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SUPPORT ECEAP

Simply save proofs of purchase from participating Campbells products and send them in!



Director's Corner

Reminder for parents of Afternoon students: The classrooms each lunch at 1:15. Many children are not eating lunch because they ate a full lunch prior to coming to school. We do not have a snack in the afternoon. Please remember to feed them a smaller amount so that they are able to enjoy their lunch at school.

Parent Question: *Will the classrooms go to the Pumpkin Patch this year?*

Due to the enrollment of three year olds in the program and our school schedule, we will not go on any field trips.

- Three year olds require a car seat on buses equipped with seatbelts. Not all car seats are approved to be belted into buses and the total number of small and large buses required for a field trip is costly to the program.
- Most field trips have specific start times that do not match our program hours. As a program, we will look at what outside groups or activities that we can bring into the classrooms.

If you have any questions, comments or suggestions, do not hesitate to stop by the office and speak with me.

Kim D. Parker

HEALTHCARE TRAINING INSTITUTE * NOVEMBER 5TH, 6:30 - 8:30 PM

sponsored by *Johnson & Johnson* and *UCLA*.

The Healthcare Training Institute:

- Enables parents to become better caregivers to their children by improving their health care knowledge
- Empowers parents to become better informed decision makers for the health care needs of their children.
- Enhances the confidence of parents in meeting their parental objectives.
- Actively contributes to the reduction of increasing health care costs in the United States.

To Participate (flyers will be sent home Sept 29)

1. Sign & Return the Parent Commitment Form
2. Attend the Workshop on Nov 5, 6:30 pm
 - ☆ Lasagna dinner and childcare provided
 - ☆ Free first Aid Kit
 - ☆ Free health care manual
 - ☆ Free health care products
3. Tell us how the information helped you with three brief surveys

Parent Survey Results

We received over 50 parent Surveys. These surveys help us plan for events and activities that families would like to have this school year.

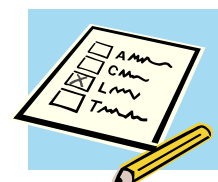
Please join us on December 3rd as we begin to plan for some of the top choices. We will also send home information about events in the community that we are unable to do at ECEAP due to cost, space, volunteers, etc.

Top choices:

- Family Nights: Multi Cultural Potluck & Spaghetti Dinner
- Parent Education: Stages of Development & Conflict Resolution
- Parent Support - Community Resource Fair

Other Suggestions:

- | | |
|---------------------|------------------------|
| Bowling | BBQ |
| Park | Zoo/Farm visit |
| Bingo | Puppy Show |
| Carnival | Roller skating |
| Blending families | Visit to elderly homes |
| Kids prepare a meal | Holiday cultural event |
| Music performance | Children's Museum |



PARENT TIDBITS

This month highlights the work of a psychology professor Carol Dweck. She has studied why some people excel and others don't. Her study was published in *Mindset: The New Psychology of Success*.

While the book has been used primarily for business, Dweck does relate the study to children: All children develop a belief about their own intelligence, talent and abilities.

