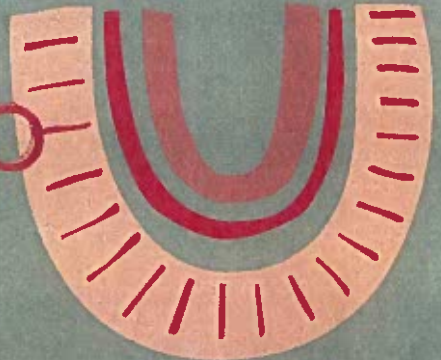


October 2024 Canadian Preschool Newsletter



- IMPORTANT DATES**
- October 1- Apple Farm Field Trip
 - October 7- Picture Day
 - October 8- Policy Council
 - October 10&11- Fire Safety
 - October 19- Trunk or Treat
 - October 21-25- Book Fair



We hope you are all adjusting well to the first few weeks of preschool! Each month we will have a newsletter with local events, resources and parent education topics!

WELCOME TO PRESCHOOL



PARENT

EDUCATION



SIX FIRE SAFETY TIPS

1. Install and Test Smoke Detectors Regularly

Install a smoke alarm on every level of the home and outside sleeping areas. Smoke alarms should be tested every month, and batteries changed annually.



2. Develop a Fire Escape Plan

Designate a safe, accessible meeting spot outside, away from your home. A fire escape plan should be devised and practiced at least twice a year.



4. Assemble an Emergency Supply Kit

Make an emergency supply kit and include things like a flashlight, batteries, a whistle, blankets and water. An extra supply kit should be kept in a car in case you are unable to immediately return inside.

5. Gather Emergency Contact Information

Maintain a list of emergency contact numbers in cell phones and keep it in the supply kit.



6. Store Important Documents in a Safe Place

Find a safe place to store important documents like birth certificates and financial information. You should even consider making copies of these documents and storing them in a secure, off-site location.





Preheat oven to 275 degrees F. Line a rimmed baking sheet with a piece of parchment paper. Drizzle the seeds with olive oil and sprinkle with salt, to taste. Add any desired seasonings. Stir the seeds around to evenly coat them with the oil and seasonings. Lay the pumpkin seeds out in a single layer on the baking sheet. Bake pumpkin seeds for 40-45 minutes total. Stir the pumpkin seeds every 15 minutes or so to help them cook evenly.

Instructions

- 1 cup raw pumpkin seeds
- 2 teaspoons olive oil
- Generous 1/4 teaspoon sea salt, or kosher salt
- Other seasonings as desired

Ingredients



Roasted Pumpkin Seeds



YOU ARE INVITED

OCTOBER 8, 2024 AT EDUCARE

TO THE HEAD START POLICY COUNCIL MEET AND GREET

8:30 WELCOME, DINNER, INFO SESSION AND RECOGNITION 6:18-REG P/C BUSINESS ALL ARE WELCOME 7-COMMUNITY BASED SPACES PROJECT DISCUSSION 7:30-ADJOURN

CHILD CARE AND DINNER PROVIDED

RSVP TO GATHY MICHAUD 889-1613

FOR ACCURATE FOOD-PLANNING AND CHILDCARE



Haven't joined our
Conscious
Discipline Parent
Group? Use this
QR code!



Conscious Discipline is an evidence based comprehensive social-emotional learning and classroom management program based on current brain research. Conscious Discipline empowers adults to consciously respond to daily conflict, transforming it into an opportunity to teach critical life skills to children.

Conscious Discipline Connection



- Available programs:
- Head Start & Early Head Start
- ages 6 weeks to 5 yo
- Preschool ages 3-5 yo
- Whole Family Coaching for families in Kennebec and Somerset counties with at least one child under 16 yo

Check out other services
KVCAP has to offer:

Scan this QR
code for
access to our
virtual
flipbook with
more info!



Benefits to joining our programs:

- Individualized programming to meet the needs of all children
- Highly qualified teachers and caregivers
- Learning through play and age appropriate activities
- Information and referrals to community resources and consultants
- Support in accessing subsidies to make child care more affordable
- Opportunities for parent involvement
- And so much more!