

# OCTOBER 2021 NEWSLETTER



"You won't know how refreshing a puddle can be unless you take a moment to jump in and see"



## From Laurie's Desk

Dear Parents,

Our Fall Festival is **CANCELED** this year!

Fall Picture day will be on Tuesday, **October 19th**. We will have a fall background and will start with the infants and move up to the older classrooms.

~Laurie



# KIDDOS Birthdays

*Rylee Fairchild 10/1/2014*

*Nellie Wyrosdick 10/1/2019*

*Georgia Riddle 10/8/2019*

*Aiden Moore 10/11/2016*

*Addison McPhail 10/13/2010*

*Oliver Weaver 10/14/2018*

*Mason McPhail 10/15/2015*

*Kyle "Kam" Macon Jr 10/18/2018*

*Robert Draper 10/19/2017*

*Ridge Sanders 10/22/2019*

*Coraline Randall 10/24/2018*

*Hudson Bradshaw 10/28/2017*





# Important Dates

October 1—International Coffee Day

October 2—International Day of Non-Violence

October 4—World Animal Day

October 5—World Smile Day

October 6—German-American Day

October 9—Leif Erikson Day

October 10—World Mental Health Day

October 10—World Sight Day

October 14—Columbus Day

October 16—National Boss' Day

October 16—World Food Day

October 18—Feast Day for St. Luke

**October 19—Fall Picture Day @ Puddle Jumpers**

October 20—World Mission Sunday

October 22—National Nut Day

October 23—National Mole Day (Chemistry Measurement)

October 24—United Nations Day

October 26—National Pumpkin Day

October 28—National Chocolate Day

October 29—National Cat Day

October 31—Halloween

OCTOBER  
IS BREAST  
CANCER  
AWARENESS  
MONTH



October is  
Domestic  
Violence  
Awareness Month

# DO THE SAFETY MONSTER MASH

## 12 TIPS TO KEEP YOUR KIDS AND PETS SAFE THIS HALLOWEEN

### CANDY

Make sure that it is name brand and sealed

### PUMPKIN CARVING

Everyone use child-safe tools

### FLASHLIGHTS

Make sure your kids have flashlights

### GLOW AT NIGHT

Make child's costume easily visible

### BEWARE SUGAR-FREE

Xylitol is very toxic to dogs

### LIGHTS

Keep electric cords tight and short

### HEALTHY TREATS

Grapes and raisins are extremely toxic to dogs

### COSTUMES

Make sure child's costume is visible in the dark

### PET COSTUMES

Make sure the costume is comfortable

### CHOKING HAZARDS

No decorations smaller than cardboard toilet paper roll

### BURNING JACK O' LANTERNS

Use flickering LED lights in your jack o' lanterns

### NO CHOCOLATE

For dogs, the darker the chocolate, the more dangerous it is

# Employee of the Month

Tina Cummings is our October employee of the month! Thank you for all your hard work and dedication! We are so lucky to have you as part of our family!

Congratulations!



# Lydia's Looney Corner

## Ba-Ba-Ba Banana Smoothie

1/2 c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

### INGREDIENTS

| Names  | Weight    | Measure |
|--|-----------|---------|
| Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632) | 4 lb      | 8 cups  |
| Juice, apple, unsweetened, chilled                 | 2 lb 3 oz | 4 cups  |
| Bananas, overripe, mashed smooth, chilled          | 2 lb 4 oz | 4 cups  |
| Total Weight                                       | 8 lb 7 oz |         |

### DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not served immediately. May also refrigerate overnight; stir before serving.

### TIPS

1. Substitute commercially available puree with overripe, mashed bananas.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
3. Refrigerated banana smoothies may discolor on very top layer if held overnight.

### NUTRITION

*Nutrition values calculated using weights of ingredients*

**8 fluid oz:** Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 41g (Dietary Fiber 2g; Sugars 28g); Protein 4g

**% Daily Value:** Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

**Exchanges:** 1 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

**Carbohydrate Choices:** 3



# October is Adopt-A-Shelter Dog Month



Please Visit Your Local Shelter.  
**WE NEED YOU.**



# EASY HALLOWEEN SLIME

## WHAT YOU'LL NEED:

5 oz clear glue

1 Tbsp baking soda

Green glitter paint

3 Tbsp saline solution

Googly eyes

## DIRECTIONS:

1. SQUEEZE 5 oz glue into bowl.
2. ADD 1 Tbsp baking soda.
3. ADD glitter paint, starting with a small amount until you reach desired color.
4. STIR until combined, then MIX in 3 Tbsp of saline solution.
5. ROLL slime in hands until it no longer sticks— this can take 5 full minutes. HINT: If it is still too sticky, add saline solution.
6. ADD eyes and you are good to goo!







