

NOVEMBER

2024

NEWSLETTER

A MESSAGE *From* *Kayleena*

Your child's teacher should have made contact with you for the first parent teacher conference. If they have not, please check with them to get it set up. Please remember if your child is absent to make contact with the teacher or the office. This is to ensure that your child keeps their spot. It is also getting colder, please make sure that your child has a Jacket as they do go outside to play daily.

Kayleena Rodriguez, Center Manager
Linda Rodriguez, Admin. Specialist
Debra Stevenson, EHS Office Clerk



REMINDER



11/4- No School IN-SERVICE
11/11- No School IN-SERVICE
11/21- Thanksgiving Lunch
11/27-11/29- No School
Thanksgiving Break
11/3/24 Daylight Savings Time (Fall Back-
set your clocks back an hour at 2am) *Don't Forget!*

UPDATES

This year we will be doing our Thanksgiving Lunch a little different than we have the past few years. On November 21, each child can have one adult come to the center and enjoy a Thanksgiving meal with them.

CONTACT ME

If you have any questions or concerns, please call the office at (505)287-4470
Kayleena Rodriguez
Center Manager



GRANTS EHS/HS CENTER

246 Mountain Rd. Grants, NM 87020 Phone#: 505-287-4407

Mission Statement

"Through our work and partnership with families and the community we empower every family and child we serve to be ready for life and school."





Family & Community Services Dept.

Terri Laughlin, FCS / Disability Manager

505-357-1747 Gallup Office/ 505-357-1762 Grants Office

A message from Terri!

Hello Families,

Welcome, November! As we transition into a month focused on Thanksgiving and reflection, we have some exciting events lined up at the center:

Parent Meeting: Join us for important discussions and updates.

Thanksgiving Luncheon: Let's celebrate together and give thanks!

Parent Training and Workshops: Great opportunities for learning and engagement!

At- Home Learning: We'll be sharing fun and educational Ready Rosie Videos/Activities for families!

Family Partnership Agreements (FPA's): These are crucial for our continued success! Please keep all scheduled appointments.

We're looking forward to a productive month filled with connection and community :)



PARENT MEETING INFO!

- October's Parent Meeting was canceled, your PCC members were not able to attend.
- **Next Parent Meeting will be on Thursday, Nov. 14th, 2024 at 5:30 p.m. -6:30 p.m.**
- There are 4 PCC positions vacant, all PCC positions need to be filled for a successful parent board. If you are interested in representing your child's school, please make time to attend!
- Parent Workshop: Family Well- Being (6pm- 6:30 pm)

November Parent Training

Thank you parents who attended the Parent Training- Child Abuse & Neglect Prevention w/ CYFD in October.

NOV.

21st


Parent Training: Health and Nutrition (5:30pm- 6pm)

This month's training will be provided by Mid-West NM CAP's Health and Nutrition Managers. These trainings are provided for your benefit, please continue to participate. See you there! :)

School Readiness Goals

Early HS: "We recognize difference between familiar and unfamiliar people objects, actions and events"

Head Start: "We approach positive learning exploring by making connections between images that represent something, and real-life experiences."



HEALTH

November Newsletter

November is Early Childhood Mental Health Awareness Month and focuses on infants and preschoolers learning the skills needed to be emotionally connected to their world. Toddlers and preschoolers learn how to regulate their emotions by watching adults and others around them control their emotions. One of the most powerful things you can do to help your child is to be sure that those around them act warmly and positively toward them. Play allows preschoolers to practice what they see others doing, so it is vital to create situations where your child can play safely. When a young child is playing, they are learning creativity, figuring out how to solve problems, investigating how to use symbols, and developing their power to think clearly. Attached to this newsletter is self care tips for both parents and your child. This November let's strive for healthy minds for all our families.

Red Ribbon Parade

Thank you parents for joining us at our red ribbon parade! I hope everyone enjoyed the kick off of red ribbon week. I was so excited to see all the creativity from students and teachers! :)

Below are a few pictures from our parade



Fun Healthy Recipe for Families!

Here's a fun and easy recipe to do with your kiddos this fall season!

