

October Menu

OCTOBER 3 - 7

MONDAY 10/3

Breakfast - Oatmeal, Diced Pears & Milk
Lunch - Italian Chicken & Broccoli w/Pasta, Diced Peaches & Milk
3pm Snack - Vanilla Wafers

TUESDAY 10/4

Breakfast - Cheese Grits, Diced Peaches & Milk
Lunch - Cheese Pizza, Green Beans, Diced Pears & Milk
3pm Snack - Animal Crackers

WEDNESDAY 10/5

Breakfast - Cheese Biscuits, Applesauce & Milk
Lunch - Chicken Cordon Bleu, Purple Hull Peas, Diced Peaches & Milk
3pm Snack - Frozen Yogurt

THURSDAY 10/6

Breakfast - French Toast, Mandarin Oranges & Milk
Lunch - Chicken & Sausage Paella, White Acre Peas, Pineapple Tidbits & Milk
3pm Snack - Apple Slices

FRIDAY 10/7

Breakfast - Waffles, Mandarin Oranges & Milk
Lunch - Fish Nuggets, Tater Tots, Pineapple Tidbits & Milk
3pm Snack - Goldfish Crackers

OCTOBER 10 - 14

MONDAY 10/10

Breakfast - French Toast, Diced Pears & Milk
Lunch - Cheese Tortellini, Green Beans, Diced Peaches & Milk
3pm Snack - Vanilla Wafers

TUESDAY 10/11

Breakfast - Blueberry Muffins, Applesauce & Milk
Lunch - Beef Nuggets, Mashed Potatoes, Mixed Fruit & Milk
3pm Snack - Goldfish Crackers

WEDNESDAY 10/12

Breakfast - Cheese Grits, Pineapple Tidbits & Milk
Lunch - Chicken Pilaf, Purple Hull Peas, Diced Peaches & Milk
3 pm snack - Frozen Yogurt

THURSDAY 10/13

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Chicken Etouffee & Rice, Butter Peas, Diced Peaches & Milk
3pm Snack - Pretzels

FRIDAY 10/14

Breakfast - Waffles, Diced Peaches & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Pineapple Tidbits & Milk
3pm Snack - Cheese & Crackers

OCTOBER 17 - 21

MONDAY 10/17

Breakfast - Cheese Biscuits, Applesauce & Milk
Lunch - Chicken Spaghetti, Green Beans, Diced Pears & Milk
3pm Snack - Goldfish Crackers

TUESDAY 10/18

Breakfast - Pancakes, Mixed Fruit & Milk
Lunch - Directors Choice, Diced Peaches & Milk
3pm Snack - Apple Slices

WEDNESDAY 10/19

Breakfast - Cheese Grits, Diced Pears & Milk
Lunch - Chicken & Sausage Tetrastini, Purple Hull Peas, Pineapple Tidbits & Milk
3pm Snack - Frozen Yogurt

THURSDAY 10/20

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Meat Sauce & Macaroni, Butter Peas, Diced Pears & Milk
3pm Snack - Cheese & Crackers

FRIDAY 10/21

Breakfast - French Toast, Diced Peaches & Milk
Lunch - Baked Chopped Steak, Mashed Potatoes, Mixed Fruit & Milk
3 pm Snack - Vanilla Wafers

OCTOBER 24 - 29

MONDAY 10/24

Breakfast - Banana Muffins, Applesauce & Milk
Lunch - Beef & Broccoli w/Rice, Diced Peaches & Milk
3pm Snack - Goldfish Crackers

TUESDAY 10/25

Breakfast - Pancakes, Pineapple Tidbits & Milk
Lunch - Chicken Sliders, Tater Tots, Diced Pears & Milk
3pm Snack - Apple Slices

WEDNESDAY 10/26

Breakfast - Cheese Grits, Diced Pears & Milk
Lunch - Meatballs & Spaghetti, Green Beans, Pineapple Tidbits & Milk
3pm Snack - Frozen Yogurt

THURSDAY 10/27

Breakfast - Oatmeal, Diced Peaches & Milk
Lunch - Oriental Chicken w/Vegetables & Rice, Diced Pears & Milk
3pm Snack - Animal Crackers

FRIDAY 10/28

Breakfast - French Toast, Mandarin Oranges & Milk
Lunch - Chicken Nuggets, Tater Tots, Mixed Fruit & Milk
3pm Snack - Cheese & Crackers

OCTOBER 31

MONDAY 10/31

Breakfast - Waffles, Diced Pears & Milk
Lunch - BBQ Chicken & Rice, Purple Hull Peas, Pineapple Tidbits & Milk
3pm Snack - Fall Class Parties



"Growing Room Tallahassee"



@Growing_Room

www.pinterest.com/grtally



**** Please remember to send in a substitute if there is something on the menu your child cannot eat due to allergies or other food restrictions. All substitutes need to be checked in at the front desk and must be nut free!**

**** Sausage being served is turkey sausage**

www.GrowingRoomChildCare.com

Licenses: Co2LE0507, Co2LE0518, Co2LE0578

Growing Room News

Loving and Learning The Growing Room Way.

