Could it be anxiety? If that is the case, what is the cause of your anxiety? Can you name it specifically?

Could it be sadness? With my youngest, I felt somehow that she was growing up so fast that having her at preschool was making me miss being with her all the more.

After you've identified what you are feeling, please share your feelings with your child's teacher. We're here to help! It's fine to tell us, "I'm feeling anxious today because my son has a cold. Would you please call me if he isn't feeling any better by 10:00?"

Perhaps you've determined that you are worried that your child will cry after you've left the school grounds. Please tell the teacher. She can send you a picture of your child after you've left to reassure you that all is well.

Anxiety and worry are "catching" like a cold. When our children feel

our own nervousness and anxiety they can "catch" it too. Instead of troubling my three-year-old with my experience, I put on a brave face and focused on **her** experience and how much fun **she** was going to have. Those discussions boosted her confidence, instead of weighing her down with my emotions.

Parenting is tough enough, without having to do it alone. At school each classroom has two or three teachers, and a family partner. All of these people are here to help both you and your child though whatever issues you bring to our door. We welcome you, empathize with you, and want to help you. Do let us know how best we can serve your needs.

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Fall! The children are settling in to the routines 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!

News from the Family/Community/Mental Health Services Manager

Barbara Vandenburg

**Do you or someone you know struggle to pay for heat?
Help may be available.**

SEASONAL FUEL ASSISTANCE

This program helps income-eligible homeowners and renters pay for heat. Funded through the federal Low Income Home Energy Assistance Program (LIHEAP), the average fuel benefit is expected to be around \$1,500 this year – enough to cover almost all of a household's seasonal fuel bills. Renters: You may qualify even if heat is included in your rent. Participation may also increase monthly 3SquaresVT benefits. To apply contact the Vermont Department of Children and Families' Economic Services Division Office nearest you, online at <http://dcf.vermont.gov/benefits/fuel-assistance>, or by calling **800-479-6151**. Older Vermonters can also call the Senior Helpline for assistance at **800-642-5119**.

UTILITY ASSISTANCE

Green Mountain Power and Vermont Gas have programs to help low-income Vermonters heat and light their homes in the winter. To apply, call **800-775-0516** or visit www.energyhelp.vt.gov.

EMERGENCY/GENERAL ASSISTANCE

This program may help if you do not have enough money to meet an emergency heating, housing, medical, personal, or burial need. Visit <https://dcf.vermont.gov/benefits/EA-GA> or call **800-479-6151** or **2-1-1** for information, including how to apply.

CRISIS FUEL ASSISTANCE

If you are low on fuel and cannot afford more, crisis fuel assistance may be able to help. This program can also pay to repair or replace furnaces and fuel tanks and help you negotiate a payment plan. To apply, contact your local Community Action Agency, which can be found by visiting <https://dcf.vermont.gov/partners/caps> or calling **800-479-6151**.

WARMTH PROGRAM

This program helps Vermont families pay for fuel and utility bills not covered by seasonal or crisis fuel assistance. It also offers financial counseling and assistance in applying for other programs like 3SquaresVT and home weatherization. To apply, contact your local Community Action Agency, which can be found by visiting <https://dcf.vermont.gov/partners/caps> or calling **800-479-6151**.

HOMEOWNER & RENTER ASSISTANCE

Some Vermonters may qualify for help with utility bills through two federally-funded housing assistance programs. Homeowners can get more information about the Vermont Homeowner Assistance Program by visiting <https://vermonthap.vhfa.org/> or by calling **833-221-4208**. Renters can go to <https://erap.vsha.org/> or call **833-488-3727** for information about the Vermont Emergency Rental Assistance Program.

Income guidelines and other eligibility criteria apply.

Family Partners will be contacting families to make arrangements for Home Visits this month. This is a great opportunity for families to share their family plans and inquire about any resources or referrals you may need!

News from the Health and Nutrition Manager

Heather Frye

Healthy Food Shopping

Parents try to serve their kids a variety of healthy foods, and going to the grocery store is an important step in this process. The items we put in our shopping carts week after week can boost kids' health — and give them a positive attitude toward nutritious food.

But those tempting displays of tasty snacks and fruity drinks can make it easy to end up with a cart overloaded with stuff that doesn't offer much nutritional punch.

