



November 2016

Program of Excellence

Volume 4—Number-3

Children and Diabetes

Throughout the world, incidences of diabetes are on the rise, and consequently so is diabetes amongst children. Most children are affected by type 1 diabetes in childhood. However, the number of children and young adults affected by type 2 diabetes is beginning to rise, particularly in America.

Approximately 90% of young people with diabetes suffer from type 1 and the number of patients who are children varies from place to place.

A figure of 17 per 100,000 children developing diabetes each year has been reported. As metabolic syndrome, obesity and bad diets spread, so too have the

first incidences of type 2 diabetes, previously incredibly rare

The actual causes of the diabetic condition are little understood, in both children and adults. It is widely speculated that diabetes occurred when inherited genetic characteristics are triggered by environmental factors such as diet or exercise.

Many type 1 diabetic children do not have diabetes in their families however, so the exact cause remains a mystery.

Type 2 diabetes amongst children is usually caused by an extremely bad diet from a very young age, coupled with a sedentary lifestyle without exercise.

November is
**DIABETES
AWARENESS
MONTH!**



<http://www.diabetes.com.uk/children-and-diabetes.html>

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Important Dates to Remember



- ⇒ 11/08 Election Day 7am to 7pm VOTE!!
- ⇒ 11/09 Parent Meeting 2:00
- ⇒ 11/11 Veteran's Day No School
- ⇒ 11/15 Safety Town Fieldtrip (501 & 502)
- ⇒ 11/24-25: Thanksgiving Holiday No School

From Your CDS

Susan Vega

Child Development Specialist

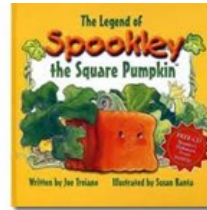
Children, Holidays and Behavior Problems

Parents want to make happy holiday memories with their children, but many holiday traditions are stressful for children. Holiday time usually means a complete change in a child's routine. School is out, and there is no predictable rhythm to the day. Meals, naps, and bedtime are all disrupted as relatives travel and gather together. Activities involve a lot of adult socializing and conversation, and sometimes outdoor weather can prevent needed movement and space for children to "let off steam."

Don't be surprised if children are having some difficulties with behavior during holiday celebrations. Even fairly placid and agreeable children can become cranky, weepy, withdrawn, argumentative, defiant, or aggressive due to the stress and changes associated with the holidays. Parents love to see children starry-eyed with excitement, but there is a fine line between healthy excitement and disruptive overstimulation. When that line is crossed and your child shows signs of "melting down," be prepared to intervene quickly to help your child calm down and get back in control.



Video Book of the Month



The Legend of Spookley the Square Pumpkin

By Joe Tronzo

Spookley the Pumpkin was different. All the other pumpkins teased him, until Spookley proved that being different can save the day!

<http://www.youtube.com/watch?v=Qo2BAoqxbdM>

PARENT & CHILD TOGETHER!

*Return your home activities to your child's teacher. You will receive two home activities each month.

*Read a book together with your child daily.

*Go for a walk & collect fallen leaves

*Draw or paint a fall picture with your child.



Parent to Parent News

Submitted by parent Yuliana Capo Rodriguez (401)

Turkey Muffins

1. Cut green and red apples into triangular strips for the feathers.
2. Insert into back of muffin in a red, green pattern.
3. Add the grape for the head and chocolate chips for eyes and slice of red apple for beak.



Table Top Turkey

1. Paint a cup brown.
2. Turn the cup upside down and glue large brown pompom on top for the head.
3. Cut nine 4 inch leaf shapes and glue to back of cup.
4. Fold a yellow triangle for the beak.
5. Cut a 2 inch square of red paper & fold in half, cut into heart shape for the waddle.
6. Glue beak and waddle to pompom.
7. Add googly eyes and display!



Classroom News



301 Ms. Ballou & Ms. Salyna
Happy Fall! This month, we are

going to be learning some fall colors, making some turkeys and working on shapes, letters, and numbers. We will be having our Male Involvement on November 18, 2016 @ 10:30. Hope to see you there!

302 Ms. Theresa & Ms. Mandy

Happy November!! We have been having a wonderful year. This month our class is learning about the weather and the seasons. In math we are focusing on counting in order and identifying numerals. In literacy we are focusing on the letters in our first name and using our finger to point to words from left to right when we read a story. Second step we are focusing on "caring and helping" and "we feel feelings in our body". Please remember there will be two new homework assignments going out and we want to have 100% turned in so everyone's name will be on our homework board! If you have any questions about upcoming events please check for blue folders or papers in back packs, or speak with Ms. Theresa or Ms. Mandy.

