

Your Preschooler FALL Newsletter



Inside this

Building
Schedules
and
Routines

2

Recipes for
Healthy
Beginnings
and Learning

3

GPS of
Learning and
Resources

4

Family
Resources

4

Apps for
Social
Emotional
Development

5

Stages of
Social
Emotional
Development

6

Activities
and book
selections
for Social
emotional
growth

7

What is
happening in
the communi-
ty

8

Build re-
source box

9

Welcome Back to School!

WELCOME BACK TO SCHOOL! We here at IU8 Preschool hope you have had a very relaxing and fun summer! In an effort to help you all get back into the swing of things, we have put together a few items to make the transition back to school a smooth one.

- Be sure to keep a copy of your child's school calendar handy
- If you have a change in your phone number or address please let your teacher or therapist know as well as your transporter.
- Be sure to check your child's backpack *each day* they attend pre-school for upcoming information. In addition, check the communication notebook or log for information about your child.
- Establish a daily routine for getting ready for school. Prepare backpacks and outfits the night before to save time and confusion.

BE SURE TO CHECK YOUR
CHILD'S BACK PACK AND
YOUR EMAILS FOR:

LINKS, ACTIVITIES,
AND UPDATED
INFORMATION



TRANSPORTATION REMINDERS

Your transporter will give you an approximate time for pick up and drop off. It is important that you are always ready at least 15 minutes before the approximate time. Many factors may alter the time. If another student is absent and not riding, the transporter may arrive earlier. There is always weather and traffic that may affect the time.

- An assigned ADULT must put the child on and off the van as they will need to be buckled in.
- Children are NOT to be drinking or eating on the van. Food items could be a potential choking hazard or allergy issue for another child.
- If your child is bringing something special to school be sure it is secured in their backpack and placed in the designated area.
- NEVER allow your child to close the van doors. Little fingers could easily be injured.

Be sure to have your transporters phone number in case your child would be absent you can let them know ahead of time to avoid an unnecessary stop.

If your child is using outside agency for support services such as behavioral services

or nursing:

- Please note that the use of cell phones or cameras in the classroom are prohibited due to the confidentiality of the other students.
- Please remember that the support staff are guests in the classroom and are expected to follow the IU 8 policy and classroom procedures.

If you have any
questions please
contact your child's
teacher or therapists.

KEEP THE SCHOOL YEAR RUNNING SMOOTH:

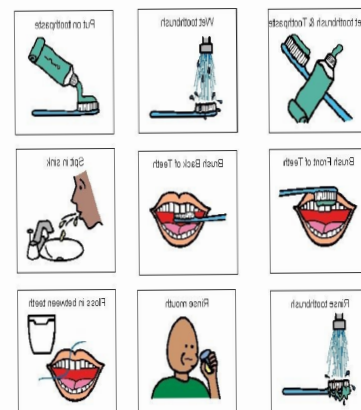
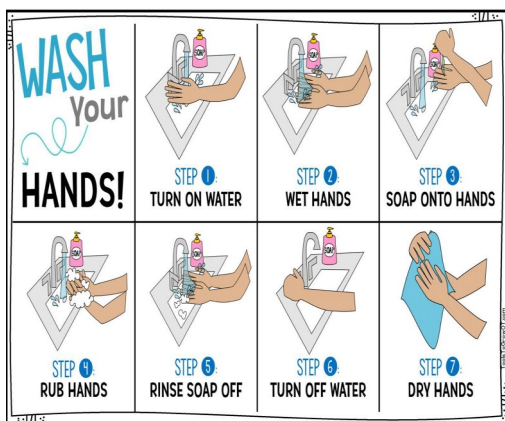
HOW TO BUILD A DAILY SCHEDULE AND HOW TO FOCUS ON A SPECIFIC SKILL

Preschoolers, in general, are creatures of habit and like to have predictability in their day! So one way to avoid conflicts and confusion during the school year is develop a specific daily routine. The easiest way to reinforce that routine is having a visual schedule. Visual schedules benefit all children no matter their level of ability. The visual schedule provides organization, structure and predictability to the day. The visual schedule also offers reinforcement to verbal instruction as not all children are able to focus and follow 2 or more verbal commands. The visual schedule also teaches time concepts and sequencing; the order of events. The visual schedule teaches how to plan thus easing transitions and anxiety of what might happen. As a result children will begin to develop a sense of independence and pride in their ability to be ready for their day. If a new event is going to take place adding in the picture between 2 items already on the schedule and talking about it helps children adapt to the change. So when a child begins to protest or challenges the events the visual schedule can be used as a reference as to what is expected to happen that day. The visual schedule gives children a concrete reference to look at.

