

2017

Hoping you are surrounded by
love and warmth this holiday
season

Head Start Gazette

Family Traditions to Start Today

Bake Cookies with the Kids Whip up holiday cheer by gathering family members to bake and decorate cookies. Assign youngsters manageable tasks such as pouring pre-measured ingredients, stirring, and making shapes with cookie cutters. Older kids can measure wet and dry ingredients, crack eggs, and roll out the dough. When the cookies are cooled, the best part begins: decorating. Lay out assorted color frostings, sprinkles, and small candies, and watch everyone's imagination soar as you make cookie creations. Share the results with friends, family, and neighbors, and make a sweet gift out by arranging the cookies on a cute, holiday-theme platter or plate such as the Cookie Plate with Cookie Cutter. Be sure to save a few goodies for yourself -- they'll be gone before you know it.

Pose for a Picture Whether you're decked out in new PJs or in your holiday finest, strike a pose with your family during holiday gatherings. To make this an annual tradition, take the pictures at the same location and camera height each year. Gently label the backs with a photo-safe, acid-free pen and store the photos chronologically in an album with acid-free, lignin-free sheets. Want to take your holiday smiles a step farther? Insert your favorite images into a photo holder Keep-sake Ornament each year to fill your tree with memories of the most important people in your life.

Sing a Song There's no better way to get in the holiday spirit than by bursting into song, whether you're belting out lyrics on your own or caroling with others. Spread the joy of holiday songs to others by caroling at a local nursing home or shelter or sending recordable cards and ornaments or cards with songs to your loved ones. They'll be "fa-la-la-ing" before you know it. Not a singer? No worries! Let greeting cards, such as the Hallmark Cards with Sound, do the singing for you. <http://www.focusonthefamily.com/parenting>

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December Holidays

7 Pearl Harbor Day

3 Advent begins

12 Chanukah lasts 8 days

12 Poinsettia Day

21 Winter Solstice
(shortest day of the year)

23 Festivus - for the rest
of us!

25 Christmas

26 Boxing Day

26 Kwanzaa

27 National Fruitcake Day

31 New Year's Eve

Turn Salt Water Into Drinking Water



- 3 cups of water
- 1½ tablespoons of salt
- Plastic wrap
- Cup or small bowl
- Mixing bowl
- Small rock

- 1.Pour the water into the mixing bowl, add in the salt, and stir until it has dissolved.
- 2.Put the cup or small bowl into the mixing bowl without letting any salt water get into the cup.
- 3.Place the plastic wrap over the bowl and seal the edges. Place the small rock on top of the plastic wrap in the middle of the surface. The plastic should slant slightly toward the cup in the middle of the large bowl.
- 4.Place the setup under a hot sunny area for one hour. Water drops should start to form underneath the plastic. The water drops will flow into the middle of the bowl and fall into the cup.
- 5.After a few hours, remove the plastic. The cup should now have a sizeable amount of water in it.
- 6.Invite your child to taste the water in the cup. There shouldn't be any salt! The water vaporized from the sun and then returned to its liquid state. The salt stayed behind instead of evaporating. You have taken the salt out of salt water!

https://www.education.com/activity/article/Take_salt_out_of_salt_water/

Expert: Stop 'wasting your money' on things that make your life easier

Don't want to cook dinner tonight? Order in. Don't feel like taking the bus? Hop in a Lyft. Too tired to stop by the grocery store? There's an app for that.

Today, innumerable services exist to make the minute details of our lives — from driving to cooking to cleaning — easier. But while convenience is, well, convenient, it's usually a budget-buster.

When asked about the cost of things like Starbucks lattes and avocado toast during CNBC's Power Lunch, financial expert and former CNBC television host Suze Orman recently said, "It adds up big time."

She went on: "**Stop leasing cars, stop eating out, stop doing the things that's wasting your money and makes your life easier, because in the long run it's going to make it harder.**"

While giving up avocado toast won't necessarily allow you to buy a house, the little splurges and conveniences that seem minor in the moment do end up having a significant impact.

As CNBC reported in February, data from Lux Research shows that, on average, consumers are willing to pay 11 percent more for each added layer of convenience in their food chain, from online grocery shopping to having dinner delivered.

But that 11 percent could go toward paying off debt, saving up to buy a house or into an emergency fund. If

you're not careful with your budget, shortcuts now could land you in the red later.

Orman also highlights the importance of avoiding lifestyle creep: "**Stop buying things and spending money you don't have to impress people you don't know or like.**"

Don't blow your savings trying to keep up with the Joneses. That money will go a lot farther in a retirement fund or as a down payment on a home.

This is a lesson Orman herself learned the hard way.

"There was a time that I was in a relationship with a very, very wealthy person and I wanted to impress this person and I didn't have money yet, so I went out and I leased a car," Orman tells CNBC Make It. "I leased a 750iL BMW, and my lease payments were like eight hundred dollars a month."