401 Ms. Ericka & Ms. Olena

In the month of November, our class will be working on letters L, F, A, T, Y. We will continue working with second step which contains lots of social emotional skills to help the children. We will be discussing fall and how it is different from the other seasons, and also we will be doing in class conferences. Please make sure your child has a set of clothes in their cubby that is suitable for the weather

outside. We thank you for everything you do.

402 Ms. Maggie & Ms. Natalie

This month we will be focusing on Fall season. We will be learning about the letters O, L, F, A and T. On November 23 @ 10:30 am we will have our Parent Involvement Activity. Parents, it is very important to complete the home activities that are sent home. The weather is changing, so please send a jacket with your child. We go outside at 9:40 and it is still chilly in the morning. We will be sending Scholastic book orders home. If you would like to purchase any books please come see Ms. Maggie or Ms. Natalie. Be on the lookout for our fieldtrip flyer. We will be going to Safety Town on December 2nd.

**501 Ms. Samantha
& Ms. Jackie**

During the month of November, our themes will be: Fall is Fun, A is for Apple and The colors of Fall. We will have a new color, shape and letter every week. We will continue to learn about our feelings, expanding vocabulary and the importance of exercising and make good nutritional food choices to keep our bodies and minds healthy. We want to say "Thank You" To all the parents that participated in our All Pro Dad Pumpkin Carving. You are awesome!

502 Ms. Jeannie & Ms. T

During the month of November we will be talking about different

themes: Fall is Fun (letter O), A is for Apple (letter A) and The colors of Fall (letter Y). Our color for the month is Orange and our shape is triangle. Our Male involvement will be November 18th 1:30 in our classroom.

A BIG "Thank you!" To all the parents that participated in our All Pro Dad Pumpkin Carving.

601 Ms. Costa & Ms. Brittany

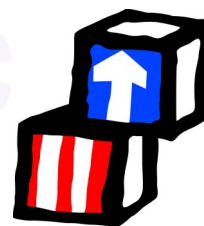
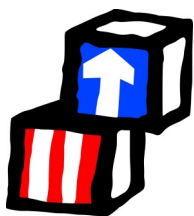
During the month of November we will be talking about Autumn and all the beautiful colors that we can appreciate during this season. Please feel free to bring in pinecones, different color leaves or any other items that identifies this season for the children to explore. We are going to work with the letters A, O and Y. This month we will be having Parent-Teacher Conferences. Please make sure your child has a change of clothes in the classroom. We want to say Thank You to all the parents that participated in our All Pro Dad Pumpkin Carving and that went with us to our Pumpkin Patch Field trip. Please don't forget to sign and turn in the Educational Home Activities before the end of each month, Thanks.

601 Ms. Shelley & Ms. Wanda

In November, we will learn about the four seasons and how they are alike and different. We will talk about the importance of showing gratitude to those who care for us and help us. We will learn about different weather conditions and their causes. In Second Step, we will learn that people can have different feelings about different situations. Finally, we will continue to learn about ways to keep our bodies healthy through good food choices and exercise. Thank you for all of your continued support this school year!



News from your Family Advocates



We would like to thank our parents who attended our Parent Committee Meeting and Open House. We also hope that you enjoyed our Hispanic Heritage Celebration. Thank you to our volunteers providing us with so many tasty ethnic foods. A special thank you to our Folklore Dancers and to our teaching staff for working so hard on our skills demonstration! The children did an amazing job singing in Spanish!

Things to Remember

Don't forget to **call** if you are going to be absent (Family Advocate) or late (Teaching Team). The phone number for the center is 352-556-4800.

Room 301.....Ext. 2301
 Room 302.....Ext. 2302
 Room 401Ext. 2401
 Room 402.....Ext. 2402
 Room 501.....Ext. 2501
 Room 502.....Ext. 2502
 Room 601.....Ext. 2601
 Room 602.....Ext. 2602

CDS Susan VegaExt. 2105

The phone number for the Family Advocate's office in Brooksville is 352-556-4800 The extension for your advocate is:

301 and 302	Lynn Woerner	2203
401 and 402	Nitza Jerez	2204
501 and 502	Joanne Roth	2201
601	Joanne Roth	2201
602	Nitza Jerez	2204



Please reserve the disabled parking spaces for those with disabilities.