Creating a visual schedule does not need to be complicated. It can be as simple as using a poster board from the dollar store with simple pictures drawn on it. Velcro printed photos of your child doing the activity make it more personal and allows the child to remove the item as completed. The schedule can be as detailed as having it outline to a specific day of the week with times or as general as seen in the examples below. You can create the activity cards using free downloadable icons and print on card stock. To make them more durable use clear packaging tape to "laminare" them. The beauty of the visual schedule is you can customize it to suit your child, your family and day. Below are some examples of a morning routine and after school routine.



A visual schedule can also be designed to help your child learn a specific task or process such as using the potty or washing your hands.



The following are websites where you can find free printable icons and schedule templates to help you build your child's visual schedule:

- <https://www.flaticon.com>
- https://handsinautism.iupui.edu/wpcontent/uploads/2019/05/How_To_Visual_Schedules.pdf
- <https://teachingmama.org/visual-routine-cards-for-before-and-after-school>

Good Karma offers apps that provide parents a means to build a visual schedule or daily routine right from your phone. It can be shared with others or printed out for display. It allows you to track your child's progress and allows them to interact as they check off what they have accomplished.

<https://www.goodkarmaapplications.com/our-apps.html>





Healthier Recipes; Nutrition goes hand in hand with cognitive development, physical development as well as mood and behavior. A child's diet should consist of healthy foods that include a daily balance of fruits and vegetables, whole grains, lean proteins and fat-free and low-fat dairy products and limit intake of saturated fats, trans fatty acids, cholesterol, sodium, added sugars and refined grains. One way to get a picky eater to try new things is getting them involved in the cooking process. A child is more likely to try something new if they had a part in its making. The recipes below are designed to be simple and kid friendly to keep your little chefs involved as much as possible!

**** if your child has dietary restrictions you may not want to try the recipes as written ****

Cooking may seem like a chore to us at times, but this activity hits every area of development such as; *Cognitive skills*; recognizing colors, shapes, understanding numbers, quantities, following sequence of directions *Communication skills*; developing vocabulary, asking/answer questions *Social skills*; taking turns, sharing, dramatic play *Gross Motor skills*; bending over, lifting, reaching, *Fine Motor skills*; using utensils, picking up small items, fine muscle building. Then the best part is sharing your good eats with others and having a tasty end product for you!

Pretend you are on a cooking show and record your kitchen experience with your child. Watch it later or share your recipes by sending your video to grandparents, for example.



RAINBOW PANCAKE TACOS

Ingredients:

- Favorite yogurt flavor (breakfast taco sauce)
- Favorite fruits (blueberries, strawberries, bananas)
- Favorite pancake mix and ingredients on box OR
- Frozen pancakes to save time

How To: If using a pancake mix follow directions on the box. Allow your preschool mix the ingredients and you cook them as directed.

If you are using frozen pancakes follow box directions to prepare .

Help your preschooler fold the pancake and have them add their favorite fruits and top with yogurt !

TACO POCKETS

Ingredients:

- Ground beef ,chicken, fish (whatever your family likes best)
- Finely chopped onion and garlic
- Taco sauce or salsa
- Taco Seasoning
- Shredded cheese
- Refrigerator canned biscuits
- Egg beaten

How To:

Parent add one tablespoon of oil and your ground beef with onion and garlic to pan. Brown halfway. Add seasoning and sauce. Finishing browning. Remove and allow to cool. If using chicken or fish cook and allow to cool then shred.

Have your preschooler flatten out the biscuits using their fingers, a rolling pin or a small plastic up. You may need to lightly sprinkle flour on the counter to prevent sticking. Place the flattened biscuit on a tray covered with parchment paper. Place a spoonful of the filling on half of the biscuit add some cheese. Fold the dough over and using a fork press the edges together. Brush the beaten egg on each filled biscuit.

Air Fry/Bake for 5 minutes at 400 degrees until golden brown.

