



*Stronger Families, Better Communities, Brighter Futures*

*"UMCHS is an Equal Opportunity Provider"*

### Parent/Child Activity - Family Game Night



Family game night is a fun way for families to spend time together. Games allow you to show your skills, learn sportsmanship, family communication, enjoy each other's company, and make memories for a life time.

Below are a few tips to help make your family game night something your children can look forward to:

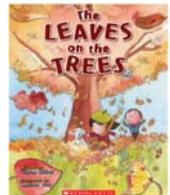
- ◆ Make this an important date. This sends a message about family priorities; it's all about your immediate family. This fosters communication, comfort and helps everyone build a sense of family identity.
- ◆ No interruptions. Let the machine get phone calls, turn off your cell phone, and make sure all homework is done beforehand.
- ◆ Give each family member a chance to pick a game. Share the duties of being "in charge" of the night so that everyone gets a turn to create the event; and mom and dad can assist the youngest players.
- ◆ Vary the games you play. Everyone can feel like a participant. Balance games of skill with games of luck so that everyone gets a chance to do something they're good at, and improve the odds of winning night.
- ◆ Use Family game night as a teaching time to reinforce things like manners, being a good sport, taking turns and other social skills that children need as they grow up. This can all be done with good humor in the context of the game play and family; and gives kids a chance to practice positive behaviors.

### Fall Book Reading



*"Let It Fall,"* by Maryann Cocca-Leffler

*"The Leaves on the Trees,"* by Tom Wiley



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# The Network-Newsletter

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## HEAD START A NATIONAL COMMITMENT

*Head Start is the national commitment to give every child, regardless of circumstances at birth, an opportunity to succeed in school and in life. In the 50 years since its inception, Head Start has improved the lives of more than 32 million children and their families. Head Start alumni - or "Head Start babies," as they often call themselves - are in all walks of the nation's life.*

*Educators, doctors, lawyers, military personnel, artists, engineers, religious and civic leaders, and scientists - from all across the country - remember Head Start as the place where, at an early age, they acquire a life-long love of learning.*

*In addition to life and school preparedness, Head Start is also the nation's laboratory for early learning innovation. Head Start offers a unique whole child/whole family program design coupled with a delivery system that includes local programs, national standards, monitoring, professional development, and family engagement. This has been the basis for many subsequent statewide and community initiatives.*

Dates to Remember!!  
October 2018



- 10/12/18 - All Staff Meeting  
All Centers Closed
- 10/22/18 - Family Policy Council Meeting  
EOTEC site in Hermiston  
9:00am-2:00pm
- 10/29/18 - Parent Survey Opens  
How Are We Doing?

## Getting Involved In Your Child's Education

As parents and family members, Head Start/Early Head Start welcomes you in the classroom, and encourages parents to become involved in their child's education, both in and out of the classroom. Research shows that children whose parents are involved in their child's education do better in school. Getting involved at the preschool level will prepare you to be active once your children enter elementary school. The program also teaches you how to create a learning environment at home in an effort to support classroom learning.

To become a better role model for your child, Head Start will help you explore opportunities to expand your education, find or get a better job, and tap into support groups where parents and family members encourage each other. Becoming an effective advocate for your child requires being involved in his/her education and doing what it takes to be a great and successful parent!



**Ingredients:**  
2 cups whole wheat pastry flour  
½ cup light brown sugar  
1 tablespoon plus 1 teaspoon baking powder  
1 ¼ teaspoon pumpkin pie spice  
1 cup mashed, cooked, or canned pumpkin  
½ cup plus 1 tablespoon apple juice  
2 egg whites, lightly beaten  
1 ¼ cup finely chopped apple (about 1 ½ medium apple)

### Harvest Pumpkin Muffins

*Preparation:*

1. In a large bowl, combine the flour, brown sugar, baking powder, and pumpkin pie spice, and stir to mix well. Add the pumpkin, apple juice, and egg whites, and stir just until the dry ingredients are moistened. Fold in the apple.
2. Coat muffin cups with nonstick cooking spray, and fill ¾ full with the batter. Bake at 350° for 16-18 minutes, or just until a wooden toothpick

inserted in the center of a muffin comes out clean.

3. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

Nutrition Facts per Muffin

Fat: 0.5 g  
Calories: 100  
Protein: 3/5 g  
Cholesterol: 0 mg  
Fiber: 3 g  
Sodium: 135 mg  
(Makes 12)