These tips can help you keep the focus on healthy options:

Make a List

A list can keep you on track — especially if you base it on a meal plan for the week. Focus your week's menus on wholesome, nutritious ingredients such as fresh and frozen fruits and vegetables, lean meats and poultry, fresh fish, whole grains, and low-fat dairy products.

When feeding your family, keep these guidelines in mind:

Serve vegetables and fruits every day.

Limit juice intake.

Use vegetable oils (especially ones high in monounsaturated fat such as olive and canola) and soft margarine low in saturated fat and trans-fatty acids instead of butter, shortening, or most other animal fats.

Serve whole-grain rather than refined-grain breads, cereals, pasta, and rice products.

Restrict sugar-sweetened beverages and foods.

Use nonfat or low-fat milk and dairy products daily.

Serve more fish, especially oily fish that is broiled or baked.

Reduce salt.

Other Healthy Options

OK, fruits and veggies are on your shopping list. What else? Consider adding these staples:

Meats and beans: Fish (fresh and frozen, also canned light tuna and salmon); lean chicken and turkey (no skin); lean hamburger and beef; pork chops. Non-meat choices include soy products, dried beans, nuts and seeds.

Grains and cereals: Whole-grain bread, tortillas, pasta, cereals, oatmeal, brown rice, bulghar (cracked wheat), barley, and quinoa.

Dairy and eggs: Low-fat or nonfat dairy products, including milk, yogurt, cheese, and calcium-fortified soy milk.

Follow a Healthy Path in the Store

* If you shop in a grocery store, focus your shopping on the store's outer aisles. These usually contain the healthiest foods — produce, dairy products, and fresh meat and fish.

*Next, move to the inner aisles, where you'll find important items like canned and frozen fruits and vegetables, cereals, sauces, and baking supplies. But those inner aisles also contain more expensive and less healthy prepared foods and snacks. By visiting the inner aisles later in your shopping trip, you reduce the chances that you'll overdo it on snacks and processed foods.

*When possible, visit farmers' markets and produce stands in your area for the best that local growers have to offer. The recent growth in "farm-to-city" groups means that farmers bring their produce directly to you and that more produce stands are now open in local neighborhoods.

*Food co-ops are another good source of healthy food because these member-run organizations tend to buy organic or pesticide-free produce, and work with local growers to provide the freshest food possible. Health food and specialty stores also can be worth the extra trip to find a wider variety of foods and brands.

*Wherever you choose to shop, it pays to know the time of year that your favorite fruits and vegetables are in season. Buying in-season produce is often a bargain in taste and reduced price. But try not to buy more than you can use or store before it spoils.

*A good way to teach your kids about seasonal produce is by visiting a farm, orchard, or berry patch where they can pick the fresh goodies themselves.

Choosing and Storing Produce

When you don't pick it off the vine yourself, how do you know produce is fresh? From green beans to cantaloupe, all fruits and vegetables give hints about their ripeness and freshness:

- Choose vegetables that look fresh and colorful. Most should be crisp and firm. Don't buy vegetables such as green beans, for example, if they're limp or showing signs of decay.
- When choosing fruits, avoid bruised pieces, but remember that a perfect exterior doesn't necessarily mean the best quality. The best cantaloupe, for example, will have a yellowish cast and may be misshapen, but it will smell pleasantly sweet.

Careful storage means that [fresh produce](#) will last longer. Some vegetables will keep in the refrigerator for 2 to 5 days; others, including cabbage and root vegetables, like carrots, will keep even longer. Store potatoes and onions in a cool, dark place for maximum freshness.

Frozen and Canned Fruits and Veggies

Fresh produce is delicious, but frozen and canned fruits and vegetables are convenient. Spoilage is much less of a concern, and high-quality brands will rival fresh produce when it comes to taste and nutrition. One study found that dishes prepared with canned ingredients were just as appealing as ones that contained fresh or frozen produce.

Whether frozen or canned, you'll want to check the label to see what you're buying. Some frozen vegetables, for instance, are packaged with extra salt and fat. Instead, choose products without any sauces or additives. With canned fruits, look for varieties that pack the fruit in juice, not syrup.

And just as you wouldn't buy fruit that's bruised, don't buy a package of frozen vegetables if the bag is ripped or the box is soggy or torn. With canned products, watch out for any can that has a large dent, a swollen appearance, or is leaking.

