



CHENANGO NURSERY SCHOOL

Halloween Parade

This year the 3 and 4 year olds ONLY will be parading for Halloween. We have found it to be very disconcerting for the younger children to see the costumes, see their parents and then be left at CNS. So this year, the younger children, will have very small parties in their rooms – costumes optional. The 3's and 4's will parade at 11:00 am. on October 29th. Parents are invited.

Visiting the Fire House

On Thursday, October 7th at 10:00 the 3's will be visiting the Hamilton Fire House. The 4's will be visiting on Friday. They will be given a tour and will learn about fire safety during Fire Prevention Week. Any parent who would like to help us on this trip should see your child's teacher. Thank you

DATES TO REMEMBER	
10/7	3's visit Fire House 4's visit Bookstore
10/8	4's visit Fire House
10/11	CNS closed for staff training
10/16	9-12pm— Maintenance Day
10/20	HCS half day/CNS in session
10/29	3's and 4's Halloween Parade

Fill that lunchbox with fruit, vegetables and fun

A brown-bag school lunch should be both fun and nutritious, says registered dietician Ellie Krieger, star of the Cooking Channel's *Healthy Appetite* and author of several cookbooks, including *So Easy*.

It's worth spending a little time making it both healthful and delicious, she says, because what kids "are eating when they are 8 is going to impact what they eat when they are 18, 28 and 38."

Krieger and her third-grade daughter, Bella, work together to pack her lunch. Krieger says every bagged lunch should include a vegetable, fruit, lean protein and whole-grain product. Her ideas:

► **Pack a colorful vegetable every day.** Some good choices include baby carrots, a whole cleaned carrot, celery, cut-up peppers, snap or snow peas, cherry or grape tomatoes, cucumber slices, slightly steamed green beans or broccoli.

► **Include a dip for the vegetables.** Consider light ranch dressing, hummus or bean dip, Krieger says. "Kids love dipping. Dipping sells anything."

► **Try different fruits.** Depending on the season, consider clementines or cut-up mango or berries in an airtight container. If you're using prepackaged fruits, offer ones with no added sugar, she says.

"To me, fruit is dessert. There is no reason to give a child a processed sugary snack at lunch. It's just a bad habit."

► **Add pizzazz to traditional sandwiches/wraps.** Add dried or sliced fresh fruit, such as apples, to a peanut butter wrap, squeeze on a little honey, sprinkle it with cinnamon and cut it into triangles or roll it up.

Or make pinwheel sandwiches by rolling up lean deli meat, cheese, lettuce and tomato into a whole-wheat wrap or pita bread and then slicing it into pinwheels, she says. Or cut classic sandwiches into different shapes to make lunches more fun.

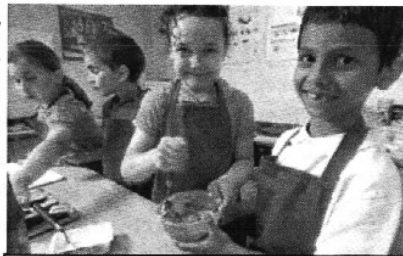
► **Make a mini-deli platter.** Offer lean meat such as ham, roast beef or turkey and cheese with whole-grain crackers. Or roll some lean meat around a whole-grain breadstick and serve with a vegetable.

► **Offer protein alternatives.** Serve a container of bean dip or hummus with whole-grain pita bread, whole-grain crackers or baked corn chips.

► **Try soups.** Pack a thermos of chili or minestrone soup and serve with whole-grain bread, vegetable and fruit.

► **Keep beverages simple.** Krieger recommends low-fat milk or water.

By Nanci Hellmich



10 great reasons to cook with children

1. Learn about nutrition and increase their willingness to try a new food
2. Develop valuable self-help skills and increase independence
3. Develop math concepts through counting, measuring, timing and ordering events
4. Work cooperatively with others
5. Develop reading skills, recognizing symbols and words
6. Learn to follow directions and complete all the steps necessary to finish a task
7. Explore the world's foods and learn about the customs of people from around the world
8. Improve fine motor control through using hand muscles
9. Learn science concepts (volume, temperature)
10. Express themselves creatively

Maintenance Day

This month's maintenance day is October 16th from 9-12 am. Parents who have selected this date will receive a note in their mailbox which includes the list of jobs. If you haven't already done so, please return your maintenance day form to Sally. We are basically moving mulch on this day so please bring a shovel and a rake.

