Principal’s News:

Happy Autumn!

Autumn is one of my favorite times of the year. Colors are turning, temperature are dropping, and we soon begin anticipating the upcoming days which will be soon be filled with times of family and friends! I encourage you 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, weather, and play in the leaves. Here are ten additional reasons to enjoy fall:

1. The trees are really pretty.
2. There are leaves to kick.
3. . . . and jump into.
4. Morning are crisp.
5. Which makes hot chocolate taste better.
6. Wearing wooly hats.
7. Pumpkins!
8. Curling up with a book on cold days with your child.
9. Hot cider.
10. The memories that you can create!

We were very happy to see many of you come out for our “Family Night with Hugs!” We counted 475 people that evening. It was a fun night for us and we hope that you and your child learned something that you can use at home or can continue to explore.

The Thompson School District will be hosting a Kindergarten Open House on November 10, 2016 at Loveland High School from 4:30 – 7:00 p.m. This is an opportunity to learn about what our elementary schools have to offer. We hope that you can take advantage of this wonderful opportunity.

Our Early Childhood Policy Council recently met on Monday, October 10. If you’d like to learn more, the Policy Council Meeting agendas and minutes will be available online. The next meeting is on Monday, November 14, 2016, at the Monroe Early Childhood Center. If you have any questions, you can contact us at 970-613-5052.

Stay connected with us on Facebook, too! Look for us under “Thompson Integrated Early Childhood.”

Sincerely,

Lamb Caro, EC Administrator

Everyday Words

Talk to your child as you do everyday tasks such as sorting the laundry or thinking about what to cook. Explain the piles of laundry, for example, “Here are the dark clothes and here are the white clothes.” Show your child the ingredients you have for making a meal and name them together. (Pearson Early Learning)
Keeping Kids Healthy!

As we enter into the cold and flu season, here are some health practices that we can follow to keep our Schools and Community safe and well!

Take a proactive approach to curbing the spread of such illnesses by practicing and encouraging our Children to practice frequent hand washing. Good hand washing is the single most effective way to prevent illness. Children should be encouraged to cough or sneeze into their elbow area/sleeve, not their hands. Germs on fabric/clothing quickly die, while germs on hand that are not immediately washed, are easily spread to others.

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick. Some of our School Exclusion guidelines are below.
- Cover your nose and mouth with your sleeve, not your hand if you sneeze. If you need to use a tissue, throw it away after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub (Adults, not children under 5).
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces, especially when someone is ill.

If your Children do become ill, please keep them at home if they exhibit any of the following:

- **Cough:** sever uncontrolled coughing or wheezing, difficulty breathing, red or blue color to face with cough, high pitched whooping sound with coughing or vomits after coughing.
- **Diarrhea:** when accompanied by symptoms of illness, when it contains blood or mucous, when the child is in diapers, or when stools are so loose they can't be controlled by the child. □ Fever illness: Temperature greater than 101° F (oral) with signs of illness. Temperature should be back to normal for 24 hours prior to return to school without the aid of fever reducing medications.
- **Flu symptoms:** Elevated temperature (>100° F) or fever (>101° F) and sore throat, cough, runny nose, body aches, vomiting or diarrhea. Stay home from school until fever or symptoms of fever are gone for 24 hours without the aid of medications.

Social Emotional Resources

Are you struggling with getting your child to do what you want them to do? Young children often respond more positively when we tell them what to do rather than what not to do. Try practicing this…

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
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<tbody>
<tr>
<td>“Don’t run!”</td>
<td>“Use walking feet”</td>
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<tr>
<td>“No yelling!”</td>
<td>“Use a quiet voice”</td>
</tr>
<tr>
<td>“Stop climbing!”</td>
<td>“Keep your feet on the floor”</td>
</tr>
<tr>
<td>“Don’t hit!”</td>
<td>“Keep your hands to yourself”</td>
</tr>
<tr>
<td>“Stop whining!”</td>
<td>“Use a big girl voice”</td>
</tr>
<tr>
<td>“Don’t throw your truck!”</td>
<td>“Drive your truck on the sidewalk”</td>
</tr>
</tbody>
</table>

Can you think of more?

If you would like to find more information about teaching your child social and emotional skills you can go to:

[http://csefel.vanderbilt.edu/resources/strategies.html](http://csefel.vanderbilt.edu/resources/strategies.html)

Mary Bowman
Mental Health coordinator
Family Engagement

Family and Community Partnerships

The month of November brings families together for turkey and pumpkin pie, and makes us all think about what we are thankful for. You can share what you are thankful for with your preschooler and ask him or her to do the same with you. You might be surprised by your child’s answer!

I am thankful for the helpful resources in our community, such as the House of Neighborly Service. Each year, the House of Neighborly Service partners with the Philo Organization to provide Christmas food baskets for families in our program needing food for their Christmas meal. If you need a Christmas food basket and did not receive an application at your parent-teacher conference, please notify your teacher immediately. The deadline to accept applications is November 10.

Also, November is the month to sign up for Santa Cops gifts at the Loveland Police Department (Nov. 10, 12, 17 and 19,) so ask your teacher if you did not receive a flyer. If you are not in need of resources, but would like to give back to your community, House of Neighborly Service or Santa Cops will gladly accept your donations.

November Recipes:

Homemade Peanut Butter

Prep time: about 10 min
Serves: 12  Serving size: 2 T

Ingredients:
- 1½ c. unsalted roasted peanuts
- 1 tbsp. peanut oil

Directions:
For smooth peanut butter:
1. Mix the peanuts with the peanut oil, and pour the mixture into the food processor/blender.
2. Process the mixture until it's very smooth.
3. Store your smooth peanut butter in a sealed container in the fridge. It will be good for 2 weeks.

For chunky peanut butter:
1. Take about ¼ cup out of your 1½ cups of peanuts and set them aside.
2. Mix the rest of the peanuts with the oil, and pour the mixture into the food processor/blender.
3. Process the mixture until it's very smooth, then stir in the peanuts that you had set aside.
4. Process a few seconds more to create the chunks in your chunky peanut butter.
5. Store your chunky peanut butter in a sealed container in the fridge. It will be good for 2 weeks.

Nutritional analysis (per serving):
116 calories
4.3 g protein
10.25 g fat
4 g carbohydrate
1.5 g fiber
0 mg cholesterol
1 mg sodium
10 mg calcium
0.4 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.
Reviewed by: Allison Brinkley, RD

Julie Lindsay
Family & Community Partnership Coordinator (970) 613-5053