



HELLO OCTOBER!

RENA FAMILY CHILD CARE NETWORK

OCTOBER 2021 NEWSLETTER.



Important Dates

- October 11, 2021: Italian Heritage Day/ Indigenous Peoples' Day (SCHOOLS CLOSED: SDY STUDENTS DO NOT ATTEND DAYCARE)
 - October 8th, 2021: Office will be open but will not be taking visitors
 - October 25th 2021: Family Event
- October celebrates Hispanic Heritage!

New Month, new opportunities! Take October to expand your knowledge.

It's FLU Season. Here is a link to keep you informed:

English:

<https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Spanish:

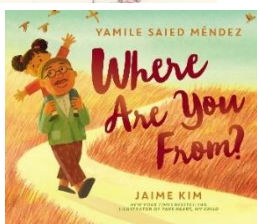
<https://www.health.ny.gov/es/diseases/communicable/influenza/seasonal/>

Important Information:

- Emails and phone calls regarding expired medicals have begun. If you have received a call or email please update your child(ren)'s medical forms.
- Recertification reminder notifications have been sent out. We encourage you to come to the agency to complete the documentation!
- Parents are welcome to schedule a meeting with our Education Specialists to complete developmental screenings.



Suggested Books for Hispanic Heritage Month!



Enjoy some fall activities including apple picking or trick or treating to celebrate Halloween. Practice social distancing and wear your masks for safety!

Healthy Recipe Idea: Pumpkin Muffins



Ingredients:

- whole wheat flour
- almond butter
- pumpkin puree
- vanilla extract
- neutral oil
- maple syrup
- pumpkin pie spice
- cinnamon
- baking powder & soda

Instructions:

1. Preheat oven and grease a mini muffin tin with nonstick spray
2. Mix all ingredients and stir well to thoroughly combine
3. Spoon the batter into the muffin tin
4. BAKE!

From Amy Palanjian – Yummy Toddler Food