PRINCIPAL’S NEWS:

We’ve almost completed our first month of the 2015-2016 school year! By this time, hopefully you are seeing your child starting to settle into a “routine” where they learn through play and social interactions inside and outside of the classroom in our efforts to ensure that all of our students are ready for kindergarten and beyond.

This month is National Hispanic Heritage Month. Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. We hope you take this time to explore the different opportunities around the community to learn more and participate in activities at home and around northern Colorado. One such event is Live in Color: Come and celebrate with the richness of the Latino culture. This event kicks off the National Hispanic Heritage Month through history, education, music, art, and honoring our veterans. The diversity among our culture is rich and unique and we want to share with you the gift of our traditions. The celebration will be at Lee Martinez Park, honoring one of our Fort Collins veterans. The park is named after Lee Martinez for his strong commitment to education. We live in a wonderful community with access to many great activities and events for you and your families to participate in together. I hope that you can take advantage of what we have here in our community to make each opportunity for your child an opportunity to explore, learn, and grow!

Sincerely,
Lamb Caro, Thompson Early Childhood Administrator
Family Night with HUGS!

*Thursday October 8th*

Conrad Ball Middle School

2660 N. Monroe Choose just **one** session

4:30-5:30 or 5:30-6:30 PM

**Dinner for the family, fun for all!**

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Pajama Night at the Loveland Public Library

300 N. Adams Drive

*October 13th*

*6:30 PM*

*Brought to you by Loveland Read Aloud*

*Slip on your PJs and join us for an evening of fun!*

*Each family will receive a free book!*
Welcome Back to School from the EC Health Office!

Nutrition News: Enjoying Family Meals

Family meals are important for many reasons. They can bring your family closer together, teach children healthy eating habits and improve the diet quality of the whole family. Research shows that families that eat together consume more fruit, vegetables and fiber and less saturated fat, soda and fried foods. Remember, you are a role model for your children, be sure to set a good example!

Try these easy tips to make family meals a pleasant part your family’s day.

- Set a regular family mealtime and make it a priority in your day. **Show your children that family meals are an important family time by turning off the TV and not answering the phone during meals.**
- Eat around a table. **It is easier to engage in conversation when you can see each other.**
- Enjoy conversation. **Include all members of the family in the conversation and try to avoid nagging and complaining.**
- Actively involve children in the meal. **Helping with family meals makes children feel important.** Ask your children to help set and clear the table, fold napkins, help with meal preparation, or plan menus.

Christiana Shorten - EC Health Coordinator
A NOTE FOR YOUR HEALTH AND WELLNESS

A good source of articles and recipes for your health and wellness can be found at kidshealth.com. Check out the articles entitled Food Guide Becomes Pyramid and Go Slow and Whoa! A Kids Guide to Eating Right. Both articles give good information on portion control and healthy food choices.

Also, LIKE our Facebook page at: Thompson School District Staff Wellness for community events and programs that are available in our District.

Roasted Pumpkin Seeds

Ingredients
1 1/2 cups raw whole pumpkin seeds
2 teaspoons butter, melted
1 pinch salt

Directions
Preheat oven to 300 degrees F (150 degrees C).
Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

Social Emotional Resources

Hello Parents,

I hope you and your family are settling into and enjoying the new preschool year. One of the first things that teachers are teaching children is our safety rules. These rules are:

- **We keep ourselves safe**
- **We keep each other safe**
- **We keep our things safe**

You can teach these same rules at home. Some examples would be...

- “You keep yourself safe when you wear your helmet on your bike.” or “You keep yourself safe when you brush your teeth.”
- “You keep your friends safe when you take turns with your toys.” or “You keep others safe when you use words to say that you are angry.”
- “You keep your things safe when you put your toys away.” or “You keep your toys safe when you play with them gently.”
<table>
<thead>
<tr>
<th>Math Aspect</th>
<th>Games and activities</th>
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<tbody>
<tr>
<td>Number sense</td>
<td>Count food items at snack time (e.g., 5 crackers, 20 raisins, 10 baby carrots). Use a calendar to count down the days to a birthday or special holiday. Help your child see the connection between a numeral like &quot;5,&quot; the word &quot;five,&quot; and five days on the calendar. Practice simple addition and subtraction using small toys and blocks.</td>
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<td>Play simple board games where your child moves a game piece from one position to the next.</td>
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<td>Geometry</td>
<td>Have your child name the shapes of cookie cutters or blocks.</td>
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<td>Arrange cookie cutters in patterns on a cookie sheet or placemat. A simple pattern might be: star-circle-star-circle.</td>
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<td>Measurement</td>
<td>Let your child help you measure ingredients for a simple recipe - preferably a favorite! Measure your child's height every month or so, showing how you use a yardstick or tape measure. Mark his or her height on a &quot;growth chart&quot; or a mark on a door frame. Do the same with any siblings. Help your child compare his or her own height to previous months and also to his or her siblings' heights.</td>
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<td>Math language</td>
<td>Talk through games and daily activities that involve math concepts.</td>
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<td>Have your child name numbers and shapes.</td>
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<td>Help him or her understand and express comparisons like more than/less than, bigger/smaller, and near/far.</td>
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<td>Spatial relations</td>
<td>Play games where you direct your child to jump forward and back, to run far from you or stay nearby.</td>
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<td>Use songs with corresponding movements to teach concepts like in and out, up and down, and round and round.</td>
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Family Engagement

October is a great time to get outside with your children and enjoy the fall weather. There are a lot of activities that you can do as a family such as:

- Take a bucket of chalk outside and draw some pictures on the sidewalk
- Have a picnic with hot apple cider and graham crackers
- Plant fall bulbs such as tulips and daffodils to enjoy in the spring
- Carve pumpkins, then roast the pumpkin seeds
- Take a nature walk to collect pine cones and leaves
- Rake leaves, then jump in the pile
- Visit a pumpkin patch
- Take paper and watercolor paints outside to paint pictures of the trees
- Make an animal feeder by spreading peanut butter and seeds on a pine cone, then tie a string around it and hang from a tree

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

Follow us on FaceBook:

www.facebook.com/ThompsonIntegratedEarlyChildhood

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