**** You can make ahead and freeze then thaw and bake or reheat in the oven****



BANANA CRUNCH SNACK

Ingredients:

- Ripe Banana
- Favorite Peanut butter or butter spread such as Chickpea butter for a nut free option
- Favorite dry cereal

How To:

Adult peel the banana and slice into 2-3 pieces. Using a child safe spoon or knife assist your preschooler and spread the peanut butter or other butter on the entire banana. Pour dry cereal in a bowl or on a plate and have your preschooler roll the banana covered in the butter spread in the cereal. Place on a plate when finished. Happy snacking !



HEALTHY SOUR CANDY FROZEN GRAPES

Ingredients

- Green seedless grapes
- 2 fresh limes
- Granulated sugar substitute such as Monk Fruit Sweetener or Stevia (regular granulated sugar can be used)

How To:

Using a large baking dish cover in parchment paper
Clean and dry grapes

Squeeze the juice of the 2 limes in a bowl and then place grapes in the bowl mix together with lime juice . Place in the refrigerator for about 10 minutes.

Put your sugar/sweetener of choice in a bowl

Roll each grape in the sweetener/sugar until covered and place in baking dish on the parchment paper. Once all the grapes are covered place dish in the freezer for about 3 hours.

Once the grapes are frozen.... ENJOY!!

Extras can be kept in the freezer in a freezer bag.



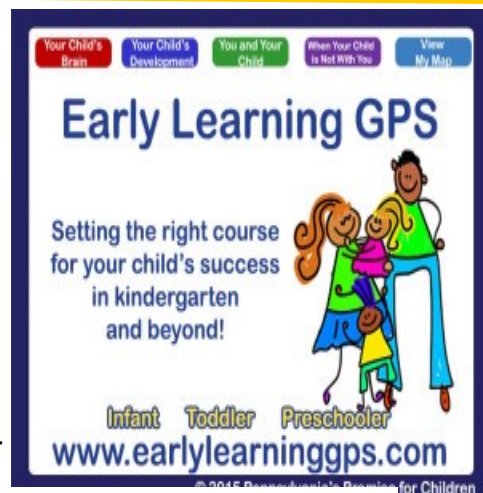
EARLY LEARNING GPS : What is it? It is an online question quiz that helps families learn the most important things they need to know and can do to help their young child grow. It is designed to create an engaging learning experience, but it is NOT a test. Families choose answers that best fit their situation for customized tips and resources.

Where do I find it? The Early Learning GPS can be found at www.earlylearninggps.com

What topics are covered? The program is customized for your child and family, however, there are a variety of topics addressed from birth to kindergarten:

- Why the First Five Years; Brain Development, School Success, Saving for Future
- Help your child grow; Child Development, Fun Activities, Challenging Behavior, Kindergarten readiness, Family Voice Blog
- Choose a Quality Program; How PA ranks preschools/daycares, Head Start, Pre K Counts, Early Intervention
- Making Ends Meet; Child care assistance, Community Supports, Food Programs

The Link can be found by going to the WWW.IU08.org click on the tab SPECIAL EDUCATION....click on Preschool Early Intervention...click on RESOURCES.



Making Family and Community CONNECTIONS

PARENT TO PARENT OF PENNSYLVANIA: links parents and family members of children with disabilities or special needs on a one-to-one basis according to conditions or concerns. Parent to Parent offers a connection to local support and mentor groups for family members of children and adults with: physical disabilities, developmental disabilities, special health care needs, behavioral/mental health needs, foster care or adoption and educational issues. **If interested see attached application.**

WHAT IS LICC?



LICC stands for Local Interagency Coordinating Council. It was established to provide information and trainings to families in the local community. It also provides child find activities to help locate children that need services. Each county has it's own LICC. Some counties meet monthly while others may meet quarterly. Preschool Early Intervention Programs, Infant/Toddler Early Intervention Programs, Department of Health and Head Start are part of these teams. Teams also may include parents, daycare providers, private preschool providers, and other agencies in the community that provide services to young children. The purpose is to get agencies and parents to discuss how everyone can work together to help all children in our communities. Each LICC has an agreement to outline how they will help families transition between programs, find children that need services and attend trainings. The agreement also provides information on how and where services are provided to children and their families. If you are interested in becoming a member of your county's LICC, please contact your service coordinator to get more information