Please put litter in its place! Receptacles are located throughout the campus!

Hispanic Heritage Celebration



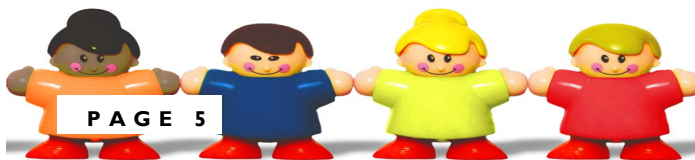
Arrive before 8:30....

Don't be late!!! Pick up at 2:30

***Please note** Extended Care children **MUST** be picked up by 5:30 PM!!

NO Exceptions!!

You **MUST** have a **Photo ID** to pick up your child



Policy Council Report

The October Policy Council Meeting was held on Thursday, October 27, 2016, at the Holiday Inn Express in Leesburg. This was a face to face meeting. Twenty one parents were present. Parents in attendance were the newly elected 2016 -17 Policy Council representatives. Ten staff members were present. Two community members were present. Policy Council Training was conducted by Head Start Director, Heidi Rand.

Election of 2016-17 Policy Council officers was held. The following officers were elected: Chairperson, Amanda Edwards – Hernando Center, Vice-Chairperson, Trevene Christian – Westside Center and Secretary, James Norton - Malloy Center.

The following reports were approved: Budget and Credit Card, Meals and Snacks and Attendance.

Review of updates to the Head Start Performance Standards was tabled due to limited time available for discussion.

The following persons were approved for hire:

Christine Barletta was approved for hire as a Full time Extended Day Teacher for EVEC.

Erika Brenes was approved for hire as a Teacher Assistant for Coleman.

Denise Thompson was approved for hire as a Disability Services Coordinator for Hernando, Sumter and Volusia Counties.

The next Policy Council meeting will be at 10am on Thursday, November 17, 2016. This meeting will be a video conference meeting. Volusia county representatives will meet in the conference room at the Volusia Administrative Office in Deland. Hernando and Sumter County representatives will meet in the conference room at the Hernando Center.



Parent/Male Involvement

As we prepare to enter our holiday season, remember the greatest gift our children need is time. You as parents are your child's first teacher. They trust you and as you get more involved in their education, you are sending them a message that school is important.

Please visit your child's classroom, get to know their teachers, build a relationship with the school and watch your child succeed simply because you are involved!

We started the school year with a Super-Dad breakfast and your support was awesome!

Next Super-Dad event coming in January.

You are GREAT! Your children are GREAT!

Our commitment is **School Readiness**: Helping your child to be ready.

Parent Advocate: Helping parents become a voice for your children!

That's **HEAD START!**

Luis Leon,

Family Engagement Coordinator, Head Start

352-754-2464 ext. 225



Star Parents

301: Hugh Outland, Julio Acevedo, and Shane Thomas for helping us carve the pumpkins.

302: We want to thank Maliyah's mom, Mariliz Lopez and Victoria's mom, Desiree Mercado for being our classroom representatives. I also want to thank Mykayla's mom Amanda Horner for donating pumpkins to our classroom to decorate and take home!

401: Alba Fox, Gabriel Horn, Yuliana Capo Rodriguez, Christy Rodgers

402: Ja'Zharla Howell's parents Satori and Joseph for helping all the children carve pumpkins, Kyara Amadeo's mom Jasmine for helping in the classroom and with pumpkin carving and Nathan Diaz's mom Charlotte for donating pumpkins from the pumpkin patch!

501: Evelyn Pellot and Kim Frewin for volunteering in the classroom!

502: Francisco Lugo, helps in class every morning assisting the children with morning activities. Nicholas Lo Cicero, volunteered in class, made flyer for pumpkin patch, donated three pumpkins, went around classrooms reading story to the children. Ileana Marzan, bought small pumpkins for all children in our class.

601: I want to thank Wyatt's mom, Amanda Horner for donating pumpkins to our classroom, thanks to her all the children in our class were able to decorate and take home a pumpkin.

602: Carlos and Holly Olmo. They always come to all of our events and enjoy helping out with keeping the other parents informed. They are wonderful Class Representatives! They are also kind and loving parents to Ezekiel.

