



Program Updates

Oct/Nov 2016



October 2016

Breast Cancer

Awareness Month

Days to Remember...

1 - Mail In/Submit Your Claim

3 - World Smile Day

5 - Do something nice day

10 - Columbus Day

31 - HALLOWEEN

November 2016



Days to Remember...

1 - Mail In/Submit Your Claim

2 - Cookie Monster Day

8 - Election Day

11 - Veterans Day!

18 - Mickey Mouse Day

24 - THANKSGIVING

Remember..

- Remember: when children are out of school, to let us know by either writing it on their CIF or clicking the school out box. Do the same thing when school age children are served am snack and/or lunch on school days and on early out days!!!
- REMEMBER if you claim on-line to check your claim error report by the 10th of each month. We send you an email and a message on minute menu on the 6th of each month to remind you to do this. You are responsible to check your claim error report and let the office know if you have concerns!!! After the claim has been submitted it is too late!
- Remember: You shouldn't be serving hi-fat foods or dessert items more than 2 times per week
- Remember Thanksgiving is a day you cannot claim
- If you are closed; you need to call the office
- Menus need to be posted for parents to see!!

IT'S HARD TO SAY GOOD-BYE!

It's sad for us to report that we have both decided to take early retirement. We have loved getting to know each of you and appreciate all you do in caring for children. You guys are amazing and we have enjoyed working with you. Thanks for the friendship, thank you for the smiles, thank you for the support. How lucky we are to have something that makes saying good bye so hard. Hopefully this isn't good-bye forever. You have made an impact on our lives and we appreciate all of you.

This doesn't mean the program is ending it means that there will be a new Director and Monitor. Exact dates still to be determined, but it will be by the end of December 2016.

*jeanie
sonja*



This Institution is an equal opportunity provider.

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este numero para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.



SEE YOU LATER, ALLIGATOR!
AFTER A WHILE, CROCODILE
GOTTA GO, BUFFALO!



BE SWEET, PARAKEET!
TAKE CARE, POLAR BEAR!
IN A SHAKE, GARTER SNAKE!



HIT THE ROAD, HAPPY TOAD!
CAN'T STAY, BLUE JAY!
BYE-BYE, BUTTERFLY!



GIVE A HUG, LADYBUG!
TOODLE-LOO, KANGAROO
TIME TO SCOOT, LITTLE NEWT!



TIL THEN, PENGUIN!

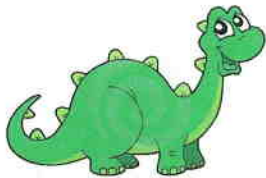
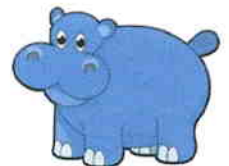
ADIOS, HIPPOS!
HASTA MANANA, IGUANA!



GIVE A KISS, GOLDFISH!
GET IN LINE, PORCUPINE!

OUT THE DOOR, DINOSAUR!

SO GOOD-BYE, OUR DEAR FRIENDS!
OUR TIME TOGETHER NOW ENDS!



Jamie

Sonja



H, A, L, L, O, W, E, E, N,

With Halloween upon us, please keep in mind, a lot of little people will be visiting your home. Be accepting.

- The child who is grabbing more than one piece of candy may have poor fine motor skills.
- The child who takes forever to pick out one piece of candy may have motor planning issues.
- The child who does not say trick or treat or thank you may be non-verbal.
- The child who looks disappointed when they see your bowl might have an allergy or is diabetic.
- The child who isn't wearing a costume at all might have a sensory issue (SPD) or autism.

Be nice.
Be patient.

Its everyone's Halloween

TRICK
OR
TREAT

AUTUMN FUN

AUTUMN TREE

What you need:

- ✓ Crayons
- ✓ Sponges to paint with
- ✓ Washable paint-fall colors
- ✓ Large sheet of paper or a piece of paper for each child

What to do:

Use crayons to draw the trunk and branches of a tree. Dip sponges in washable tempera paint. Paint the leaves on the tree with sponges.



CREATIVE RUBBINGS

- Give each child a piece of paper and several crayons. Take a walk outside.
- Demonstrate to the children how to hold the paper firmly on a textured surface and rub over the paper with the side of the crayon. Turn the paper in various directions to create an interesting design.
- Rub over grates, blacktop, tree bark, brick, etc. Mount the finished rubbings on construction paper.



Autumn Magic

Poem

Can you make green turn each Fall
To red, yellow, and brown?
Autumn can,
Can you touch a pretty leaf
And make it tumble down?
Autumn can.
Now if this is what no one believes,
Just take a look at Autumn Leaves



Mr. Oak Tree

Finger play

Sung to tune of "Where is
Thumbkin?"

