

# SCHOOL NEWS

NOVEMBER 2021

4836 N. Center Street  
Scottsdale, AZ 85256  
480-362-2200

Monthly newsletter to Early Childhood Education Center Families and our Community.

## I WILL ACHIEVE

### ECEC UPcoming EVENTS

## NOVEMBER

**1st & 15th** : SRS' School Board Meeting at 5:15 p.m. at [www.saltriversschools.org](http://www.saltriversschools.org)

**5th**: First Friday Higher Ed Chats, 10 a.m. via Microsoft Teams

**5th**: O'odham Piipaash Culture Language Gathering (virtual); learn more at [bit.ly/3IAI20m](http://bit.ly/3IAI20m)

**4 & 18**: Education Board Meeting, 5:15 p.m. via Microsoft Teams

**3rd & 24th**: Division Early Release

**11th**: NO SCHOOL—Veteran's Day

**17th**: Fall Picture Day—Red Mountain background

#### Cancelled ECEC Events:

- Burritos for Dad
- ECEC Traditional Attire Presentation
- ECEC Social Gathering

### ECEC CONTACT

Tami Brungard  
ECEC Leader  
480-362-2200

### A MESSAGE FROM TAMI

November is a month to think about different but gratitude and this year we continue to find ways to celebrate the **gratitude**. ECEC is grateful for the Community and all of our ECEC Families for all of the support they provide this program each and every year.

### Head Start Awareness Month Raffle Winner!



Thanks to everyone who participated in our Head Start Awareness Month activities! It was so fun hearing the stories from parents who were Head Start students themselves. ECEC parent *Amber Fowler* shared this memory with us of her time at Head Start: "Learning to brush my teeth, met new people and play with other kids." Fowler was one of several families who entered her memory into our prize raffle, her memory was randomly selected and she won the prize basket — "*Congrats Amber!*"





Effort and Courage are not enough with out purpose and direction.

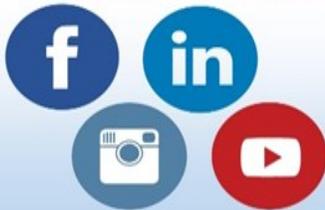
\_ J.F.K.

## November is Native American Heritage Month!

Show your pride by telling your children about your Family's background:

- Their heritage
- Their culture
- Stories of where and how you grow up
- Have them help you make a traditional meal
- Go for a nature walk
- Tell them about some of native plants from this area.

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Search "Salt River Schools"



**SAFELY ON TRIBAL LANDS** **SAFELY FOUR CORNERS**

DRIVE PEDAL  
RIDE WALK

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION  
NATIONAL NATIVE AMERICAN HERITAGE MONTH EVENT  
GOVERNOR'S OFFICE OF HIGHWAY SAFETY  
ROAD SAFETY EVENT FOR TRIBAL GOVERNMENTS

# CAR SEAT CHECK EVENT

*Is Your Child In The Right Seat?*

Please Join Us  
November 6, 2021  
9am-12pm  
Medieval Times  
Parking Lot  
9051 East Via de Ventura  
Scottsdale, AZ 85258

Sponsored by:

Salt River Fire Department will be assisting in this worth well Safety event. Please come on by and have your child seat checked for safety



## Parent Teacher Conferences

### For Our ECEC Families

Conferences are to share information and discuss the child's progress. It allows families to be involved in planning for their children and builds a partnership with the teacher. Through conferences families and teachers gain a better understanding of the child's strengths, challenges and expectations for the child's development, learning and how to share strategies. It is also to encourage families in their role as their child's first and most important teachers. One way you can be ready is to fill out this form. It is a wonderful way to share information with the class staff. [You-Know-Your-Child-Beest.pdf](#)



## ReadyRosie

Ready Rosie Physical activity is great for children and adults. The busy season will soon be here along with holiday meals and family celebrations. The links below are 1-2 minute videos that provide ways to incorporate movement from the comfort of home. This may be a fun way to keep the children moving.

- [Fast, Slow / ReadyRosie](#)
- [Freeze Dance / ReadyRosie](#)
- [Outside Fun / ReadyRosie](#)

#### Some Fun Videos:

- [Lucas the Spider—All the Songs! - Short—YouTube](#)
- [Lucas the Spider—Where Did it Go? - Short—YouTube](#)

Learn more about the program, including how to register, at [ecec.saltriversschools.org/services/ready\\_rosie](http://ecec.saltriversschools.org/services/ready_rosie)

## Earned Income Tax Credit & Awareness

The Child Tax Credit is a critical part of the American Rescue Plan (ARP) for the Head Start community. It helps families raising children make ends meet. Experts estimate the new Child Tax Credit has the potential to cut child poverty in half.

The Earned Income Tax Credit (EITC) helps low—to—moderate income workers and their families get tax break. If you qualify, you can use the credit to reduce the taxes you owe and maybe increase your refund. Here are a few websites you can check:

- [Earned Income Tax Credit \(EITC\) / Internal Revenue Service \(irs.gov\)](#)
- [Child Tax Credit Awareness Campaign and Social Media Toolkit/ ECLKC \(hhs.gov\)](#)

Volunteer Tax Assistance:

[Get Free Tax Prep Help \(treasury.gov\)](#)



## Exceptional Student Services @ ECEC

Even though it is only November, it is time to stop and reflect on the upcoming changes for your preschooler. Typically, preparation for kindergarten is thought of as something to do and plan for during the summer before the child is entering kindergarten. However, this transition and the process is actually more successful if it is thoughtfully planned out during the pre-kindergarten year. We understand the transition to Kindergarten can be a stressful time for you and want to make sure the support of our ECEC Team is available for you and your child. If you have any questions, please call 480-362-2203 or text 480-765-1047.



## Jicama Salad Recipe

By Angela Kirke, RD, CPT, LD  
Published September 24, 2017

Jicama is prized for its sweet taste and delicate crunch. Teamed up with the seasoning in this recipe, it makes an out-of-the ordinary salad.

### Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup lime juice
- 3 tablespoons granulated sugar
- ¼ to ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 medium-size jicama, peeled
- 1 medium-size red bell pepper, minced
- ½ cup minced fresh parsley

Directions: ***Before you begin: Wash your hands.***

1. Combine the oil, lime juice, sugar, cayenne, and salt in a large bowl; stir. Set aside.
2. Chop the jicama and add to the juice mixture (this will prevent browning). Add the pepper and parsley; stir well.
3. Let stand at room temperature for 30 minutes before serving. Alternatively, make a day ahead and store, covered tightly, in the refrigerator.

Variation: Peel the jicama and cut into 2-inch-long thin strips. Marinate in a combination of the remaining ingredients (except the red bell pepper). Serve as an appetizer.

### Nutritional Information

Serving size: 1 Cup

Serves 6

Calories: 100; Total Fat: 2.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 200mg; Total Carbohydrate: 19g; Dietary Fiber: 6g; Protein: 1g.