

November

2023



Notes from the Director

Easterseals Newsletter

Dear Families,

October was a very exciting month and we enjoyed all of the goings-on across our building! Thank you to everyone for supporting our center this month between attending the field trip, our fall open house and Halloween trick-or-treating. It was so nice to see all the families together!

In November we be learning about different cultures, traditions and giving thanks. If your family has special traditions you would like to share please let us know. You are always welcome to come in and talk about your family's culture or traditions. Chat with your child's teacher if you would like to share something about your culture!

Next week is parent-teacher conferences. A sign-up link went out in an email to sign up for a conference with your child's teacher. This is a great time to check in and learn how your child is progressing and ask any questions. If you didn't sign up for a conference, there is still time!

One of Easterseals long-standing traditions is our family feast right before Thanksgiving. This year, we would like to bring it back so families can attend in the morning time for a holiday party in their child's classroom. We are also looking to keep this "budget friendly" for the CDC and are looking for a potluck style so we can help offset any costs. A sign up for the potluck will be out in the coming weeks!

This month our first Parent Advisory Group meeting will be on November 13 at 5:30pm at Boal City Brewery. If you would like to attend, it's not too late, let me know if you plan to attend!

We will also be kicking off our 12 days of Christmas raffle tickets soon! More information and a link to purchase tickets coming soon!



Two ways to give back to us in the coming weeks! Robin Hood in Bellefonte on Wednesday, November 8 and The Field Burger & Tap at the beginning of December!

Just a reminder Easterseals is closed Monday, November 13 and Thursday & Friday, November 23 & 24

~Miss Carly

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Early Learning Standards

Giraffe:

- ◆ 5.2 YT.A Demonstrate sense of belonging to a group such as a class or family
- ◆ 9.3 I.F Explore a variety of art forms

Hippo:

- ◆ 9.3 I.F Explore a variety of art forms
- ◆ 1.4 Scribble with writing and drawing tools

Lion Cub:

- ◆ 3.1 OT.B.1 Notice similarities and differences between living things from the same species
- ◆ 16.2 OT.B Communication about similarities and differences between self and others

Elephant:

- ◆ 5.2 PK.A Identify self-membership of a group such as the class or family
- ◆ 7.1 PK.A Explain how a map representation of places

Zebra:

- ◆ 16.2 PK.B Identify similarities and differences between self and others
- ◆ 7.1 PK.A Explain how a map representation of places



Vocabulary



- | | |
|----------------|----------------------|
| ◆ Turkey | ◆ Scarecrow |
| ◆ Thanksgiving | ◆ Harvest |
| ◆ Thankful | ◆ Gather |
| ◆ Gobble | ◆ Native American |
| ◆ Traditions | ◆ Pilgrim |
| ◆ Celebrations | ◆ Dia de los Muertos |
| ◆ Diversity | ◆ Diwali |

Family Bulletin Board

November is the beginning of the holiday season. Holidays can be both a wonderful and stressful time for many. With young kids traveling can be difficult, or finding foods that your little ones are able and willing to try/eat. The weather becomes colder especially here in Central Pennsylvania that you many feel less motivated for physical activity or get the feeling of being “cooped up”. Sometimes trying to arrange schedules and bring your family together can become stressful. This season is the perfect time to remind ourselves about self-care. Take time for yourself, take a moment out of your busy schedule to enjoy the seasons changing outside. Enjoy a cup of hot apple cider, or coffee. Spend an evening watching a fun family movie with your littles or cozy up by a fire on those chilly fall nights. Take a moment to do some yoga, read a chapter of a book, knit a hat, do an at-home work-out, whatever it is that helps you to ground yourself and be ready for this hectic and fun holiday season ahead. And don’t forget to enjoy some delicious turkey!



Family Appreciation

- ♦ Thank You Stama Family for the donation of boogie wipes!
- ♦ Thank You Kreiser Family for the donation of boogie wipes and stickers!
- ♦ Thank You to all of the families that joined us for the Wasson Farm Field Trip and Trick-or-Treating!
- ♦ Thank You Cozad Family for the donation of playdoh.
- ♦ Thank You to everyone who donated to our Halloween Parties!

we're
Thankful

Upcoming Events and Fundraisers

- ♦ **Parent/Teacher Conferences:** Will be held next week (Nov. 6-10) There was a link sent via email, or contact your child's teacher if you need to schedule a time that is not available online.
- ♦ **Robin Hood Brewing Fundraiser:** Join us on Wednesday, Nov. 8th from 5-7PM at Robin Hood Brewing in Bellefonte. Dine in or Take out and our center will receive a portion of all proceeds from the event.
- ♦ **The Field Gives Back:** Join us on Monday, December 4, from 11:00am—9:00pm! Dine in or take out and mention Easterseals. Our center will receive a portion of all proceeds from the event.
- ♦ **12 Days of Christmas Raffle.** Tickets will be on sale later this month! \$15.00/ticket and prizes will be drawn each day from December 11-22nd If you are interested in selling ticket please contact Miss Gretchen!



