

The Grapevine



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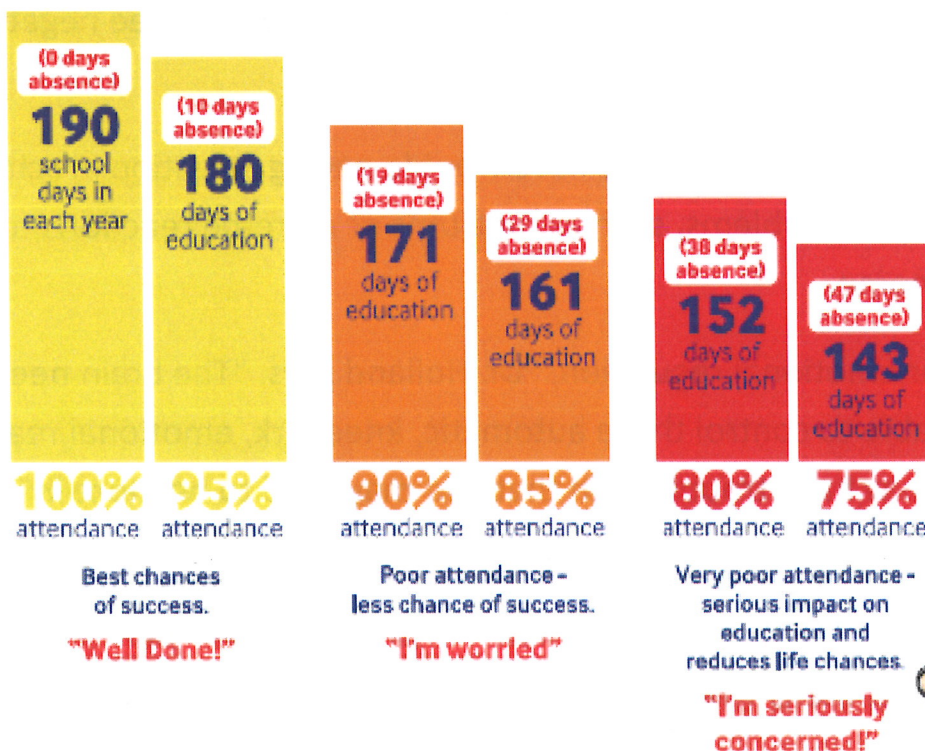
Good attendance means...

being in school at least 95% of the time or 180 to 190 days

175 days not at school!

All this time for shopping, holidays and appointments

365 days in a calendar year



Did you know? A two week holiday in term time means that the highest attendance a child can achieve is 94.7%

how much sleep is enough for your child?

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours



Sleep is vital for everyone's brain health — but especially for growing and developing kids. Without enough sleep, certain cognitive (brain) functions may not work as effectively as they otherwise could.

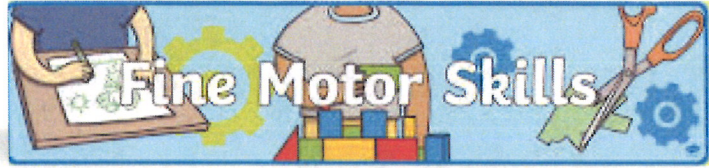
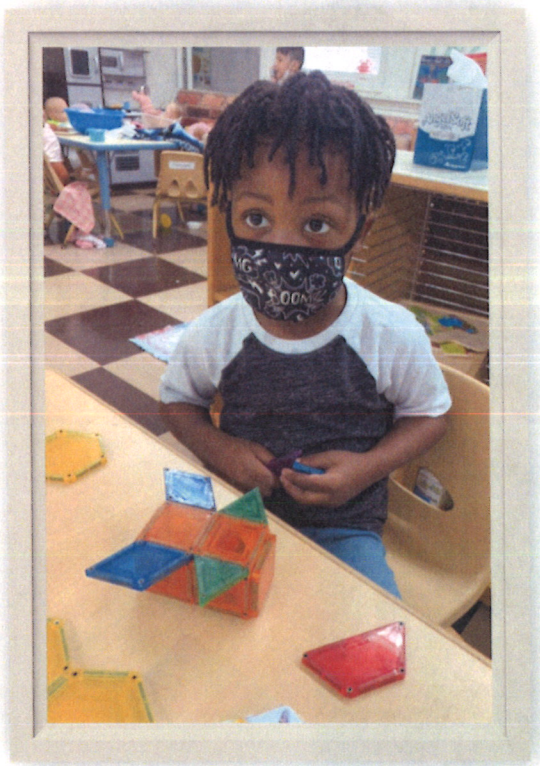
"Sleep is important for brain health in general," says [Alice Ann Holland, Ph.D., ABPP](#), a board-certified neuropsychologist and the Research Director of the Neuropsychology Service at Children's HealthSM. "If you don't get enough sleep, you can see negative effects on attention and emotional regulation."