Frozen Pumpkin Pie Yogurt Snacks:

Ingredients

- 1/3 cup pumpkin puree fresh or canned
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 vanilla yogurt A 5.3 ounces size works great, but a little less or more is ok
- 1 teaspoon honey or maple syrup more or less to taste

Instructions

- In a bowl place pumpkin puree, cinnamon, vanilla and honey. Mix well with a spoon or spatula.
- Add the yogurt to silicone pumpkin mold, filling each bite halfway.
- Then add sweetened pumpkin mixture to fill each silicone mold spot. It looks a little messy!
- Freeze for one to two hours or until frozen solid. Pop-out the bites from the silicone mold and enjoy!

Reminders!

- Parents this will be the last reminder for physical and dental documentation for your child. If you have scheduled appointments for your child please let us know so it can be documented. If there is no dental or physical documentation for your child you are at risk of your child not being able to attend school until we receive those documents!
- I will be sending home information for students who will need to be referred for vision and hearing for your primary care providers. If you should have any questions or concerns regarding this information, please do not hesitate to contact me!

Contact Information

Bobbi Torivio - Health Specialist

Ph: (505) 357-1771

Email: btorivio@ourkidzrock.org



Mental Health Matters!

Darlene J. Barela, MSW, LMSW, LSAA
Mental Health Director for MWNMCAP
Head Start – Early Head Start

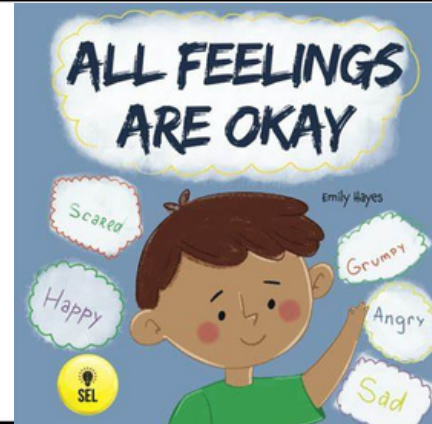


Service Coordination Meetings
 I'd like to remind you of the importance of Service Coordination Meetings. This is an opportunity to support your child's growth and development by reviewing health, developmental, educational and social emotional assessment and screeners.

Through this meeting you tell us all the wonderful things your child is already doing. You also have an opportunity to bring concerns to our attention and vice versa.

We are moving through them as quickly as we can. Please call if you have any immediate concerns.

We ask that you work with your children on Self-Regulation this month. Here are some ways.....



Self-Regulation

Self-regulation involves children's developing ability to regulate their emotions, thoughts and behavior to enable them to act in positive ways.

Zones of Regulation

Image Adapted from Leah M. Kuypers, MA Ed. OTR-L

Giving Children The Ability to Identify & Verbalize Their Big Feelings is A Crucial First Step In Equipping Them to Self-Regulate



BLUE	GREEN	YELLOW	RED
SICK SAD TIRED BORED MOVING SLOWLY	HAPPY CALM FEEL OK READY TO LEARN FOCUSED	FRUSTRATED WORRIED SILLY/ WIGGLY SOME LOSS OF CONTROL	MAD ANGRY MEAN YELLING HITTING DISCUSTED OUT OF CONTROL

www.aheartforallstudents.com

November 2024

MWNMCAP (CSBG) Office

1150 Elm Drive
Grants, NM 87020

Call or Text: (505) 240-2528

Office Phone: (505) 357-1768

Fax: (505) 287-8262



Beverly Diaz, Area Coordinator Email: bdiaz@ourkidzrock.org

CAP Newsletter



November's Food Box Distribution

**Thursday,
November 21st**

I'm still taking applications to enroll in our monthly food box distribution. Once you register, you are eligible for a monthly food box until September 2025.

Food boxes are given every third Thursday of each month.

Call, text or email me to set up an appointment to complete your food box application. All applications are completed over the phone. You will need the following documentation to complete your application:

- Income for the household
- Birthdates for everyone in the household
- Social Security cards for everyone in the household
- Proof of residence

You must also meet our CSBG Income guidelines

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Are you ready for cold weather?

Here are a few tips to help you get ready for the cold weather.

