

# Salida Early Childhood Center

OCTOBER NEWSLETTER 2022

## Upcoming Events!

- Wednesday, October 5th is National Walk to School Day!
- Columbus Day is Monday, October 10th. School is IN SESSION.
- Pajama Day is Monday, October 31st!
- Conscious Discipline Virtual Parent Night returns Thursday, October 13th from 7-8pm.



## World Mental Health Day

OCTOBER 10TH, 2022

According to the CDC, more than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime, making it among the most common health conditions in the United States.

Make mental health & well-being for all a global priority.

Do you need support in managing your mental health?  
We are here for you! Ask Heather or Sheri if you need support in accessing resources.



## Reminders!

- Physicals and immunizations are due! Please schedule a well child check if your child is due for one!
- As the weather gets colder, please make sure your child comes to school in adequate clothing. If you need winter clothing, chat with Heather or Sheril
- Check out the Mountain Meet Up flyer attached to this newsletter to learn more about fun events!





## SECC is now composting!

SECC is proud to announce that we are now working with Elements Composting at our school!! Composting reduces methane produced by organic waste rotting in the landfill by up to 95%! Check out this photo of our preschoolers creating an herb garden on our Natural Playground. Lets all work together to leave a better planet for our children!

"YOU DO NOT JUST WAKE UP AND  
BECOME THE BUTTERFLY.  
GROWTH IS A PROCESS."

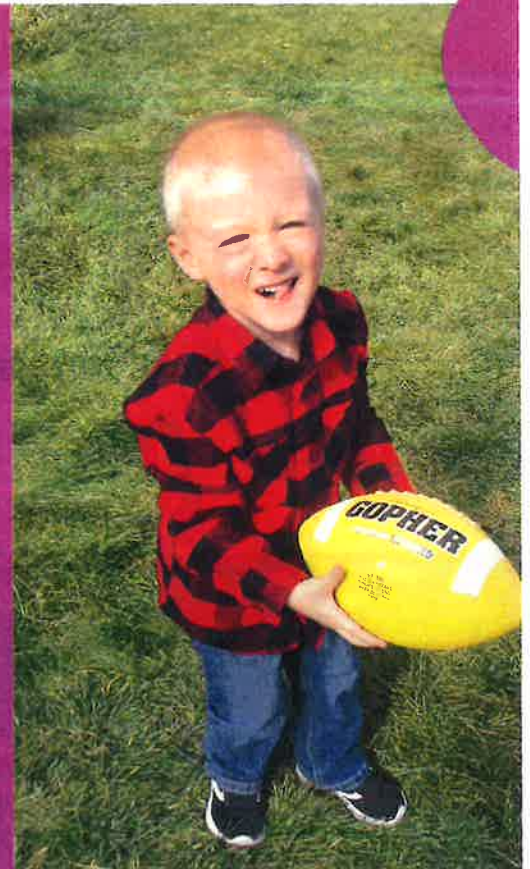


*Rupri Kaur*



## Principal's Corner

Fall is in the air! The children are settling into a routine and the classrooms are humming. We are still looking for two more staff, one is a part time paraprofessional and the other is a full time, full year Home Visitor. Check the school website for postings and to apply. We are also always looking for substitutes. If you are interested in subbing, please contact the district administration office at 719-530-5208. Just a reminder to let us know if your contact information changes, as we may need to contact you. Downloading the Salido School District app is also a very helpful way to receive our communication. Nurse Lindsay will be doing Hearing and vision checks this month, and making sure that everyone has an up to date physical. We will be bringing back our Youth In Action (YIA) Program that we coordinate with Family Youth Initiatives (FYI) YIA is a mentoring program in which one of our three/four year olds is paired with a middle schooler to share fun activities. Staff from FYI and one or two of our teachers manage this after school program once a week. We are so happy to bring back this program. Watch for details to come in the next month. As always, my door is open for comments, suggestions, and any compliments. ~Principal Ilona Witty



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH. IF YOU OR SOMEONE YOU LOVE IS A VICTIM OF DV, REACH OUT TO THE NATIONAL DV HOTLINE AT 1-800-799-7233 OR CHAT ONLINE AT THEHOTLINE.ORG. YOU ARE NOT ALONE!

#WEARERESILIENT





Presents...

# RAISING CHILDREN

## *Made Easier*



## Conscious Discipline®

# VIRTUAL PARENT NIGHT

with Amy Speidel

**THURSDAY, OCT 13, 2022**

Virtual Training 7:00pm - 8:00pm

## FROM CHAOS TO CALM

Some days are more hectic than others,  
but everyday has a little chaos thrown in!  
Pick up some tools for creating helpful routines  
and calming practices.

