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Spin North Newsletter...A program proudly brought to you by Starpoint

October 2018

The fall air is among us! With the weather cooling off I would like to remind you that we do go outside everyday so please make sure your child has layers to adjust for the changing Colorado weather. Also parent/teacher conferences will be taking place at the end of the month moving into November so please check with your child's teacher if you are interested.

"A mind when stretched by a new idea never regains its original dimensions." - Anon

Nicole Francis, Center Director

Infants:

The weather is cooling off finally! With that being said please check your child's cubby to make sure we have warm clothes for your constantly growing little one.

Please if you have not brought in a pictures of your family please do so! We are wanting to get our family tree put up.

You might have noticed the white board that is hanging up in the welcome area of our classroom. Please check that out as we will be posting things there regularly.

This month we will be singing the Itsy Bitsy Spider song.

Mrs. Alicia & Ms. Kaitlyn

Toddlers:

Hello fall! Please check out the Art folders on the wall by the door.

Our song this month is *Elephants went out to play*. Feel free to ask us for the words if you are interested.

We are working on soft touches with our friends as well as teeth are for eating.

Please check your child's cubby and update their extra clothes and shoes. We will be going outside everyday so please make sure your child is dressed appropriately for the weather.

Thank you to the families that brought in family photos. If you have not brought one in please do so that we can display it in the classroom for your child to see!

Mrs. Kathy, Ms. Kristin, & Ms. Adriana

Preschool Room 2:

Wow! Where did September go? Fall already! Kids are settling in learning new things. We are excited for October as we will be doing the Tree Study.

Parents please remember to take home your child's art work from their cubbies and share it at home.

Mrs. Karen & Miss. Siddie

Preschool Room 3:

Happy fall! Just as a reminder with the weather changing that your children are dressed appropriately for the weather as we do go outside every day!

Please check and clean out your child's cubby weekly.

We have started the building study! We will be learning about different types of buildings and how those buildings are constructed as well as the tools, equipment, and materials needed.

Mrs. Christine, Ms. Kristin,
& Mrs. Mary

Preschool Room 6:

Happy October! Fall has finally arrived! The weather is finally starting to cool off so please make sure your child is dressed according to the weather as we will still be going outside daily.

We are still chugging away at our *Beginning the Year* study. The children are getting the routines down. We will be working a lot on our problem-solving strategies as a class. We will be introducing different problem-solving solutions and helping the children work through them as they go about their day here at school.

Ms. Brittany

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

October Menu

1) B-yogurt parfaits, granola, pears, milk L- Tator tot casserole w/beef, mixed veggies, saltines, milk S-WW Cinnamon Toast, milk	2) B-WG biscuits & gravy, apricots, milk L- Chicken fajitas w/ tortilla, corn, peaches, milk S-hard boiled eggs, carrot sticks, water	3) B- WG cereal, oranges, milk L- hamburgers on bun, cooked carrots, mandarin oranges, milk S-saltines w/ cheese slice, water	4)B- ww english muffin w/ jelly, banana, milk L- turkey gravy over mashed potatoes, green beans, mixed fruit, milk S- pretzels and milk	5)B- ww pancakes, applesauce, milk L- mac & cheese w/ ham, peas, bananas, milk S- cottage cheese, pineapple, water
8)B- WG cereal, orange slices, milk L- grilled chicken breast on bun, mixed veggies, peaches, milk S- yogurt, apple slices, water	9)B- ww bagels w/ cream cheese, apricots, milk L- sloppy joes on bun, beets, pears, milk S- trail mix, milk	10)B- oatmeal, mandarin oranges, milk L- tuna pasta salad, cucumber slices, apple slices, milk S-hard boiled eggs, cheese sticks, water	11)B- scrambles eggs, ww toast, banana, milk L- Johnson's temptation w/ hash browns, ww bread, peaches, milk S- cucumber w/ ranch, milk	12)B- ww waffles, mixed fruit, milk L- chili w/ beef, saltines, green beans, orange slices, milk S- celery w/ cream cheese, milk
15)B-oatmeal, apple slices, milk L- chicken bacon ranch penne, mixed veggies, apricots, milk S- cheese sandwiches, milk	16)B- ww English muffin w/ cheese, peaches, milk L- beef stroganoff, peas, pears, milk S- pretzel rods w/ cheese sauce, milk	17)B- ww French toast, applesauce, milk L- baked turkey, ww bread slice, mashed potatoes, apple slices, milk S- cauliflower, carrot sticks w/ ranch	18)B- cinnamon ww tortillas, banana, milk L-ham & beans, saltines, peas, pears, milk S-cottage cheese w/ pineapple, water	19)B- WG cereal, mixed fruit, milk L- tuna noodle casserole, carrot sticks, orange slices, milk S- graham cracker, milk
22)B-waffles, pears, milk L- Chili mac w/ beans, peas, cooked carrots, milk S-hard pretzels, cheese sticks, water	23)B- bagel w/ cream cheese, apricots, milk L- beef tacos w/ lettuce & tomato, corn, peaches, milk S- yogurt and pears, water	24)B- oatmeal, applesauce, milk L- Hawaiian chicken w/ brown rice, pineapple, cooked carrots, milk S- trail mix, milk	25)B- scrambled eggs, toast, pears, milk L- turkey & cheese sandwiches, banana, cucumber slices, milk S- celery w/ almond butter, milk	26)B- pancakes, apples, milk L-rotini bake, mixed veggies, orange slices, milk S- hard boiled eggs, orange slices, water

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Howdy North Families!!!

Happy September! Are you ready to pull out the slow cooker? I know I am. Here is a wonderful sounding warm meal for your family to enjoy!

Slow Cooker Beef Stroganoff

Prep Time: 25 min. Cook Time: 4-1/2 hours Yields :8 servings

Ingredients:

- 2 pounds ground beef
- 1 $\frac{1}{2}$ teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon butter
- $\frac{1}{2}$ pound sliced fresh mushrooms
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 1 can (10.5oz) condensed beef consommé, undiluted
- 1/3 cup all-purpose flour
- 2 tablespoons tomato paste
- 1 $\frac{1}{2}$ cup (12 oz) sour cream
- Hot cooked noodles

Directions:

1. In a large skillet, cook beef, salt and pepper over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Transfer meat to a 3 or 4 qt slow cooker.
2. In same skillet heat butter over medium-high heat. Add mushrooms and onions; cook and stir 6-8 minutes or until onions are tender and mushrooms have released their liquid and begin to brown. Add garlic; cook 1 minutes longer. Transfer to slow cooker.
3. In a small bowl, whisk together consommé, flour and tomato paste. Pour over meat mixtures; stir to combine. Cook covered, on low 4-6 hours or until thickened. Stir in sour cream. Cook, covered 15-30 minutes longer or until heated through. Serve with noodles.

Tina Cook
Your Northside Cook