



**Grandma's House  
- A Vision of Hope  
October 2020 Newsletter**  
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# Grandma's House Preschool – A Vision of Hope

## Announcements

### Fall Harvest

Throughout the month of October we will be exploring fall harvest. We will be investigating the different types of plants we can plant throughout fall discussing healthy fruits and vegetables, how a plant grows, what it needs, how we can help, and the time it takes for different types of plants to grow. In return the children will be working on their cognitive skills on their knowledge of nature, inquiry through observation and investigation, documentation and communication of inquiry, cause and effect, and classification. They will also touch on the subject of healthy food choices as well as sense of time.

We will also be exploring the different changes that happen in nature during this time with the temperature changes, the color of the leaves, and the different animals we see coming out during this time of year. While exploring these concepts we will explore the social science ecology and build our literacy, comprehension, and communication skills.

Check out the Sesame Street PSA video promoting healthy habits during the COVID 19 pandemic to introduce safe practices with your child:  
<https://www.youtube.com/watch?v=4l7Sy2qTBIE>





## An Extension for Your Child's Learning at Home

"A parent is a child's first teacher." – NAEYC

Article for reference: <https://www.naeyc.org/our-work/families/childs-first-teacher>

As partners in your child's learning here at Grandma's House Preschool – A Vision for Hope we want to be a resource for our families.

We will be discussing a lot of healthy eating this month through harvest. You will be receiving a brochure on information about healthy eating and community resources for promoting healthy eating.

### Places we recommend visiting during this month to promote healthy eating are:

#### The Farmer's Market

Vineyard Farmers Market  
7 am – 12 pm  
Wednesdays and Saturdays  
Blackstone and Shaw  
Avenues, Tulare  
559-222-0182

Visalia Farmers Market  
8 am – 11:30 am  
Wednesdays and Saturdays  
Caldwell and Mooney, Visalia  
(Online Pre-order options)

Face masks are required at both locations.

### Songs to Sing at Home:

#### The Itsy Bitsy Spider

*The Itsy Bitsy Spider  
Went up the water spout  
Down Came the Rain and  
Washed the Spider Out  
Out came the Sun and dried up  
all the rain and The Itsy Bitsy  
Spider went up the spout again*  
(Try singing it with different emotions ex: happy, sad, mad, scared, etc.)

#### Five Little Pumpkins

*Five little pumpkins sitting on a gate  
First one said "Oh my, it's getting late!"  
Second one said "There are witches in the air"  
The third one said " but we don't care!"  
The fourth one said "let's run and run and run"  
The fifth one said "I'm ready for some fun!"  
Ooo ooo went the wind, and out went the light  
And the five little pumpkins rolled out of sight*

### Books to check out at the local library:

*The Very Busy Spider* by: Eric Carle  
*Bear Snores On* by: Wilson and Chapman  
*Planting a Rainbow* by: Lois Elbert

### Questions to ask your child on the ride home:

#### Week 1: Fall

What are the animals doing during this time of year?  
What is happening to the leaves?

#### Week 2: Harvest

What did you plant in the garden?  
How are you taking care of your plant?

#### Week 3: Pumpkins

How do pumpkins grow?  
What's inside a pumpkin?  
What do we use pumpkins for?

#### Week 4: Bats and Spiders

How do bats talk?  
How are spiders different from insects?

#### Week 5: Halloween

What do you want to dress up as for Halloween?  
What decorations do you want to make for Halloween?

### Activity to try at home:

- Decorating pumpkins! It can be done with paint, stickers, markers, and cut out into a jack-o-lantern. Get Creative with it!





## Sweet Potato Salad Recipe by: *Delish*

We love this salad warm, straight from the oven. But it's also very good at room temperature one (two or three) days later. You can bulk it up with leafy greens like baby spinach, put it in a wrap, or even top it with a fried egg.

**YIELDS: 6 SERVINGS**

**PREP TIME: 0 HOURS 10 MINS**

**TOTAL TIME: 0 HOURS 40 MINS**

<b>INGREDIENTS</b>	<b>FOR THE DRESSING</b>
3 large sweet potatoes, peeled and cubed (about 2 lb.) 1 small red onion, thinly sliced into half moons 2 tbsp. extra-virgin olive oil Kosher salt Freshly ground black pepper 1/2 c. dried cranberries 1/2 c. crumbled feta 1/4 c. freshly chopped parsley	2 tbsp. apple cider vinegar 1 tbsp. Dijon mustard 1 tbsp. honey 1/2 tsp. ground cumin 1/4 tsp. ground paprika 1/4 c. extra-virgin olive oil

### **DIRECTIONS**

Preheat oven to 400°. On a large rimmed baking sheet, toss sweet potatoes and red onion in oil then season with salt and pepper.

Distribute them evenly on sheet in a single layer. Bake until tender, about 20 minutes. Let cool for 10 minutes then transfer to a large bowl.

Meanwhile, make dressing: In a small bowl or in a medium liquid measuring cup, whisk together vinegar, mustard, honey, and spices. Gradually pour in oil, whisking constantly until emulsified. Season with salt and pepper.

Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.

*Cooking is a great activity to do with your child to encourage healthy eating practices!*