*Please send in your questions or share what's on your mind during the session.*

**Register here:**

<https://forms.gle/hVfnZv6nmLrwBepj8>

Registration requested no later than 10/12/2022.

Zoom link will be sent to registrants the day of the event.

*The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit [www.ccecc.org](http://www.ccecc.org) or call 719-221-5114.*



## Family Events

**9/9** FISH HATCHERY VISIT & CRAFTS  
10AM @ MT SHAVANO FISH HATCHERY

**10/8** GROUP VISIT TO GUIDESTONE PUMPKIN  
10AM PATCH  
\*WE WILL POST WHEN TICKETS GO ON SALE TO BUY AS GROUP

**10/16** FREE PLAY & PICNIC BY THE  
11:30AM RIVER @ THE BARN AT  
HUTCHINSON RANCH

**11/12** PLAY & POTLUCK FOR  
10AM FAMILIES @ CHIPETA  
PARK/PONCHA TOWN HALL

**TBD** MOM'S COFFEE MORNING-  
SPEAKER, COMMUNITY,  
CHILDCARE



**MOUNTAIN MEET UP**

FOLLOW US FOR MORE DETAILS  
& MORE FUN EVENTS!

## Events for Moms-No Kids

**9/8** FULL MOON YOGA  
7PM @ MT. PRINCETON

**10/20** MOM'S NIGHT OUT  
7PM @ SOULCRAFT



# BEE KIND

## Suggested Kindness Activities

Here are some suggested ways to be kind to the world around you. Try to do a few of each type, and your Honeycomb Kindness Tracker will be vibrant with color.

### Bee kind to a friend

- Give a friend a compliment.
- Send a friend a surprise video message.
- Write down what things about a friend you are grateful for and then give it to them.
- Create a piece of art and share it with a friend.
- Give a friend a handmade gift.

### Bee kind to the planet

- Plant something.
- Donate clothes and toys that you don't use anymore.
- Clean up litter around your neighborhood.
- Use reusable shopping bags.
- Bike or walk to school.

### Bee kind to your family

- Help make dinner.
- Read a book to a younger sibling.
- Tell a family member why they are special to you.
- Call a grandparent (or an older relative) and ask them about their favorite childhood memories.
- Help with household chores.

### Bee kind to an animal

- Feed the birds.
- Volunteer at an animal shelter.
- Plant a pollinator-friendly garden.
- Spend time doing something your pet loves to do.
- Offer to pet-sit for a friend or family member.

### Bee kind to your community

- Hold the door open for somebody.
- Write a thank you note to a delivery driver.
- Write encouraging sidewalk chalk messages for your community to enjoy.
- Tell your teacher why they are doing a great job.

### Bee kind to yourself

- Play your favorite song and turn up the volume!
- Take time to do something you really love, like art, reading, cooking, or a sport.
- Look at yourself in the mirror and say three things you like about YOU.

# BEE KIND

## Honeycomb Kindness Tracker

Use this Kindness Tracker to record your acts of kindness.

Color in one hexagon each time you are kind.

Follow the key below for a full spectrum of colorful acts of kindness.

(See page 2 for suggested kindness activities)

