



Head Start Gazette

Community Coordinated for Children Inc., (4C)

December 2019

Holiday Traditions to Start this Year

Bake Cookies

Bake cookies for friends and family and store them in decorative tins. Make it a family affair, and enlist the kids' help with baking and decorating gingerbread cookies.

Hang an Annual Ornament

Purchase or let kids craft an ornament each year. You'll be able to look back on every holiday that your family has spent together, and the tree will be filled with heirlooms that you can pass on to your kids for their future trees.

Have a Hot Cocoa and S'mores Night

Don't forget the marshmallows! If it's a cold December night, light a fire in the chimney, grab a mug of hot chocolate, and make a pile of s'mores in the kitchen.

Plan A Special Holiday Meal

Plan a dinner to celebrate your family's herit-



age, or cook up everyone's favorite dishes for one wonderful, long, leisurely holiday meal that everyone will savor.

See the Holiday Lights

Step one: Bundle up and pile in the car. Step two: Drive around town to look at the houses covered in holiday lights. Step three: Ooh and aah.

Send a Holiday Card

Create a holiday card to share with friends and family. They will love catching up and seeing a photograph of your smiling faces.

Save an extra card, and start a

holiday card scrapbook. Update it each year—we guarantee that you'll love revisiting your family's cards later.

Wear Matching Pajamas

For the whole family, of course. It's a photo op waiting to happen. <https://www.southernliving.com/christmas/christmas-tradition-ideas>

Cotton Swab Snowflakes

Materials

- Cotton swabs
- White glue
- Wax paper (can substitute a cookie sheet)
- Scissors (optional)
- Glitter (optional)

Instructions

1. Roll a sheet of wax paper over your work surface to protect it (or use an old cookie sheet instead — you can scrub off any excess glue later). You can choose to work directly on the wax paper, or you could also cut out a circle of construction paper 6-8 inches in diameter to mount your snowflake. Whichever



method you choose, place a dollop of glue as a central starting point. The tips of the cotton swabs will fan out from this central point.

2. Cut off one side of a cotton swab. Repeat until you have enough swabs to create the base of your snowflake. <https://www.littlepassports.com/blog/craft-diy-cotton-swab-snowflake-craft/>

Dec 22 2019

Hanukkah/Chanukah



Chanukah begins Sun. night, Dec. 22, 2019 and continues through Monday, December 30, 2019. Chanukah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods.

Dec 25

Christmas Day



Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.

Dec 26 Kwanzaa



Kwanzaa is a week-long annual celebration held in the United States and other nations of the African diaspora in the Americas to honor African heritage in African-American culture.

Financial Clutter, What To Keep And What To Get Rid Of

Keep till warranty expires or can no longer return or exchange

Sales Receipts (Unless needed for tax purposes and then keep for 3 years)

What to keep for 1 month

ATM Printouts (When you balance your checkbook each month throw out the ATM receipts)

What to keep for 1 year

- Paycheck Stubs (You can get rid of once you have compared to your W2 & annual social security statement)
- Utility Bills (You can throw out after one year, unless you're using these as a deduction like a home office --then you need to keep them for 3 years after you've filed that tax return)
- Cancelled Checks (Unless needed for tax purposes and then you need to keep for 3 years)
- Credit Card Receipts (Unless needed for tax purposes and then you need to keep for 3 years)
- Bank Statements (Unless needed for tax purposes and then you need to keep for 3 years)
- Quarterly Investment Statements (Hold on to until you get your annual statement)

What to keep for 3 years

1. **Don't assume that just because your child couldn't do it yesterday, he can't do it today.**
2. **Never leave a child alone in the kitchen or bathroom.** These rooms can be very dangerous because they contain knives, heavy appliances, toxic cleaning supplies, medicines, and razors. Remember that in the kitchen, the hazards multiply if you're cooking.
3. **Be especially cautious when you have company or are visiting other people's homes.** "People can be distract-

- Income Tax Returns (Please keep in mind that you can be audited by the IRS for no reason up to three years after you filed a tax return. If you omit 25% of your gross income that goes up to 6 years and if you don't file a tax return at all, there is no statute of limitations.)
- Medical Bills and Cancelled Insurance Policies
- Records of Selling a House (Documentation for Capital Gains Tax)
- Records of Selling a Stock (Documentation for Capital Gains Tax)
- Receipts, Cancelled Checks and other Documents that Support Income or a Deduction on your Tax Return (Keep 3 years from the date the return was filed or 2 years from the date the tax was paid -- which ever is later)
- Annual Investment Statement (Hold onto 3 years after you sell your investment.)

What to keep for 7 years

Records of Satisfied Loans

What to hold while active

- Contracts
- Insurance Documents
- Stock Certificates
- Property Records



- Stock Records
- Records of Pensions and Retirement Plans
- Property Tax Records Disputed Bills (Keep the bill until the dispute is resolved)
- Home Improvement Records (Hold for at least 3 years after the due date for the tax return that includes the income or loss on the asset when it's sold)

Keep Forever

- Marriage Licenses
- Birth Certificates
- Wills
- Adoption Papers
- Death Certificates
- Records of Paid Mortgages
- * These documents should be kept in a very safe place, like a safety deposit box. <https://www.suzeorman.com/resources/managing-debt>

Keeping Your Toddler Safe

ed when they have guests, so supervision may be lax. During the chaos of holiday dinners or family get-togethers, assign someone to watch your 2-year-old at all times.

