

# OCTOBER NEWSLETTER

## DIRECTOR'S MESSAGE:

Happy October CDC Families!  
In preparation of the Great Shake Out on **October 19th @ 10:19 am** we want to encourage all families to discuss and prepare their child(ren) what to do in this event. The main goal of the Shake Out is to get the world prepared for earthquakes, so use the Shake Out as an opportunity to learn what to do before, during, and after an earthquake. Train children and family members to "Drop, Cover, and Hold On" in order to help reduce injury during earthquakes. Emergency preparedness experts recommend this action as the best way to protect yourself during an earthquake.



## UPCOMING EVENTS:

**10/04** ASI Reading Program

**10/10** Fall Picture Day

**10/13** Family Day 3:15-4:30pm

**10/17** Parent Advisory Committee Mtg.  
4-5pm

**10/19** Great California Shakeout (10:19am)

**10/24** ASI Standing Committee Meeting  
4-5pm

**10/27** ASI Halloween Haunt 5-9pm

**10/30 - 11/09** Fall Parent Teacher  
Conferences

**10/31** Autumn Festival 9-10am



## NUTRITION CORNER:

### Clementine Pumpkins

#### **Ingredients**

4 clementine oranges  
1/4 cucumber

#### **Instructions**

Carefully peel a clementine, making sure that the inside stays intact and in one piece.  
Cut short sticks from the slice of cucumber, leaving the skin on.  
Push a cucumber stick into the top of the clementine to form a stalk.  
Repeat with the remaining clementines until you have as many 'pumpkins' as you need.  
Pack in a lunch box or serve up on a plate or platter.



## SALLY'S CHECK IN:



CCAMPIS parents  
if you need help finding resources, just want to talk, or need assistance with your child outside of childcare such as activities to plan at home, please stop by the preschool front office on

**October 11, 2023**

**4 - 5pm**

No appointments needed.





# EDUCATION:

October is ADHD Awareness Month.

ADHD is a neurodevelopmental condition that affects 5 to 9 percent of children. It is the most common, yet most treatable, childhood mental health condition worldwide. Even though ADHD can cause very significant early childhood impairment, it remains underrecognized and under treated in early childhood. Unfortunately, many young children with ADHD continue to be falsely labelled as children who lack discipline and motivation, or simply, as children who are “bad”. The good news is that once we recognize these impairments, appropriate strategies, support and treatments can be put in place to help the child be successful. The earlier everyone understands what is going on the earlier support can be put in place, even before a formal diagnosis.



## ACTIVITY:

Children with ADHD may enjoy arts and crafts that are active or allow for standing and moving.

Marble painting is a great activity that allows your child to stand, sit, shake, jump, and wiggle around. Recycle a box, lay a white paper or precut shape at the bottom of the box, allow your child to choose 3-4 of their favorite colors, dip 2-3 marbles in each color of paint and then drop them into the box. Encourage your child to shake, wiggle, and move the box from side to side to create amazing art pieces.



Marble Painting Pumpkins



## Birthday

- GUILLERMO - RM 114
- JAYLEEN - RM 130
- PRINCE - RM 114
- MISTY - RM 114
- YULISSA - STUDENT AIDE

## welcome **CSUDH** INTERNS & VOLUNTEERS

- DAISY
- DEHONIRA
- VANESSA
- JOSHUA
- CANDYCE

- JASMINE
- ERENDIRA
- JENIFFER
- CHELSEY