



# November 2021 Chicago Heights

## *From the Desk of Crystal Powell, Site Director*

Hello Families,

November is a time for family and giving thanks. Also, let's celebrate our Veterans and give thanks to them for all the hard work they have put in for our country.

Thank you for choosing Chicago Heights Early Learning Center. I would like to congratulate Mrs. Sonia Tavares as our chairperson, Ms. Robyn Collins our Vice Chairperson, and Ms. Marina Navarro as our Secretary. Please help me welcome the Chicago Heights-Policy Council Representatives, I am so excited to be working with all of you.

The staff here at Chicago Heights Early Learning Center is dedicated to building positive relationships with you and your children. Our Family Engagement Specialists will be working with each of you in completing a Family Assessment to identify your family's strengths, interests, and needs. Also, our Family Engagement staff will be helping you to set goals for yourself and your child's education needs.

I would also like to invite you to attend our Parent Committee Meetings every first Thursday of each month. The English session is held from 2:00 p.m. - 3:00 p.m. and the Spanish session is held from 3:00 p.m. to 4:00 p.m. Our next meeting is scheduled for Thursday, November 4, 2021. Please speak with your Family Engagement Specialist for more information on how to volunteer for our program.

 708.365.1500

 <http://earlylearning.actforchildren.org>



@IAFC\_Cares



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## ***Classroom Notes:***

In November, the children will learn all about the season, the weather, and how they should dress to stay warm when it is cold outside. Children will also learn about how chlorophyll stops being produced in trees which causes the leaves to change colors. Children are still learning rules and routines in their classroom as well as how to get along with one another.

Please send a change of clothing for your child to be kept on-site at Chicago Heights Early Learning Center.

## ***Upcoming Events – Mark Your Calendar!***

**11/4/2021** – Parent Committee Meeting & IDEA (Individuals with Disabilities Education Act)

**11/5/2021** – Professional Development Day – Closed for Children

**11/25/2021 & 11/26/2021** – Thanksgiving Break – Chicago Heights Early Learning Center Closed

## ***Nutrition Information***

Even the most nutritious meal will not do any good if a child will not eat it. Some children are picky eaters. Others eat only certain foods – or refuse food – to assert themselves.

Try these ideas to make your family meals pleasant and to encourage your child to try new foods:

If your child refuses one food from a food group, try another from the same food group.

- Try deep yellow or orange vegetables instead of green vegetables.
- Try chicken, turkey, fish, or pork instead of lean beef.
- Try low-fat flavored milk, cheese, or yogurt instead of low-fat milk.

Boost the nutritional value of prepared dishes with extra ingredients.

- Add nonfat dry milk to cream soups, milkshakes, and puddings.
- Mix grated zucchini and carrots into quick breads, muffins, meatloaf, lasagna, and soups.

Add eye appeal!

- Cut foods into interesting shapes.
- Create a smiling face on top of a casserole with cheese, vegetables, or fruit strips.

More Tips to Encourage Healthy Eating:

- Serve a food your child enjoys along with food that he or she has refused to eat in the past.
- Try serving a food again if it was refused before. It may take many tries before a child likes it.
- Invite children to help with food preparation. It can make eating food more fun.
- Set a good example by eating well yourself. Ideally, eat at least one meal together as a family every day or try three to four times per week.

## ***Around Town***

### ***Catalina Torres, Parent Involvement Coordinator***

CONGRATULATIONS to the IAFC (Illinois Action for Children) Early Learning elected Policy Council Members:

Chicago Heights: Sonia Tavares, Chair; Robyn Collins Vice-Chair; and Community Rep, pending position

Dolton: LaChar Crayton; Natasha Boone; and Community Rep, Felita Crayton

Ford Heights: Latrice Hatten, Chair; Britany Moutry; and Community Rep, Debra McDowell-Walker

Harvey: Lizzie Welch, Chair; Ariane Henry, Vice-Chair; and Community Rep, Sheree Grandberry

2021-2022 POLICY COUNCIL EXECUTIVE COMMITTEE:

Chair - LaChar Crayton

Vice-Chair - Sonia Tavares

Secretary - Debra McDowell-Walker

Alternates to the Board: Ariene Henry, Alyssa Cremer

Hiring Event: Victory Apostolic Church, 20801 Matteson Ave., Matteson, IL 60443, November 4, 2021, from 10:00 a.m. -1:00 p.m. Positions in Manufacturing, Health Care Retail, Transportation, Distribution, and logistics.

CEDA UPLIFT Harvey Programs has opportunities for 14 - 24 years old individuals, geared to help you move economically up the ladder. Programs include summer job programs, job readiness training, entrepreneurship workshops, tutoring programs, leadership programs, mentoring programs, family support, and medical and mental health resources. For more information contact Machel Anderson by phone at 773.550.2477.

Metropolitan Family Services empowers families to learn, to earn, to heal, to thrive. Part mentor, part motivator, part advocate, Metropolitan Family Services provides a wide variety of programs and services geared to strengthening families and helping them realize their full potential. Learn more at [www.metrofamily.org](http://www.metrofamily.org) or contact Tranese Perryman by phone at 708-974-5862, or by email at [EmmonsT@metropolitan.org](mailto:EmmonsT@metropolitan.org).