



November 7, 2011

## What's Happening in November?

- November 11: Remember REHS is CLOSED
- November 14-16: "Show me the Money"  
10AM to Noon at RHS
- November 17-18: RHS & REHS Clothing Give Away  
All Day at RHS
- November 24-25: Remember REHS is CLOSED



### November Parent Committee

**November 10th 5:30-7:30PM**

Join other parents to learn new and creative ways to keep your child active.

**Dinner and Childcare are provided!**

#### **Hamilton PIWI**

**Date:** November 14 9:00-11:00

**Topic:** I Need

For more information call your case manager or Jorilyn at 363-7412 ext. 210

#### **Stevi PIWI**

**Date:** November 17 9:00-11:00

**Topic:** My Feelings

For more information call your case manager or Jorilyn at 363-7412 ext. 210

**Starting Small, Growing Tall**  
Health & Nutrition for your family

**“I am Moving, I am Learning.”**

IMIL (I am Moving, I am Learning) is a great way to learn about how you can help your child get up and get active to promote a healthy lifestyle. It is a program that can teach you new songs, dances, and games to incorporate into your daily lives with your child to encourage them to get moving and prevent



childhood obesity. We will be presenting this at the Parent Committee on November 10 from 5:30-7:30.

For more information call Jenea at 363-7412 ext. 203

**Learn & Grow Together**

Early Education

**Fun Math Game During Bath Time!**

The next time you fill up the tub, make bath time math time as you explore "empty" and "full" and compare volumes.



Allow your child to play with containers during bath time. Join in, or set the example, by using your own container. Fill your container with water and explain what you're doing ("Look! My cup is full! No more water can fit in my cup."). Pour out the water to show empty ("I'm pouring out all the water. Now the cup is empty!") Invite your child to copy what you do. Encourage your child to use the words "full" and "empty" to describe what is happening.

Choose two containers, one smaller than the other, and give the smaller to your child. Wonder aloud whether the containers hold the same amount of water. Does yours hold more than, the same amount as, or less than your child's? Pour the water from your container into your child's and talk about what happens. ("Oops! There's not going to be enough room. My container isn't empty yet and yours is already full!").

**From Surviving to Thriving**



**A note from the Cuddle Bugs & Snuggle Bunnies:**

The weather is getting cooler and Winter is on it's way. Please make sure to bring warm clothes, coats and gloves for you children for outside play.