

# OUR School Monthly Community Newsletter

## October 2022

Dear OUR School,

PLEASE READ CAREFULLY AND BARE WITH ME

To run a debit card on ProCare you **MUST** fill out a payment contract with us allowing us to run your card on the 20<sup>th</sup> of each month.

If you need to use your Credit Card, we must now have you also fill out a payment contract for us to run your card on the 20<sup>th</sup>. There is an interest fee of 3% when you use a credit card. I have uploaded a Payment Contract for your reference.

Most families have one on file, I will reach out this week, if we do not. Thank you in advance!

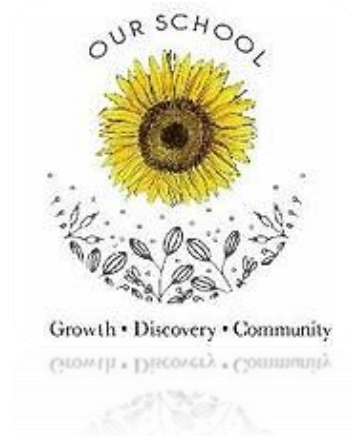
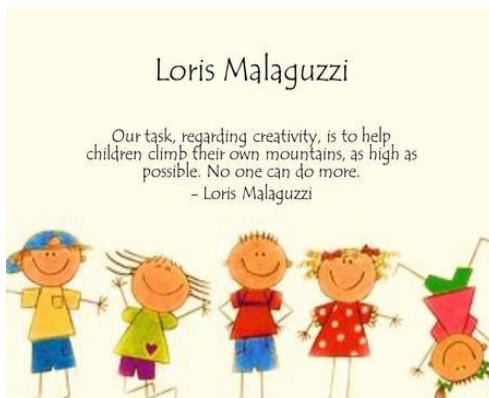
### LATE FEES ARE BEING APPLIED TO ACCOUNTS!!!

- 5:01-5:05 - \$10
- 5:06-5:15 -\$25

Since I have NO CLUE when we began Parent Volunteer hours for the year and returning after Covid, I have decided that the date when families could begin to accrue them was JULY 1, 2022. This way there is no confusion for anyone going forward. This means that from July 2022

*Parents may fulfill their monthly participation requirement in a few ways:*

- 1. Volunteer in the classroom two hours or more. Teach a song, do a science experiment, talk about your job, or come read to us!*
- 2. Volunteer to do maintenance tasks, fundraising, cleaning, yard work, or join our Parent Advisory Committee.*
- 3. Participate in school functions such as Back to School Night.*
- 4. Purchase needed items for the school and classrooms from the monthly Parent Participation list.*
- 5. Pay \$50 per month in lieu of Parent Participation.*



(Pulled from OUR School Parent Handbook pg. 10)

### IMPORTANT REMINDERS:

*If you have not turned in your parent survey this is your opportunity to speak up! I am being honest when I say I have received 3 in total from 40 families in our school.*

**AN UPDATED FALL WORK DAY TO COME SOON!**

### IMPORTANT DATES:

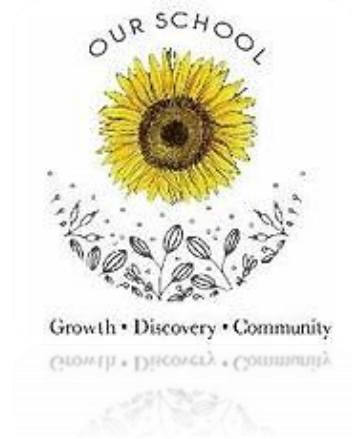
OCTOBER 10<sup>th</sup> - Board Meeting @ 6:15

OCTOBER 28<sup>th</sup> - 11:00 am - 1:00 pm [Halloween Potluck](#)

OCTOBER 31<sup>st</sup> - HALLOWEEN - PLEASE BE MINDFUL OF WHEN YOU PICK UP! It's a Monday!

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### WHAT THE CHILDREN ARE UP TO? - Monthly themes

- The infants are beginning to move a lot more! We must make sure each door is shut or several of them will scoot, slither, and slide their way right out the door. 😊 We have a *NEW* sibling joining us in the infant room, Stella! You may have met her sister AnnMarie in our Preschool room and her parents Heather and Jacob Dunaway. We are excited she will be joining us!

The toddlers have been BUSY! They have been taking some toddler walks to see the outdoors, exploring, reading LOTS of books, and been practicing cleaning up using a special song! Here is a link to the song! This month they will be studying... Autumn and Halloween fun!

**PLEASE REMEMBER THAT OUR TODDLERS ARE USING COMMUNITY WIPES! This means that when you bring wipes into the classroom they are being used on every child. If your child has a sensitivity, please speak with the teachers in this regard.**

- The preschool kiddos have been exploring LOTS of different kinds of blocks! Here is an article from NAEYC (National Association for the Education of Young Children) providing ["Ten Things Children Learn from Block Play"](#) and giving examples of the learning they are absorbing and constructing themselves is truly endless! Among working with many practical life skills, the preschoolers are also studying the "Fall Feels!"

