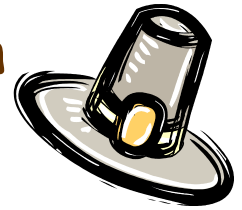


# The Children's Center Connection November 2021



## Parent-Teacher Conferences

It's time for parent-teacher conferences for all families.

Earlier in the school year parents completed the Ages & Stages Questionnaire (ASQ), a broad screening tool that covers several developmental domains. The teachers are assessing the children according to the Objectives for Development and Learning with Teaching Strategies GOLD. Teachers will share information gathered from both tools at the conference and also use the find-

ings to plan and individualize activities. Together, teachers and parents will complete the written summary during the final portion of the conference.

Conference dates will be staggered between the weeks of November 15th and December 6th. Conference sign ups will be through Google Docs. We are hoping for 100% participation. Strong communication is key to your child's success!

### Important Dates To Remember

November 2



Election Day

November 15-  
Dec 10

Parent Teacher  
Conferences

November 25

Thanksgiving Day  
Center Closed

November 26

Center Closed



## Facemasks and Cubby Updates

The cooler fall weather is here. If you have not done so already, please make sure your child has an extra set of warmer clothes. We plan to go out in a variety of weather, so please bring labeled rain boots, hats, gloves, scarves and warm jackets. Hopefully, snow boots can wait until next month!

We also ask that extra clean masks be put in children's cubby bins instead of the hanging storage in the hall. Those are only for the mask the child is wearing that day. Reusable masks should be washed as soon as they become dirty, or at least once a day. Disposable masks should be thrown away after wearing once.



## A Look Ahead to the Holidays

The holidays are just around the corner and it is a very busy time for everyone. Here is a reminder of dates the center is closed in December.

Thursday, December 23	Center Closed
Friday, December 24	Center Closed
Thursday, December 30	Center Closed
Friday, December 31	Center Closed

Be on the lookout for information on our Christmas cookie dough sale and Holly Jolly Sing-A-Long filming and premier!

# Healthy, Fit Families

Below are some timely tips to remind us that children need to move their bodies and eat healthy foods. Families can promote healthy habits by encouraging children to eat nutritious foods and get some exercise every day. Here are some suggestions.

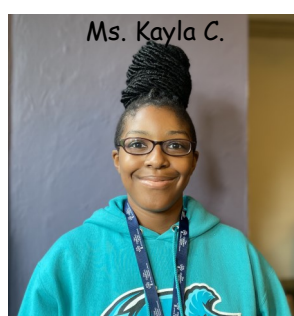
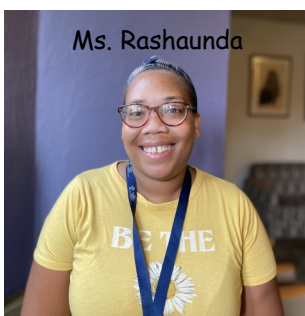
**Follow the nutrition guidelines for children under 6.** Information on nutritious foods, portion sizes, and sample menus for planning snacks and meals are available free [through the CDC](#).

- **Eat meals together.** You'll know what your child is eating, you can model appropriate choices and portion sizes, and you'll have fun talking and spending time as a family.
- **Steer your child toward healthier choices at fast food restaurants.** Look for salads, sliced apples, baby carrots, and low-fat milk in colorful containers.
- **Offer fun, healthy snacks.** Ants on a log (celery sticks with peanut butter or cream cheese topped with raisins), sliced fresh fruit on a skewer, or raw vegetables and low-fat yogurt dip are favorites of many young children.
- **Teach your child to listen to his or her stomach.** When children do this, they'll learn to know when they have had enough to eat. It takes 15 to 20 minutes after eating to know if you're really hungry for seconds.
- **Plan a taste-testing event.** Family members can taste and vote on new, healthy foods—veggie burgers, baby spinach, turkey hot dogs, whole wheat pasta, kiwis, and the like. Then make the favorites part of your regular menu.
- **Give hugs and kisses—not food—for comfort and encouragement.** This simple action helps children associate eating healthy foods with taking care of themselves. They are likely to grow up to be adults who avoid using food as a reward or a way to cope with stress.
- **Limit your children's screen time.** Instead of watching television or playing on the computer, spend time together—go for a run, kick a ball around, ride bikes (or trikes), or take a nature hike.
- **Walk instead of driving to nearby places.** Leave the stroller at home. Park a few blocks from the store and walk the rest of the way. Get off the bus a stop or two away from your destination and walk the remainder.