October 2016

Fall Festival Celebrations

On **Monday, October 31st**, all centers will celebrate the fall season with a Fall Festival that begins at 9:30 a.m. and Fall Parties at 3:00 p.m. (3:30 p.m. for school age). Children can wear their costumes to school or bring their costume with them and change into them before the party begins (nothing scary, please). Please provide one bag of approved candy (Skittles, Laffy Taffy, Smarties) or other age-appropriate treats (Tattoos, balls) for the children in your child's class. During the Fall Festival, the children will enjoy fun games and activities. Be sure to check with your center for the Fall Festival schedule for the day. We love parent volunteers!

Be on the look out for ways you can help that day.

Fall Festival

9:30 a.m.

*Check with your center to see what time your child's class is scheduled

Fall Parties

Preschool, 3:00 p.m.
School-Age, 3:30 p.m.



~ Please remember no nut products allowed in the centers. ~



Family Pumpkin Carving Contest



Show off your creative side! Decorate a pumpkin with your child and drop it off at your center on

Thursday, October 27th

One winner from each center will be chosen. Winners will receive a \$25 credit on their account and will be announced on Friday, October 28th.

Making a Difference Employee for October

Growing Room 1
Ms. Brenda Jackson
VPK Lead

Growing Room 2
Ms. Ashontys Ardley
Infant2 Para Pro

Growing Room 3
Ms. Gerlinda Scott
K2 ParaPro

Ms. Brenda is an exceptional VPK teacher. Ms. Brenda loves educating and providing care for her students. She is always willing to assist her co-workers and administration.

Ms. Brenda develops lasting and loving relationships with her students and parents. Ms. Brenda is a great asset to our Growing Room 1 Family.

Thank you Ms. Brenda
for
Making a Difference!

Ms. Ashontys is wonderful with the babies! She just recently completed her FCCPC. Ms. Ashontys is so excited for the opportunity to teach and grow at Growing Room. She adores the children in her class and we are so happy to have her as part of our team!

Thank you Ms. Ashontys
for
Making a Difference!

Ms. Gerlinda is a wonderful asset to our 2 year old team! She has a very gentle nature and adores the children in her class. We are so thankful to have Ms. Gerlinda as part of our Growing Room Family!

Thank you Ms. Gerlinda
for
Making a Difference!

Paint the Town PINK!

Join Growing Room on **Wednesday, October 5th** as we help **Paint the Town Pink!**

We encourage you to wear your favorite shade of pink and stop by our **#GoPinkLemonade** stand at each center from 3:30-5:00 p.m.

All funds raised will go to the Joanna Francis Living Well Foundation.



Character Education *Being Truthful*



Your child will learn through books, videos, character critters, teacher modeling and positive reinforcement.

Your child will learn:

- To always tell the truth and be honest no matter what.
- To do what you say you are going to do.
- To not take things that do not belong to you.
- To have the courage to do what is right, even when it is difficult.



Helpful Parent Reminders

- October 5.....Go Pink Tallahassee
- October 7.....Spirit Day Friday
- October 10-14.....Firefighters and Firetrucks Visit This Week
- October 11-14.....Growing Room 3 Fall Pictures
- October 13.....Come to School Dressed as a Firefighter
- October 14.....Spirit Day Friday
- October 21.....Spirit Day Friday
- October 25-28.....Growing Room 2 Fall Pictures
- October 27.....Family Pumpkin Carving Contest
- October 28.....Spirit Day Friday
- October 31.....Fall Festival, 9:30 a.m.
- October 31.....Fall Parties (Preschool, 3 p.m.; School-Age, 3:30 p.m.)

TO ALL OF OUR FAMILIES WHO CELEBRATE BIRTHDAYS IN OCTOBER, WE WISH YOU A VERY HAPPY DAY!



Tips for Parents of Preschoolers By: Reading Rockets



The early years are critical to developing a lifelong love of reading. It is never too early to start reading to a child! Below are some great tips from Reading Rockets to encourage reading with your little one.

- **Read together every day.** Read to your child every day. Make this a warm and loving time when the two of you can cuddle close together. Bedtime is an especially great time for reading together.
- **Give everything a name.** You can build comprehension skills early, even with the littlest child. Play games that involve naming or pointing to objects.
- **Say how much you enjoy reading together.** Tell your child how much you enjoy reading with him or her. Look forward to this time you spend together. Talk about "story time" as the favorite part of your day.
- **Read with fun in your voice.** Read to your child with humor and expression. Use different voices for different characters. The sillier you are the more your child will love it.
- **Know when to stop.** If your child loses interest or has trouble paying attention, just put the book away for a while. Don't continue reading if your child is not enjoying it.
- **Be interactive.** Engage your child so he or she will actively listen to a story. Discuss what's happening, point out things on the page, and answer your child's questions.
- **Read it again and again and again.** Your child will probably want to hear a favorite story over and over. Go ahead and read the same book again. Research suggests that repeated readings help children develop language skills.
- **Talk about writing, too.** Draw your child's attention to the way writing works. When looking at a book together, point out how we read from left to right and how words are separated by spaces.
- **Point out print everywhere.** Talk about the written words you see in the world around you and respond with interest to your child's questions about words. Ask him or her to find a new word every time you go on an outing.