Make Room for a Treat

*As you focus on a healthy lifestyle for your family, you might be tempted to ban snacks and treats. But completely eliminating sweets and favorite snacks can backfire — if kids feel deprived, they might overeat off-limits foods when they're not home.

*Instead of taking a hard line or completely giving in, aim for moderation. Try not to talk about "bad foods," and let your kids choose an occasional treat at the grocery store or at home. A child who likes chips and dip, for instance, could choose a lower-fat bag of chips and a jar of salsa at the store. Then when you get home — olé! Put out small bowls of chips and salsa and it's snacktime!

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: November 2014

Mango Smoothie Bowl

Ingredients:

25 oz. Low Fat Greek Yogurt

20 oz. Frozen Diced Mango

1 TBS Agave Syrup

$\frac{1}{2}$ TBS Vanilla



Directions:

Place yogurt in a bowl, cover and refrigerate.

Drain Mangoes in a colander for 30 minutes to an hour.

Pour Mangoes into a food processor, purée on medium speed until mangoes have a smooth consistency. **DO NOT OVERMIX**

Pour Mangoes over yogurt, stir well.

Add agave syrup and Vanilla Extract. Stir well.

Serve chilled



November 7th is daylight savings.

Remember to set your clocks back 1 hour before you go to bed on the 6th.

Remember to change your smoke detector's batteries too!



Birthday News for November



Chester Community Preschool
CCP1-Jasper D. 11/9, Payton L. 11/8
CCP2- Nora O. 11/20

Pine Street Preschool
Daisy- Phoenix D-M. 11/29 and Ciaran L.
11/26
Willow- Milo D. 11/26 and Adalyn T. 11/21