Volunteer Opportunities/Donations

Follow this link to our Amazon Wish List, and have the donation sent directly to Easterseals!

<https://a.co/6yjF3Eq>

In addition to the wish list:

Lion Cubs are looking for a donation of M&M's

Elephants are looking for a donation of Boogies Wipes and Playdoh

We are also in need of the following extra clothes:

2T,3T, & 4T Pants/Long Sleeve Shirts

The Giraffe Giggler



This month we will be focusing on friends, family and healthy living. Our goal is to create a strong bond with our class between friends and teachers this month. We will also be looking into different types of art this month. Food and healthy choices will also be a topic of the month especially with Thanksgiving just around the corner. We hope you all have a happy and healthy Turkey Day!



Hippo Happenings



Fall is almost over we will continue to learn about the season. This month we will learn about the different traditions associated with the Thanksgiving holiday. We will also be learning about sharing and doing a lot of fun activities like making art projects together and making presents for the staff around the building. This month is all about giving and being thankful. Happy Thanksgiving from the Hippo's

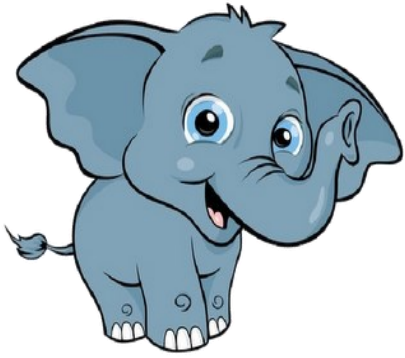


Lion Cub Ledger

Happy November! This month the Lion Cubs will be learning all about our families, being thankful, and thanksgiving. We would love if everyone could share a family photo, if you have not done so already. We will be doing lots of fun activities to learn all about these things. If you have any fun traditions you do during the holidays, we would love you to share them with us. If you wish to have a conference on November 8th, please be sure to sign up for one.



Elephant Express



It's hard to believe that November is already here! This month our curriculum will focus on cultures and traditions while continuing our discussions about the changing season. During the month, we will talk about traditional celebrations such as Thanksgiving but also learn about other celebrations such as Diwali and Dia de los Muertos!

We would love to hear from you about your family's traditions not only in November, but anytime of the year! Tell us about your family ancestry, heritage and traditions that are important to your family. We will celebrate our heritage with a special celebration at the end of the month, Elephant Room Heritage Day! On this day, we will share photos, articles of clothing, trinkets, etc. that have been brought in to showcase our classroom's heritage!

As always, if you ever have questions or concerns feel free to contact me!

Best,

Ms. Amber



Zippy Zebra News

Happy November zebra families! This month's learning theme is culture, diversity, and traditions! We will be exploring how we are all different from one another, and how those differences make us better friends. Along with this we will talk about all of the traditions that different cultures and families have. So, if you have any traditions that you want to share with the classroom, we would love to hear about them! In the room we will be learning about different cultures in Africa, Asia, and about indigenous peoples in North and South America. A huge part of this exploration is reading books from and about different cultures and perspectives. Some of our learning standards this month include working on identify differences and similarities between people, being able to retell peoples' stories, and understanding the general concept of what a map is. Also, a reminder as the weather is changing, please make sure to bring a coat for the kiddos and to change out their spare clothes in their cubbies to winter ones.



November 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--------------|---|---|---|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 NON-IU | 7 | 8 Robin Hood Brewing Co. Fundraiser 5-7PM | 9 | 10 | 11 |
| 12 | 13 CLOSED <i>Teacher In-Service Day</i> | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 NON-IU | 23 CLOSED  | 24 CLOSED <i>Happy Thanksgiving!</i> | 2 |
| 26 | 27 NON-IU | 28 NON-IU | 29 | 30 | | |

PJ Fridays are a great way to end our week on a fun, comfy note for both staff and students. But did you know they serve another purpose?? Our staff pay \$1 each Friday that they wear their PJs to work. This money gets donated to the Centre County United Way each year as part of our employee giving campaign. Each year our staff raises several hundred dollars to give back to the United Way, and a good chunk of that comes from our PJ Fridays fund. So the next time you see our staff wearing their footed pajamas to work, thank them for supporting a great cause!

**Centre County
United Way**



MEALS: Breakfast & Snack

Since we partner with the Food Bank and their inventory fluctuates, it varies what we have to provide for meals. From now on we will be giving a list of foods that will be available for breakfast and snack instead of specific menus.