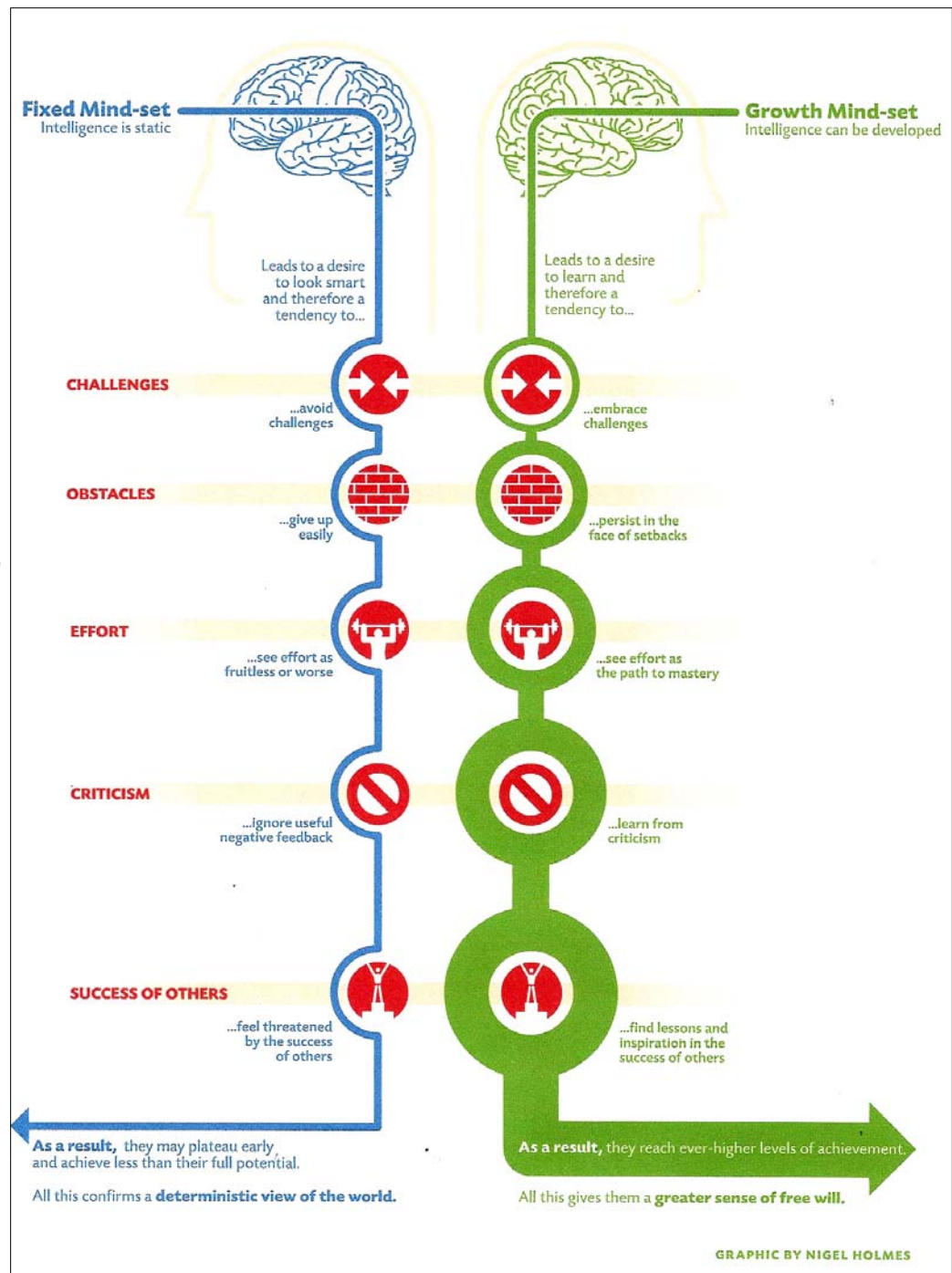
- **Some students start thinking that these are fixed -carved in stone.** "They worry about, 'Do I have enough? Don't I have enough?'"
- "Other children think intelligence, talent or abilities are things that **you can develop your whole life,**" she says. "You can learn. You can stretch. You can keep mastering new things." She calls this a "**growth mindset**" of intelligence.

For example: You have a bright child, and you want her to succeed. You should tell her how smart she is, right?

That's what 85 percent of the parents Dweck surveyed said. Her research shows otherwise. Labels, even though positive, can be harmful. They may instill a fixed mind-set and all the baggage that goes with it, from performance anxiety to a tendency to give up quickly. Well-meaning words can sap children's motivation and enjoyment of learning and undermine their performance.

Here are Dweck's tips from *Mindset*:

- Listen to what you say to your kids, with an ear toward the messages you're sending about mind-set.
- Instead of praising children's intelligence or talent, focus on the processes they used, for example:
 - "That picture has so many beautiful colors. Tell me about them."
 - "That homework was so long and involved. I really admire the way you concentrated and finished it."
- When your child messes up, give constructive criticism—feedback that helps the child understand how to fix the problem, rather than labeling or excusing the child.
- Pay attention to the goals you set for your children; having innate talent is not a goal, but expanding skills and knowledge is.
- Don't worry about praising your children for their inherent goodness, though. It's important for children to learn they're basically good and that their parents love them unconditionally, Dweck says. "The problem arises when parents praise children in a way that makes them feel that they're good and love-worthy only when they behave in particular ways that please the parents."



ECEAP PARENT NIGHT

- At the October Parent night parents will receive an overview of the curriculums used in the classrooms: Creative Curriculum, Second Step, Talking about Touching, and DECA.
- Parents will also have the opportunity to ask questions during Parent/Teacher conferences in December.