Children who aren't sleeping enough may have trouble paying attention in school. They may start to have behavior problems, such as tantrums or extreme reactions to small events, at both school and home.

"Sleep is important for emotional regulation," Dr. Holland says. "The brain needs enough 'brainpower' to be able to control those automatic, knee jerk, emotional reactions. Kids without enough sleep may have trouble with that and may tend to be more irritable."

Beyond emotions, Dr. Holland says poor sleep can make memory less effective and hurt your child's ability to learn. Sleep-deprived children also may be less alert and more easily distracted, which can put teens who are driving at a higher risk for accidents.

Morning Star Head Start/EHS



West Woods A day with a Cop



all
Smiles

CONFLICT VS. BULLYING

CONFLICT

- ⇒ Equal power – mutual engagement
- ⇒ Equal emotional reaction
- ⇒ Happens occasionally
- ⇒ Can be accidental
- ⇒ Not seeking power or attention
- ⇒ Feelings of remorse and responsibility
- ⇒ Effort to solve problem

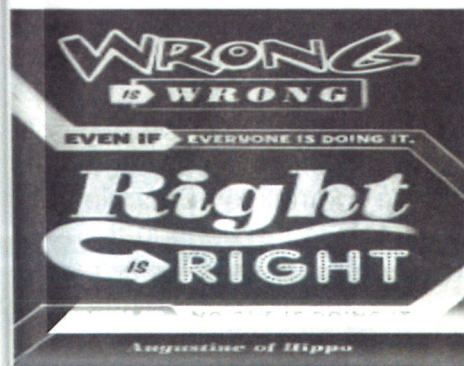
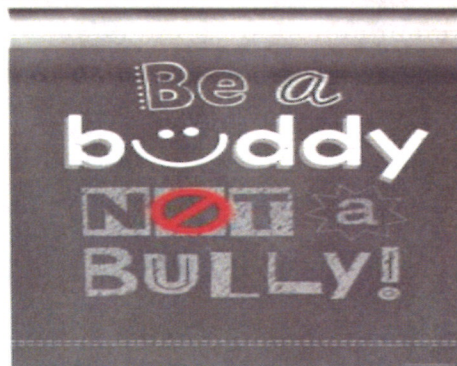
BULLYING

- ⇒ Imbalance of power – one sided
- ⇒ Strong emotional reaction on part of the victim
- ⇒ Happens repeatedly
- ⇒ Intentional, threatening
- ⇒ Seeking power and control
- ⇒ No remorse – blames victim
- ⇒ No attempt to stop

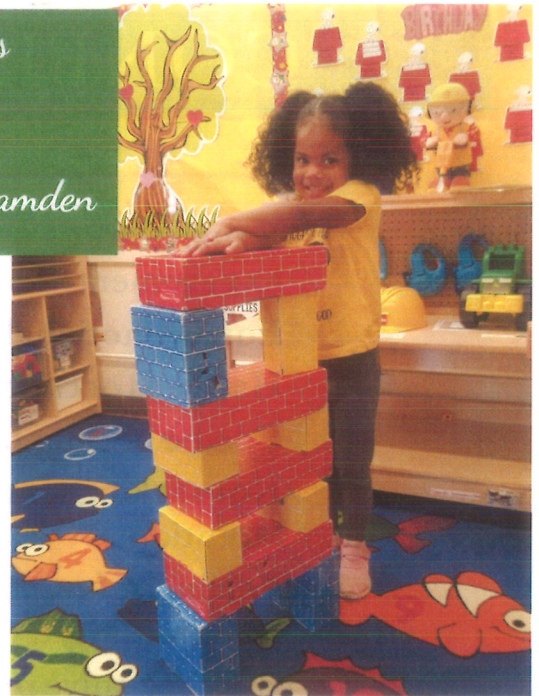
BE A
Buddy
NOT A
Bully

Did you know
a child is bullied
in school
every 7 minutes?

