

# Head Start Gazette

## First Thanksgiving Story

Long ago, in the year 1620, a group of people called the pilgrims wanted to live somewhere they would be free to worship how they wanted to. They decided to sail across the ocean to a new land called America. They boarded the boat called the Mayflower and sailed across the ocean. They landed on the shore of America at Plymouth and had to go to work right away building homes and finding food.

Winter was very hard on the pilgrims and many died. Many more would have died but an Indian named Squanto came to help them.

He showed them how to plant corn and other plants. He showed them which plants they could use for medicine or food and which ones were poisonous.



That year the harvest was plentiful and they had enough food for winter. They decided to celebrate. Governor Bradford declared a day of prayer and thanksgiving. They invited the Indians and they feasted, played games and celebrated for three days.

<http://www.homemade-preschool.com/support-files/first-thanksgiving-story.pdf>

## Tabletop Turkey

1. Paint a **paper cup** brown. Turn the cup upside down and glue a **pom-pom** to the top of the cup for the head.
2. Cut nine 4-inch leaf shapes from different colors of **construction paper**. Fold a 1-inch-square piece of orange construction paper in half; cut a triangle shape out of the folded paper for the beak. Using a 2-inch square of red paper folded in half, cut a heart shape to create the turkey's wattle.
3. Glue the beak and wattle to the pom-pom. Add **googly eyes**. Glue on the "feathers." <http://www.parenting.com/gallery/thanksgiving-crafts-ideas?page=1>



"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

— Marcel Proust



**November 11**

**Veterans Day**

On Veterans Day we honor the brave men and women who have selflessly served our country and risked their lives to protect our freedoms.



**November 23**



# 5 Steps to Prepare for your first Home Purchase

## Pull your Credit Report

If you're considering purchasing a house in the next 2 years, it is time to pull your credit report. Go to [www.annualcreditreport.com](http://www.annualcreditreport.com) to get a free copy of your credit report from the following 3 credit bureaus: Transunion, Experian, and Equifax. It is so important to pull your credit report before you need a car loan or mortgage.

## Pay Down Debt

Once you have pulled your credit report, you can see what information has landed there. Medical bills you didn't realize you had? Old credit cards? It's time to get to work on cleaning up your credit. One of the main components of your credit score is the credit utilization or the percentage of credit available compared to what is borrowed. The rule of thumb is to keep your credit card utilization below 30%. For example, if you have a credit card with a credit limit of \$1000, you want to keep the amount borrowed at \$300 or below.

## Save for a Down Payment

Traditionally, a down payment is 20% of the home purchase price. A down payment of 20% will afford you the best interest rate and help you avoid paying (PMI) private mortgage insurance. If you are paying less than 20% you will

likely have to pay for PMI. This is .5-1% of the entire loan amount that you are responsible for paying on an annual basis. On a \$100,000 loan, you could be paying as much as \$1,000 a year or an additional \$83.33 per month just for private mortgage insurance.

## Review your Budget

Reviewing your budget can show you what you can afford in terms of a monthly payment, how much you are able to save each month and what needs to go towards paying down debt. If you haven't reviewed your budget lately, make sure you are budgeting like a pro. Distinguish needs from wants.

## Save More

Once you save for the down payment, there are quite a few costs before owning the home as well as things you may want to purchase after you close. Check out some other costs associated:

• **Earnest Money:** also known as good faith deposit letting the home buyer know you are serious. Earnest money is typically 1-3% of the selling price.

• **Home Inspection:** a visual examination of the home that you want to buy. In most cases, a home inspection isn't required but strongly recommended. A quality home inspection may be between



\$300-500.

• **Closing Costs:** fees paid at the closing of a real estate transaction. On average buyers pay an estimated \$3700 in closing costs. Although closing costs do have to be paid, the seller may pay the buyers closing costs.

Then after the home is actually yours there are other things you may need that weren't necessary when you were renting. For example, the largest purchases I have made for my house so far are a washer, dryer, and a lawn mower. After the necessities are taken care of, don't forget the fun stuff like decorating! On top of that, you will still need an emergency fund in the event that your home needs repaired. Saving really never stops! <http://www.financiallyfitandfab.com/category/homeownership/>

## A few rules to live by while staying out of debt:

1. Spend less than you earn
2. Differentiate your wants from your needs
3. Don't try to keep up with others lifestyle
4. Focus on your long-term goals instead of your short term wants

## Take everyday preventive actions to stop the spread of germs.

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

<https://www.cdc.gov/flu/protect/preventing.htm>

## Announcements

Greetings Parents!!

Thank you all for your continued involvement and engagement in the program. This program would not be possible without you! Kudos to you all!

As you all may know, October was Head Start awareness month and we celebrated with Guest Readers Week. We had staff, community partners, and community leaders join us to celebrate.

### Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears.