AUTISM

- Autism Speaks; Blair County 943-9002
- ABOARD's Autism Connection of PA Bedford County; 766-2478
- Cambria County Autism Speaks; 322-1862
- Somerset Family, Social & Play Group 444-0620
- Central PA Autism Society on Facebook

DOWN'S SYNDROME

Support groups connections throughout Pennsylvania go to;

www.globaldownsyndrome.org

SPECIAL NEEDS KIDS AND FAMILIES ONLINE SUPPORT GROUPS

* The following site offers a list of support groups from A-Z;

<http://www.childrensdisabilities.info/peclists.html>

- The following site offers an on line magazine full of information regarding special needs, support groups, equipment exchange sites and more

WWW.complexchild.com

M.O.R.G.A.N PROJECT:

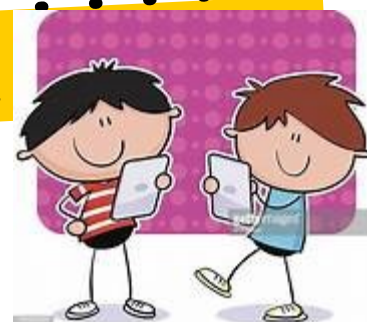
The M.O.R.G.A.N. Project stands for Making Opportunities Reality Granting Assistance Nationwide. This group, established by parents Robert and Kristen Malfara, supports families in their journey of raising a special needs child, be that child biological, adopted or within the foster care system. In addition to having a large library of resources and information on their website, the group also assists families with travel expenses for medical treatments and gifts of medical equipment that aren't covered by insurance, such as wheelchairs. It works to create a group of parents who are supportive of each other in difficult times.

YOU TUBE

- **Fathering Autism;** Offers an inside look at a family's struggles and triumphs through daily life.
- **Our Special Life:** This series looks into individual families and each unique life within, whether it is Down Syndrome, Food Allergies and more.



Technology



IPod and iPad Fun and Learning

With new technology comes new learning opportunities for preschoolers and beyond. The Iphone and Ipad offer children another opportunity to explore everything they see through direct interaction. Children are able to explore and use a large variety of applications to help them learn everything from their colors, letters, numbers and more. The following apps help focus on emotional and social development. Included are apps designed for children who may need a more targeted approach that addresses their specific way of learning.

Even though technology is a fabulous tool for learning it should be a secondary means. The first approach to teaching children is direct contact; by reading to children, talking with children and interactive and imaginative play are the best means of educating.



Daniel Tiger's GRR-iffic Feelings: Children can play, sing, and learn about all kinds of feelings with their friend and neighbor Daniel Tiger from the hit PBS KIDS series, Daniel Tiger's Neighborhood. Practice calming down just as Daniel does, with a squeeze and a deep breath. Feel proud as you help Daniel clean up his toys and put away the silverware. Count to four with Daniel when he feels so mad that he wants to roar. Laugh along with Daniel's happy dance!

Model Me Going Places: is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. Each location contains a photo slideshow of children modeling appropriate behavior. Easy to use tap forward through the slide show and has audio (English) presentation. LOCATIONS:- Hairdresser -Mall -Doctor -Playground - Grocery Store - Restaurant for kids 3yrs and up



Dirty Farms by Magister App

Here your children will get to explore the farm and the animals that live on it.

In addition, Magister App offers puzzles, dinosaur games, hair salon, holidays and more! Explore all the options, you will be sure to find something that sparks your child's interest!



Sharing with Duckie Deck

by Duckie Deck Development

This app provides a 6 game collection that teaches kids sharing is caring. It offers imaginary fun while teaching the skills of social interaction that allow children to carry over in everyday life. Be sure to check out the other educational apps.

Autism Emotions: Uses a slideshow with a audio or music to describe and demonstrate emotions.



BREATH THINK DO WITH SESAME; This app is designed for preschoolers to help them distress with an adorable monster from Sesame Street.



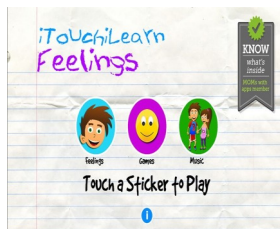
PEPPY PALS SOCIAL SKILLS Peppy Pals is developed together with children, researchers and psychologist, and uses the research-based standard for social emotional Learning. It helps parents teach: self esteem, managing emotions and stress, resilience and grit, empathy, problem solving, impulse control and creating healthy relationships .



