



Stronger Families, Better Communities, Brighter Futures

"UMCHS is an Equal Opportunity Provider"

Breakfast Banana Split

This is a great quick and healthy breakfast for busy mornings.

Ingredients:

- 1 small, ripe banana
- 2 cup fresh blueberries or other fresh fruit
- 2 cup nonfat or low-fat vanilla yogurt
- 2 cup low-sugar, high fiber cereal (such as Cheerios, Wheaties, Grape-Nuts, or Bran Flakes)



1. Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt.
4. Arrange the banana halves on either side of the yogurt.
5. Sprinkle the top with the blueberries or other fruit.

Parent & Child Activity - Fall

A fun **Fall** activity using different shapes of leaves will keep you and your child entertained for hours forming many shapes, like people, animals, etc. Let your kids use their imagination to make fancy pictures. Talk about the different leaf shapes and wonderful colors of autumn.

You'll need:

- leaves
- paper
- markers or crayons
- glue

What to do:

1. Go for a walk to gather the leaves.
2. Have your child trace around different shapes and sizes of leaves or glue them onto paper.
3. Ask him or her to choose the leaves to use for arms, legs, head, etc. or ask them to draw some of these features to form their picture.

Talk with your child about:

- What leaf shape was the easiest to use?
- What leaf shape was the hardest to use?
- The different leaf colors

Other useful information:

While you are having fun together, this activity helps children develop small muscle skills and to use their imagination.



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October: Fall Home Maintenance

Fire Safety Checklist for Homeowners and Renters

If there is a fire, you may have less than 3 minutes to get out of your home. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire.

Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.



Test your alarm regularly.

Your smoke alarm is working if it makes a noise when you press the "test" button.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Candle Safety

- Candles are in sturdy fire-proof containers that won't be tipped over.
- Adults blow out all candles when leaving the room or going to bed.
- Candles are kept out of reach from children and pets.



Children are sometimes curious about fire.

If you have children in your home, lock up any items that can start a fire (matches, lighters, cigarettes, etc.) and make sure children cannot reach candles.

Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.
- Pot handles are always turned toward the back of the stove.

Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Everyone knows where the safe meeting place is outside the home.
- Everyone living in the house practices the escape plan 2 times a year.

Learn more about fire prevention:
www.usfa.fema.gov

U.S. Fire
Administration



FEMA



Alarming Dangers in School Zones



The Facts About Teen Pedestrians

5  /week

There are 5 teen pedestrian deaths every week in the United States.

13% 

There has been a 13% increase in the pedestrian death rate for 12-19 year olds since 2013.

Age 15-19

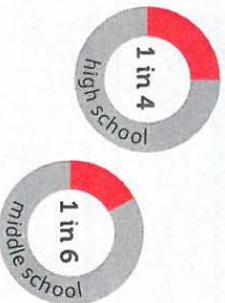


population pedestrian deaths

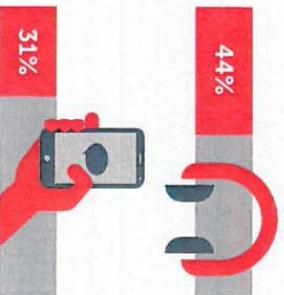
In 2015, while teens ages 15-19 made up 26 percent of all children ages 0-19 years, they made up about half of the pedestrian fatalities.

We observed 39,000 middle and high school students and 56,000 drivers in school zones in 2016.

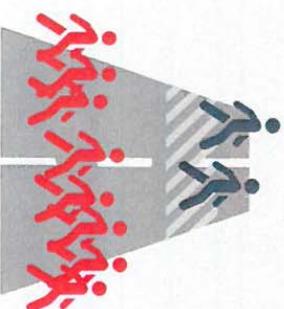
Distracted walking is on the rise. We observed it in 1 in 4 high school students and 1 in 6 middle school students.



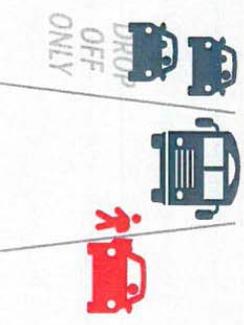
Distracted teens were most likely to be wearing headphones or texting.



Unsafe street crossing behavior was observed in about 80% of students.



Unsafe drop-off or pick-up behavior was observed in nearly 1 in 3 drivers.



What Communities Can Do to Protect Kids on the Move

Install proven interventions, like crosswalks, speed limits, visible signs and traffic lights.

Marked crosswalks were missing in 3 out of 10 observed crossings.

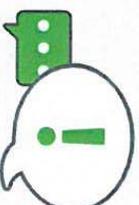


Set and enforce speed limits in school zones at no more than 20 mph.

Low speed limits (≤ 20 mph) were observed in only about 4 out of 10 school zones.



Educate parents and students about dangerous walking and driving habits (e.g., crossing mid-block, texting or talking on the phone.)



Implement and enforce school drop-off/pick-up policies.