### LUNCHTIME AT OUR SCHOOL

As I have spent a lot of time in the classrooms and helping to prepare lunches, I wanted to remind families what is a healthy lunch! I understand that life gets busy and the idea of "to go" items seem the most time efficient. I suppose I cannot say it isn't, however, these are the types of foods that have enormous amounts of sugar and very little nutritional value to your growing kids.

Taking the time to pack lunches that are intended on nourishing rather than making our lives easier and fueling them right before nap with enough sugar as a can of soda, rather than fueling their brains and bodies is REALLY IMPORTANT

Another reminder, it is NOT the teacher's job to cook and must spend time re-preparing your children's lunch. Please take this into your thoughts and initiative when preparing and packing YOUR child's meal.

*Try a thermos out! It will keep your child meal warm all morning long.*

**ALSO PLEASE MAKE SURE IT IS LABELED WITH THEIR NAME ON IT.**

These are the years that our children begin their attachment to food. We are their models to what health and food health looks like.

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HERE IS A LIST OF APPROPRIATE FOODS BY CATEGORY

### Protein

- ✓ Cream cheese
- ✓ Cottage Cheese
- ✓ Turkey, Roast Beef, Ham,
- ✓ Tuna, Salmon, or Smoked Salmon, Other Fish
- ✓ Hard boiled Eggs / Eggs in general
- ✓ Cheese (Not KRAFT)
- ✓ Chickpeas & Hummus
- ✓ Beans (any variety)
- ✓ Avocado
- ✓ Portabella Mushrooms
- ✓ Sweet Potato
- ✓ Sunbutter, almond butters
- ✓ Non-sugary Yogurts

### Vegetables

- ✓ Raw veggies with ranch or other dressing (Cut up the long ways ALWAYS if needed to be cut)
- ✓ Bell peppers
- ✓ Carrots
- ✓ Snap peas
- ✓ Broccoli
- ✓ Brussel Sprouts
- ✓ Beets
- ✓ Turnips
- ✓ There are SO MANY!

### Fruits

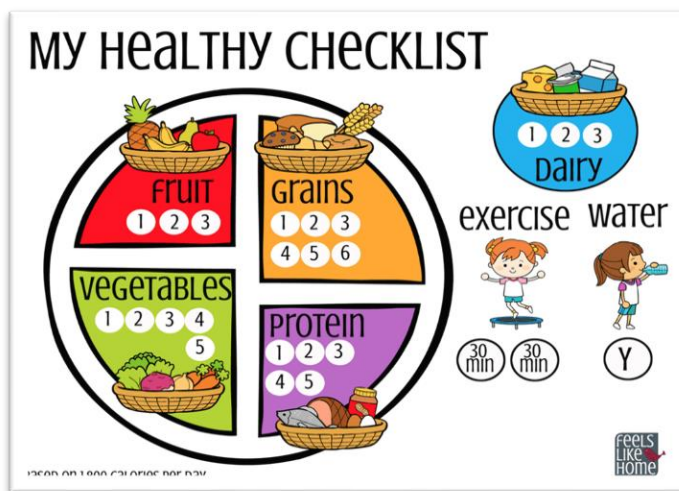
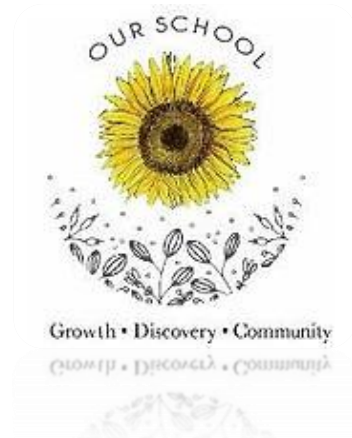
- ✓ Blueberries, raspberries, strawberries
- ✓ Bananas, papaya, pineapple
- ✓ Apple, pears, peaches, etc. (not canned)
- ✓ Grapes (cut for the TODDLERS the LONG ways - per licensing and our health code these are extremely dangerous and a choking hazard. If you do not cut them, the teachers will have to take the time to cut them.)
- ✓ Smoothies

### Carb/Grains

- ✓ Pastas
- ✓ Rice
- ✓ Corn (yes, even corn on the cob)
- ✓ Couscous
- ✓ Quinoa
- ✓ Any bulgur wheat really
- ✓ Potatoes are NOT a veggie!
- ✓ Breads, bagels, tortillas
- ✓ Crackers

### Snacks

- ✓ Dried fruits
- ✓ Cashews, de-shelled pistachios, almonds
- ✓ Kale chips
- ✓ Seaweed
- ✓ Granola Bars
- ✓ Apple sauce (this is not a fruit substitute)
- ✓ Chips
- ✓ Popcorn - PRESCHOOL ONLY!!! This is a choking hazard for our younger toddlers and infants





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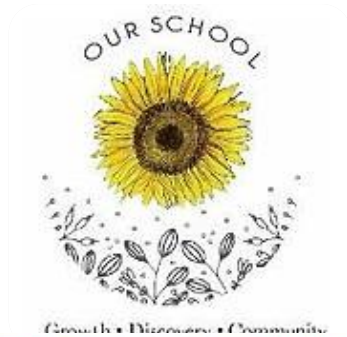
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