WISDOM: THE WORLD OF EMOTIONS : This game helps children learn to deal and work with those big emotions. Wisdom, the game's main character, on a fun journey to help the inhabitants of the kingdoms of Fear and Anger identify and cope with their emotions. Through interactive games, Augmented Reality breathing exercises, guided meditations and hands-on activities, your child will learn healthy coping strategies, build positive relationships, and problem-solve.

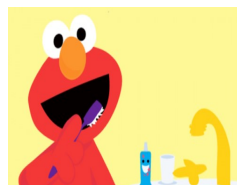


Meditations for Kids; meditation exercises guide kids to move, stretch, or make noises. Others simply take kids on a journey in their minds. They cover different topics such as being brave in the dark, coping with stress, or learning how to reduce fidgeting. Each recording lasts roughly five minutes



iTouchilearn Feelings for preschoolers by Staytooned

This app offers a variety of games that will help children learn to identify and understand feelings and emotions. This app comes recommended to be used with children with special needs.



Daily Routine Cards: Sesame Street offers this Free tool can help your child learn the different steps involved in everyday activities; Trying a new food, Washing hands, Going to Dentist, Getting a Haircut and more! These can be found at:

autism.sesamestreet.org/daily-routine-cards

Social-Emotional Development of Children

This



NOT
THIS



In today's world of social media we sometimes get caught up in our electronic world and forget the importance of social-emotional development of our children. This developmental skill is important part of becoming a person. Social-Emotional development involves learning how to interact with others and regulate one's own emotions. Social-Emotional development begins with babies through young adulthood. It is important we provide a good foundation of development from infancy through preschool so children are able to continue to build and develop on those primary skills. Below we will discuss the stages of social and emotional development of children age 2 through age 5. If you have concerns with your child's social-emotional development you should discuss this with your pediatrician or child's teacher. **Note: each child develops at their own rate. These are general guidelines.**

BEFORE YOU CONTINUE TAKE A MOMENT AND WATCH THE YOUTUBE VIDEO BELOW. This 7 minute video will demonstrate the importance of the one on one actions you have with your child. Molly Wright: How every child can thrive by 5
<https://www.youtube.com/watch?v=aISXCw0Pi94>

AGE TWO:

- Becomes insistently independent
- Slowly begins to learn about the world outside themselves
- May not want to share or take turns
- Aggressive behavior is more frequent
- May appear to refuse to listen as they are beginning to exert independence

The Third Year

- May be able to separate from parents and spend time away from them
- Enjoys playing with other children
- Developing the ability to share and take turns
- Developing an imagination; pretends to be a mom or dad or even a favorite character
- Developing the ability to work out differences with a playmate
- May have made believe friend
- May need help to distinguish between fantasy and reality
- Might be bossy

The Fourth Year

- Need guidance between accidents and deliberate behavior
- Need help understanding the difference between a bad behavior and bad person
- Begin to show empathy for others
- Emotions emerge such as jealousy, excitement, fear, happiness, anger
- May show attachment to one friend
- May be more cooperative and even tempered with parents
- Will engage in dramatic play; pretend they are on a trip or toys come to life
- May be a bit more bossy

The Fifth Year

- Developing moral reasoning or understanding of "fairness"
- Listen to others when they speak
- Play games with simple rules
- Develop friendships
- Be more aware of others feelings
- Begin to share and take turns better
- Stick with a difficult task longer
- Show understanding of right and wrong

It is important to remember these stages of development are learned by example and during one on one interactions with your child. Exposure and interactions with other children; whether it be in daycare, preschool, playgroup or playground setting is vital to the child's practice of these skills. In addition, adult guidance will help promote a positive growth in all levels of social emotional development. Not all children learn in the same way or at the same pace.

So how do we teach our children social interaction skills. It is simple, everything we do with others is a teaching moment. Whether we are interacting with a family member, a friend, a stranger, a person that works at the store or the child themselves we are demonstrating to our children how to interact and be social beings. The interactions may include how to talk to someone, how to take turns and share, how to use manners the examples are limitless.

We need to take time away from electronics and focus on the one on one and group interactions with others to best demonstrate how to be a friend, how to share, how to play, how to show empathy and more. It is important to remember children are little sponges they will take in the good examples and the not so good. If we as adults have a not so good moment, we should share with our child that we made a mistake and here is what I should have done. That action demonstrates to children that everyone can make a mistake, however, it is important to acknowledge it, apologize and always try to do better.

