



### Policy Council

Policy Council is an important part of Head Start/ Early Head Start. Members serve as our link between staff and parents. Members approve and submit to the Governing Board and makes decisions about our budget and other policies. We are looking for new members for this school year. If you are interested let your child's teacher know at your October Family Meeting.

### Upcoming Workshop

#### Eating on a Budget Making it Work For You.

Come and learn about affordable nutrition by WIC Staff On October 19th at Highland 5:30pm

Good nutrition helps children grow, develop, and maintain a healthy weight. Being healthy also improves their self-esteem and well-being, When children are healthy, they are more able to learn and do well in school.

Healthy eating habits, Tips for eating well on a budget, and nutrition education

### Upcoming Dates

**No School**– Thursday, October 12, 2023 Staff In-Service

**Nutrition Workshop**– Thursday, October 19,2023

**Policy Council Meeting**– Monday, October 23,2023 5:30pm



Check out our Facebook page: *Community Action Scioto County Head Start/ Early Head Start*  
[WWW.caosciotocounty.org](http://WWW.caosciotocounty.org)





## Yoga

Did you know Yoga improves balance, strength, endurance, and flexibility. Yoga also has an impact on mindfulness and mental health. Stacy a certified Yoga instructor and Wellness Educator has been coming to Carousel Center on Monday's and Highland on Wednesday's, engaging the children with Yoga.



## Fall Festival

Fall Festival was one to remember. Hope you all had a good time before the down pour came.



## Lunch Menu

CACFP Approved Lunch Menu is Posted on our Facebook page weekly.

## Developmental Disabilities

Developmental disabilities in preschool age children can be a challenge for parents and teachers. These disabilities can range from mild to severe and can include physical, cognitive, and/or emotional delays. For example, physical delays may include difficulty walking or gross motor skill delays in some form, while cognitive delays may include difficulty with problem-solving or language development. Early intervention is key to helping children with developmental disabilities reach their fullest potential. Parents and teachers can help by creating a supportive, inclusive learning environment and providing appropriate accommodations. Please contact Julie Lindamood, our Inclusion Manager, if you have these concerns regarding your child. 740-354-3333 Ext. 232. For emotional delays that may include difficulty regulating emotions or difficulty forming relationships contact our behavior coach Megan Miller at 740-354-3333 ext. 253.



## Local Events for October

Portsmouth Trick or Treat October 31st

5:00pm-7:00pm

THE SALVATION ARMY

Presents

# The 2023 Christmas Toy Shop

We will be taking applications  
October 2nd-31st  
Monday-Thursday  
9 A.M. - 11:30 A.M.  
at 1001 9th Street  
Portsmouth, OH

### Please Bring The Following Information:

- 🏠 I.D.S and Social Security cards for All Adults in the home.
- 🏠 Proof of Age: Birth Certificates, Medical Cards (with DOB), or a Shot Record for all children.
- 🏠 Social Security Cards and Custody Papers (if applicable) for all children.
- 🏠 Proof of Income Including SSI, SSD, SNAP Card, Medicaid Card, or Unemployment.

Toy Assistance is for school aged children 18 & under.

If signing up for Food baskets only you must be 55 or older.

*\*You do not qualify for Christmas assistance with The Salvation Army if you apply for Christmas assistance from another agency, School, or organization.\**



SCIOTO COUNTY PUBLIC LIBRARY

# FAMILY FALL festival

Saturday, October 7th  
Lucasville Library  
11:30am-1:30pm



1610 28TH STREET PORTSMOUTH, OHIO 45662  
MAKING A DIFFERENCE IN THE LIVES AROUND US!



19 OCT 2023  
6:00 PM

# TRICK or TREAT



ASCEND COUNSELING AND RECOVERY SERVICES  
PRESENTS

# BOOO-TH OR TREAT

October 26, 2023  
6pm-8pm  
Tracy Park

SPONSORED BY AMERICAN FAMILY INSURANCE,  
SEAN F. BOLDMAN, AGENT

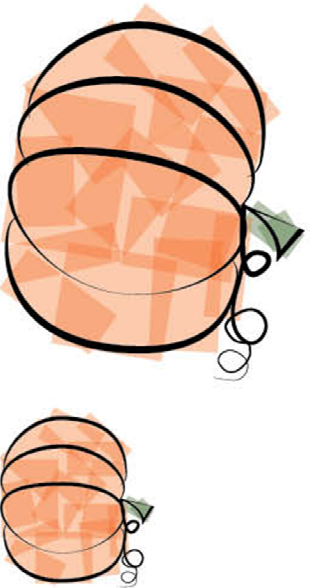
WESTERN SUN MASONIC LODGE NO. 91  
PRESENTS

# TRUNK OR TREAT

OCT 28th  
3 - 6 PM

HOT DOGS, NACHOS, AND  
DRINKS WILL BE SOLD  
11800 GALLIA PIKE  
WHEELERSBURG, OH





# October

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	9 Columbus Day Indigenous Peoples' Day Northwest Family Meeting 5:00pm	10	11	12 No School Staff In-Service	13 Early Head Start Socialization and School Family Meeting 11:15am	14
15	16	17	18	19 Highland School Family Meeting 5:00pm Nutrition Workshop with WIC 5:30pm	20 Head Start Homebase School Family Meeting West School Family Meeting	21
22	23 Policy Council 5:30pm	24	25	26	27 Early Head Start Socialization 11:15am	28
29	30	31 Halloween	1	2	3	4