

Monthly Family Newsletter

November 2020

Thank you for your prompt arrival and pick-up time, this is helpful for our daily health screenings and getting the classroom ready for the next day. Please remember our building closes at 4:00 PM. If you have an emergency, please make sure someone on your emergency card can pick up your child on time.

AIR Team Update:

Heads up! Your FEA staff will reach out to you in October or November to set up a time to complete the 2020-21 [Educare / Cummings] Family Interview. This data helps us understand you and your child's needs, figure out if our program is working, and identify what else we can do to keep improving our program. Don't miss it - your support and participation is greatly appreciated!

- American Institutes for Research-AIR

We wish you and your families a happy holiday and hope you can join in gratitude for the bounty the living earth provides us. In that spirit, let us share with you the words of "Thanksgiving", and may it truly be a Thanksgiving for all.



Meet The Cummings Family!

Robert is a Family Engagement Advocate. Family Engagement Advocates help complete student enrollments and help connect families to resources they may need. In his free time, he loves spending time with his wife and two children ages 5 and 7. Robert loves working at Cummings because the staff is friendly, and it is a very family-oriented environment. He also loves the fact that he gets to help children and their families every day.

From Our Executive Director

JA'NEL JAMERSON

As winter is approaching, we want to make sure all Cummings children are dressed warmly. Whether winter brings severe storms, light dustings, or just cold temperatures, here are some quick tips on how to keep your children safe and warm.

What to Wear

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.

The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits.

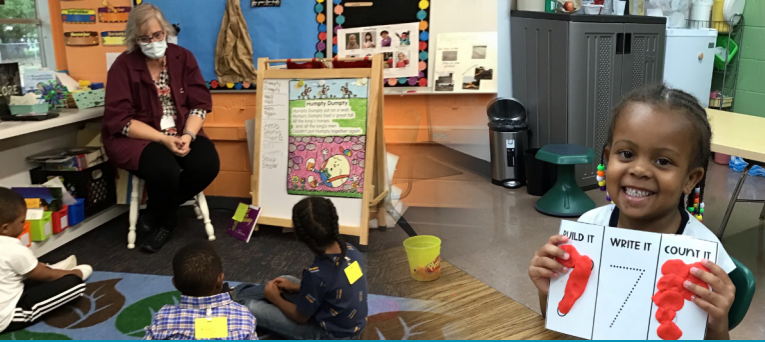
Blankets, quilts, pillows, bumpers, sheepskins, and other loose bedding should be kept out of an infant's sleeping environment because they are associated with suffocation deaths. It is better to use sleep clothing like one-piece sleepers or wearable blankets.

If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

CUMMINGS GREAT EXPECTATIONS

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Mark Your Calendars: Important Dates



- Real Talk in partnership with FAME (Fathers and Men Engaged)
 - Session 3 Tuesday Evenings 6:00-8:00 11/3, 11/10, and 11/17 **OR**
 - Session 4 Thursday Mornings 10:00-12:00 11/5, 11/12 and 11/19
- No School 11/26 & 11/27.

From Our Family Engagement Coordinator

MIKE KILDEE

For the past eight months, we have had to make many changes in our lives to help keep our families healthy and safe. Keeping ourselves healthy is also important! Self-care during these uncertain times is very important to both your physical and mental health. If you are not caring for yourself, it is more difficult to care for others. Here are a few self-care ideas to improve both your physical and mental health.

Physical Health

Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water. Aim to get seven to eight hours of sleep each night. Exercise every day. Take deep breaths, stretch often and spend time outside.

Mental Health

Set and maintain a routine at home. Focus on things you can control. Use technology to maintain social connections with your loved ones. Focus your thoughts on the present and things to be grateful for. Listen to music or read books. For more information about the GSD Early Childhood Programs FAME Initiative, please contact - Mike Kildee at 810-591-4992

From Our School Director

MICHELLE TOWNSEND

Thanksgiving is a special and beautiful Holiday. Fall is in the air, the leaves are crunchy, the breeze is brisk and there are so many activities focused on family time and being grateful for what we have. Nothing is better than the spirit of gratitude, thankfulness, and tradition that permeated the air. Gather your absolute BEST Thanksgiving tradition and make this Thanksgiving extra special.

Here are ten meaningful and fun family Thanksgiving traditions you can start this year:

- Volunteer or choose a community service project
- Personalize the table.
- Have a special breakfast.
- Go for a morning family walk.
- Give kids an important job they do each year.
- Have a table toast.
- Start a happiness jar.
- Play a thankful game
- Read bedtime stories
- Leave inspirational notes to each other



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!