#StopBullying #BullyingPrevention KerryMagro.com/speaking



*A Beautiful Princess
And
Her Beautiful Castle at Camden*



Chloe Arnold, our Special Services Coordinator, reminds to recharge and self-care.

Unplug from social media for a day. If you find that you're feeling burned out, step away from social media and do something you enjoy offline. Taking a break from social media can help you refocus and re-energize.

Create a gratitude journal. Did you know that writing in a gratitude journal can help retrain your brain to be thankful? Yup! Don't make it complicated, simply jot down the small things you're thankful for each day until it becomes a habit. *(I highly recommend it!)*

Burn a fall-scented candle. Lighting up a fall-scented candle is so cliché, but it's still one of my favorite things to do. Candles help create a warm ambiance, and adding your favorite fall scent can have a mood-boosting effect. Win-win.



Watch a classic movie. Pop some popcorn, light a candle, and grab your warmest blanket. Enjoy a night in by catching up on some movie classics like *You've Got Mail*, *Good Will Hunting* or *Friday Night Lights*.

Try a new soup or chili recipe. Fall weather calls for comfort food like chili or a bowl of soup. Check out these delicious soup recipes for inspiration! If cooking is not your thing, just order from a local restaurant and enjoy. *(Don't forget to bake cinnamon rolls with it!)*

Get a fall-inspired manicure. Fall is the perfect time to experiment with new nail polish hues. From classic colors like deep burgundy to softer neutrals, treat yourself to a fresh manicure to match the warmer fall foliage.

Treat yourself to seasonal flowers. Flowers can instantly lift your mood – they're pretty to look at, smell great, and they can brighten up a space. Treat yourself to a beautiful bouquet of seasonal fall flowers, you don't need a reason, just do it. *(Artificial flowers count too!)*

Splurge on a cozy blanket. Cool fall nights are the perfect excuse to treat yourself to a new cozy blanket. From chunky knit throws to a Moroccan pompom blanket, the options are endless.

Spend a rainy day reading. This next self-care idea for fall is one my favorites – reading!

Cool and rainy fall days are the perfect excuse to spend the day curled up reading. Grab a cup of hot cider, turn off your phone, and immerse yourself in the pages of a fabulous book.

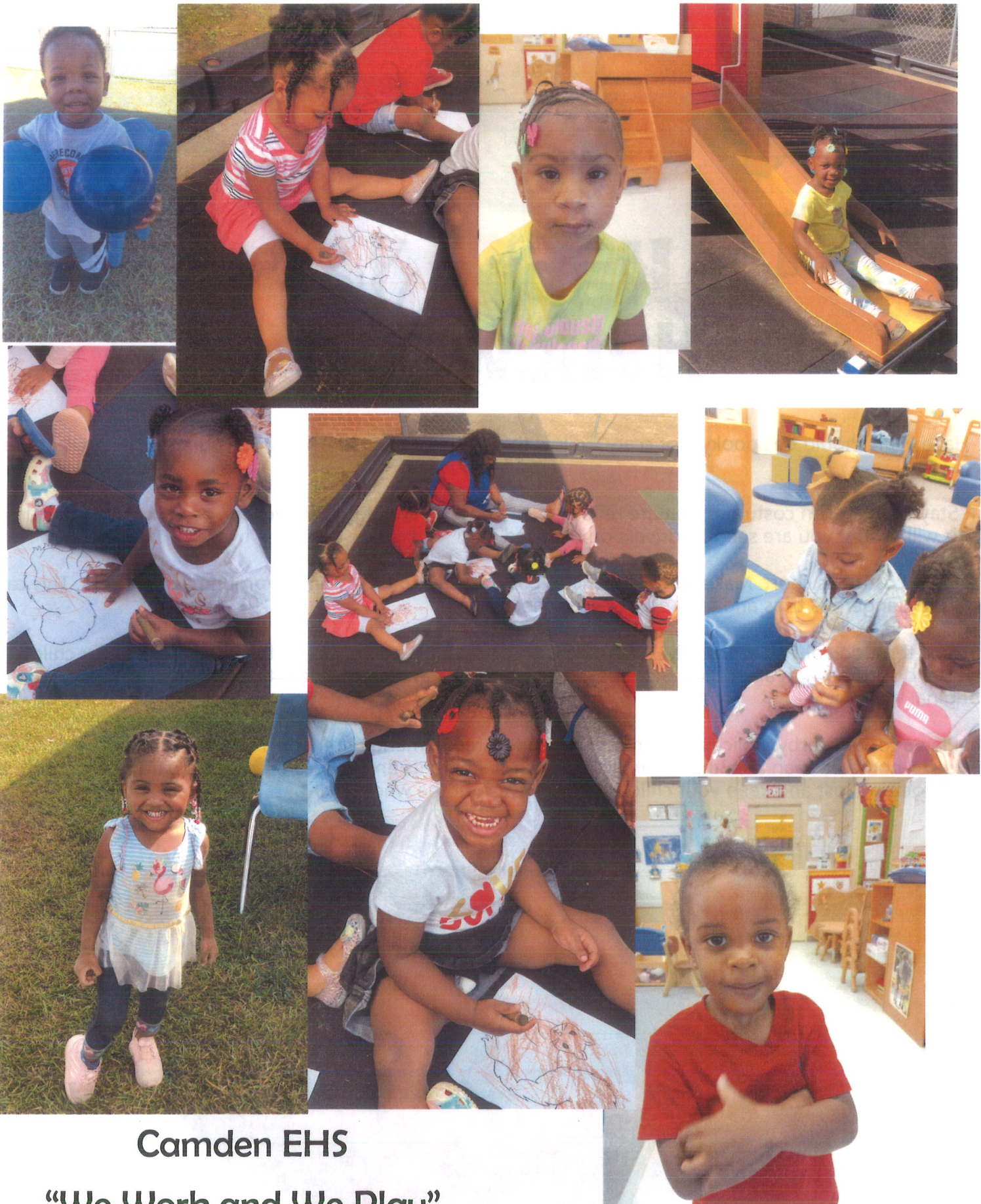
Sip on your favorite fall drink. Cooler weather means it's time to start enjoying your favorite fall drinks. Whether your go-to drink is hot apple cider or pumpkin spice latte, this is the season to indulge in a seasonal favorite. *(I LOVE lemon and ginger tea! Add a couple spoonfuls of honey and a peppermint!)*