- Know the difference between winter storm watches and warnings.
- Updated your phone numbers for local emergency officials, as well as nearby family, friends and neighbors?
- Stay in contact with family during severe winter weather.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Have your car winterized before the first snow fall.
- Put an ice scraper in your car. Also check your wipers and wiper fluid. You may want to have an extra gallon of cold weather formula wiper fluid on hand in your car or garage.
- Check appliances, furnaces, portable heaters and fireplaces before using them for the first time. Keep all heat sources and vents clear of clutter. Never leave portable heaters unattended.
- Keep fire extinguishers on hand and make sure everyone knows how to use them.
- Check batteries in flashlights, smoke alarms and carbon monoxide detectors. Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor in your home.

With winter comes shorter, darker days. Consider putting entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day. Keep your home well lit by installing the maximum wattage bulbs allowed for your indoor light fixtures. You may also want to keep extra light bulbs on hand.

Don't forget to consider medical needs when planning for emergencies.

I wish you and your family a very safe and Happy Thanksgiving!

DAILY SELF CARE TIPS

...for yourself and your child!



watch the sunrise



listen to feel-good music



move your body



dance dance dance



walk in nature



start a new hobby



read fiction books



set your daily best



laugh



release expectations



take regular breaks



repeat affirmations



limit scrolling



be kind



give yourself hug



celebrate your wins



practise gratitude



watch the sunset

Calming Sensory STRATEGIES



Listen to Music



Go For a Walk



Read



Hug a Stuffed Animal



Color a Picture



Play an Instrument



Blow Bubbles



Deep Breathing



Take a Relaxing Bath



Toss a Ball



Sip on Water



Thread Beads



Play With a Fidget



Do a Puzzle



Star/Sky Gaze



Play With a Sensory Bin

123

Count to Ten





MWNMCAP
Grants Head Start & Early Head Start

JOIN our TEAM!

Positions Needed:

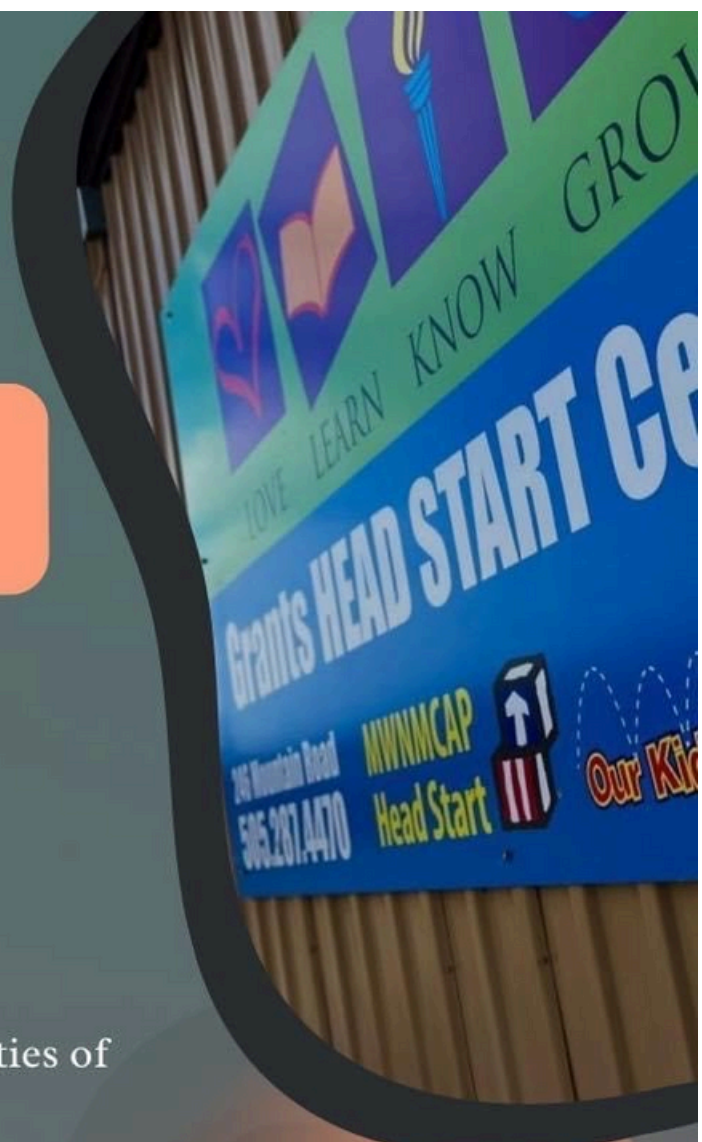
- Classroom Teacher
- Classroom Aide
- Education Coach
- Substitute Teachers
- Family Service Specialist

We offer great benefits including opportunities of growth with your educational degree!