Using the book selections below or any book that your child may have that addresses behaviors and interactions in the story can be used for dramatic play.

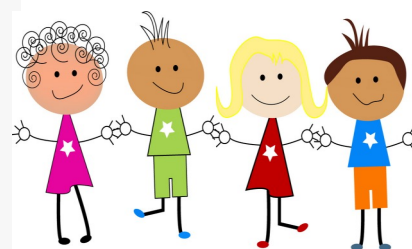
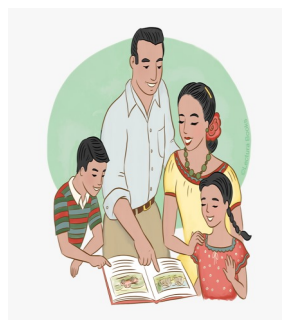
Dramatic Play: This method allows children to act out the scenarios from the story or use it as a template to create their own story to act out. This can be done with dress up, dolls or puppets. Children will use verbal and nonverbal communication (facial expressions and body language) as they play. This gives the child the opportunity to expand their vocabulary by learning to use words to express themselves or ask others about their feelings. Children begin to learn how to appreciate other's feelings as they share space and work together to act out the story or situation. This is a great way for the family to play together during these social distancing times.

Art Project: A cooperative art project can provide ample opportunity to experience; practice sharing, communicating, listening and compromising ideas. Give your child and a friend, sibling or even you, a task for creating an art project that demonstrates an emotion or a scenario they can create a story book. Figuring out how to share materials and what materials to use, who will do what part are all ways in which we learn to listen, compromise and share.

Other Ways to help your child become Prosocial.

Everyday life will offer you opportunities to demonstrate to your child how to interact. When going to the store or the bank you may greet the person by saying "hello, how are you today?" and if the person asks you, you answer and return the question. This demonstrates your ability to share and understand someone else's feelings. Showing kindness and compassion for another person by holding the door for them as you enter/exit a place. Stopping to help someone carry a bag or pick up keys teaches compassion. Teaching your children to care about their community as a whole is also essential. You can go on a walk with your child and pick up trash around the neighborhood. You could stop at an elderly neighbor's home and simply say hi and check in. You could take your child to the animal shelter and bring a food donation or some old newspapers to help out. Have your child help you clean out their closet and make a donation bag of gently used clothes and toys to donate. As you do these everyday tasks be sure to talk to your child about why you are doing this and ask them what would you do for "___"? Getting their input allows them to learn how to express themselves and how to relate to others.

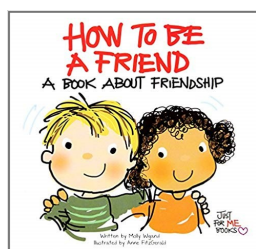
The foundation for all social and emotional skills begins at birth through age 5. The tools and skills we give our children through daily interaction provides the complete foundation for all future learning through adulthood. The following link is to a 7 minute You Tube video clip that demonstrates the importance of positive adult interaction with infants through age 5. Molly Wright: How every child can thrive by five <https://www.youtube.com/watch?v=aISXCw0Pi94&t=211s>



The book selections below may provide a good example of how to interact socially and how to handle those big emotions. You can use your child's name in place of a character's name or act out the book later in dramatic play. !

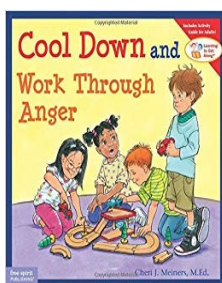
Other book options includes:

- **My Dragon Books by Steve Harman.** These books tackle many social emotional challenges such as accepting "No", dealing with anger, dealing with change, following rules and more!
- **The Color Monster by Anna Llenas.** Offers books about how to recognize your emotions and about going to school and dealing with change
- **A Little SPOT of Feelings by Diane Alber.** Is a series of books designed to help children with their feelings and what to do with them
- **Ninja Life Hacks by Mary Nhin** Through the day of the Ninjas; Sharing, Love, Quiet, Humble and more teach children how to interact, build friendships and more



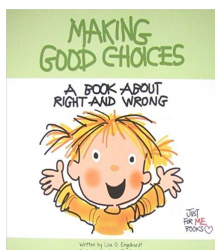
By Molly Wigand

This is a book that introduces children how to make friends. It teaches children how to be a good friend and teaches what friendship is.