Halloween should be spooky, not scary. Follow the tips here to ensure you and your children have a safe, fun-filled holiday.

1. Stay well-lit. Plan costumes that are reflective, or consider adding reflective tape to your child's costume. This will ensure you are seen by drivers on the road.
2. Keep costumes short. Make sure your child's costume doesn't drag on the ground as they walk. This can lead to dangerous trips and falls, especially in the dark.
3. Sort through your child's candy. When the trick-or-treating is finished for the night, check your child's bag and sort through all of the candy they received. Throw away any pieces that are open or not in the original wrapper.
4. Plan a route nearby. Police and community leaders recommend parents plan a route in advance that is close to home or in an area that is familiar to both the parents and children. Be sure to stick to the route to avoid getting lost and keep your children within eyesight the whole night.





Camden EHS

“We Work and We Play”

15-Minute Pumpkin Ice Cream Without An Ice Cream Maker

Difficulty Easy

Keyword homemade pumpkin ice cream, pumpkin ice cream, pumpkin ice cream recipe

Prep Time 15 minutes

Cook Time 4 hours

Total Time 4 hours 15 minutes

Servings 4 cups

Calories 158 kcal

Author Lacey Baier

Ingredients

1 13.5 oz can full fat coconut milk, refrigerated

1 cup pumpkin puree (can be fresh or canned)

1/3 cup pure maple syrup

1 tsp pure vanilla extract

1/8 tsp sea salt

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

1/8 tsp ground ginger

1/8 tsp ground cloves

1/8 tsp ground allspice

candied pecans, optional topping



Instructions

Line a loaf pan with wax or parchment paper and then set aside.

In a large mixing bowl, combine the pumpkin puree, pure maple syrup, vanilla extract, sea salt, ground cinnamon, ground nutmeg, ground ginger, ground cloves, and ground allspice and stir well.

In a separate large mixing bowl, add the can of full fat coconut milk and beat using a mixer until smooth and whipped.

Add the whipped coconut milk to the pumpkin mixture, folding it in gradually, and stir gently until smooth.

Pour into the prepared loaf pan and then place in the freezer for 4-6 hours, or until solid enough to scoop.

I like to sprinkle some candied pecans over the top with this delicious pumpkin ice cream all Fall long.