Orman calls it "the most stupid thing I've ever done with money" because "the truth of the matter is, later on, I didn't even like this person. And I'm spending all of this money."

So take a page from Orman's book and consider the daily decisions that are hindering your long-term financial goals. For you, is it dining out every day? Leasing a car you can't afford? Buying expensive clothing to impress a friend or colleague?

While some splurges are certainly worth the price, take stock of where you're spending out of convenience. What's truly making your life better and which expenses can be reallocated for the future?

<https://www.cnbc.com/2017/06/28/suze-orman-stop-wasting-money-on-things-that-make-your-life-easier.html>

Announcements:

Greetings parents!

As we come to the closing of the year 2017 and as we are finally settling into the school year, we would like to take a look back on a few of the events that have occurred. We would like to thank you all for your involvement and engagement in our program. Without you all, there is no program, so again we say THANK YOU! We have so much more in store for you all as we continue through next year. Please, if you have any ideas for events, trainings, or meetings, please let us know. If you have any pictures or information that you would like to share, please share with your Parent Committee President so that we can get them onto your individual webpage's and into the newsletter.



You have not lived today until you have done something for someone who can never repay you.

— John Bunyan

Keep Young Children Safe from Poisoning

Be Prepared

- Put the poison help number, 1-800-222-1222, on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.

Be Smart about Storage

- Store all medicines and household products up and away and out of sight in a cabinet where a child cannot reach them.
- When you are taking or giving medicines or are using household products:
 - Do not put your next dose on the counter or table where children can reach them—it only takes seconds for a child to get them.
 - If you have to do something else while taking medicine, such as answer

the phone, take any young children with you.

- Secure the child safety cap completely every time you use a medicine.
- After using them, do not leave medicines or household products out. As soon as you are done with them, put them away and out of sight in a cabinet where a child cannot reach them.
- Be aware of any legal or illegal drugs that guests may bring into your home. Ask guests to store drugs where children cannot find them. Children can easily get into pillboxes, purses, backpacks, or coat pockets.
- Do not call medicine "candy."
- Identify poisonous plants in your house and yard and place them out of reach of children or remove them.

What To Do If A Poisoning Occurs

- Remain calm.
- Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert, dial 1-800-222-1222. Try to have this information ready:
 - the victim's age and weight
 - the container or bottle of the poison if available
 - the time of the poison exposure
 - the address where the poisoning occurred
- Stay on the phone and follow the instructions from the emergency operator or poison control center, or your medication.** <https://www.cdc.gov/homeandrecreationalafety/Poisoning/preventiontips.htm>



Sweet Potatoes Nutrition Facts and Health Benefits

The sweet potato is an underground tuber. It grows on the roots of a plant known scientifically as *Ipomoea batatas*.

It is rich in an antioxidant called beta-carotene, which is very effective at raising blood levels of vitamin A, particularly in children (1, 2, 3, 4).

Sweet potatoes are nutritious, high in fiber, very filling and have a delicious sweet taste.

They can be consumed in a variety of ways, but are most commonly boiled, baked, steamed or fried.

Sweet potatoes are most commonly orange, but are also found in other colors, such as white, red, pink, violet, yellow and purple.

In some parts of the USA and Canada, sweet potatoes are called yams. This is a misnomer since yams are actually a totally different species.

Sweet potatoes are only distantly related to regular potatoes.



Caramelized Sweet Potatoes

- o 4 medium sweet potatoes, scrubbed
- o 2 tablespoons olive oil
- o 1/2 teaspoon salt
- o Black pepper
- o 1 tablespoon brown sugar
- o 1 tablespoon butter

Directions

Rub potato skins with oil and sprinkle with salt and pepper. Place on a baking sheet and roast at 400 degrees until just tender, 25 to 30 minutes. Remove from oven and let cool slightly. Peel potatoes while still warm and cut each into several pieces. Butter a small baking dish and arrange potato pieces in a single layer. Sprinkle potatoes with sugar and dot with butter. Return to oven and bake until sugar melts and potatoes are glazed, about 15 minutes. <http://emerils.com/121412/caramelized-sweet-potatoes>



Produce in Season for December

<i>Avocadoes</i>	<i>Passion Fruit</i>	<i>Guava</i>
<i>Bell Peppers</i>	<i>Strawberry</i>	<i>Lettuce</i>
<i>Broccoli</i>	<i>Sweet Corn</i>	<i>Cabbage</i>
<i>Celery</i>	<i>Tangerines</i>	<i>Carambola</i>
<i>Cucumbers</i>	<i>Tomatoes</i>	<i>Cauliflower</i>
<i>Eggplant</i>	<i>Radishes</i>	
<i>Mushrooms</i>	<i>Snap Beans</i>	
<i>Oranges</i>	<i>Grapefruit</i>	

