

Phone: 233-6606
www.pochs.org

Pocatello/Chubbuck School District #25

November 9, 2011

Head Start

HAPPY NEWS!

Calendar at a Glance:

Thurs, Nov 17: Policy Council, 5:30 PM
T-F, Nov 24-26: Thanksgiving Break

****Energy Assistance****

SECIAA is now accepting applications for energy assistance. Please call 232-1114.

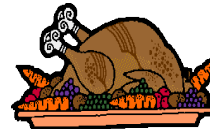


Policy Council

Policy Council will meet on Thursday, November 17th, 5:30 PM, 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.

Turkey Dinners:

Rocky Mountain Ministries (RMM) is partnering with the Pocatello's Idaho's Food Bank to handout **free** turkey dinners for Thanksgiving. Call RMM at 232-3515 to sign up for your Thanksgiving meal. Pick up time for the dinner is Nov 22nd, between 8-4 PM at Idaho Food Bank: 555 South 1st Avenue.



**T, W, Th, Fri, 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. Have a Happy and joyful Thanksgiving Break. Do something special with your children to help them remember to be thankful for what they have.

Picking up Your Child on Time:

It is important for the children to arrive promptly so that they can participate and fully enjoy the day's activities. The start of the day often affects the child's whole experience for the day. Being picked up on time is equally important. Young children need the security of knowing that they, too, will be picked up when the other children are going home. For this and reasons related to staffing, **picking up your child on time is essential.** If you should arrive early to pick up your child, please leave the play ground or school before the other children line up to go home.



Toys for Tots:

Is a program run by the United States Marine Corps, which donates toys to children whose parents cannot afford to buy them gifts for Christmas. Application available upstairs in room 13 at Lincoln Head Start on the front table.

Healthy Food Choices

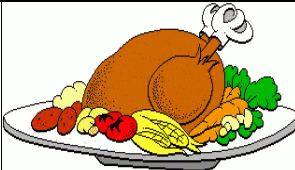
Young children are delightful and challenging. They are continually changing and growing. We need to make sure they are making healthy food choices. There shouldn't be any forbidden foods, just be sensible about how much and how often you serve higher-calorie, high-fat foods. Favorite foods can and should be part of your family's eating traditions. Child feeding experts advise that it's the parent's responsibility to decide what types of foods are offered, when they're offered and where. Help your child become responsible by deciding what foods to eat and how much to eat from the choices you offer.



Please Call in for NO Bus

If your child will NOT be riding the bus, for any reason, please call Head Start, 233-6606. Failure to call in could jeopardize the bussing for your child. Parents, we need **you** to call in when you child will not be riding the bus - not your day care or a neighbor. You are the legal guardian of your child and we need the information to come from you.



Next week's Menu	Tuesday, 11/15	Wednesday, 11/16	Thursday, 11/17	Friday, 11/18
Breakfast With milk	Breakfast Ham Fruit & Grain Bar Mandarin Oranges	White Gravy over Whole Grain Bun Sausage Patty Orange Pineapple Juice	Scrambled Eggs w/ Cheese English Muffin w/ Jam Banana	Ham & Cheese Roll up Fresh Melon Slices
Lunch With milk	Galaxy Pizza—1 each Beets Pineapple tidbits Jello Cup	Taco Burger Shredded Cheese & Lettuce Sliced Tomatoes Peaches		Crispito String Cheese Green Beans Orange Slices
P.M. Snack With milk	Breakfast Ham Fruit & Grain Bar Mandarin Oranges	Fresh Baked Bread Jam	Scrambled Eggs w/ Cheese English Muffin Half Banana	Frudel

"This institution is an equal opportunity provider."

This publication was made possible by Grant #10-CH-0073 from the US Dept. of Health & Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the US Dept. of Health & Human Services.