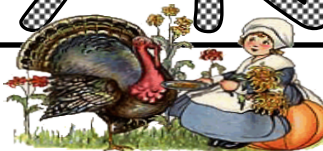


# Head Start HAPPY NEWS!

Calendar at a Glance:

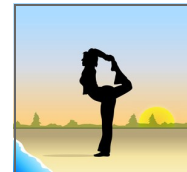
Thurs, Nov 17: Policy Council, 5:30 PM  
T- F, Nov 22-25: Thanksgiving Break  
Thurs, Dec 1: Tyhee Parent Comm Meeting, 5:30 PM  
Thurs, Dec 1: Picture retakes.



Easy Steps to Feeling Fine

Want to look and feel fine?

Who doesn't? Here are some simple steps to help you achieve your goal:

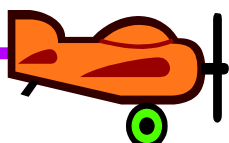


Policy Council

Policy Council will meet on Thursday, Nov 17, 5:30 PM, Upstairs in room 8. All Policy Council Reps and Alternate Reps need to come. Staff and any interested parents are welcome to come and observe. Please RSVP to the office.



**T, W, Th, F, Nov. 22-25  
No Head Start Classes**



Happy Thanksgiving Break

There will be no Head Start classes, or school for the District on Tuesday, November 22nd, through Friday, November 25th. Hope you enjoy your Thanksgiving Break. Do something special with your family to help them remember to be thankful for what they do have.

Parent Committee Meetings

Tyhee parent Nights begin at 5:30, on Thursday, Dec 1st, in your child's classroom. Join the families in your child's classroom and enjoy a light meal and family activities together! This is a great opportunity to share your ideas with classroom staff and have input on what is being taught in your child's classroom. See you there!



Picture Re-takes

Picture make-up and retake day is scheduled for Thursday, December 1st, from 9:00 AM to 12 noon. Pictures will be taken near the beginning of class. If you would like retakes, please bring your original packet with you. If your child was absent when the original photos were taken, please bring your money for the pictures to give to the photographer. Questions? Call 233-6606.

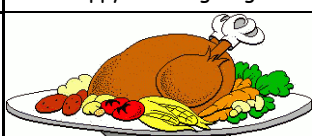
Turkey Basics: Safe Thawing

- When thawing a turkey in the refrigerator:
1. Plan ahead: It takes at least 24 hours in the refrigerator for every 5 pounds of turkey, so a 20 pound bird will take 4-5 days to thaw.
  2. Place the turkey in a container to prevent the juices from dripping on other foods.



- Avoid becoming obsessed with your weight. We all know that weight control is important for well-being and health. Still, remember that your worth cannot be measured on a bathroom scale.
- Always shop with a grocery list and do not deviate from it. That way you will not be tempted to buy high-calorie junk food.
- Guard against a monotonous diet. It is easier to stay on a fitness of weight control program if it is filled with an assortment of food.
- Eat fresh fruits and vegetables daily. Loaded with fiber, vitamins, and minerals, these foods fill you up and help prevent overeating.
- Eat fish several times a week. It is low in calories. Research is showing that some fish oils are good for the heart.
- Limit fatty fried foods as much as possible. Fats have twice as many calories as protein and carbohydrate foods. By now, we all know that they clog up our arteries too.
- Eat slowly. Concentrate on the taste and texture of food.
- Drink lots of water and very little alcohol. It is best to drink six to eight glasses of water per day. On the other hand, alcohol has no nutrient value and many calories.
- Exercise daily. Do something you enjoy-like walking, dancing, swimming, or playing ball. It will put you in a more positive frame of mind too.
- Laugh often and smile a lot. At an American Heart Association's meeting, University of Maryland researchers reported that healthy people are more likely to laugh often and use humor to get out of uncomfortable situations. It is good for your heart.
- Finally, be you own "stress-buster." When the tensions and anxieties of daily life get to you, take three very deep breaths. Next, put things into perspective by asking yourself. "Will this really matter one year from today?" In most cases, the answer is that it will not even matter one week from today.



Next week's Menu	Tuesday, 11/22	Wednesday, 11/23	Thursday, 11/24	Friday, 11/25
<b>Breakfast With milk</b>	Yogurt Cup Animal Crackers Fruit Cocktail	No School Thanksgiving Break	No School Thanksgiving Break Happy Thanksgiving	No School Thanksgiving Break
<b>Lunch With milk</b>	Taco Soup 1/2- Cup Scoop Chips Pears Pudding Cup	No School Thanksgiving Break	 No School Thanksgiving Break	No School Thanksgiving Break
<b>P.M. Snack With milk</b>	Cheesy Dipper Marinara Sauce	No School Thanksgiving Break	No School Thanksgiving Break Happy Thanksgiving	No School Thanksgiving Break

