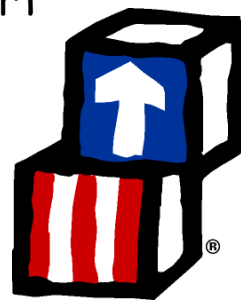




# Family Newsletter



November, 2021

## Important Dates

**Office Closed: November 25 and 26, Happy Thanksgiving!**

## November Birthdays



Ella H.	11/01
Rosalie O.	11/01
Kehlani G.	11/06
K-Sun R.	11/06
Ayden S.	11/07
Jaiere H.	11/25
Joycelyn T.	11/27



**Please continue to update your parent educator about your family's needs and health during this time. Thank you!**

## Apple Tree Craft

### Supplies:

Red Tissue Paper  
Construction Paper  
Glue Stick  
Glitter

~Cut out the tree trunk from a brown piece of paper or brown paper bag.

~Glue the trunk onto another piece of white paper.

~Use scrap pieces of green paper for them to cut into small pieces for leaves.

~Use a glue stick to add the "leaves" one by one to the tree

~With red tissue paper make apples. Just bunch a circle together and glue to the leaves.

~Add some gold or silver glitter



**School Readiness**-Three times each year, the Early Head Start Program completes an assessment using the Ounce Scale to show the progress our children are making in their development. Forty-six children were assessed during all three of the 2020-2021 collections and of those children 4 of them were receiving early intervention services.

There were 6 children between the ages of 0-1 (1 had EI)

Social/Emotional-100% Developing as Expected

Communication-100%

Cognitive-100%

Physical-100%

Approaches To Learning-100%

There were 9 children 1-2 years old (1 had EI)

Social/Emotional-100% Nov, Mar, July

Communication-100% Nov, 78% March, 78% July

Cognitive-100% Nov, Mar, July

Physical-100% Nov, Mar, July

Approaches To Learning-100% Nov, Mar, July

There were 31 children 2-3+ years old (2 had EI)

Social/Emotional-100% Nov, 100% Mar, 97% July

Communication-94% Nov, 94% Mar, 90% July

Cognitive-97% Nov, 100% Mar, 100% July

Physical-100% Nov, Mar, July

Approaches To Learning-97% Nov, 100% Mar, 100% July

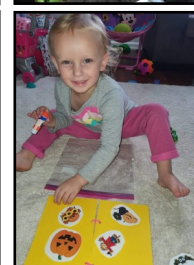
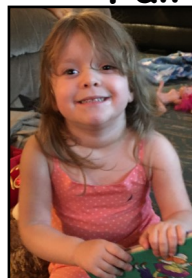
\*This information is used to identify the strengths of the services being provided used by the program and areas that need additional emphasis placed on them to improve the school readiness of our children.



We have been talking about the importance of the hearing and vision screenings Early Head Start is required to complete yearly with the children. This is one of our children enrolled in the Early Head Start Program that was screened for vision and had failed the test. Mom took her right to the optometrist and was told she would need glasses. Acadia got them and is now thriving with her new sight correction. Please follow up with a specialist if your Parent Educator gets a reading that is anything but passing.



## Fall Fun





PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905



## Pinecone Painting

Fall is a perfect time to take a nature walk with your child. While you are enjoying the autumn beauty, have your child help you collect fallen pine cones. When you return home, use washable paint (your parent educator will be happy to bring you any needed supplies) to decorate the pinecones you have found. Using an egg carton works well to minimize mess and support roll prone pinecones.



Thank you  
Chanta and  
Chloe for this  
fun activity!



## **Fun with Food! Pumpkin Quesadilla**

### Ingredients

2 tablespoons pumpkin puree (or sweet potato puree; optional but recommended)  
1/4 teaspoon cumin  
1/2 cup shredded cheddar cheese  
salsa, sour cream, and/or guacamole as desired

### Directions

1. Place two tortillas onto a cutting board. Use a small knife to cut out a face to look like a jack-o-lantern. (Discard the scraps.)
2. Place the remaining two tortillas on a clean surface. Spread on the pumpkin puree, cumin, and cheese, spreading evenly about to the edge. Top with the cut out tortillas.
3. Place the quesadillas into a nonstick pan set over medium heat. (You'll likely need to do one at a time.) Cover and cook for 3-5 minutes or until the cheese is melty and the tortillas are warm. Press the top tortilla down a little to make sure it's secure on the cheese.
4. Serve warm, cut into pieces as needed, with salsa, sour cream, and/or guacamole as desired.