September -May	Health Issues: Pre-Natal Care and Breast Feeding, Dental Care, Hand washing, CPR & First Aid, Pedestrian Safety.	Parents will become knowledgeable of health issues that will affect their child as they develop into healthy children.	Parent Meetings In- Service Newsletter	Health Specialist and/or Outside Consultants
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### Parent Workshops

December 14th Child Development and Engagement

February 13<sup>th</sup> Education Q&A

April 19th Transitions



## Challenging Behavior Tips: Riding in the Car

- Go to the library and check out a few books that you will only keep in the car. Keep them in a bag by their car-seat. When you get in the car, give them a choice of 2 books to read. Say something like, "Would you like to read "Going on a Bearhunt" or "The Quiet Cricket" on our way to school today?"
- If you don't mind your child eating in the car, keep some healthy snacks in the car. Sometimes kids are grouchy because they are just hungry! They may be hungry after a long day running errands with you. Some snack ideas are raisins, bananas, pretzels, or goldfish. Also, keep a water bottle in the car in case they get thirsty.
- Play an "I Spy" game. Ask them to look for a certain type or color of vehicle. Have them look for stop signs or certain types of animals. Or, pick an object in the car, up ahead close to the road and only tell the color of the object. Say, "I spy something red. What do you think it is?" Then ask your child to guess what it is. Take turns choosing objects.
- If they start throwing toys in the car, pull over and calmly tell them, "We don't throw \_\_\_\_\_. You're all done with \_\_\_\_\_." Then, suggest another activity like playing "I Spy."

## Traveling for the Holidays? Be Prepared

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. In 2013, 343 people died on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day, according to Injury Facts 2015. Alcohol-impaired fatalities represented 31% of the totals.



- Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment
  - Make sure every person in the vehicle is properly buckled up no matter how long or short the distance being traveled
  - Put that cell phone away; distracted driving causes one-quarter of all crashes
  - Properly maintain the vehicle and keep an emergency kit with you
  - Be prepared for heavy traffic, and possibly heavy snow
- Remember, when guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children.

<http://www.nsc.org/learn/safety-knowledge/Pages/news-and-resources-holiday-safety.aspx>

## Classic Roast Turkey

- 1 (10- to 12-pound) turkey
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1 medium onion, coarsely chopped
- 1 rib celery, coarsely chopped
- 5 sprigs fresh thyme (or 1/2 teaspoon dried thyme)
- 1 bay leaf
- 1 carrot, peeled and coarsely chopped
- 1 teaspoon Baby Bam (seasoning)
- 4 tablespoons unsalted butter, softened at room temperature
- 1 cup reduced-sodium chicken broth
- Pan Gravy

Position rack in the lower third of oven and preheat the oven to 425°F. Fit a roasting rack inside a roasting pan. Transfer the turkey to the kitchen sink and remove its wrapping. Using your hands, remove and discard the neck, gizzards, heart, and liver usually found in a small paper or plastic bag inside the cavity. Rinse the turkey well inside and out under cold running water. Pat dry inside and out with paper towels and transfer the turkey breast side up to the rack in the roasting pan.

Season the inside of the turkey with 1/2 teaspoon of the salt and 1/2 teaspoon of the black pepper and stuff the cavity of the turkey with the onion, carrots, celery, thyme sprigs, and bay leaf. Using kitchen twine, tie the ends of the turkey's legs together so that it looks as if it is trying to cross its legs. Season the outside of the turkey evenly with the remaining 1 teaspoon of salt, 1/4 teaspoon black pepper, and the Baby Bam. Use your hands to rub the butter evenly over the entire turkey. You might have to ask someone to hold the turkey for you while you do this. Wash hands well.

Transfer the turkey to the oven and bake, uncovered, for 30 minutes. Reduce the oven temperature to 350°F and, with oven mitts or pot holders, carefully remove the roasting pan from the oven. Watch it, this is heavy and now it's hot too! Using a baster, baste the top of the turkey evenly with 1/3 of the chicken broth.

Using oven mitts or pot holders, return the turkey to the oven and cook for an additional 1 3/4 to 2 hours, basting twice more during this cooking time with the remaining chicken broth. Always use oven mitts or pot holders for handling the hot roasting pan. If the turkey begins to look too browned, cover the top loosely with aluminum foil until it is done. After 1 3/4 to 2 hours, the turkey should be a nice golden brown color, and the juices should run clear when you insert the tip of a knife at the joint of the leg and thigh.

Using oven mitts or pot holders, carefully remove the roasting pan from the oven and cover the turkey loosely with aluminum foil. Let the turkey sit for about 20 to 30 minutes before carving. Save the drippings in the pan if you plan to make gravy.

**NOTE:** If you purchase a frozen turkey, you must defrost it in the refrigerator, and it can take several days to completely defrost, depending on the size of your bird. Make sure you read the instructions on the turkey packaging so that you allow yourself enough time before turkey day! Also, you should never try to defrost a turkey on your kitchen counter or in the kitchen sink-this promotes the growth of harmful bacteria. <http://emerils.com/121895/classic-roast-turkey>



## Fast facts on turkey meat

Here are some key points about turkey meat.

- Eighty-five grams of roasted turkey breast contains around 125.
- In contrast, 85 grams of roasted dark turkey meat contains around 147 calories.
- Dark meat of turkey typically contains more vitamins and minerals.
- Turkey breast meat contains less calories and fat than most other cuts of meat.
- Turkey meat contains the mineral selenium.
- Processed turkey meat can have a high sodium content.
- Turkey should be cooked until its internal temperature reaches 165 degrees Fahrenheit.
- Pasture-raised turkeys typically have higher omega-3 content than factory-farmed turkeys. <http://www.medicalnewstoday.com/articles/285736.php>

## Crops in Season for November

Avocados, Bell Peppers, Grapefruit, Guava, Carambola, Cucumbers, Eggplant, Mushrooms, Oranges, Passion Fruit, Squash, Peanuts, Strawberries, Radishes, Sweet Corn, Snap Beans, Tangerines, and Tomatoes