Mr. Oak Tree- Hold your arms above your
head and sway

Mr. Oak Tree, Leaves float down-
Extend hands over head and flutter down

To the ground

Acorns dropping plip-clap plop-clap!

Squirrels a scamp'ring - hip, hop!

All around-move hands in front of yourself
from left to right

On the ground



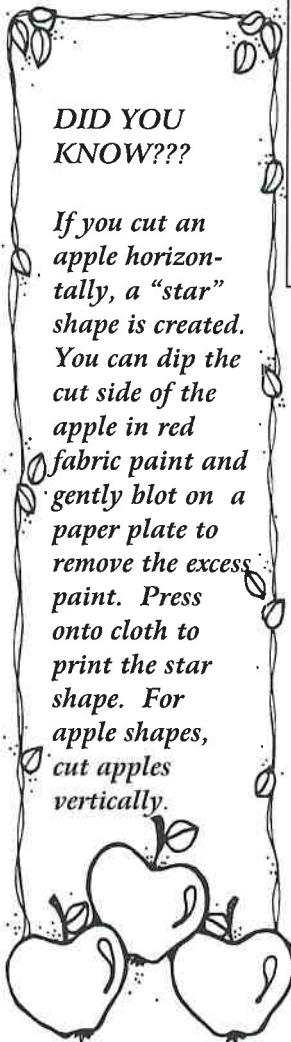
ACTIVITY IDEAS



Five Little Pilgrims

Five little pilgrims on Thanksgiving Day
The first one said, "I'll have cake if I may"
The second one said, "I'll have turkey roasted."
The third one said, "I'll have chestnuts
toasted"
The fourth one said, "I'll have pumpkin pie"
The fifth one said, "Oh, cranberries I spy"

But before they ate any turkey and dressing,
All of the pilgrims said a Thanksgiving blessing.



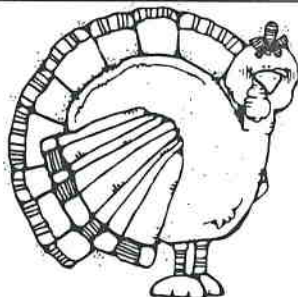
DID YOU KNOW???

If you cut an apple horizontally, a "star" shape is created. You can dip the cut side of the apple in red fabric paint and gently blot on a paper plate to remove the excess paint. Press onto cloth to print the star shape. For apple shapes, cut apples vertically.

The Turkey is a Silly Bird
His Head goes Wobble
Wobble

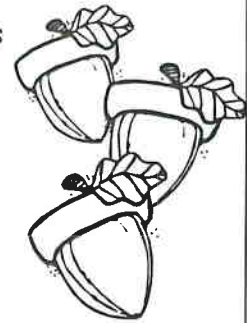
All he says is just one
word:

Gobble, Gobble, Gobble



Mr. Oak Tree

Finger Play: Sung to
the tune of "Where is
Thumbkin"



Mr. Oak Tree-(Hold
your arms above your
head and sway)

Mr. Oak Tree,
Leaves float down-
(Extend hands over
head and flutter down
To the ground)

Acorns dropping plip (clap) plopl (clap)

Squirrels a scarp'ring-hip, hop

All around (move hands in front of your-
self from left to right)

On the ground

Do You Know the Apple Man

Sung to: "The Muffin Man"

Oh, do you know the Apple Man,

The Apple Man

The Apple Man

Oh, do you know the Apple Man

Who Likes to play with me?

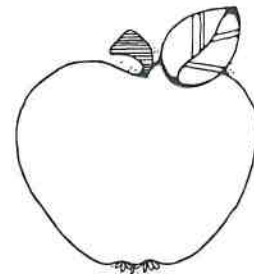
Oh, he has a great big smile,

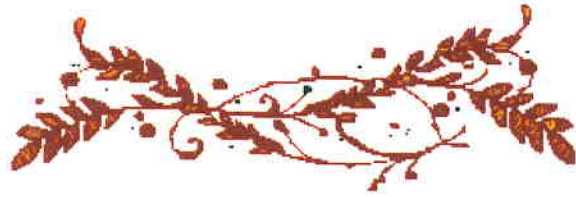
A great big smile,

A great big smile.

Oh, he has a great big smile

And likes to play with me.

