



The Children's Center Connection November 2023

Family-Teacher Conferences

It's time for family-teacher conferences for the whole Center.

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 findings to plan and individualize activities. Together, teachers and families will complete the written summary during the final portion of the conference. This includes updating goals for your child's development.

Conference dates will be staggered beginning the week of November 13th. Conference sign ups will be through Google Docs. Teachers may offer conferences in-person, via Zoom or both. We are hoping for 100% participation. Strong communication and partnership is key to your child's success!

Important Dates To Remember

November 7



Election Day

November 13-30

Family-Teacher Conferences

November 23 & 24

Thanksgiving
Center Closed



Thanksgiving Luncheon is Back

Chef Faith is excited to bring back a family favorite. Our Thanksgiving Luncheon is Friday, November 17th at 11:45. Children in the Panda, Seahorse, Whale and Penguin classes will meet guests (limit 2 please) in the Muscle Room. Families of younger children should pick them up in the classroom and take them to the Muscle Room for the delicious meal. Students from the Mayfield Excel TECC Early Childhood program will be here to help Chef Faith. Please RSVP at the following link:

<https://docs.google.com/document/d/1Dv67zeEqpmJcBoCEEyThF3NjOWoaAQ0-xpyiJ17hW1/edit?usp=sharing>

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.

Wednesday, December 13	Holly Jolly Sing-A-Long 4 PM
Monday, December 25	Center Closed
Tuesday, December 26	Center Closed
Monday, January 1	Center Closed
Tuesday, January 2	Center Closed

Be on the lookout for information on our Christmas cookie dough sale.





Thanksgiving Do's and Don'ts

It's November, and we are kicking off this month with some perspective. We will be celebrating Thanksgiving in a few weeks, which means that gratitude is in the air. Now is a time for us to reflect on all the things that make us fortunate like our loved ones, good health, safety and community. It is the perfect opportunity to practice gratitude for ourselves and others.

This is also a time for us to look outward to those who may not be as fortunate as we are. Maybe they don't have anyone to embrace them during the holiday season or throughout the year? Maybe they are experiencing some health complications? Maybe they are food insecure? Let's spread good will on earth by finding ways to help our fellow people through their trying times.

As we embark on their journey, let's not forget the origins of Thanksgiving and how the Wampanoags welcomed in the Pilgrims during a difficult season of their life when they first landed on the land we now recognize as The United States of America. The travelers were greeted with a warm embrace and a bountiful feast. To their peril, the indigenous group was met with violence and despair.

It's important that we not only pay homage to those in our immediate life, but those like the Wampanoags who gave their lives to us to be here today. If you're looking for a ways to celebrate their kindness, see some of the do's and don'ts listen below.

DO call them by their name (aka Wampanoag) or indigenous; DON'T call them Indian or Native American.

DO learn the entire [history](#) of Thanksgiving; DON'T continue to share romanticized stories about how the Wampanoags and Pilgrims both lived happily ever after.

DO support [local indigenous groups](#) throughout the year – reach out to them to see what kind of giving they are open to receiving; DON'T wear traditional, sacred indigenous garb if it's not part of your culture.

DO make this a family engagement by reading [books](#) written by indigenous people; DON'T silence their voices by not sharing their stories.

Contributed by Akilah Porter, Penguin Teacher

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
- Senders Pediatrics 216-291-9210 senderspediatrics.com
- Suburban Pediatrics 216-991-4180 suburbanpeds.rainbowbabies.org
- Beachwood Family Health 216-839-3000 my.clevelandclinic.org/locations/beachwood-fhsc

Public School Districts

- Shaker Heights 216-295-1400 shaker.org
- Cleveland Heights-
University Heights 216-371-7171 chuh.org

Health Department

- Cuyahoga County Board of Health 216-201-2000 ccbh.net

Public Libraries

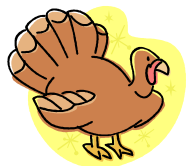
- Shaker Heights 216-991-2030 shakerlibrary.org
- Cleveland Heights-
University Heights 216-932-3600 heightslibrary.org

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/ (nutrition)
- Child Care Assistance Program 216-416-4440 (child care subsidies)
cjfs.cuyahogacounty.us/en-US/child-care-assistance-program.aspx
- Help Me Grow 216-698-7500 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
- Imagination Library (book gifting program) literacycooperative.org/imagination-library/



November Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Red sauce w/ cheese ravioli, green beans and	2 VIP Sawyer Chicken and rice w/ gravy, peas and peaches w/ skin (because those are yummy)	3 Hot ham and cheese sandwich on wheat, banana and cucumbers
6 Chicken tenders, red potatoes, green beans and apples	7 Tomato soup, grilled cheddar cheese sticks on wheat and melon	8 Sloppy joe on fries, carrots and apples	9 VIP Leigh Pizza, strawberries and corn	10 Fish sandwich, on wheat bun, cucumbers and bananas
13 Tortellini w/ Alfredo sauce, salad and melon	14 Cheeseburger soup w/ noodles, cantaloupe and corn	15 Orange chicken, fried rice, mixed veggies and oranges	16 Build your own salad, pepperoni, cheese, crackers, and bananas	17 Thanksgiving Luncheon-turkey, mashed potatoes, veggies and apples
20 Meatball subs, green beans and apples	21 Chicken fritters, wheat roll, broccoli and strawberries	22 Ham and cheese sandwich on wheat, carrots and oranges	23 HAPPY THANKSGIVING CENTER CLOSED	24 CENTER CLOSED
27 Chicken Paprikash w/ dumpling, green beans and apples	28 Chicken matzo ball soup, carrots and oranges	29 Build your own salad w/ chicken, cheese, wheat roll and melon	30 VIP Ayanna Macaroni and cheese, carrots, strawberries and blueberries	

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.