# OCTOBER 2021

THIS IS SERVED WITH **BREAKFAST & LUNCH** \*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

| DATE   | BREAKFAST                                     | LUNCH  | SNACK                            |
|--------|---|--|----------------------------------|
| OCT 1  | APPLEJACKS & MANDARIN ORANGES                 | TURKEY BITES, BUTTER NOODLES, DICED CARROTS & APPLESAUCE                         | GOLDFISH & WATER                 |
| OCT 4  | BLUEBERRY MUFFINS & BANANAS                   | PIZZA ROLLS, CORN & MIXED FRUIT  | SUGAR COOKIES & GRAPE JUICE      |
| OCT 5  | WAFFLES W/SYRUP & APRICOTS                    | PIGS IN A BLANKET, PASTA SALAD, CHEESY SQUASH & TROPICAL FRUIT                   | PRETZELS & WATER                 |
| OCT 6  | CHEESE GRITS & APPLE SLICES                   | BBQ CHICKEN SANDWICHES, SPIRAL FRIES, DILL PICKLE CHIPS & SLICED ORANGES         | CHEX MIX & LEMONADE              |
| OCT 7  | CINNAMON TOAST CRUNCH & PEARS                 | CHILI W/BEANS, RICE, GREEN BEANS & TROPICAL FRUIT                                | STRING CHEESE & WATER            |
| OCT 8  | BROWN SUGAR CINNAMON POP TARTS & PEARS        | BEEF RAVIOLI, MIXED VEGGIES & MIXED FRUIT  | VANILLA WAFERS & LEMONADE        |
| OCT 11 | BLUEBERRY MUFFINS & PEACHES                   | PENNE PASTA ALFREDO, GARLIC BREAD, DICED CARROTS & BANANAS                       | CHOCOLATE CHIP COOKIES & MILK    |
| OCT 12 | PANCAKES W/SYRUP & BLUEBERRIES                | CHICKEN N' RICE SOUP, SALTINE CRACKERS, ZUCCHINI AND TOMATOES & APPLESAUCE       | BLUEBERRY MUFFINS & ORANGE JUICE |
| OCT 13 | LUCKY CHARMS & MIXED FRUIT                    | MEATLOAF PATTIES, RANCH SCALLOPED POTATOES, CABBAGE & ORANGE SLICES              | STRING CHEESE & WATER            |
| OCT 14 | SAUSAGE & EGG BURRITOS, & PEARS               | HAM BITES, CHEESEY RICE, GREEN PEAS & BANANAS                                    | GRAHAM CRACKERS & APPLE JUICE    |
| OCT 15 | STRAWBERRY POP TARTS & PEACHES                | PEPPERONI PIZZA, CORN & MIXED FRUIT  | VANILLA WAFERS & WATER           |
| OCT 18 | BROWN SUGAR CINNAMON POP TARTS & APPLE SLICES | BEEF STEW, DINNER ROLLS & PEACHES  | GOGURTS & WATER                  |
| OCT 19 | FROSTED FLAKES & BLUEBERRIES                  | BAGEL BITES, GREEN PEAS & APPLESAUCE   | RICE KRISPIE TREATS & WATER      |
| OCT 20 | JELLY BISCUITS & BANANAS                      | GRILLED HAM N' CHEESE SANDWICHES, PICKLE SLICES, POTATO CHIPS & MANDARIN ORANGES | CHEX MIX & FRUIT PUNCH           |
| OCT 21 | CHEERIOS & PLUMS                              | SALMON PATTIES, BUTTERED NOODLES, LIMA BEANS & APPLESAUCE                        | OREOS & MILK                     |
| OCT 22 | SCRAMBLED EGGS, BACON & PEARS                 | CHEESEY SLOPPY JOES, FRENCH FRIES, TOSSED SALAD W/RANCH & APRICOTS               | GOLDFISH & APPLEJUICE            |
| OCT 25 | CHEESE GRITS, BUTTERED TOAST & PEACHES        | SPRING ROLLS, VEGETABLE RICE & KIWIS   | CHOCOLATE CHIP COOKIES & MILK    |
| OCT 26 | DONUTS & PINEAPPLES                           | CHICKEN ALFREDO, GARLIC BREAD STICKS, BROCCOLI & MIXED FRUIT                     | CHEESE TOAST & ORANGE JUICE      |
| OCT 27 | FRENCH TOAST STICKS W/SYRUP & PEARS           | STEAK BITES, TATER TOTS, DICED CARROTS & BANANAS                                 | CELERY & RANCH & TANG            |
| OCT 28 | EGG PATTIES W/CHEESE & APPLESAUCE             | CHEESEBURGERS, FRENCH FRIES, CORN & PINEAPPLES                                   | BROWNIE BITES & MILK             |
| OCT 29 | FROSTED FLAKES & MIXED FRUIT                  | SAUSAGE PIZZA, LIMA BEANS & PINEAPPLES   | STRAWBERRY YOGURT & WATER        |
| NOV 1  | BLUEBERRY MUFFINS & PEACHES                   | HAMBURGER STEAK, RICE N' BROWN GRAVY, GREEN BEANS & APPLESAUCE                   | VANILLA WAFERS & WATER           |
| NOV 2  | BROWN SUGAR CINNAMON WAFFLES & BANANAS        | FISH STICKS, CABBAGE, CORNBREAD & SLICED ORANGES                                 | FIG NEWTONS & ORANGE JUICE       |