BREAKFAST ITEMS INCLUDE:

- GRANOLA BARS
- CEREAL
- FRESH FRUIT
- APPLESAUCE
- YOGURT
- MUFFINS
- TOAST
- BAGELS
- OATMEAL

SNACK ITEMS INCLUDE:

- ♣ FRESH FRUIT
- ♣ VEGGIE CHIPS
- ♣ CRACKERS
- ♣ VEGGIES
- ♣ CHEESE STICKS
- ♣ GRAHAM CRACKERS
- ♣ GOLDFISH
- ♣ ANIMAL CRACKERS
- ♣ PRETZELS
- ♣ POPCORN (AGES OVER 2)
- ♣ PIZZA BITES

November 2023 Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|---|----------|
| | | | 1 Pierogies Green beans Peaches Milk | 2 Spanish Rice w/ Chicken, Tomatoes, & corn Pears Milk | 3 Pizza Green Beans Mixed Melon | 4 |
| 5 | 6 Cheese Pizza Rolls Sweet Corn Peaches Milk | 7 Pasta w/ Meat sauce Cooked Carrots Fruit Cocktail Milk | 8 Sweet & Sour Chicken w/ Rice Stir Fry Veggies Applesauce Milk | 9 Cheese Filled Piza Dippers w/ sauce Green Beans Pears Milk | 10 Pizza Mixed Vegetables Applesauce Milk | 11 |
| 12 | 13 CLOSED | 14 Macaroni & Cheese Mixed Veggies Pears Milk | 15 Red Beans & Rice w/ Chicken Green Beans Peaches Milk | 16 Pasta Alfredo Peas & Carrots Applesauce Milk | 17 Pizza Sweet Corn Mixed Fruit Milk | 18 |
| 19 | 20 Fish Sticks Mixed Veggies Peaches Milk | 21 Goulash Cooked Carrots Pineapple Pieces Milk | 22 Chicken Parmesan Green Beans Pears Milk | 23  CLOSED | 24 CLOSED | 25 |
| 26 | 27 Chicken Nuggets Cooked Carrots Applesauce Milk | 28 Baked Ziti Mixed Veggies Fruit Cocktail Milk | 29 Sloppy Joes Sweet Corn Pears Milk | 30 Potato Casserole w/ chicken Green Beans Pineapple Pieces Milk | | |

Healthy Habits

Fall Harvest Granola Bars

- 2 cups old-fashioned oats (don't use instant or quick-cooking oats!)
- 1 cup whole almonds, roughly chopped
- ½ cup pumpkin seeds
- 1 cup packed pitted Medjool dates



Recipe

1. Preheat oven to 350°F Spread oats, almonds, and pumpkin seeds on a baking sheet. Toast until slightly golden, about 12 minutes. Transfer to a mixing bowl
2. Chop dates in a food processor in short bursts until you have a rough paste. Put in the bowl with the oat mixture
3. Warm maple syrup and almond butter in a small saucepan over low heat, stirring to blend., Add this into the oat and beat mixture along with dried berries. Mix Well
4. Line a 8X8in pan with baking parchment so the paper hangs over the sides. Spoon the oat mixture into the pan and pack it down with the back of the spoon. Freeze for 20 minutes
5. Cut into squares and serve!

Staff Appreciation

- Thank you Miss Norma for keeping our hallways clean!
- Thank you Miss Rachel and Miss Shannon for always cleaning the bathroom!
- Thank you Miss Gretchen and Miss Carly for cleaning the fish tank!
- Welcome Miss Emma!
- Thank You Miss Elaine for all your support in the Elephant and Zebra Room!



Staff Spotlight

Hello, I am Sue DuMars the Major Gifts/Community Engagement Manager for Easterseals Western and Central Pennsylvania. I met

some of you last month at the Open House and hope to meet all of you at some point during the year. I joined ESWCPA in late August and am excited to get to know the CDC families, staff and all the generous supporters in the area.

One of my favorite parts of this job is sharing the amazing work being done by Easterseals, especially at the Child Development Center with members of the community. Getting the word out in Centre County is one of my big goals this year. You may see me at different networking events around town. One of the easiest and best ways you can support Easterseals is to follow, like and share our social media posts on Facebook, Instagram and LinkedIn. This helps spread the word to those that may not know about this amazing organization. I welcome any questions or feedback you may have from your experiences.

November is a time to be thankful and I am incredibly thankful for this opportunity. I wish you a peaceful and healthy month.

Sue

sdumars@eastersealswcpenna.org

Staffing Source --November

The following staff will be off during the month of November:

- ♦ Nov. 1-3: Miss Carly (office) will be off
- ♦ Nov. 9-10: Miss Maggie (Elephants) will be off
- ♦ The week of Thanksgiving we will have a number of staff off for the holiday break.

