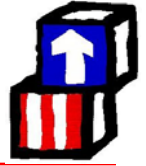




# St. Maries Center Head Start News



North Idaho College Head Start

December 2011

## December Parent Meeting

Our Parent Meeting for December will be held on Tuesday December 13th at 5:00 at the Head Start Center. Our Education topic for December will be on Nutrition. Guest Speaker and dinner are in process of being scheduled.



**NO SCHOOL — WINTER BREAK**

**WILL BEGIN ON MONDAY DECEMBER 19TH AND  
WILL RETURN BACK TO SCHOOL ON TUESDAY  
JANUARY 3 AT 8:30.**

## Upcoming Events:

Parent Meeting	13th
Policy Council Meeting	9th
VIM Day	16
Gym—every Thursday	1-15
Last Day of School	16th
Back to School—JAN	3

## Miss Caroline & Miss Rondi's Corner

Hi Everyone,

Since we try to go outside every day possible, we need your help so the children can be warm and dry outdoors. Please dress your children with snowsuits/snow pants, warm coats, gloves or mittens, boots and hats, etc.

The children sometimes can get cold inside with just one layer of clothing on. Please try to have them wear an additional layer of a sweater or sweatshirt.



## Winter Safety-What to Do in an Emergency

Kids are at greater risk for **frostnip** & **frostbite** than adults, and the best way to prevent it make sure they're dressed warmly and don't spend too much time in extreme weather. **Frostnip** is an early warning sign of the onset of **frostbite**. It leaves the skin white and numb. After bringing your child inside, remove all wet clothing because it draws heat from the body. Immerse the chilled body parts in warm (not hot) water — 104-108° F (40-42° C) — until they are able to feel sensation again. **Frostbite** occurs mostly on fingers, toes, ears, noses, and cheeks. The area becomes very cold and turns white or yellowish gray. If you notice frostbite, take your child immediately to the nearest hospital emergency room. Going on a road trip over the holidays? Make sure you have a **first-aid kit**, extra blankets, and gloves in the car.

Sent to you from Center Manager; Crystal Balback

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## Mental Health—Helping Raise Happy Kids

The most important thing caregivers can do to help their children be grateful, is to be grateful themselves. Express thanks in the moment, for a sunset, and ice cream cone, the rain, or a sunny day.

Accept your child's feelings. If your child says "my friend is so mean! I am never playing with her again!" it's easy to respond with "you don't mean that, that's not nice". Instead try asking what happened, without judging her feelings. You could say "it sounds like your friend hurt your feelings. What happened?". This response opens communication and builds trust with your child. Routines help children build confidence. They start to trust that they know what to expect out of life. Have a general daily routine and stick to it.



## Health & Safety

### Clean Teeth after Sweets

**Don't let your child eat sweet or sticky foods, like candy, gummies, cookies, or fruit roll-ups.** There is sugar in foods like crackers and chips too. These foods are especially bad if your child snacks on them a lot. They should only be eaten at mealtime. Teach your child to use his or her tongue to clean food immediately off the teeth. Saves on appointments and frustration of going to see the Dentist.



## Nutrition—Chef Randy



### "Is it done yet?"

Information supplied by [USDA Dept of Agriculture](http://www.usda.gov)

[Www.IsItDoneYet.gov](http://www.IsItDoneYet.gov) [USDA Meat & Poultry Hotline 1-888-674-6854](tel:1-888-674-6854)

**You can't tell by looking. Use a food thermometer to be sure.**

#### 145 Degrees

- Steaks
- Roasts
- Fish

#### 160 Degrees

- Pork
- Ground Beef
- Egg Dishes

#### 165 Degrees

- Chicken Breasts
- Whole Poultry

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