PRINCIPAL’S NEWS:

Happy Autumn!

Despite our warm weather, it really is fall! I hope that you are taking the time to take advantage of this fantastic weather to be outside and play with your child! It’s a great time to talk about the changes in colors and weather. We were very happy to see so many of you come out for our “Family Night with Hugs!” It was a fun night for all and we hope that you and your child learned something that you can use at home or can continue to explore. Another way you can get involved with your child’s education is participation in one of our Early Childhood committees! Our Early Childhood Policy Council recently met but would welcome anyone who would like to share your input and shape our decisions that impact Early Childhood. The next meeting is on Monday, November 9, 2015, at the Madison Early Childhood Center. If you have any questions about this, please contact me at 970-613-5031. Have a terrific November!

Sincerely,

Lamb Caro, EC Administrator

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**Twinkle Twinkle in English and Spanish**

Twinkle, Twinkle Little Star  
Twinkle, twinkle little star  
How I wonder what you are  
Up above the world so high  
Like a diamond in the sky  
Twinkle, twinkle little star  
How I wonder what you are.

(En Español)  
Brilla, brilla pequeña estrellita  
Que desearía lo que sos  
Alto, alto por el mundo estás  
Como un diamante en el cielo sos  
brilla, brilla pequeña estrellita que desearía lo que sos.
Did you remember to change the batteries in your smoke detector with the end of Daylight Savings Time in November? Smoke Detectors with working batteries are essential for Child and Family Safety. During the cold-weather months of November through March, home fires and home fire-related fatalities are more likely to occur. As the weather becomes colder and Families are indoors, there is increased usage of space heaters, fireplaces, Holiday candles etc. Teaching Children about the sounds of the smoke detector and knowing what to do if they smell smoke or hear the alarm go off is a great thing to know at a young age. Planning and practicing a fire escape route with your family and talking to your children about what to expect in a fire are simple steps anyone can take. A prepared Child is more likely to escape unharmed. Here are a couple of safety teaching points to review with your Child:

- Teach children what to do when they hear the sound of the smoke alarm.
- Crawl low under smoke
- Touch doors before opening them; if the door is hot, use another exit
- Never go back into a burning building; children should be reminded not to stop or return for anything, such as a toy or to call 9-1-1
- Upon leaving the burning building, children whose clothes have caught fire should immediately stop, drop to the ground and roll back and forth quickly to extinguish the flames
- Practice an escape plan with your child.
- Teach young children not to play with matches or lighters. Lock up matches and lighters out of their sight and reach.
- Keep all portable heaters out of children’s reach and at least 3 feet away from flammable objects.

Christiana Shorten
Early Childhood Health and Nutrition Coordinator
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A NOTE FOR YOUR HEALTH AND WELLNESS

Banana Bread

Prep time: about 90 minutes

What you need:
- 2 eggs
- 2 tsp. baking powder
- ½ tsp. salt
- 2/3 c. sugar
- 1¾ c. sifted flour
- ¼ tsp. baking soda
- 1/3 c. vegetable oil
- 1 c. mashed bananas (about 3 bananas)

What to do:
1. Preheat the oven to 350°F (180°C).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!

Variations and suggestions:
If you’re nutty for nuts, add chopped walnuts during Step 6.

Social Emotional Resources

“Stop it.” “No.” “Don’t do that!” As a parent, you might find yourself using these words and phrases more often when your child begins to make his own choices. Now, stop for a moment and consider how the conversation might feel if you couldn’t use these words? What if, rather than telling your child what he can’t do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors. (Taken from the “Backpack Connection Series” at www.challengingbehavior.org)

To find out more go to:


Mary Bowman
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Interactive Reading is a great way to share books with your children. A child will be more interested in the book and if he or she is allowed to be an active participant in reading the story. Here are some Interactive Reading strategies you can try at home:

- Look at the pictures and ask your child what he or she sees. Follow up with “who, what, and why” questions. This helps build vocabulary.
- Ask open-ended questions like “Tell me about this page” or “What do you like best about...?”
- Ask your child questions that follow up on what he or she is noticing such as “How did he...” or “Remember when you...”
- Ask your child to predict what is going to happen on the next page
- Let your child fill in the last word of the sentence, especially if it is a rhyming word or word that is repeated throughout the story.
- After you have read the book a few times, let your child “read” it to you. How much do they remember?
- If the child tells you something about the book like, “The bear is sleeping in the cave,” repeat back to the child what he or she just said.

This type of reading strategy is fun for you and your child and is a great way to encourage conversations.

Julie Lindsay       613-5053
Family and Community Partnership Coordinator

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Get fun ideas, information on school events, and sometimes just a nice message to help your day go well.

We are also on the web at:

http://tinyurl.com/thompsonec