

Family Newsletter-October 2024

Important Days in October:

October 1-Family Engagement day drop off activities

October 2-Policy Council Meeting

October 7-Early Release for Extended Day

October 9-Librarian Visit

October 10 & 11-Rosh Hashanah Celebration

October 14-No School-Indigenous Peoples Day

October 18-Fall Festival

October 22-Open Air Market

October 25-Parent Meeting

October 28-Center is closed for Professional Development Day

Family Engagement

We are planning our Fall Festival on Friday, October 18th.

Family and Friends Event will be in November.

Send your ideas and suggestions to forooz@communitiesunitedinc.org.

We will incorporate your ideas in the plans and bring it up in the parent meeting.

A note from Forooz

We are welcoming new and returning children. We currently have 12 children in PreK, 14 Children in Preschool, and 8 Children in the Toddler Room. We love them all and they are doing so well.

To celebrate the beginning of school, we had a very exciting Back to School Party for families and children. We made art activities to take home and children were happy to make flags of their country and place it on the map. We also had a lot of dancing and music outside on the playground. It was a great day! On October 18th, we have the Fall Festival. Each classroom will be sending information out to their families. Please look out for flyers and handouts from your teachers for all kinds of family engagement activities that we have.

Please remember to sign in before you take your child to the classroom and sign out before you pick them up. iPads are on the wall installed for your convenience. Remember the ID number that I gave you. Take a picture of the ID and keep it in your phone. Thank you for your cooperation.

Call, send an email, or stop by for any questions. We will be happy to see you and talk with you.



A note from Ms. Shachi

Transitions can be tricky for children. Young children are often the most impacted, especially when faced with new environments, routines, and interactions. They will often react to change by displaying challenging behaviors like throwing tantrums. Parents can help their children with a routine at home; have a conversation about school, be consistent with expectations, and get engaged in your child's classroom.

Classroom news

Classroom 2 Full Day Program, from 8:15 AM to 2:15 PM Monday through Friday.

In September we began with our "Welcome to School" unit where we talked about things like classroom and outdoor safety, and shared things about ourselves. We also learned about pedestrian and fire safety. We read the books "Llama Llama Misses Momma" & "Fire Drill" in September as well.

In October we will be talking about Fall and harvest. We will read the books "Let it Fall", "The Colors of Fall", and others. Students will learn about different seasons and will observe leaves changing colors. They will also mix colors like yellow and red, and learn about fall and its colors.

Thank you, Anahita, Vehanush and Fatiha



Classroom 3 Full Day Program, from 8:15 AM to 2:15 PM Monday through Friday.

During the month of September we learned all about school and our new friends. Our favorite song was "Finger Family". The children enjoyed making their family books. We also learned about being safe at the playground and crossing the street in the crosswalk and learned "Stop Look and Listen".

Our favorite book was "Llama Llama Misses Mamma" by Anna Dewey.

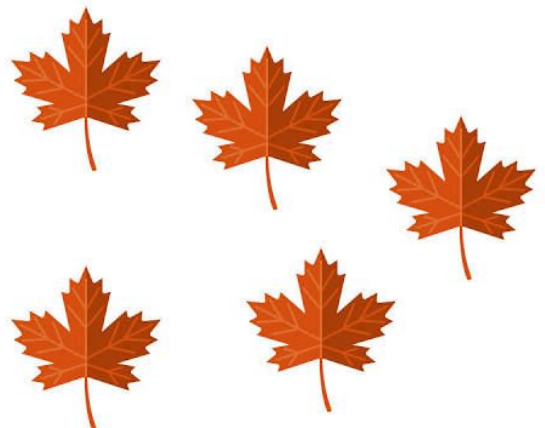
Next month we will be exploring all things about the Autumn Season. Lastly, the Literacy Challenge begins this month. We sent home pumpkins to write the books on; if you need more let us know.

Thanks, Jen and Carla



Classroom 4-Extended program

Can you believe it's October already? Children have adjusted very well to the classroom routines and making new friends. We talked about back to school, ourselves, our families, and safety. Children enjoyed singing "ABC Rock" and "Hurry Hurry Drive the Firetruck" songs. In October we will be studying Fall Harvest and colors. A couple of friendly reminders: We send home children's blankets to be washed every Friday and we ask you to please return them the following school day. October Family Engagement Activity: fall festival making wreaths with your children.



Healthy Eating



Cranberry Meatballs

Meatballs:

- ¾ cup shredded carrots*
- 2 tablespoons whole cranberry sauce
- 1 teaspoon garlic
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon dried parsley
- ¼ teaspoon white pepper
- 1.75 lbs 93% lean ground beef or ground turkey
- ½ cup almond flour or meal
- 1 egg



Sauce:

- ½ cup whole cranberry sauce
- 3 tablespoons Worcestershire sauce gluten-free
- 2 tablespoons coconut aminos
- 1 teaspoon apple cider vinegar
- 1 teaspoon molasses
- 1 tablespoon coconut sugar or brown sugar
- Optional garnish: 50 fresh cranberries and 2 tablespoons fresh or dried parsley

Instructions:

1. Preheat oven to 400F. Line it with aluminum foil and grease or use cooking spray.
2. Combine all meatball ingredients and use a cookie scoop to make 24 meatballs. (Yes, it may be a good idea to have a dishwasher-safe cookie scoop or two versions.)
3. Place meatballs one inch apart on cookie sheet. Once you put the cookie sheet in the oven you can start making the sauce.
4. Add all ingredients in a medium saucepan (big enough to add your meatballs to later on) and heat over low. Heat until bubbling then remove the pan from the heat, you don't want to burn the sugar in it!
5. Make sure the meatballs are firm to touch and reach an internal temperature of 165F. Once they are done, remove meatballs from the oven and let cool for 5 minutes. Add meatballs to the pan with sauce. Stir to coat and you are done!
6. Optional: Garnish by adding two fresh cranberries to each decorative toothpick and place in meatballs. Arrange on a plate or cookie sheet as desired. Sprinkle with fresh parsley.