Apply online @
ourkidzrock.com
under the
employment tab.

(505)285-4470

246 Mountain rd. Grants, NM 87020



2024

NOVEMBER

[Mid-West New Mexico CAP 6-11 Months]

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4 B: Breast milk or Formula, WG
Pancakes, Orange Sections,
L: Breast milk or Formula, Mashed
Potatoes, Pears
S: Breast milk or Formula,
Skim String Cheese, Gerber
Sweet Potato

5 B: Breast milk or Formula, Corn
Flakes, Bananas
L: Breast milk or Formula, Tomato
Soup, Tropical Fruit
S: Breast milk or Formula, Graham
Crackers, Gerber Pears

6 B: Breast milk or Formula,
Scrambled Eggs, Hash Browns
L: Breast milk or Formula, Pinto
Beans, Melon
S: Breast milk or Formula, WG
Blueberry Muffin, Gerber
Peaches

7 B: Breast milk or Formula, Cream
of Wheat, Mixed Berries
L: Breast milk or Formula, Ham
Sandwich, Peaches
S: Breast milk or Formula,
Pretzels, Gerber Green Beans

8 B: Breast milk or Formula, WG
Bagel, Apple Slices
L: Breast milk or Formula,
Pepperoni Pizza, Tropical
Fruit
S: Breast milk or Formula, WG
Bread Sticks, Gerber Carrots

11 B: Breast milk or Formula, WG
Breakfast Pizza w/ Turkey
Sausage, Orange Slices
L: Breast milk or Formula, Chicken
Noodle Soup, Pineapple
S: Breast milk or Formula, Rice
Crispies, Gerber Corn

12 B: Breast milk or Formula, Greek
Yogurt, Blueberries
L: Breast milk or Formula, Fried
Beans, Cucumber Coins
S: Breast milk or Formula, Cheese
Cubes, Gerber Sweet Potato

13 B: Breast milk or Formula, WG
French Toast Sticks, Mixed
Berries
L: Breast milk or Formula, Plain
Posole, Peaches
S: Breast milk or Formula, Banana
Muffin, Gerber Applesauce

14 B: Breast milk or Formula,
Cheerios, Bananas
L: Breast milk or Formula, Chow
Mein w/ Veggies, Mandarin
Oranges
S: Breast milk or Formula, Cheese
Its, Gerber Pears

15 B: Breast milk or Formula,
Oatmeal, Strawberries
L: Breast milk or Formula, WG
Fish Sticks, Grapefruit
S: Breast milk or Formula,
Goldfish Crackers, Gerber
Butternut Squash

18 B: Breast milk or Formula,
Corn Bread, Honeydew
L: Breast milk or Formula, Minced
Hamburger Patty, Tropical
Fruit
S: Breast milk or Formula, WG
Blueberry Muffin, Gerber Peaches

19 B: Breast milk or Formula, WG
Pancakes, Strawberries
L: Breast milk or Formula, WG
Mac & Cheese, Apple Slices S:
Breast milk or Formula, Cheese
Cubes, Gerber Banana

20 B: Breast milk or Formula,
Scrambled Eggs, WW Biscuit
L: Breast milk or Formula, Ground
Beef w/ Potatoes, Apricots
S: Breast milk or Formula, Infant
Cereal, Gerber Mango

21 B: Breast milk or Formula, WG
Bagel, Apricots
L: Breast milk or Formula, Pinto
Beans, Plums
S: Breast milk or Formula,
Cheerios, Apple Slices