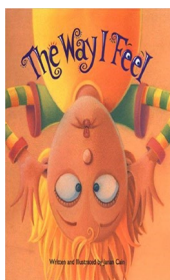
By Cheri Meiners, M. Ed.

It's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words



By Lisa O Engelhardt

This selection helps children learn from their everyday choices and experiences to give them the skills and perspectives necessary to become compassionate, caring, and responsible adults.



By Jana Cain

This book uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion. Your child will learn useful words, and you will have many chances to open conversations about what's going on in her/his life.



FAMILY RIGHTS PROCEDURAL SAFEGUARDS NOTICE

The Procedural Safeguards Notice provides detailed information on your special education rights such as:

- Confidentiality
- Parent consent
- Prior written notice
- Procedures for filing a complaint
- Mediation Procedures
- Due process hearing procedures
- Resources

This document is very helpful in explaining your family's rights in detail. This document is about your rights and responsibilities.

Questions or concerns about Early Intervention services should first be addressed with your teacher/therapist, supervisor, program director, and then to the state.

Satellite Office Sites and Phone Numbers

Office hours are 8:00 AM to 3:30PM

Altoona Office..... 814-940-0223

Duncansville Office.....814-695-5645

Ebensburg Office 814-472-7690

Richland Office.....814-262-7392

Somerset Office.....814-445-9734



COUNTY TO COUNTY ACTIVITIES FOR COMMUNITY AND FAMILY CONNECTIONS

BEDFORD COUNTY: 9/23&24 11th Anniversary Tractorfest at Shawnee Valley Fire Department 9/17 Saxton Chili Cookoff Visit Hey Saxton www.hey saxton.com for more information. 9/25 H&B Rail Trail Harvest Hayride meet at Tatesville United Methodist Church noon-5pm Adults \$3 children \$1 handicap accessible, food, games raffle and pumpkin painting. 9/30 Applefest & Craft show Friendship Village 10am-2pm 10/7 Alum Bank V>F>C>Station 38 Craft Show 9am 10/15&16 Pumpkinfest Old Bedford Village 9am-5pm 10/7&8, 14&15 Fall Foliage Festival Downtown Bedford, 400 craft booths booth, vendors ,demonstrations, antiques, entertainment ,food and more! 10/15 Applefest & Craft show Friendship Village 10am-2pm 10/15&16 Pumpkinfest Old Bedford Village 9am-5pm

BLAIR COUNTY: 9/17 Italian Food Festival at DelGrosso Park 9/23-24 Harvestfest DelGrosso Park 9/30-10/1 Dinosaur Adventure at Blair County Convention Center see convention center website for details 10/2 Muddy Buddies kids mudrun & obstacle course 11am Riggles Gap Sportsman RD Altoona 10/6 Haunted Rails to Trails Altoona Railroader Museum 10/7 Williamsburg Fall Craft Show at 1019 Recreation Dr Williamsburg 10/7 Fall Fest at Excelsior Fire Company Bellwood 10/13 Family Movie Night _CoCo at Baker's Mansion 10/23 Trunk or Treat Blair Drug and Alcohol Fairway Dr Altoona 10/27 Trunk or Treat Laurel Eye Clinic Duncansville 10/28 Halloween Parade Phoenix Fire Company 10/31 Trick or Treat Logan Valley Mall

CAMBRIA COUNTY: 9/30 Potatofest; food, music, vendors and more in downtown Ebensburg 10/1 Apple Cider Festival 9am -5pm at Muskrat Beach #2 Prince Gallitzin State Park 10/8&9 Trunks of Treats Halloween Themed Weekend at Crooked Run Campground 10/15 ARToberFEST 11-3 Community Arts Center free family day festival arts&crafts, pumpkin carving, pumpkin bowling and more 10/13-14 Weakland's Octoberfest Truck and Tractor pull 6pm Chest Springs PA see facebook for more info 10/22 2-5pm Trunk or Treat 814 Lanes and Games Johnstown 10/24 7pm Halloween Parade in Johnstown PA 10/28 Northern Cambria Recreation Commission Halloween Parade 10/29 at 1pm Ebensburg Halloween Parade & Trick or Treat **TUESDAYS** is Crafty Tuesday at the Cambria County Library in Johnstown from 4-7pm

