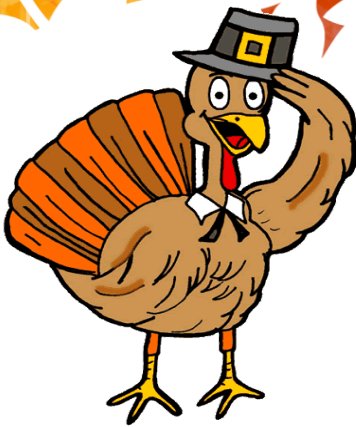


NOVEMBER 2012

the

C3 Family



Best Thanksgiving

Thanksgiving is here, so our minds have turned
To what time has taught us, to what we've
learned:

We often focus all our thought
On shiny things we've shopped and bought;
We take our pleasure in material things
Forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today,
We'd see the foundation of each happy day
Is special relationships, constant and true,
And that's when our thoughts go directly to you.
We wish you a Thanksgiving you'll never forget,
Full of love and joy—your best one yet!

By Joanna Fuchs

PEACEFUL
THOUGHTFUL
THANKFUL

MAY YOUR HOLIDAY SEASON BE *full.*

Thanksgiving Fun Facts!

First Thanksgiving

- The Plymouth Pilgrims were the first to celebrate the Thanksgiving.
- The Pilgrims sailed across the Atlantic Ocean to reach North America.
- They sailed on the ship, which was known by the name of 'Mayflower'.
- They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.
- The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.
- The first Thanksgiving celebration lasted three days.

Throughout History

- Benjamin Franklin wanted the turkey to be the national bird of the United States.
- Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.
- In 1939, President Roosevelt proclaimed that Thanksgiving would take place on November 23rd, not November 30th, as a way to spur economic growth and extend the Christmas shopping season.
- Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.

Turkey and Today

- In the US, about 280 million turkeys are sold for the Thanksgiving celebrations.
- The average weight of a turkey purchased at Thanksgiving is 15 pounds.
- The heaviest turkey ever raised was 86 pounds, the size of a large dog.
- Turkeys will have 3,500 feathers at maturity.
- Male turkeys gobble.
- Commercially raised turkeys cannot fly.
- Turkeys have poor night vision.
- A large group of turkeys is called a flock.
- A 16-week old turkey is called a "fryer."
- A 5-7 month old turkey is called a "young roaster."

Belk Carolinas' Carousel Parade

Thursday, November 22

The Belk Carolinas' Carrousel Parade is gearing up to march down Tryon Street on Thanksgiving Day, Thursday, November 22. The parade steps off from 10th and North Tryon at 10 A.M. and ends at Stonewall and South Tryon. The parade lasts approximately 2 1/2 hours. This event is FREE!!!

In this issue:

- Thanksgiving Fun Facts
- Thanksgiving Healthy Food Ideas
- Hand Washing for Kids
- Tips for Creating a Strong Parent-Teacher Relationship
- Thanksgiving Activity Sheet

Thanksgiving Healthy Food Ideas

Thanksgiving food is some of the most delicious fare that you'll eat all year long. In order to keep your family healthy enough to get together in the years to come, it is important to make healthy choices when it comes to planning your Thanksgiving dinner. Luckily, some of the most traditional Thanksgiving foods, such as turkey, sweet potatoes, cranberries, and apple pie, are also some of the healthiest foods that you can choose.

Turkey is almost fat free. This makes it a great choice for you and your family if you are interested in weight loss, or are dealing with certain health conditions such as cardiovascular disease or even diabetes. To prepare the turkey in a manner that is as healthy as possible, avoid adding high amounts of butter or salt to the bird.

Sweet potatoes are rich in fiber. This means that they can effectively help in the fight against obesity, cancer, and even cardiovascular disease. Sweet potatoes contain numerous vitamins and minerals that your body needs to function properly.

Thanksgiving dinner would be nothing without the addition of a dish of **cranberries**. Cranberries are rich in both fiber and vitamins and minerals, including vitamin C. Vitamin C can help boost your immune system, thereby preventing the development of cold and/or flu symptoms. When making cranberry sauce, try to keep it in its most natural state. This means avoiding adding high amounts of sugar to the sauce. Instead, try using applesauce as a sweetener.