Children's Place Preschool
No Birthdays
Northwood's Preschool
Zeven L. 11/4

Staff
The Children's Place Teacher – Susan B.
11/17

Monday

Tuesday

Wednesday

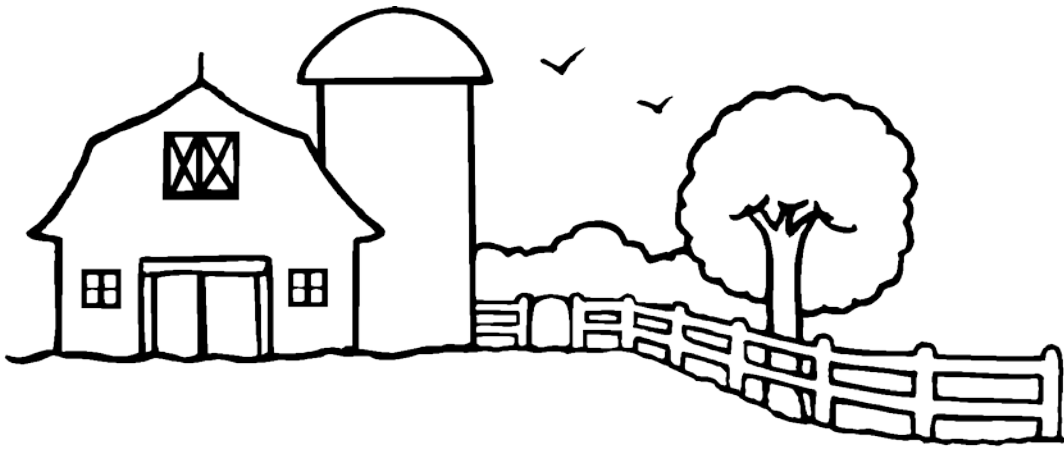
Thursday

Friday

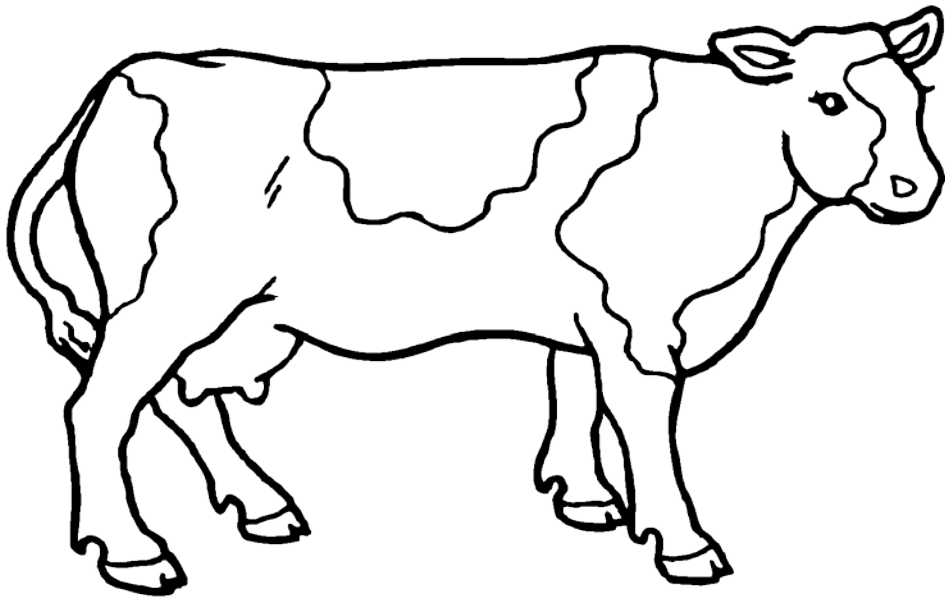
	<p>1 Breakfast Whole Wheat Toast Burst of Blueberries 1% unflavored milk Lunch Turkey Tacos Pineapple 1% unflavored milk Snack Crazy Carrot Sticks Wheat Thins</p>	<p>2 Breakfast Banana Bread Squares Pears 1% unflavored milk Lunch Chic' Penne Brussel Sprouts Grape Halves 1% unflavored milk Snack Veggiwiches (cucumber slices with ham and cheese in between) Greek Yogurt Ranch Dip 1% unflavored milk</p>	<p>3 Breakfast Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk Lunch Turkey and Noodles Whole Wheat Roll Strawberry Spinach Salad Mangos 1% unflavored milk Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>4 Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk Lunch Egg Salad on Whole Wheat Crackers Broccoli Bites Honey Dew 1% unflavored milk Snack Tootie Fruitie Salad Rice Cakes</p>
<p>7 Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>8 Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk Snack Graham Cracker Yogurt</p>	<p>9 Breakfast Breakfast Burrito with Salsa Peaches 1% unflavored milk Lunch Beef Vegetable Soup Baking Powder Biscuit Pears 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>10 Breakfast Whole Wheat Toast with Peanut Butter Honey Dew 1% unflavored milk Lunch Chicken Fajitas Cauliflower Strawberries 1% unflavored milk Snack Sam-I-Am Eggs (devised eggs) Pepper slices</p>	<p>11 CLOSED</p>
<p>14 Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Kale Chips Whole Wheat Crackers</p>	<p>15 Breakfast Mango Smoothie Bowl 1% unflavored milk Lunch Pizza with Ground Turkey Pizza Green Beans Grape Halves 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>16 Breakfast Scrambled Eggs Blueberries 1% unflavored milk Lunch Sloppy Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk Snack Whole Wheat Goldfish Pepper Slices</p>	<p>17 Breakfast Oatmeal Mixed Fruit 1% unflavored milk Lunch Oodles of Noodles Turkey Rolls Perfect Pineapple 1% unflavored milk Snack Cottage Cheese Celery Sticks</p>	<p>18 CLOSED</p>
<p>21 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Tropical Bean Salad Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>22 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch Vegetable Chili Boat Cheddar Cheese Chunks Whole Wheat Roll Grapes 1% unflavored milk Snack Strawberries 1% unflavored milk</p>	<p>23 CLOSED</p>	<p>24 CLOSED</p>	<p>25 CLOSED</p>
<p>28 Breakfast Cold Cereal Cottage Cheese Peaches 1% unflavored milk Lunch Ham & Cheese on Whole Wheat Bread Romaine Lettuce/Tomato Wonderful Watermelon 1% unflavored milk Snack Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>	<p>29 Breakfast Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk Lunch Greek Chicken Whole Wheat Pita Greek Chopped Salad Honey Dew 1% unflavored milk Snack Apple "cookies" (apple slices topped with peanut butter & diced strawberries) 1% unflavored milk</p>	<p>30 Breakfast Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk Lunch Turkey MeatLoaf Whole Wheat Roll Mexican Corn Salad Pineapples 1% unflavored milk Snack Whole Wheat Crackers Cheddar Cheese Chunks</p>	<p>This institution is an equal opportunity provider.</p> <p>Menu Subject to change</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider.	