November Birthdays

301: none

302: none

401: 11/1 Leilani

11/2 Julio

402: 11/13 Kyara

11/15 Abigail

11/19 Kavari

11/27 Keydenn

11/29 Mari'vana

501: 11/1 Giovanni

11/18 Anthony

11/20 Kiara

502: 11/28 Madilyn

601: 11/17 Dylan

11/23 Orlando

602: 11/26 Niyan

STAFF

Ms. Jeannie 11/5

Ms. Shelley 11/17

Ms. Joanne 11/20



Thank You for Your Service!!

NOVEMBER 11, 2016



October Parent Meeting Minutes

Wednesday, October 12, 2016



Call to Order at 2:00 pm

Welcome: Parents were welcomed with an assortment of Hispanic food and music to celebrate Hispanic Heritage month. Parent Committee Chairperson, Nick Locicero thanked the families for their contributions to the celebration.

Ice Breaker: Nick Locicero led an activity that used a magic wand and gave parents an opportunity to express something they wish for. Many wonderful wishes were shared, including a bigger room for our meetings.

Child Abuse and Neglect- Speaker needed to reschedule for next month

Pedestrian/Transportation Safety: Susan Vega provided a review of safety rules for our children and families to follow on our campus and in general. Reminders included: holding the child's hand in the parking lot, latching the gate, the importance of car seats, etc.

Future Parent Meeting Themes: Nick Locicero shared some ideas for future themes and the parents agreed with the following ideas:

November – Make & Take – Photo booth

December – Christmas ugly sweater contest

January – Hollywood

February – Teacher Appreciation

Promoting future parent meetings: Ideas included having a representative from each classroom contact and encourage other parents to come to meetings and activities. An email list was passed around and will also be available in each classroom. Classroom representatives will encourage other parents in person on the days on meetings and activities.

The following parent have been named as Classroom Representatives:

301 –Crystal Ferrell

302 –Desire Mercado & Mariliz Lopez

401 –Yuliana Capó

402 - Jasmelia Amadeo

501 –Evelyn Pellot & Jennifer Quinones

502 –Ileana Rosado

601 –Manuel Ayala & Tessie Montalvo

602 – Holly & Carlos Olmo

Parent Activity: Event will be held on December 16, 2016 and ideas for this event will be discussed at a future date.

Spring Festival: Event will be March 10, 2017 from 12pm until 2 pm.

There will be more discussion about this event at future meetings.

Character Day Parade: Parade will be held on October 31, 2016 at 10 am.

No scary costumes!

Holiday sponsors: Program tries to provide each class with a sponsor for holiday gifts. If anyone knows of a local business willing to sponsor, please contact the family advocates.

What's going on in my classroom? Teresa Nunez shared that VPK classrooms are talking about community workers (doctors, police, etc.) and three year old classrooms are talking about the 5 senses. Second Step is focusing on naming feelings. Ms. Nunez also reminded parent that the change of weather may require warmer clothing in their classrooms. Parents were also encouraged to check with their child's teacher for information about upcoming field trips or male involvement activities.

Events for October and November: Nick Locicero reminded everyone of the following events:

Open House-October 27 at 2:30-5:00 P.M.

Next Parent Meeting: November 9 at 2 P.M.

October 14th-Closed for students

October 21st – Closed for students

October 26th Early Release day

Thanksgiving break – November 24 & 25

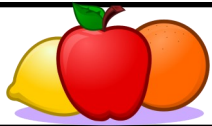
Perfect Attendance Awards were given to children for the month of September.

Families enjoyed Folkloric Dancing by Dibaile Dance School.

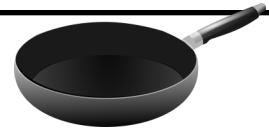
Children performed La Araña Pequeñita.

Meeting adjourned at 3 pm.





Nutrition Activity



Cheese Quesadillas

Ingredients

- 2 large tortillas, any variety
- 1 cup shredded cheese -- traditionally cheddar is used, but any kind is fine
- butter or margarine
- **Prep Time:** 5 minutes
- **Cook Time:** 5 minutes

Total Time: 10 minutes

Preparation

Heat a non-stick skillet over medium heat. Lightly spread the butter or margarine on one side of each tortilla. Sprinkle the cheese and any other ingredients on top of the non-buttered side of the tortilla. Cover with the second tortilla so both buttered sides are facing out. Carefully put the quesadilla into the pan. Cook until the tortilla is lightly brown and then flip. Cook until the cheese is melted. Serve immediately on a plate and cut into four wedges. Serve with sour cream, salsa and/or guacamole. Note: Any meat you add to the quesadilla should be fully cooked before you add it in.

