

# KIDCO Express

October, 2018

"Building the future today"

## ACTIVITIES

### October 1-31

- OCTOBER IS THE HEAD START AWARENESS MONTH

### October 2

- 3:00 - 4:00pm - **OPEN HOUSE**/Child Development/Galileo Overview 1302.34(b)(4)/Lesson Planning Overview Training – KIDCO II, IV, V, VI & VII
- Picture Day – KIDCO II

### October 5

- Celebrate Head Start Awareness Month through Peace, Friendship and Good Will – Children will display their classroom "Kindness Starts with Me – Pay it Forward" **Flower Garden**. (Throughout the day)
- **Field Trip to the Frost Museum** – University of Illinois Grant Research Project – KIDCO V Classroom 4

### October 9

- 3:00pm - Training: *Domestic Violence/Substance Abuse Health and Developmental Consequences of Tobacco Products* 1302.46(b)(1)(i) – KIDCO II, IV & VII

### October 11

- 3:00pm – Training: *Domestic Violence/Substance abuse Health and Developmental Consequences of Tobacco Products* 1302.46(b)(1)(i) - KIDCO V

### October 12

- **Columbus Day**
- 3:00pm - Training: *Domestic Violence/Substance abuse Health and Developmental Consequences of Tobacco Products* 1302.46(b)(1)(i) - KIDCO VI
- Celebrate Head Start Awareness Month through Science and Exploration **Explorers Day Exhibit** – Children will invite parents and guests to see the classroom display of famous explorers (Throughout the day)

### October 16

- *National Boss Day*

### October 18

- **12:00pm – Policy Committee Meeting at KIDCO V**

### October 19

- 9:45am - Celebrate Head Start Awareness Month through **Diversity Hispanic Parade** at all sites

### October 20

- 9:00am – 3:00pm - **Policy Leadership Training at the Double Tree Hotel**

### October 23

- Celebrate Head Start Awareness Month through Literacy. Parents will be provided with application and permission slip for their child's library card.

### October 25

- 9:45am - **Head Start Literacy Activity** – Maybe Something Beautiful Interactive Book Activity - Children will create beautiful bird puppets for their interactive Book Activity and act out the story (Parents are invited to attend)
- 3:00pm - **Dance for Joy interactive Book Activity** – afternoon story time Children will create musical instruments with recycled materials for their interactive story activity and act out the story (Parents are invited to attend)

### October 26

- **Teacher Planning Day**
- 9:00 a.m. to 11:00 am - *CLASS Training*

### October 31

- **Real and Pretend Activity** – at all sites
  - ❖ 9:00 am 11:00am - Game Master Games/Music/Dance KIDCO II
  - ❖ 10:30am 11:30am – Puppet Show with Characters KIDCO IV
  - ❖ 9:00am – 10:00am – Magician Show KIDCO V
  - ❖ 9:00am – 10:00am – Puppet Show with Characters KIDCO VI
  - ❖ 10:30am – 11:30am – Magician Show KIDCO VII

## PARENTS' CORNER

### HOME LIBRARY

Many children enjoy creating a place in the home to store books that have special meaning. Encouraging children to collect their personal favorites can nurture their interests in books and support a lifelong love of reading. Here's how you can build a home library:

**Find a special place.** If your children's rooms do not already have a bookshelf or a bookcase, use a box, basket or other sturdy container. Plastic stacking "cubes" work well and come in many colors. Remember to make the books accessible to your child by placing them at their reach.

**Encourage your children to choose books** to add to their collection. A book-buying trip to a yard sale or a bookstore can make a fun Saturday morning family activity. While choosing books, talk about the cover, the author, illustrator, the pictures and ask why your child is interested in the book.

**Take your children to the library regularly.** Even children with well-stocked bookshelves enjoy new reading material. Encourage your children to keep their library books alongside their own books to treat them with the same care and attention.

**For babies and young toddlers, choose sturdy books to survive rough handling.** Board books, for example, have thick pages that can be turned easily and wiped clean. Remember to look at the books with your baby or toddler and talk about the pictures.

**Display a few books with the covers facing out.** An appealing cover might entice a youngster to pick up a book and peek inside.



The more you and your children read together, the more like your children will succeed in school.

## EVENTS

- **Miami Children Museum** – 3<sup>rd</sup> Friday of each month
- **Miami History Museum** – 2<sup>nd</sup> Saturday of each month

**FREE ADMISSION**

## NUTRITION

### THE WORLD'S BEST CHICKEN

Ingredients:

- 4 boneless, skinless chicken breasts
- ½ cup Dijon mustard
- ¼ cup maple syrup
- 1 tablespoon red wine vinegar
- Salt & pepper
- Fresh rosemary

Directions:

1. Preheat oven to 425 degrees.
2. In a small bowl, whisk together mustard, syrup, and vinegar.
3. Place chicken breasts into 9"x13" lined baking dish.
4. Season with salt & lots of pepper.
5. Pour mustard mixture over chicken. Make sure each breast is coated.
6. Put some more pepper on, if you please.
7. Bake for 30-40 minutes, or until meat thermometer reads 165 degrees.
8. Season with fresh rosemary.

*Adapted from Trader Joe's Cookbook*

## OCTOBER'S BIRTHDAYS

Norka Rodriguez	October 1
Roberto Miranda	October 8
Nicole McCray	October 11
Milagros Dominguez	October 18
Raquel Sais	October 28



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