Pizza Hut Night

Come join the fun at Pizza Hut! Meet friends and family. Eat Pizza. Don't cook. And a portion of all sales benefits CNS. What could be more fun. Eat in or take out. See you there on Nov 4th.

Yankee Candle Sale

Our Yankee Candle fundraiser is just beginning. Helping is as simple as bringing the "scented" booklet and order form to work. The candles sell themselves. This fundraiser is usually quite successful making about \$1,000.00 profit for CNS.

Waddle, Toddle, Run for CNS
 On October 2nd CNS sponsored its 3rd Annual "Waddle, Toddle, Run for CNS". We would like to thank everyone who participated. We would also like to thank the staff who walked and worked, the board members and all their friends who made this a wonderful event. The numbers are not yet complete but we believe we raised about \$3,500.00 for CNS.

Snow Days, Supplemental Days, Superintendents Days, Half Days and the famous HCS 2 hour delay

I will try to explain as clearly as possible the differences between these days.

- **Snow Days** (Parent Handbook, Pg. 8) - In general, CNS will be open as usual on days when Hamilton Central closes for snow. Children enrolled in any of the Early Childhood Programs may attend for their usual days and hours. In the event that HCS has a one or two hour delay, CNS will operate as usual. If the director, in consultation with the Board, determines that the weather conditions are too severe to allow for normal operation, CNS will close. The announcement of closing will be posted on the CNS website, local TV stations, and will be emailed to parents. We will do our best to notify every parent!

School Age children cannot attend on snow days.

- **Supplemental Days** are the days during the year when Hamilton Central is closed (typically holidays): *Veteran's Day, Martin Luther King Day, February Vacation and April Vacation*. Parents indicate on their child's registration form whether or not their child will be attending CNS during those times. If you chose the supplemental calendar you are already being billed for those days. School age children (including Pre K) can attend from 7:30 until their typical pick up time on the days for which they have registered.

- **Superintendent's Days** are on Hamilton Central School's calendar only. CNS operates on a regular schedule, so if your child typically attends and it is an HCS Superintendent Day, your child can still attend. School Age children and HCS Pre K children can attend after 7:30. Hours used before 2:30 (or 11:30 if Pre K) are considered drop hours and will be billed the following month.
- **Half Days** are also on Hamilton Central School's calendar only—Oct 20, School Age children can attend after 11:00 or 11:30. Hours used before 2:30 are considered drop hours and will be billed the following month. (Parents should have received a form indicating your need for hours on superintendent's days and half days).
- The famous **HCS 2 hour delays** are also on Hamilton Central School's calendar only. CNS is not on a delay. CNS children come as usual. Please contact HCS for your school age children's needs.

	Early Childhood Programs	HCS Pre-K	School Age Program
HCS Snow Days	Normal attendance	Normal Attendance	CANNOT ATTEND
CNS Snow Days	CNS Closed	CNS Closed	CNS Closed
Supplemental Days: Veteran's Day, Martin Luther King Day, February Vacation and April Vacation	IF REGISTERED, attend after 7:30 until normal pickup time on their normal days	IF REGISTERED, attend after 7:30 until normal pickup time on their normal days	IF REGISTERED, attend after 7:30 until normal pickup time on their normal days
HCS Superintendent Days	Normal attendance	Can attend after 7:30. Hours used before 11:30 are considered drop hours and will be billed the following month.	Can attend after 7:30. Hours used before 2:30 are considered drop hours and will be billed the following month.
HCS Half Days	Normal attendance	Normal attendance	Can attend after 11:00 or 11:30. Hours used before 2:30 are considered drop hours and will be billed the following month.
HCS 2-hr Delays	Normal attendance	Normal attendance	Normal attendance

Superintendent Days

Nov 1st
March 18

HCS Vacation Days:

Nov 11
Jan 17
Feb 21-25
April 18-21

Half Days:

Oct 20
Nov 19
Nov 22-23
Feb 3
March 4
March 17
June 22

NO AFTER SCHOOL Program on these days:

Oct 11
Nov 24-26
April 22
May 30
HCS Snow Days
2-hour Delays