<p>1</p> <p>Breakfast Whole Wheat Toast Burst of Blueberries 1% unflavored milk</p> <p>Lunch Turkey Tacos Pineapple 1% unflavored milk</p> <p>Snack Crazy Carrot Sticks Wheat Thins</p>	<p>2</p> <p>Breakfast Banana Bread Squares Pears 1% unflavored milk</p> <p>Lunch Chicken Salad with Whole Wheat Crackers Snap Peas Grape Halves 1% unflavored milk</p> <p>Snack Veggiwiches (cucumber slices with ham and cheese in between) with Ranch 1% unflavored milk</p>	<p>3</p> <p>Breakfast Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk</p> <p>Lunch Tuna Salad on Whole Wheat Bread Strawberry Spinach Salad Mangos 1% unflavored milk</p> <p>Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>4</p> <p>Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk</p> <p>Lunch Egg Salad on Whole Wheat Pita Broccoli Trees Honey Dew 1% unflavored milk</p> <p>Snack Tootie Fruitie Salad Rice Cakes</p>
	<p>7</p> <p>Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk</p> <p>Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk</p> <p>Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>8</p> <p>Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk</p> <p>Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk</p> <p>Snack Graham Cracker Yogurt</p>	<p>9</p> <p>Breakfast Whole Wheat Pancakes Peaches 1% unflavored milk</p> <p>Lunch Beef Vegetable Soup Whole Wheat Roll Pears 1% unflavored milk</p> <p>Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>10</p> <p>Breakfast Yogurt Cereal Honey Dew 1% unflavored milk</p> <p>Lunch Chicken Fajitas Cauliflower Strawberries 1% unflavored milk</p> <p>Snack Rice Cakes Pepper slices</p>
<p>14</p> <p>Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk</p> <p>Lunch Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk</p> <p>Snack Cantaloupe Whole Wheat Crackers</p>	<p>15</p> <p>Breakfast Mango Smoothie Bowl 1% unflavored milk</p> <p>Lunch Macaroni & Cheese Ham Chunks Green Beans Grape Halves 1% unflavored milk</p> <p>Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>16</p> <p>Breakfast Scrambled Eggs Blueberries 1% unflavored milk</p> <p>Lunch Stoppo Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk</p> <p>Snack Whole Wheat Goldfish Pepper Slices</p>	<p>17</p> <p>Breakfast Oatmeal Mixed Fruit 1% unflavored milk</p> <p>Lunch Turkey Rolls Cottage Cheese Perfect Pineapple 1% unflavored milk</p> <p>Snack Grape Halves Celery Sticks</p>	<p>18</p> <p>CLOSED</p>
<p>21</p> <p>Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk</p> <p>Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Cauliflower Pineapple 1% unflavored milk</p> <p>Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>22</p> <p>Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk</p> <p>Lunch "Lunchables" (cheese, deli meat, whole wheat crackers) Carrot Sticks Grape Halves 1% unflavored milk</p> <p>Snack Strawberries 1% unflavored milk</p>	<p>23</p> <p>CLOSED</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>
<p>28</p> <p>Breakfast Cold Cereal Cottage Cheese Peaches 1% unflavored milk</p> <p>Lunch Ham & Cheese on Whole Wheat Bread Romaine Lettuce/Tomato Wonderful Watermelon 1% unflavored milk</p> <p>Snack Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>	<p>29</p> <p>Breakfast Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk</p> <p>Lunch Chicken Salad on Whole Wheat Pita Greek Chopped Salad Honey Dew 1% unflavored milk</p> <p>Snack Apple "cookies" (apple slices topped with peanut butter & diced strawberries) 1% unflavored milk</p>	<p>30</p> <p>Breakfast Hard Boiled Eggs Applesauce 1% unflavored milk</p> <p>Lunch Turkey, Spinach & Cheese on Whole Wheat Wrap Cucumber Sticks Pineapples 1% unflavored milk</p> <p>Snack Make your Own Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>		<p>Menu Subject to Change</p>

Dairy



- 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!



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!