Save the Date!
January 28, 2008
Parent Trip to Olympia

PARENTS NEEDED

- **Nov 10 - 14 - Health Screenings.** Parents are needed to help Family Support staff for two hours each session to help with heights and weights for all of the students. Please sign up with your Family Support Worker.
- **Mukilteo Parent Advisory Council.** If you are interested in being a representative from ECEAP at the Parent Advisory Council, please talk with Kim Parker. We are looking for two parent representatives. The PAC meetings are once a month at different schools and covers different topics. The November meeting will cover student achievement.

REMINDERS

- **Well Child Exams.** Please be sure to complete your child's well-child exams. If you need referrals, please see your family service worker.
- **Classroom Volunteers.** We encourage parents to volunteer in the classroom - whether it is reading to the kids, sharing a hobby or talent, we are happy to have you involved! All parents must complete a background check and a volunteer orientation. Please check with your FSW to schedule a training, if necessary.

COMMUNITY RESOURCES



Phone: 211 or www.uwsc.org



www.parenthelp123.org

COMMUNITY EVENTS

Puppet Show

Sat, Oct 18, 2pm – 3pm
Everett Public Library Auditorium,
Main Library
Puppet show presented by Giraffe & Staff
Puppets: "The Dinosaur Show," featuring
giant puppets. A fun show for kids of all
ages!

Goblin Splash

Friday, Oct 24, 2008 7 p.m.-8:30 p.m.
Forest Park Swim Center
802 E. Mukilteo Blvd.

Dip into Halloween fun! Celebrate Halloween pool side at Forest Park Swim Center's spook-tacular event. Toss pumpkins, win prizes, enjoy Halloween fun while you treat our local food bank to fuller shelves. Bring a generous canned food or monetary donation, and you can swim for FREE!

Reptile Show & Petting Zoo

Sat, Oct 25, 12pm – 4pm
Everett Public Library Main Library
Auditorium

Pacific NW Herpetology Association presents a Reptile Show and Petting Zoo. Come meet slippery, slimy, scaly, creepy, crawly critters -- up close and personal. This is a "drop-in" event -- they'll be there all afternoon.

Halloween Carnival

October 31, 4:00 - 7:00. Mariner High School. Additional information will be sent home the 3rd or 4th week of October.

FREE Friday Night Live!
Presented by **TARGET**

I ♥ Friday Night Live!
The Museum is **OPEN LATE!!**

The Museum will be open until 9:00 p.m. the 3rd Friday night of every month!

FRIDAYs
October 17
November 21
December 19

ECEAP EVENTS AND ACTIVITIES

October 08			
Monday	Tuesday	Wednesday	Thursday
* Family Support Home Visits * Classroom Visits from the Sno-Isle Librarian & WSU Nutrition Instructors			
		1 6:15 - 7:00 - Open House 7:00 - 7:30 - Curriculum Night	2
6	7 Policy Advisory Council (PAC) Meeting (County)	8	9
13 Emergency Drills: Fire	14	15 No Classes (District Half Day)	16
20	21 9:15 AM & 1:15 PM Club Amigos/Parent Coffee:	22	23
27	28	29	30

November 08			
Monday	Tuesday	Wednesday	Thursday
* Heights, weights, vision and hearing screenings * Classroom Visits from the Sno-Isle Librarian & WSU Nutrition Instructors			
3	4 School Pictures PAC Meeting (County)	5 6:15 PM Parent Night: Health Care Institute	6
10	11 Veteran's Day No Classes	12	13
17 Emergency Drills: Earthquake	18 9:15 AM & 1:15 PM Club Amigos/Parent Coffee: Recipe Exchange/potluck	19 6:15 PM FEAST Family Night	20
24	25	26 No Classes (District Half Day)	27 Thanksgiving break - No Classes

December 08			
Monday	Tuesday	Wednesday	Thursday
* Classroom Visit from the Sno-Isle Librarian & WSU Nutrition Instructors * Nutritional Parent & Child Activity # 1: Goldilocks and the 3 bears			
1 Parent/Teacher Confer- ences	2 Parent/Teacher Conferences PAC Meeting (County)	3 Parent/Teacher Conferences 6:15 PM Parent Night: 10 years	4 Parent/Teacher Conferences
8	9 Picture Retakes	10	11
15 Emergency Drills: Lockdown	16 9:15 AM & 1:15 PM Club Amigos/Parent Coffee: Ornaments	17	18
22 Winter Break	23 Winter Break	24 Winter Break	25 Winter Break
29 Winter Break	30 Winter Break	31 Winter Break	