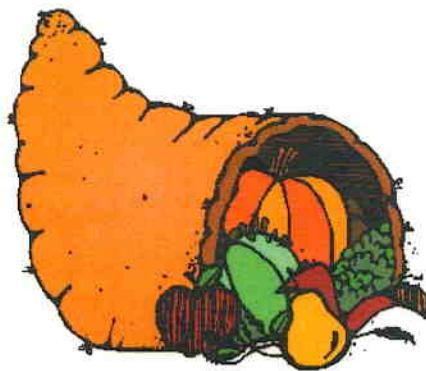




Instilling Gratitude in Children

During the month of November when we think about giving thanks, here are some ideas to help instill gratitude in the children in your care:

- Make a gratitude mural. Hang a large piece of paper on the wall and have the children draw or paint pictures of the people and things in their life they are thankful for.
- Talk about the difference between wants and needs. Have children make a list of what they want (e.g. toys, video games) and what they need (clothes, food).
- Read 'The Coat' by Connie Korda—a book about the importance of recycling winter coats for children in need as told through the eyes of a coat—then hold a warm clothing drive to collect gently worn coats, jackets, scarves, mittens, and hats. Deliver the collection to a homeless shelter, youth shelter, or women's and children's shelter.
- Discuss what it would feel like to not have enough food.
- Send thank you letters to soldiers to show appreciation for their sacrifice so we have freedom. For a list of soldiers and other ways you can show appreciation go to: www.amillionthanks.org Or even send letters to your local police department or fire department.
- Going without something often times make children (and adults) aware of what they are thankful for but take for granted. Stage an exercise of sacrifice by going without something for a period of time, such as lights on an overcast day, television, or a favorite toy or daily activity.
- Talk about the best parts of the day. Keep a gratitude journal.
- Say "Thank You" Teach young children to say "thank you" as part of a full sentence, for example, "Thank you, teacher, for making lunch" Encourage them to to say thank you throughout the day.
- Lead by example. Not only by saying thank you to the children, but also letting them know what you are thankful for that day.

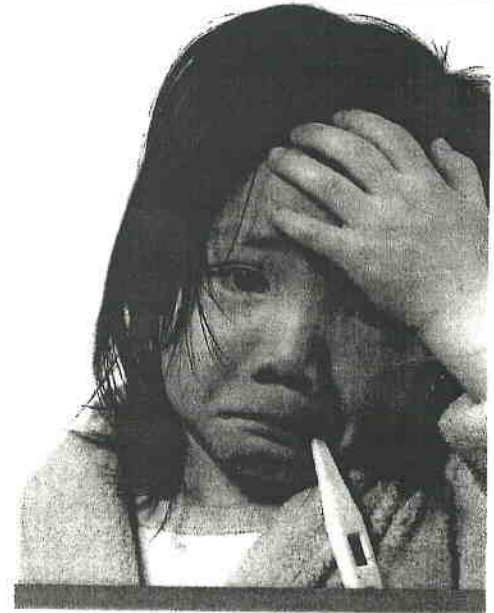


Keep Children Protected this Flu Season

Typically, the flu season kicks off each fall in October, peaking during the winter, and ending the following spring. Flu, also called influenza, is a contagious and potentially serious disease that can lead to complications and even death. Each year, more than 200,000 Americans are hospitalized due to the flu, and 36,000 die from associated complications.

This flu season, there is a new and very different virus spreading among people called novel (new) H1N1 flu. It may cause more illnesses and more severe illnesses than usual. Below are tips from the Centers for Disease Control and Prevention (CDC) to help prevent the spread of flu in your child care home, to help you know what to do if a child gets ill, and resources for learning more.

- Flu symptoms include fever, cough, sore throat, runny/stuffy nose, body ache, headache, chills, fatigue, and sometimes diarrhea and/or vomiting.
- CDC recommends that children and providers should get the seasonal flu vaccine and the novel H1N1 vaccine NOW if they haven't done so already. The seasonal flu vaccine does not protect against the novel H1N1 virus, so just getting the seasonal flu vaccine isn't enough to be protected this flu season.
- Wash hands often with soap and water (or alcohol-based hand sanitizer), especially after coughing, sneezing, or blowing your nose. Remind children and parents/guardians of this often. For more information about handwashing, go to www.cdc.gov/cleanhands.
- Cover your nose and mouth with a tissue when coughing or sneezing, and throw the tissue away. Or, cough/sneeze into your shirtsleeve or crook of your elbow if a tissue isn't available. As with handwashing, remind children and parents often about "respiratory etiquette." For more information about respiratory etiquette, go to www.cdc.gov/flu/protect/covercough.htm.
- Avoid touching eyes, nose, and mouth—these are where germs enter the body.
- Children and staff who are sick should stay home for at least 24 hours after fever is gone without the use of fever-reducing medicine. Review and revise your sick policies and update parents/guardians and staff. Remind parents/guardians and staff often of your sick policies.
- Post educational materials where parents are sure to see them. Free resources that you can download and print from your home or local library's computer are available on the CDC's web site at www.cdc.gov/flu/freeresources/index.htm.