*Source: Adapted from the Message in a Backpack for L. Colker, 2008, "Trends in Children's Well-Being," News from the Field, Teaching Young Children 1 (4): 20-21.*

## Welcome New Teachers

Please join us in welcoming our three new teachers. Ms. Rashaunda is working with the Pandas, Ms. Kayla is assisting with the Butterflies and Ms. Akilah is helping with the Penguins. They are wonderful additions to our team!



# Community Resources

Each year we share local resources that may be helpful to families. Please let us know if there is an agency or organization that we should include in future updates.

## Doctor's Offices

- Green Road Pediatrics 216-382-3800 [greenroadpediatrics.net](http://greenroadpediatrics.net)
- Senders Pediatrics 216-291-9210 [senderspediatrics.com](http://senderspediatrics.com)
- Suburban Pediatrics 216-991-4180 [suburbanpeds.rainbowbabies.org](http://suburbanpeds.rainbowbabies.org)
- Beachwood Family Health 216-839-3000 [my.clevelandclinic.org/locations/beachwood-fhsc](http://my.clevelandclinic.org/locations/beachwood-fhsc)

## Public School Districts

- Shaker Heights 216-295-1400 [shaker.org](http://shaker.org)
- Cleveland Heights-  
University Heights 216-371-7171 [chuh.org](http://chuh.org)

## Health Department

- Cuyahoga County Board of Health 216-201-2000 [ccbh.net](http://ccbh.net)

## Public Libraries

- Shaker Heights 216-991-2030 [shakerlibrary.org](http://shakerlibrary.org)
- Cleveland Heights-  
University Heights 216-932-3600 [heightslibrary.org](http://heightslibrary.org)

## Social, Health, Housing, Government Resources

- United Way 2-1-1 Greater Cleveland 2-1-1  
211oh.org (all services, basic needs, housing)
- Cuyahoga County Women, Infants and Children (WIC) Program 216-957-9421  
[metrohealth.org/public-health-programs/](http://metrohealth.org/public-health-programs/) (nutrition)
- Child Care Assistance Program 216-416-4440 (child care subsidies)  
[cjfs.cuyahogacounty.us/en-US/child-care-assistance-program.aspx](http://cjfs.cuyahogacounty.us/en-US/child-care-assistance-program.aspx)
- Help Me Grow 216-698-7500 [helpmegrow.org](http://helpmegrow.org) (screening, early intervention)

## Other

- Family Connections of Northeast Ohio (includes parenting programs)  
Shaker West Professional Building 216-321-0079 or 216-921-2023  
[familyconnections1.org](http://familyconnections1.org)
- Imagination Library (book gifting program) [literacycooperative.org/imagination-library/](http://literacycooperative.org/imagination-library/)



# November Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheddar cheese quesadillas on spinach tortilla, oranges and salsa	2 Hamburger rice soup, carrots and apples	3 Chicken tenders, roll, green beans and apples	4 <b>VIP HANNAH</b> Pizza, carrots and watermelon	5 Chicken patty on a bun, carrots and oranges
8 Parker house bun meatball sub, cucumbers and bananas	9 Tomato soup, grilled cheddar cheese sticks on wheat and melon	10 Turkey tetrazzini, mushrooms, green beans and melon	11 <b>VIP RYAN</b> Mac and cheese, carrots and pears	12 Loose beef sandwich on wheat bun, carrots and bananas
15 Beef flautas w/ corn and black beans, salsa oranges	16 Chicken and dumpling soup, carrots and melons	17 Alfredo sauce w/ cheese ravioli, green beans and apples	18 <b>VIP GRAYSON</b> Orange chicken, noodles, corn and strawberries	19 Turkey, mashed potatoes, green beans, yams and stuffing
22 Meatballs and gravy, noodles, mixed veggies and apples	23 Fish sandwich on a bun, carrots and pears	24 Chicken patty on a bun, carrots and oranges	25 <b>HAPPY THANKGIVNING CENTER CLOSED</b>	26 <b>CENTER CLOSED</b>
29 Tortellini, meat sauce, salad and peaches	30 Corn chowder soup and apples			

Organic skim milk is served with lunch for children 2 years and older.  
 Organic whole milk is served to children under 24 months of age.  
 Menu is subject to change.