22 B: Breast milk or Formula,
Oatmeal, Strawberries
L: Breast milk or Formula,
Spaghetti w/ Meat Sauce
Pineapple
S: Breast milk or Formula, Pretzel
Sticks, Gerber Peas

25 B: Breast milk or Formula,
Cheerios, Bananas
L: Breast milk or Formula,
Popcorn Chicken, Peaches
S: Breast milk or Formula,
WG Animal Crackers, Gerber
Carrots

26 B: Breast milk or Formula,
WG Breakfast Pizza w/ Turkey
Sausage
L: Breast milk or Formula, Turkey
Mashed Potatoes w/ Gravy
S: Breast milk or Formula, Infant
Cereal, Applesauce



This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

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2024

NOVEMBER

[Mid-West New Mexico CAP]

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4 B: Pancakes w/ Applesauce Topping, Orange Sections, Milk
L: Chicken Nuggets, Mashed Potatoes, WW Roll, Pears, Milk
S: Skim String Cheese, Milk

5 B: Corn Flakes, Bananas, Milk
L: Grilled Cheese, Tomato Soup Tropical Fruit, Milk
S: Graham Crackers, Water

6 B: Scrambled Eggs, Hash Browns WW Flour Tortillas, Milk
L: Beef Taquitos, Spanish Rice, Pinto Beans, Melon, Milk
S: WG Blueberry Muffin, Milk

7 B: Cream of Wheat w/ Brown Sugar, Mixed Berries, Milk
L: Ham & Cheese Sandwich, Onion Rings, Peaches, Milk
S: Pretzel Sticks, Water

8 B: WG Bagel w/ Cream Cheese Apple Slices, Milk
L: WG Pepperoni Pizza, Mixed Salad w/ Ranch, Tropical Fruit, Milk
S: WG Bread Sticks, Marinara, Milk

11 B: Breakfast Pizza w/ Turkey Sausage, Orange Slices, Milk
L: Chicken Noodle Soup w/ Carrots and Celery, WW Crackers, Pineapple, Milk
S: Cheese Cubes, Water

12 B: Greek Yogurt w/ Blueberries WW Toast w/ Margarine, Milk
L: WW Bean Burrito, Tropical Fruit, Cucumber Coins, Milk
S: Rice Crispies, Milk

13 B: WG French Toast Sticks w/ Syrup & Margarine, Mixed Berries, Milk
L: Posole, Peaches, Milk
S: Banana Muffin, Water

14 B: Cheerios, Bananas, Milk
S: Mandarin Orange Chicken, WG Chow Mein w/ Veggies, Mandarin Oranges, Milk
S: WG Cheese Its, Water

15 B: Oatmeal w/ Brown Sugar, Strawberries, Milk
L: WG Fish Sticks, Fries, Grapefruit, Milk
S: WG Goldfish Pretzels, Milk

18 B: Corn Bread, Honeydew, Milk
L: Cheese Burgers, Lettuce, Tomato, Onion Rings, Tropical Fruit
S: WG Blueberry Muffin, Water

19 B: WG Pancakes w/ Syrup & Margarine, Strawberries, Milk
L: Mac & Cheese, Celery Sticks, Apple Slices, Milk
S: Cheese Cubes, Milk

20 B: WW Biscuit, Scrambled Eggs, Milk
L: Green Chili Stew w/ Vegetables WG Crackers, Cantaloupe, Milk
S: Baby Carrots w/ Ranch, Water

21 B: WG Bagel w/ Cream Cheese, Apricots, Milk
L: WW Bean Burrito w/ Cheese, Plums, Milk
S: Apple Slices, Milk

22 B: Cream of Wheat w/ Brown Sugar, Blueberries, Milk
L: WG Spaghetti w Meat Sauce Pineapple, Milk
S: Pretzel Sticks, Water

25 B: WG Cheerios, Bananas, Milk
L: WG Popcorn Chicken, Carrot Sticks, Tater Tots, Peaches, Milk
S: WG Animal Crackers, Water

26 B: WG Breakfast Pizza w/ Turkey Sausage, Apples, Milk
L: Turkey, Mashed Potatoes w/ Gravy, Corn, WW Roll Pumpkin Pie, Milk
S: Applesauce, Water



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