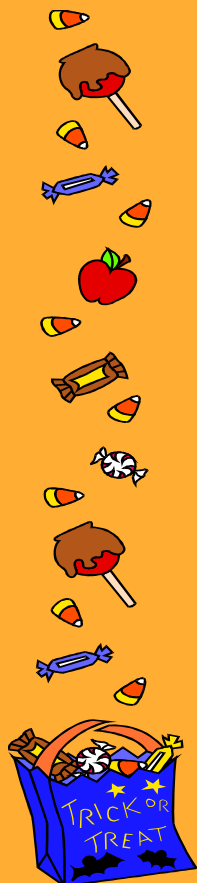


SKOKOMISH HEAD  
START

UPCOMING  
EVENTS:

- Pumpkin Patch Field Trip - October 24th
- Father & Child Pumpkin Carving Night October 20th
- Halloween Party October 31st



# Skokomish Head Start

OCTOBER 1, 2011

## Pumpkin Patch Day

Can you believe it's that time again? It is Fall and the Head Start classes are preparing to make a trip to the pumpkin patch. This year we will be traveling over near Nisqually to **Schilter Family Farm** to have a guided tour of the pumpkin patch, hay ride, hay maze and petting farm. This will be an all-day combined class event where parents will be required to accompany their child. The Head Start bus will be running as well as the tribal van if some families would prefer to carpool. We will

be meeting at the Head Start building at **9:30am Monday October 24th**



**Schilter Family Farms**

**Olympia Washington**

**and will be returning by 2pm.**

All fees for the pumpkins and lunch will be provided

for all Head Start children. Parents will have to cover their own costs and any additional children you may want to bring.

Please be sure to have your child attend this fun family activity as these are required attendance days, according to our Head Start Grant. We want everyone to enjoy themselves and have a great time enjoying this fun Fall activity!



## Class Times

We have been seeing parents show up for their child's class earlier and earlier—expecting to drop off their child and leave. **The AM-**

**Head Start class DOES NOT open until 8:25am and PM class until 12:25pm.**

Please come prepared to wait with your child

should you arrive early. If you are in need of childcare before or after Head Start, please make arrangements with our director, Dorna Oliver, and she will see to that



Ava, Bailey & Makayla playing dress-up.

*“All of us have moments in our childhood where we come alive for the first time. And we go back to these moments and think, This is when I became myself.”*

Rita Dove



Cecilia & Kale berry picking

## Orca Class News



The Orca Class is off to a good start! We began the first week of school getting to know new faces and meeting back up with old ones. The children are well on their way to learning all the classroom expectations and routines. Some of the returning students have been great to help out the new ones in learning the ropes.

In October, we will begin a study on Harvest Time activities..

Here are the months planned areas:

**Theme:** “Harvest Time”

**Colors:** Orange & Black

**Letters:** Dd, Ee, Ff

**Numbers:** 2 & 3

**Shape:** Square

**Concepts:** Front & Back

Please take every opportunity to discuss these items with your child at home and everywhere you may see a chance

to continue their learning experience!

It is very important that you send your child with a warm coat every day at school. Our weather is very unpredictable and we want to be prepared for your child to play outside.

Be sure to check your child’s cubby and/or backpacks for vital information coming home. We send home flyers frequently and we need to be sure you are seeing them.

## Father/Child Pumpkin Carving Night

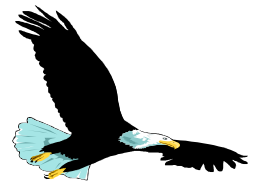


On Thursday October 20th, we will be hosting a Father & Child Pumpkin Carving Night. All the fathers (and/or other family

member) are invited to join us here at the center for refreshments as we work together to carve our masterpieces for Halloween. All the

tools you will need will be provided. Come out and join us for this special event!

## Eagle Class News



The students of the Eagle Room have been enjoying getting familiar with new learning centers and the playground. Their favorite centers at present are the car carpet and the kitchen area. The kitchen area also has a little cash register, which is full of play money that everyone seems to like to pretend to either buy

things, or just fill their purses.

The berry picking field trip for some of the students was a new adventure, so at first they were a little afraid of the stickers and bees. However, once they started picking and eating those berries, their faces were full of smiles.

In closing, parents, a great

many thanks to you for communicating so well with us your child’s needs and dressing your child in adequate play clothing.

# I Am Moving, I Am Learning

We have just started the “I am moving I am Learning” (IMIL) program. I started by introducing the children to a couple of the songs that are part of the curriculum. We are moving and singing “choosy in the kitchen” and “I am moving I am learning”. The concept of Choosy in the kitchen is to identify foods and drinks that are healthy for our bodies and makes our bodies say “thank you, thank you, thank you” or foods and drinks we just say “no thank you” to. The attitudes from the children were surprising and funny. Some of the children could not believe that pop is not good for our bodies and the same for chips. This gave me an opportunity to talk to the children about what tastes good but, is not good for our bodies. I urge you to build upon this conversation.

Look forward to hearing your child talk about how they move their body and singing healthy choice songs. I would like to give you something to think about. IMIL research shows that children need 60 minutes of accumulated daily structured physical activity and up to several hours of unstructured physical activity. If we can get our children moving we can increase; competence in motor skills, develop a movement vocabulary and build a mind body connection these are just a few building blocks for more complex movement task. One last thing to share, we need to limit screen time. A child should not be sedentary for an hour or more unless it is to rest. If you would like to learn more about this program or volunteer. I would love to hear from

A proactive approach for addressing childhood obesity in Head Start

you. Just give Julie LeClair a call at the center.



## Health & BINGO Night

We will be reaching the 45 day deadline for meeting all Head Start Health requirements on October 22. On the evening of 10/13 we will host a parent/guardian BINGO night. If you have turned in all of the health requirements for your child before 10/13 you will be eligible to play BINGO and win prizes. So again if you are having any difficulty meeting any of these requirements, contact Julie LeClair as soon as possible.

## Counting Teeth

Our local dental staff came into our center and “counted teeth”. If your child was in attendance on that day, this will count as your child’s dental screen. You should have received the results before you are reading this article. I would like to extend a “Thank You” to the dental staff. They were very gentle, caring and patient with our children. There were no “procedures” done at this time. It was a visual screen.

With permission from his mother I would like to share a story about that day. Caleb Peterson was preparing for his dental screen. When it was done he said “is that all, that was EASY”. Then went on to ask the dentist “are we going to get any of the string stuff”, “You know, that stuff you use to get the garbage out between your teeth.” You should have seen the dentist face. The dentist said “I have

never had a kid ask about dental floss”. We hear the greatest stuff around here.



# October 2011



| Monday  | Tuesday   | Wednesday | Thursday   | Friday | Saturday  | Sunday  |
|---|---|-----------|--|--------|---|---|
|   |   |           |  |        | 1   | 2   |
| 3   | 4<br>Health/Nutrition<br>Family Night<br>5:30pm | 5         | 6  | 7      | 8   | 9   |
| 10  | 11  | 12        | 13   | 14     | 15  | 16  |
| 17  | 18  | 19        | 20<br>Father/Child<br>Pumpkin Carving<br>Night 5:30pm<br> | 21     | 22<br><b>45 Day<br/>Deadline!</b><br>Must have all<br>health & educa-<br>tion documenta-<br>tion turned in! | 23  |
| 24<br>Pumpkin Patch<br>Field Trip<br>Meet at 9am<br>Combined<br>Classes   | 25  | 26        | 27   | 28     | 29  | 30<br> |
| 31<br><br><b>Happy<br/>Halloween</b> |   |           |  |        |   |   |