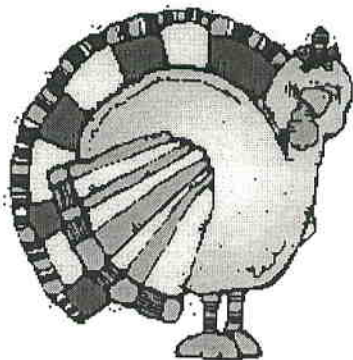
- If children or staff develop flu-like symptoms while in your care, separate them from others (but make sure children are supervised) until they can go home.
- Don't share cups or utensils.
- Routinely clean areas, items, and surfaces in your child care home that are frequently in contact with hands, mouths, and bodily fluid.
- Watch for emergency warning signs in children that need urgent medical attention—fast breathing, trouble breathing; bluish or gray skin color; not drinking enough fluids; severe or persistent vomiting; not waking up or not interacting; being so irritable that child doesn't want to be held; flu-like symptoms that improve but then return with fever and worse cough. ■

Source:
Centers for Disease Control and Prevention

Flu Friendly Foods

It's hard to know what to feed children when they are sick. The top priority is to make sure they stay hydrated, and to avoid foods and beverages that may heighten their symptoms. Health experts recommend serving foods that are low in sodium and sugar, such as crackers, rice, yogurt, and noodle; avoiding spicy and fried foods; and serving foods that have a high water content, such as fruit and low-sodium soup. Best beverage options include ice chips and rehydration solutions, such as Pedialyte. Sports drinks and apple juice are not recommended as they are high in sugar. Consult a health professional for specific recommendations.





Turkey Isn't Just for Thanksgiving

Think of a turkey and you're likely to think of a holiday meal—but turkeys ease of preparation, nutritional value, and delicious taste makes it a favorite year round. From thighs to breasts to wings, the different parts of a turkey can be used in a variety of recipes from other parts of the world, such as those below.

Despite the name, turkey has no direct relation to the country of Turkey—turkeys are native to North America.

Although dark meat has a more intense flavor than white meat, it is a little higher in fat and calories. All turkey meat is high in lean protein and a good source of zinc, iron, phosphorous, potassium, and B vitamins. A 15-pound turkey consists of approximately 70% white meat and 30% dark meat.

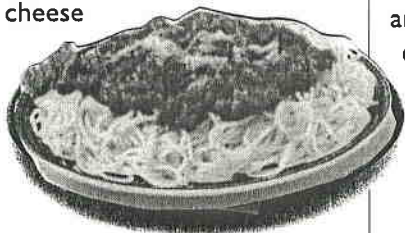
The five most popular ways to serve leftover turkey from a holiday feast are as a sandwich and in soup, stew, chili, and casseroles.

Save the bones of a cooked whole turkey to flavor homemade broth—and if you don't have time to make the broth right away, the bones can be frozen in an airtight container and used later.

Italian Finely Chopped Turkey Spaghetti Sauce

- 1 pound finely chopped turkey
- 2 cups chopped onion
- 1 teaspoon minced garlic
- 1 teaspoon Italian seasoning
- 1 teaspoon ground black pepper
- 3 cups prepared spaghetti sauce

In a non-stick skillet over medium-high heat, sauté chopped turkey, onion, garlic, Italian seasoning, and pepper for 8-10 minutes. Add spaghetti sauce; reduce heat and simmer 15 minutes, stirring occasionally. Serve over cooked spaghetti, farfalle, bow-tie pasta, or other cooked pasta. Sprinkle with Parmesan cheese before serving.



Asian Turkey Salad

- 1/4 cup vegetable oil
- 2 teaspoons lime juice
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons sugar
- 2 teaspoons creamy peanut butter*
- 1 teaspoon minced garlic
- 3/4 pound cooked turkey breast, cut into strips
- 2 cups prepared coleslaw mix
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped green onions
- 1/4 cup chow mein noodles

In a bowl, combine vegetable oil, lime juice, soy sauce, sugar, peanut butter*, and garlic. Mix well; set aside. In another bowl, combine cooked turkey, coleslaw mix, cilantro, and green onions. Pour dressing over top of salad and toss to coat. Sprinkle with chow mein noodles just before serving.

*This food is a choking hazard for children under the age of 4 years.

Mexican Turkey Quesadillas

- 1 pound shredded turkey
- 8 8-inch whole wheat soft tortillas
- 2 cups shredded Monterey Jack cheese
- 1 cup diced green onions
- 1 cup diced tomatoes
- Sour cream (optional)
- Salsa (optional)

Heat shredded turkey in a non-stick skillet over medium heat until thoroughly cooked. Place one tortilla on a microwave-safe plate. Top with some of the shredded turkey, shredded cheese, onions, and tomatoes. Top with another tortilla. Microwave 1-2 minutes on high, or until cheese is melted. Repeat with remaining tortillas. Cut into wedges. Serve with sour cream and salsa for dipping.



Fast Fact Ninety-seven percent of Americans surveyed by the National Turkey Federation eat turkey at Thanksgiving.