



# Positive Steps Childcare & Preschool

## The Right Choice

### Thank You!

October 2009

Many thanks to everyone for your support with the Habitat for Humanity float in the Arrows to Aerospace Parade.

Thank you to Jay (Poppy) and Mark for lending me hard hats and tool belts, to Shirley (Mi Mi) for sewing curtains for the float, Pj for recruiting volunteers and Aaron for supporting Habitat by volunteering on the worksites and in your part in the parade. Your generosity and thoughtfulness fills my heart.

#### Reminder:

Offutt AFB Regulations require each child to have a flu shot by November 1<sup>st</sup>. Please make sure you print me a copy of the shot form to add to your file.

#### Holiday Schedules

I try to schedule my Holiday time off according to your scheduling needs.

Please write your Thanksgiving & Christmas schedules down and give it to me as soon as possible so that I may make travel arrangements for my family's Holiday time.

**in love with our newest**

**Lil Pumpkin....Victoria**

**Welcome Victoria.**



October is National Dental Hygiene Month.

You're welcome to bring a toothbrush to leave at daycare to brush their teeth during the day.



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## October's Curriculum plan

Our preschool year began late August and we are off to a fabulous start. The Children have been very busy having fun and learning lots.

Our October themes and activities are:

- Five Super Senses
- Animal lessons
- Capes and Wings
- On th Farm
- Autumn Harvest/ Pumpkins & Halloeen
- Fire Safety Lessons

Our letters & numbers we'll be working on are :  
D, E, F & 4, 5, 6

Our colors we'll be working on are **Black & Orange**.  
Our shape of the month is a **Triangle**.

Were learning words in English, Spanish, and Sign Language.

## Dates to remember:



**Monday Oct 12, Federal Holiday.**

The daycare will be closed unless someone has to work.



**Friday Oct 16, Bellevue NO school, Field trip to Vala's Pumpkin Patch. 9am-1pm.**



**Oct 18 through 24<sup>th</sup>- Offutt AFB Exercise.**



**Friday Oct 30<sup>th</sup>, Small Halloween Daycare Party. 3:45pm- 5:00 pm.**



**Saturday Oct 31 Halloween**

**Trick or Treat...**



# Field trip

**Friday October 16<sup>th</sup>.** We will be leaving at **9** and returning by **1:00**. The kids will enjoy many sites and sounds, lots of hands on activities, a hay rack ride, train ride, farm animal feeding, milk a cow, pig races, pumpkin eating dragon show, big slides, and a picnic lunch on the farm. Each little one will bring home a (small) pumpkin.

Parents and siblings are welcome to join. Entrance fee for a parent or sibling is the regular cost of admission \$12.25 per person. Plus the cost of your lunch on the farm. Pumpkin prices for parents and siblings are .35cents per pound and the train ride is \$2.75 per parent and sibling.

Please dress your children appropriately for the weather considering that we will be outdoors for most of the day.

If you plan to go to Vala's again this season it might be cost beneficial to purchase a family pass at \$27.00 per person for unlimited visits.

Please plan to bring cash- some places on the farm do not take debit. Parents who attend are welcome to stay at the farm with their children as long as you'd like.



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## Small Daycare Halloween party:

Friday October 30th. 3:30pm to 5:00 pm

Your welcome to bring a Costume to wear after naptime (No face paint).



Bring in a bag- I can help dress the little goblins up.

Goodies welcome. (If you decide to bring a goodie, bring enough for 6 children) I will have good-for-them food and drinks.



### Very Easy Pumpkin Mmmmmuffins

Your preschooler will love helping mix together these ingredients and showing off their yummy snacks - Big kid style!

¾ Cup natural bran

¾ Cup whole wheat flour

½ Cup granulated sugar

1 ½ teaspoon cinnamon

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 Cup raisins

1 Cup mashed/canned cooked pumpkin

2 eggs (unbeaten)

½ Cup vegetable oil

½ Cup plain yogurt or buttermilk

In a bowl, combine bran, flour, sugar, cinnamon, baking powder, soda, salt and raisins. Toss to mix.

Add pumpkin, eggs, oil and yogurt. Stir just until combined. Spoon batter into paper-lined or nonstick muffin tins. Bake in 400 F / 200C oven for 25 minutes or until firm to the touch.

Makes 12 muffins.



### Pumpkin Carving

- **Clean up your mess.** Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace, and clean up spills right away so no one slips or trips.
- **Don't let kids handle knives.** Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- **Keep kids at a safe distance** while you're carving the pumpkin, so that they don't distract you or get in the way of sharp objects.
- **Remove pumpkin guts safely,** Let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- **Skip the candles.** A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

