October 2014

October Holidays and Celebrations:

National Pizza Month

3– World Smile day
5– World Teacher’s Day
10– World Egg Day
11– Take your Teddy Bear to Work Day
14– National Dessert Day
17– Wear Something Gaudy Day
18– Sweetest Day
21– Count your Buttons Day
24– United Nations Day
25– Make a Difference Day

Director Meeting

Balancing Your Time
To have time to balance your life, you first need to determine your priorities. You will start the evening by reviewing your priorities and how your time is currently spent. Then you will learn skills, tools and techniques to better manage your time. Finally you will discover ways to simplify your life to allow more time to meet your priorities.

Thursday October 9
Joyful Noise Preschool & Child Care
650 Ashworth Drive
Waukee
6:30-8 pm
April in Indianola will be the last one.

We worry about what a child will become tomorrow, yet we forget that he is someone today.
—Silvia Tcherkerzian

The Cost of Living in Iowa — 2014 Edition by Peter Fisher and Lily French

What does it take to get by these days? This latest edition of The Cost of Living in Iowa answers this question. The report details how much working families must earn in order to meet their basic needs and underscores the importance of public work support programs for many Iowans, who despite their work efforts, are not able to pay for the most basic living expenses.

For example if you are a single parent with 2 children and live in Dallas or Warren County you would need to make $28.54 per hour. If you live in Adair County you need to make $27.14 and if you live in Madison County you need to make $28.54 per hour

The full report is here http://www.iowapolicyproject.org/2014docs/140226-COL.pdf
GOLD Assessments
Please remember to get your assessments done on children receiving scholarships through 4 R Kids. Portfolios will be giving out during fall visits.

http://www.pinterest.com/ECQS/

MEMO
Preschools-
Please remember to turn in your goals to me as soon as you have them completed.

Val

Pumpkin Moon Sand Play Recipe

4 cups of play sand
2 cups of corn starch

- 1-3 cups of water

Pumpkin pie spice

Orange food coloring, liquid watercolors, or powdered paint
Choosing Effective Outdoor & Indoor Materials
8:30-11:30
Some of the most important decisions educators make for preschool and elementary children relate to careful selection of materials and thoughtful planning of indoor and outdoor environments. In this workshop you will learn more about why adults need to manipulate materials personally and understand the properties of materials to best support in-depth, hands-on learning.

Music and Nature
12:30-3:30
Explore techniques for using the inspiration of nature to strengthen children's musical understanding and talents.

Lunch break on your own. Space is limited so register today on the training registry.
https://ccmis.dhs.state.ia.us/trainingregistry

Complete enrollment by paying enrollment fee. Call (515) 993-4281 with questions.

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance. 3280 Beardshear Hall, (515) 294-7612. "The fees for service will be used to offset direct expenses and to support the (Early Childhood Quality Enhancement Education) County Extension Program.”

IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.
STRENGTHENING Families PROGRAM for parents and youth 10-14

- Prevents adolescent substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth

"I learned what a good friend is and how to stay out of trouble."

"We now enjoy family time together."

"I was reminded to show love and listen with respect to my child."

An evidence-based parent, youth & family skills-building curriculum

Sundays, October 5—November 16
Waukee Elementary School, 850 6th St.
Free Meal at 5 p.m., Class from 5:30-7:30 p.m.
Price to register is $19 per family & can be completed at www.waukeeschools.org/commed
For Questions Contact: Lisa Mickelson at (515) 993-4281 or lmickel@iastate.edu
Let me know what you’re looking for!
I will be sending out a monthly newsletter with information and other fun stuff. If you have announcements you would like to have included, feel free to contact me with your information. In addition, if you have ideas for newsletter topics please let me know.
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