Playdates also require an especially watchful eye, as 2-year-olds are apt to pool their talents and get into more trouble than they could individually.

4. Realize that even the most thorough childproofing cannot replace adult supervision. "The most important 'safety product' for toddlers is supervision, childproofing your home is definite-



ly helpful, but nothing replaces a watchful eye. Accidents can happen in a matter of seconds. But the more closely children are supervised, the less likely they are to be seriously injured. <https://www.parents.com/toddlers-preschoolers/safety/toddlerproofing/on-the-go-safety/>

Announcements

Greetings parents!

As we come to the closing of the year 2019 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 into the newsletter.



What are the warning signs of mental illness in children?

- Mood changes. Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.

- Intense feelings. Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.

- Behavior changes. These include drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weap-

ons and expressing a desire to badly hurt others also are warning signs.

- Difficulty concentrating. Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.

- Unexplained weight loss. A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.

- Physical symptoms. Compared with adults, children with a mental health condition might develop headaches and stomachaches rather than sadness or

anxiety.

- Physical harm. Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also might develop suicidal thoughts or attempt suicide.

- Substance abuse. Some kids use drugs or alcohol to try to cope with their feelings. <https://www.drugs.com/mca/mental-illness-in-children-know-the-signs>

What are the Most Common Winter Illnesses?

Seasonal Influenza

The influenza virus, commonly known as "the flu", peaks during the winter months. This is because the virus is more stable in colder temperatures.

When the air is cold and dry, the flu virus lasts longer in the atmosphere. It also become easier to transmit from person to person.

Easy ways to fight the flu? Get your flu shot, frequently wash your hands and disinfect your home, workspace or other common areas often.



easier to spread during the winter months.

However, people spend more time inside during the winter. This creates more opportunities to pick up the cold germs that are already there.

Some of the easiest ways to steel yourself against common cold germs? Wash your hands often and disinfect your workspace frequently. Also, always use hand sanitizers that are at least 60% alcohol. Otherwise, they won't kill those pesky cold germs.

Norovirus

It can also be contracted from eating contaminated food or touching a contam-

inated surface.

The virus causes a person's intestines and stomach to become inflamed. This causes stomach pain, vomiting and diarrhea.

Some of the risk factors for contracting norovirus? If you work in a childcare center or nursing home, you may be more susceptible. Another risk factor is living in close quarters with several people.

You can also catch it by eating in restaurants that have unsanitary conditions. Reduce your risk by washing your hands thoroughly. Additionally, avoid suspicious restaurants or food and stay clear of high-risk locations. <https://physiciansurgentcare.com/common-winter-illnesses/>

Benefits of Spinach Nutrition

1. Protects Against Cancer
2. Defends Against Heart Disease
3. Boosts Immunity
4. Stabilizes Blood Sugar
5. Maintains Healthy Vision
6. Supports Bone Health
7. Keeps Skin Glowing

8. Aids in Detoxification
9. Preserves Brain Health
10. High in Magnesium

<https://draxe.com/nutrition/spinach-nutrition/>



Creamed Spinach

Ingredients

3 tablespoons unsalted butter
1/4 cup all-purpose flour
2 1/2 cups whole milk, at room temperature
Kosher salt
1/2 teaspoon freshly grated nutmeg
2 pounds spinach, tough stems removed
1 large egg plus 2 egg yolks
Freshly ground pepper



flour until smooth; cook, stirring, until the mixture lightens, about 1 minute. Remove from the heat; whisk in the milk, 2 teaspoons salt and the nutmeg. Return to medium heat and bring to a boil, whisking. Remove from the heat again; stir to cool slightly.

Heat a deep skillet over medium heat. Add the spinach and 1 teaspoon salt; cover and cook about 3 minutes. Toss with tongs, then continue to wilt, uncovered, about 2 more minutes. Drain and cool slightly, then squeeze the spinach until dry. Coarsely chop.

Gently reheat the sauce, then whisk in the whole egg and yolks; cook, stirring, until the sauce thickens. Stir in the spinach; heat through. Season with salt and pepper. <https://www.foodnetwork.com/recipes/food-network-kitchen/creamed-spinach-recipe4-1972716>

Directions

Melt the butter in a saucepan over medium heat. Whisk in the

Holiday Ham

Ingredients

7 lbs butt end smoked ham
1/2 cup dijon mustard
1/2 cup orange marmalade
1 teaspoon black pepper
3 cans crescent rolls
1 with water to make egg wash egg

Directions

Preheat oven to 350 °F. Place the ham in a roasting pan and lightly score it with a sharp knife all around. Stir the mustard, marmalade and black pepper together in a



small mixing bowl with a spoon. Slather the mustard mixture all over the outside of the ham, rubbing it into the scored meat. Bake the ham for 20 minutes then remove it from the oven.

Using 2 cans of crescent rolls, unroll the crescent dough but don't separate them into pieces. Press the perforated pieces together to keep the dough in its rectangular shape. Drape them over the ham pressing the dough edges together to cover the ham completely with the dough. Tuck any

loose edges underneath the bottom of the ham in the roasting pan. Brush with egg wash.

Lay the last piece can of dough out on a cutting board and cut some holiday shapes with cookie cutters. Holly leaves are nice. Arrange the dough leaves in a pretty bunch on the dough draped ham. Brush these shapes with egg wash. Return the ham to the oven and bake for another 20 minutes until the ham is heated through and the crescent dough is cooked and browned. <https://www.pauladeen.com/recipe/christmas-ham/>