Hand Washing for Kids: The Importance of Hand Washing

Imagine all of the things a person touches on a daily basis. Everyone most likely touches a toilet, table or doorknob at least once a day. Now just think of all the other things a person may touch. This can include anything from pets to



runny noses. Every object, animal or person has germs. Some of these germs are not harmful to humans but many others are. Every single germ that a person comes into contact with stays on the surface of their skin and is then transferred to every object that the

person touches. This means that if a person were to touch a dirty pet, or raw chicken and then touch a doorknob, anyone who touches the same doorknob would have the very same germs on their hands. The same thing goes for people that do not wash their hands after using the toilet.

When bad germs are on a person's hands, it is very easy for them to get inside a person's body and make them sick. Because the germs spread so easily, a whole classroom full of people could get sick from touching the same doorknob that a person with sick germs did. Just one person washing their hands could prevent a whole group of people from getting sick.

Hand washing is only effective at killing germs if it is done properly. It is especially important to wash hands after handling pets, before and after preparing food, before eating and after using the toilet. A good rule of thumb, other than before or after the previously mentioned activities, is to wash your hands whenever they feel gross or sticky or if they look dirty.

Soap and water is the most effective way to clean hands, yet there are alternative solutions when water and soap are not available. Hand sanitizers are effective at eliminating the majority of germs as are alcohol based wipes. These methods are better than nothing, yet it is best to wash in soap and water as soon as possible- even if hand sanitizers or wipes have been used previously.



Parent-Teacher Communication: Tips for Creating a Strong Relationship

Parent-Teacher communication is essential to your child's success in school. Here are some important suggestions to help you create a strong parent-teacher relationship.

- **Parent Teacher communication should be focused on the best interests of the child.**
- Parents and teachers must make a commitment to know the child, his/her needs, hopes, interests and dreams.
- Parents must give teachers insights into their child's character, strengths, interests, needs and areas of concern. The parent should know the child better than the teacher. To achieve this end, a teacher may send home a questionnaire at the beginning of the year, which is designed to elicit this information. The answers help a teacher get to know the child, while revealing how the parent views her child and whether she acknowledges his strengths and is aware of areas of concern. Although this information can be helpful, the teacher needs to create her own relationship with the child that is based on her observations and interactions with the child.
- Parents should discuss answers on the questionnaire with their child and set goals together, particularly with regard to pursuing areas of interest and improving skills that will help their child succeed in school and in life.
- **Parent teacher communication depends upon mutual disclosure.** A parent must be willing to mention when there are struggles at home that might affect the child's ability to get along with others or dampen his/her enthusiasm for learning.
- Teachers must keep parents informed about what is happening at school. Keeping the lines of communication open so that parent and teacher can have a bigger perspective about what is happening in the life of the child creates a supportive network that benefits everyone involved.
- **Parent teacher communication is dependent on establishing a regular means for communication.** Many teachers are accessible at school, via email, or school websites. Find a way to communicate with your child's teacher on a regular basis.
- Familiarize yourself with the school policies and rules specific to a teacher's class. Talk these over with your child so he/she has a clear understanding of expectations for performance and guidelines for acceptable behavior. If your child understands how a rule benefits everyone, he/she is more likely to respect it.
- **Parent teacher communication tip: send your child's teacher a note of appreciation for he/she does.** Teachers often hear from parents only when there are complaints or conflicts. On occasion, send your child's teacher a note or email to tell how much you value his/her influence in your child's life. **Acknowledge and inspire teachers with your recognition and support.**

It takes a village to raise a child who is healthy, caring, and responsible. In school, this village starts with the network formed by parents, teachers and administrators who understand that their job is to work together to support and guide the development of each

What are you eating for Thanksgiving?

Start

Finish

I am THANKFUL for...

Write a Fall or Thanksgiving word that starts with each letter below

T H A N K S I V I N G

Yellle Yellle