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### PARENTS Clease call!

If your child is going to be absent or arriving to school after 9am, you must call and let us know! **ALL** children, even those running late must arrive by 9:30am. Failure to call will result in denial of service.

### Make the Connection!

<u>ChildrensCenterChicago.org</u> Keep up with important school information, deadlines, school closings and more!



Ms. Donlecia R Blassingill Early Head Start

> Mr. Cade Claiborne Head Start

Ms. Sylvia R Cook Early Head Start

Ms. Yolanda Harris Early Head Start

Kentiqua L Perkins Early Head Start

Dominique Walton Early Head Start

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

### Winter Break!

Winter break for the Children's Center, Inc. is December 25, 2017—January 7, 2018. Parents interested in Winter Camp may sign-up in the main office by Friday, December 13th. You must have a current AFC approval letter and zero balance on co-pays, tuition, and registration fees. Winter camp hours will be from 7:00am—4:00pm. We will be closed the following days: Monday, December 25th, Tuesday, December 26th, Monday, January 1st and Tuesday, January 2nd. Parents who sign up will receive an approval letter from the main office, which must be presented in order to attend.

### **Thanksgiving Potluck**

Wednesday, November 22rd, the Children's Center will be engaged in our annual Thanksgiving Potluck lunch. Parents are encouraged to bring a package desert and join us in giving thanks. Lunch will begin at 11:30am. Please see your child's teacher for more information. Thank you for being a cheerful giver.

### Staff Development Day

**THIS MONTH ONLY!** Staff Development Day will be changed to Wednesday, November 22nd. The school will close at 4pm on this date. All late fees apply at 4:01pm . We are thanking all parents in advance for your cooperation. Late parents will be charged a late fee due at the time of pick-up or upon returning to school.

### **Report Card Pick-up**

Report cards will be ready for pick-up on Friday, November 10th, between the hours of 3-5pm. Parents may pick-up report cards from your child's teacher.

### Hallelujah Day!

Hallelujah day was a blast! The children and staff enjoyed a day of fun and excitement! Thanks for participating! Check out our website and Facebook page for pictures.

### **Parent Volunteers**

We are in need of parent volunteers, please sign up in the office. Volunteer hours are available any time between 10am—6pm. Remember, it takes a village to raise a child.



You are invited to our Parent/Teacher appreciation Holiday Party Sunday, December 3rd @ What's Up Bar and Grill 735 Torrence, Calumet City, IL 5-10pm Food • Fun • Gifts • Live Band RSVP in the Main Office Today!!!

# What's Happening Next.... November 2017

Date	Event
1st	Parent / Teacher Conference for EHS & HS. Please schedule your time today.
10th	Report Card Pick-up (Academy)
14th- 15th	<b>Picture day!</b> 14th—Center Side 14th—Academy and Siblings
16th	Hearing and Vision Screenings
22nd	Thanksgiving Potluck 11:30am
22nd	THIS MONTH ONLY! Staff Develop- ment/ 4pm pick-up for all students
23rd- 24th	Closed Thanksgiving Holiday
30th	THIS MONTH ONLY! Parent Meet- ing, 5:00pm, Refreshments will be served!

#### **EDUCATION:**

Read together every day and talk about the story.

Point to words as you read them aloud, especially words that are repeated.

Point out and name letters in alphabet books.

Read rhyming books. Encourage children to give the last word in a rhyme.

#### **NUTRITION:**

Following are some basic guidelines that can help you encourage your child to eat right and maintain a healthy weight:

Control the supply lines. You decide what foods to buy and when to serve them.

From the foods you offer, children choose what they eat or whether to eat at all.

Quit the "clean-plate club." Let your child stop eating when feeling he/she has had enough. When children have and respond to feelings of fullness, they are less likely to overeat.

Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for children.

Juice is fine when it's 100%, but children don't need much of it ... 4 to 6 ounces a day is enough for preschoolers.



### HEALTH & SAFETY:

*Health:* Why is childhood obesity considered a health problem?

Doctors and scientists are concerned about the rise of obesity in childhood and youth because obesity may lead to the following health problems:

Heart disease caused by: High cholesterol and/or high blood pressure Type 2 diabetes Asthma Sleep apnea Social discrimination

Safety: Keeping children safe is an important job for parents. You want your child to respect and trust others, but you also need to teach your child to be careful. Following are some simple rules and ways that you can start a conversation with your child about different safety issues –

If you aren't sure, ask me.

If an adult asks you to do something that you are not sure is okay, always ask me first. "I won't get mad at you for asking."

No secrets.

- Certain body parts are private.
- If we get separated, find a security guard or police officer.
- When you take your child to a crowded place, look around and point out the person who is there to help if you do become separated.

# Black History Facts 365

#DidYouKnow First issue of Ebony magazine is published by John H Johnson, on November 1, 1945

#DidYouKnow On November 4, 1981, Zena Garrison becomes the 1st African American player to win the junior singles tennis championship at Wimbledon, England

#DidYouKnow On November 3, 1991 Carol Mosely Braun, a Democrat from Illinois, becomes the 1st African American woman elected to the United States Senate.

#DidYouKnow On November 22, 1989, Col .Frederick D Gregory becomes the first African American to lead a space mission.

## College Facts 365

In the United States, there is little difference between the terms "college" and "university." However, the term "college" in other countries, such as Canada, refers to a junior college or trade college, where as a "university" is larger, more research focused, and usually contains multiple colleges.

The majors with the best pay include Engineering, Economics, and Physics.

# Happy Birthday

Lai'Anni Carter Lelan Davis Trystian J Dilworth Benjamin Ehondor

> Jermaine J Johnson Jr. Riya Jones Karla M Starks Zion Williams

### Staff Birthday's

Yolanda Harris - 11/27 Dominique Walton - 11/29