



# NOVEMBER NEWSLETTER 2022

SALIDA EARLY  
CHILDHOOD  
CENTER



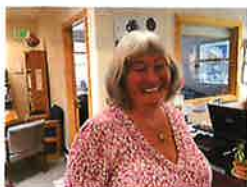
## ANNOUNCEMENTS AND REMINDERS!!

- Thanksgiving Break is **November 23rd through the 27th!**
- Parent/Teacher Conferences are on Thursday, November 3rd from **4-6pm**
- November is **Literacy Month!** Have you read aloud to your child today?!

## PRINCIPAL'S CORNER

*It's November already! There are great things happening at the SECC this month. We will have family conferences and literacy month with guest readers. Theresa and myself are doing formal observations on all of the teachers. I am always amazed at how wonderful our classrooms and teachers deliver our programming. There are so many great things happening in each of the classrooms. The focus on social emotional well being and learning to be in a group setting is so important at this age. While they play, the children are learning science, math, literacy and how to interact with their peers. Our Policy Council (or sometimes called school accountability) is up and running. This month we will look at the grant for Head Start and Early Head Start which is one of our major funding sources for the preschool. In December we will start a wish list for any left over funds we may have. If you have suggestions be sure to reach out to Sheri or Heather and let us know your ideas. Just a reminder to make sure you update information with us including email, phone and download the Salida Schools app. Just in case we would happen to have a snow day, these are the ways that you will be notified. Have a wonderful November!*

~Principal Ilona Witty



# SCHOOL VISITORS!

We are so excited to introduce some of our regular visitors to you! The whole month of November, we will have guest readers at our school!

## Yoga with Phillip

Phillip is back and is practicing yoga weekly with our preschool and toddler kiddos. Phillip has experience teaching yoga to kids from preschool to 8th grade. Make sure to ask your child what they are learning on their mat.



## Reading with Joel

Our local librarian, Joel is visiting us once a month to read to the children! Make sure to visit her for story time on Wednesdays from 10-10:30 at Salida Public Library if you have younger children!

## HOLIDAY/WINTER SUPPORTS

### Thanksgiving food boxes

**Where?** The Grainery

**When?** Monday, Nov. 7th, 14th, or 21st OR Friday Nov 4th, 11th, or 18th 10-3:30

**What?** Turkeys and Thanksgiving food in addition to the normal food bank.

### Winter Jackets and boots

If your family is in need of warm winter clothing, please see Sheri or Heather at the front. We will ensure that your child has adequate winter clothing.



### Holiday gift support

Do you need support in providing gifts to your children this holiday season? We have community resources that can help!! Please see Heather or Sheri for applications.

Remember, **many of these applications are due in early November**, so see us soon if you need support!



*"This is a wonderful day, I have never seen this one before."*

*~Maya Angelou*



PERFORMANCES BY PERLA TROPICAL MARIACHI AND  
FOLKLORICO DANCE CHOREOGRAPHED BY DIANA GARZA.

FOOD BY LAS CAMELINAS AVAILABLE FOR PURCHASE.

YOU ARE INVITED TO CELEBRATE WITH US

# DIA DE LOS MUERTOS

5:45 MEET AT ALPINE PARK

FRIDAY NOVEMBER 4, 2022

6:00PM- PROCESSION DOWN F ST TO THE RIVER  
WHERE WE WILL PAUSE TO REMEMBER OUR  
DEPARTED

7:00PM- CELEBRATION AT A CHURCH WITH A  
COMMUNITY OFRENDA, STORIES, LIVE MUSIC,  
HORCHATA AND HANDS ON ACTIVITIES FOR ALL  
AGES SUCH AS PAPER PICADO, SUGAR SKULL  
DECORATIONS, AND MORE.

NOW IN ITS 8TH YEAR, DÍA DE LOS MUERTOS IS AN ANNUAL EVENT COORDINATED BY LAS TRES AMIGAS- CULTURAL BEARER  
ANDREA MOSSMAN, KRISTA JARVIS, AND TINA GRAMANN, LOCAL ARTISTS IN OUR COMMUNITY.

COMMUNITY IS INVITED TO BRING A PHOTOCOPY OF YOUR LOVED ONE  
TO DISPLAY ON THE COMMUNITY OFRENDA (ALTAR) AT A CHURCH

# What's the most important thing to do with your child?

## Read Aloud From Birth

According to research, reading for 15 minutes daily is the best way to prepare your child for school NOW.

### READING ALOUD:

**1**

Accelerates your baby's brain development, nurturing trillions of new connections from birth.

**2**

Exposes your baby to millions more words by age 4.

**3**

Builds critical literacy skills like vocabulary, phonics, and comprehension.

**4**

Prepares your child for success. Reading from birth to age 8 gives your child lifetime learning skills.



#### READ ANY TIME

At breakfast, in the bath, at the park, before bedtime



#### READ ANYTHING

Newspapers, instruction manuals, grocery lists, road signs, novels, Facebook feeds, magazines—whatever you're reading



#### READ ANYWHERE

Keep a book in your bag and anywhere becomes a reading room



Read Aloud  
**15 MINUTES**  
Every child. Every parent. Every day.

Learn more at [ReadAloud.org](http://ReadAloud.org)





Presents...

# RAISING CHILDREN

## *Made Easier*



**Conscious  
Discipline**

## VIRTUAL PARENT NIGHT

with Amy Speidel

**THURSDAY, NOV 10, 2022**

Virtual Training 7:00pm – 8:00pm

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## **WORDS MATTER**

Finding your assertive voice.

*Please send in your questions or share what's on your mind during the session.*

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**REGISTER HERE:**

**<https://forms.gle/oEo31REL6kBbVP4a6>**

Registration requested no later than 11/9/2022.

At the request of the presenter, registration will be capped at 40 people.  
Residents of Chaffee County and the state of Colorado will be prioritized.

Zoom link will be sent to registrants the day of the event.

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*The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit [www.ccecc.org](http://www.ccecc.org) or call 719-221-5114.*

## WHY YOUR WORDS MATTER

What is wrong with **You're making me so angry (sad, frustrated...)?**

When we say phrases like this we are essentially telling our children:  
**"You are responsible for my feelings"**

### WHY IS THIS A PROBLEM?

Because it's a huge responsibility for your child that they do NOT know how to handle.



It's up to me to make my parents happy.

This transforms children into **co-dependent people pleasers** who:

- can't say no to others.
- makes choices based on other people's feelings.
- puts their own needs aside.

### INSTEAD OF:

You're making me very upset with this mess.



### TRY:

I feel very upset when I see the mess in the kitchen.

### INSTEAD OF:

Your whining makes me so frustrated.



### TRY:

I feel frustrated when I hear whining because I can't concentrate on what I'm doing.

### INSTEAD OF:

Now you've made me mad.



### TRY:

I feel mad right now so I'm going to go calm my body down.

Rephrasing your words this way let's your child know that you are feeling an emotion in response to their behavior...AND **that you are still responsible for those emotions.**