



**Staff in Room 103**  
**Teacher: Ms. Mary Jo**  
**Assistant: Ms. Cindy**  
**1:1 Aide: Mr. Bob**  
**1:1 Aide: Miss Shannon**

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**REMINDERS:**

**November:**

**11-1 Staff Meeting**

**11-9 Scholastic book orders DUE!!**

**11-11 NO SCHOOL!**

**11-24 & 11-25 No School HAPPY THANKSGIVING!**

**Ms. Mary Jo's Classroom News Letter**  
**ROOM 103**

**Issue 3**

**November 2011**

**Olmsted Early Education Program**

**Thanksgiving Feast**

We are beginning to prepare for the holiday season in Room 103! November tends to be a short school month! We will prepare and enjoy from start to finish, a Thanksgiving feast with our "PALS" friends!

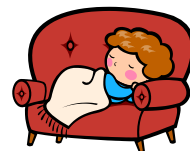
We will inform you through our



weekly calendars or special note of any up coming holiday activities.

We will continue with our daily schedule which includes free play, snack, book time,

circle time activities, music, story time, crafts, ABC yoga, gym play, riding bikes, lunch and quiet time. This is a very exciting time of year for your preschool child, plenty of rest is needed!



**First Quarter Reports**

During the month of November, your child's therapists and I will be working on the first quarterly report cards. You will be provided with updated information on your child's progress toward meeting their IEP goals. You can look for these to be sent home with your child by the end of November. Any questions, please contact me anytime!



## Dress for Fall

Thank you parents for sending in a change of clothes for your child to keep here at school. We will send home each set of clothes at the end of the season to be replaced. Also keep in mind throughout the fall we will continue to go outside, so if you do not this

*If your child has a spill or accident and we have to use their spare set of clothes (or a spare set of the school's clothes) please remember*

*to wash and send back the school's outfit or replace their extra set of clothes in school.*

Thank you for your cooperation with this matter. We want your child to be as comfortable as possible throughout their school day!



## LET'S CELEBRATE !

HAPPY BIRTHDAY!



Best Wishes!  
Trysten 11-10  
Ryan 11-10

## Keeping Your Child Healthy

We have a long flu and cold season ahead of us! Please watch your child carefully for symptoms of illness!

Simple rules of thumb that we follow are:

- wash our hands often
- use hand sanitizer between hand washing
- disinfect our toys regularly
- teach kids to sneeze into their elbow sleeve
- offer healthy snacks and drinks with vitamin C
- Plenty of fluids and rest

## Health (con't)

*Please help us by keeping your child home if they experience a fever (100 degrees or higher), productive cough, vomiting or diarrhea within the last 24 hours!*

Thank you for your understanding and coopera-

tion, we want to provide a healthy safe environment for every child. Some of our children have compromised immune systems and other health problems so we must practice caution during these peak months.



## Ideas for Activities at Home

- Look for red, orange, or brown foods or labels at the grocery store.
- Find something red, orange or brown in each room of the house. Share a toy with someone.
- Make a blanket tent.
- Help sort family laundry.
- Go outside look at what is "UP " in the sky and "DOWN" on the ground.
- Help decorate Thanksgiving place cards for guests
- Taste apple cider

## Community Events

Movie: "Puss in Boots"

When: November 5, 2011

Place: AMC Theaters Maple Ridge

Time: 10:00 a.m.

Cost: \$4.50-\$6.00

Monthly "Sensory Friendly Movies" now showing at

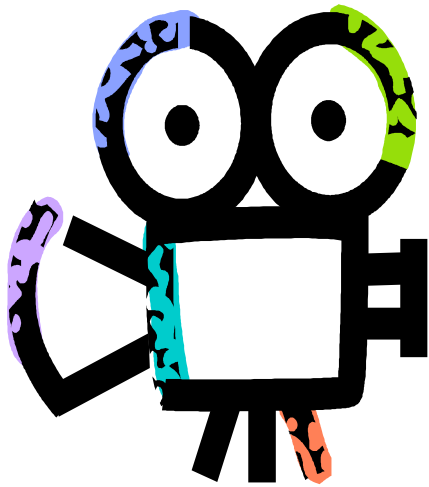
the AMC theaters! AMC theaters teamed up with the Autism Society to provide movies once a month in a safe and accepting environment to families with individuals with disabili-

ties. They will turn the lights up and turn the sound down, there will be no previews or advertisements, you can move around, dance in the aisles, sing or shout! Families can bring in their own snacks...

## Community (con't)

"gluten-free" and "casein-free" snacks!

Whether movies have been a challenge or if it is a new experience for your little one, this may be a nice alternative to enjoying a movie. Have Fun!



### Scholastic book club

forms will be coming home monthly. It is a nice way to build up a few favorite books for your child at home or to give for a birthday gift as well as a holiday gift at great prices. Even if there is one favorite book they like you to read to them that is wonderful time spent one on one with your child! So please *read, read, read!!*



### Future Events

Throughout the month of November as I receive event notices, I will send home information of age appropriate family/child friendly community events. You would be pleasantly surprised at the number of programs in the community that have been made accessible for children with disabilities.



See you in December!