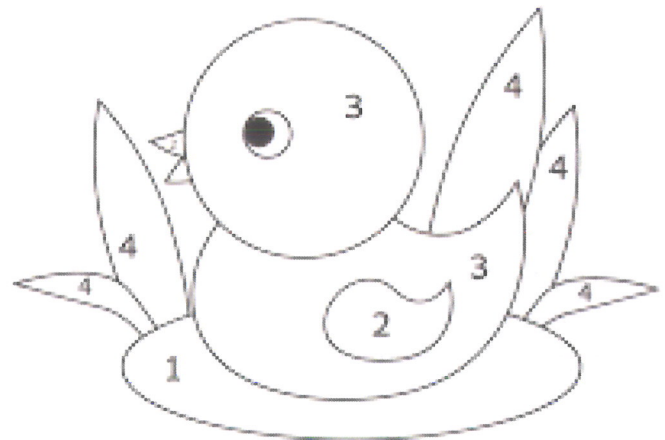


Activities

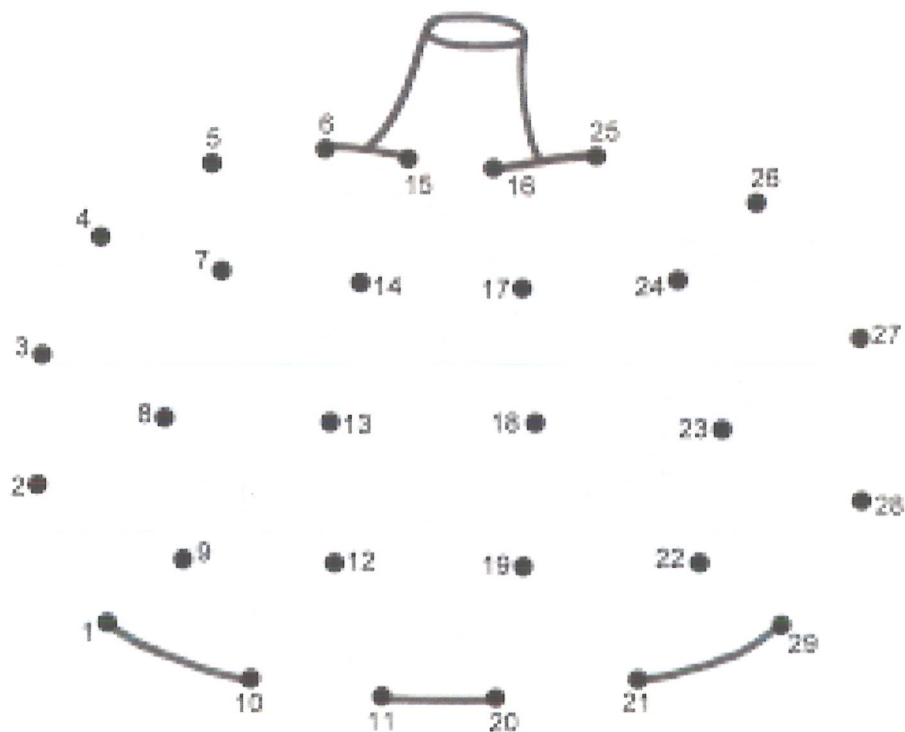
FALL



Color by numbers



- | | | | | | |
|---|--------|---|---|--------|---|
| 1 | blue |  | 3 | yellow |  |
| 2 | orange |  | 4 | green |  |



Peanut Butter Pinecone Bird Feeders

Ingredients

- Pine cones
- Peanut Butter
- BirdSeeds
- String
- Optional Floral Wire and Ribbon



Instructions

- To help with clean up, lay newspaper down on your work area.
- Spread peanut butter over the pinecone, getting in all the little crevices. I like to give my kids a plastic knife which makes for easy clean up, too.
- Put a cupful of birdseed in a plastic bag (I use a grocery store bag, just make sure there are no holes in it), then place the pinecone inside and gently shake to coat.
- Remove the pinecone and tie a piece of string or floral wire around the top stem of the pinecone. It is helpful to wind it around a couple of times to secure it well.

If desired, tie with a pretty ribbon and hang from a tree!





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**Preschools are our business,
our only business.**

www.fact-inc.com
www.facebook.com/factpreschools

The FACT, Inc. Philosophy

We believe that from birth, all children need early child development experiences that support their unique characteristics and provide love, warmth, and positive learning experiences.

All families need encouragement and support from their community to achieve their own goals and provide a safe and nurturing environment for their young children.

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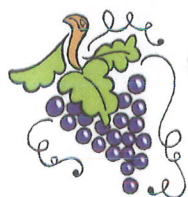
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