**Red:** Bee kind to a friend

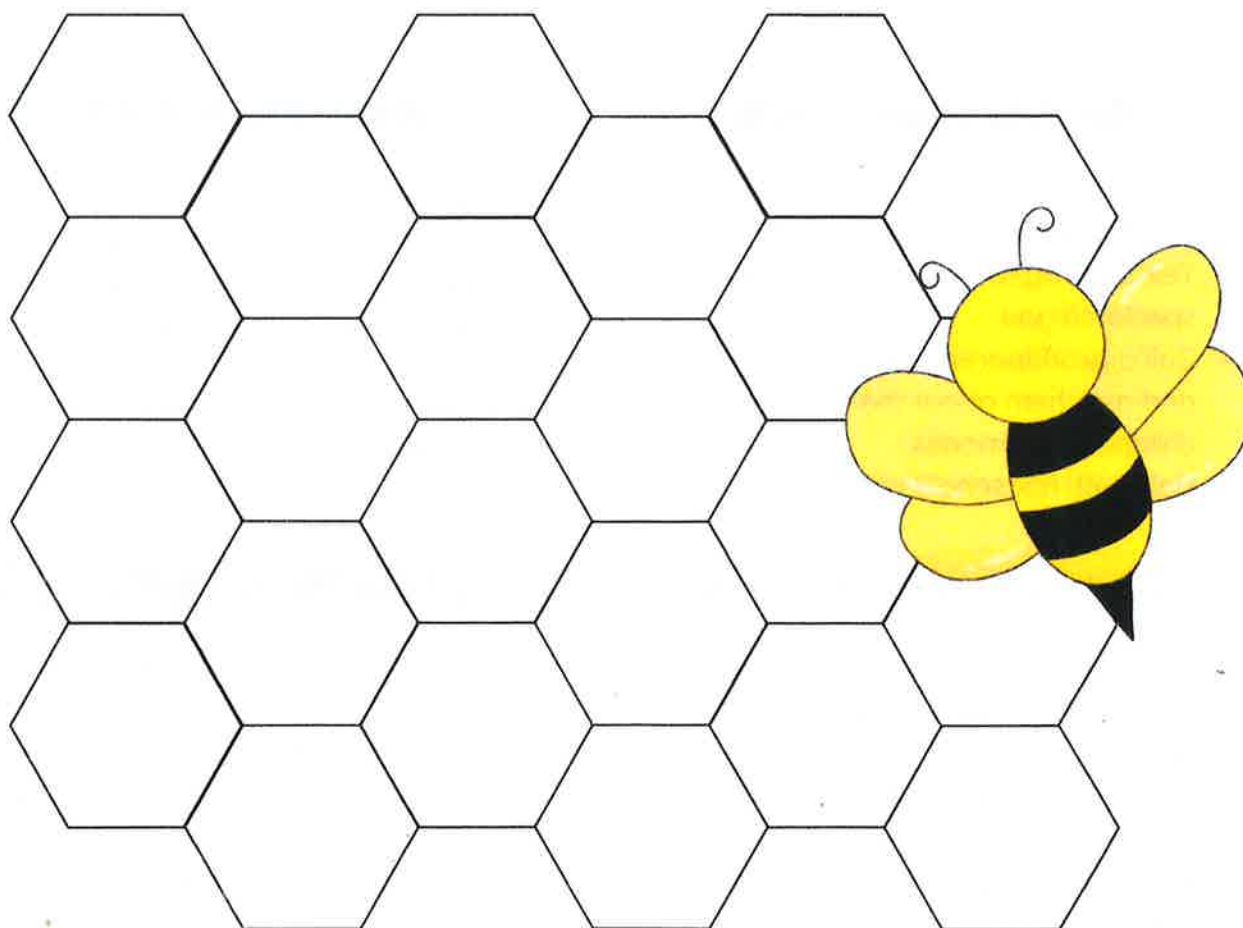
**Green:** Bee kind to the planet

**Orange:** Bee kind to your family

**Blue:** Bee kind to an animal

**Yellow:** Bee kind to your community

**Purple:** Bee kind to yourself



# ALTERNATIVES TO FEAR-BASED PARENTING

**FEAR-BASED PARENTING:** radiates anxiety and doubt. It sends your child a message that the world is dangerous and they need to be very afraid.

**WHAT FEAR-BASED PARENTING SOUNDS LIKE:**

- ◆ If my child climbs this wall, they'll fall and break their neck.
- ◆ If my child doesn't do well in school, they won't get into college and fail in life.
- ◆ If my child gives up now, they will become a quitter for life.

**NON-ANXIOUS PARENTING:** exudes calm, courage, and confidence. A non-anxious presence does NOT mean you stop worrying about your child. It means you stop overreacting and gain confidence in their abilities to handle challenges.

**WHAT NON-ANXIOUS PARENTING SOUNDS LIKE:**

- ◆ The world is generally a safe place.
- ◆ I believe you can do hard things.
- ◆ You can always ask me for help.
- ◆ I'm confident you can handle this.
- ◆ You can learn how to manage this.
- ◆ I trust you.

**HOW TO HAVE A NON-ANXIOUS PRESENCE:**

- ◆ Avoid defaulting to "No": "Let's talk about it to see if we can make it work."
- ◆ Avoid assuming the worst: "This failure won't affect your whole life even if it seems so."
- ◆ Stop watching your child so closely: "I trust you will be fine even when I'm not around."

**AND REMEMBER:**

**Calm is contagious.**

When you share messages that instill confidence and calm...  
...you help your child **take healthy risks and grow.**