SOMERSET COUNTY: 10 7&8 Folk Festival, Springs PA check website for details; <https://www.springspa.org/folkfest.php> 10/ 7&9 Pumpkinfest in Confluence PA; parade, food, vendors, activities and more 10/2-10/3 Apple 'N Arts Festival at Shields Farm 10/8-10/10 Fort Ligonier Days parade, crafts, food and more <https://www.golaurelhighlands.com/events/fort-ligonier-days/>



Smart911 provides the 9-1-1 callers and emergency responders with the exact information you need them to know when responding to your emergency. With Smart911, you can add key information about members of your household that would help anyone you care for in the event of an emergency, whether the call is from the home or any mobile phone. The following is information you can provide and enter when you register:

PEOPLE: Names, physical descriptions, and photos will help responders act quickly if a child goes missing, or help identify individuals in an emergency.

PHONES: mobile phones don't provide an address for the caller. By adding all phones for your household, 9-1-1 will have a better idea where you are when you need help.

ANIMALS: Keep all members of your household safe by including pets, livestock, or service animals that responders need to be aware of.

MEDICAL INFORMATION Such as:

1. MEDICAL CONDITIONS: If a family member has epilepsy, diabetes, asthma or some other condition responders will know how to effectively treat the person

2. ALLERGIES: Alerting the 9-1-1 responder to serve allergies like a bee sting. Food or latex could save a life

3. DISABILITIES AND EQUIPMENT: Alerting responders to special equipment or approaches needed to work with someone will better help the responder work with the individual. This may include information about a wheelchair or how to interact with someone with Autism.

4. MEDICATIONS: Knowing what medications an individual is using allows the responders to assess correctly or avoid dangerous medication interactions during treatment.

TO REGISTER GO TO : safety.smart911.com

LEARNING AT HOME BOX:

Even though we are starting our school year in a traditional sense there may come a point that things might change. So in order to prepare for virtual learning or at home activities we have created an at home box list of items to save. Teachers and therapist have shared items that they may use in the future if they would have to go the virtual route. These learning at home boxes would also be a good rainy or snow day activity resource or even a continued summer learning box.

The items listed can be found around the home, found at a dollar store or even now in the back to school section of your favorite store.

- The box could be a an empty shoe box, or an empty amazon box, or a plastic container with a lid
- Glue and/or glue sticks
- Kids safety scissors
- Broken crayons
- Short Pencils/golf pencil
- Pip Squeak Markers
- Playdoh (make your own recipe below)
- Water color paints
- Pom poms
- Bingo daubers
- Highlighter
- Pipe Cleaners
- Tweezers
- Tongs
- Clothes pins (kind you can squeeze together)
- Cookie cutters
- Craft paper
- Sunday coupon ads
- Chalk
- Coloring book
- Yarn
- Lined paper
- Art Paper
- Toilet Paper rolls
- Paper towel rolls
- Cotton balls
- Qtips
- Paper plates
- Coffee Filters
- Straws
- Flash cards home-made or store bought(*letters, numbers*)
- Dry erase board/marker

Other items that you may already have around the home such as; dry pasta like macaroni, dry rice, sand, empty shoe box or plastic container with a lid, small toys that can be hidden in a sand box, empty cereal box, clean empty pizza box.

- **Home made Playdoh: this will make the equivalent of 3 large store bought containers**



- **INGREDIENTS:** * 1 cup of all-purpose flour * 1 cup water
- * 2 teaspoons cream of tartar * 1 Tablespoon vegetable or canola oil
- * 1/3 cup of table salt * gel food coloring
-

HOW TO: In a 2 quart sauce pan add the flour, cream of tartar and salt. Mix together. Add some food coloring into the water and mix. Pour the colored water into the flour and add your oil. Mix. Turn the oven on medium high heat and place your pot on the heat. Stir constantly, this will take 30 seconds to 2 minutes or more. Continue stirring it maybe a little lumpy but that is ok. The playdoh is done once it has begun to gather on the spoon as in the picture.



Once the playdoh has gathered around the spoon place on a plate to cool. Once it is cool enough to handle knead it a bit to get rid of any lumps to make it smoother. This recipe can be done as many times as you want color options. The dough can be stored in an air tight container. The salt and cream of tartar act as a preservative that allows the playdoh to last a long while.