

TRI-COUNTY
**HEAD
 START**
 November 2024


5
 or more
 fruits and
 vegetables
 each day


2
 hours or
 less screen
 time each
 day


1
 hour or more
 physical
 activity each
 day


0
 sugary
 drinks!

THINGS TO KNOW

We are excited to step into November! It is the time of year where gratitude and all things fall takes over our learning. With Thanksgiving right around the corner, we look forward to a month filled with exploration, celebration, and growth!

Reminders:

- Colder weather is here. Dress your child in layers and bring coats, hats and mittens/gloves. If you are in of cold weather gear, please let us know so we can help.
- Accidents happen! Please bring a change of clothes (or 2).
- Wash your hands regularly to keep everyone healthy and safe.
- If a child is out of school for 3 days or more due to illness, you will be required to bring in a doctor note per our policy. Please ask the doctor for this note while you are in their office.
- Look on your child's teachers bulletin board to see each teacher's newsletter that highlights what they will be learning!

CALENDAR



- November 3: Daylight Savings - Don't forget to set back your clocks!
- November 5: Home-Based Socialization (Blackhawk County)
- November 8: No School, Teacher Workday
- November 11-15: Tri County Spirit Week
- November 11-13: Dental Days with Dr. Walker
- November 13: Home-Based Socialization (Grundy County)
- November 14: Home-Based Socialization (Blackhawk County)
- November 15: Fall Gold Checkpoint Complete
A GOLD checkpoint is a assessment tool which helps teachers monitor your child's progress.
- November 18, 2:30-5:00 pm: Taste & Talk at LCC
- November 18, 5:30-6:30 pm: Policy Council
- November 18: Fall Conference/Home Visits Start
- November 19, 2:30-5:00 pm: Taste & Talk at Maywood
- November 19: Board of Directors Meeting
- November 28 & 29: Closed for Thanksgiving Holiday

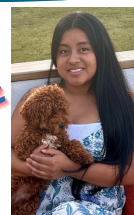
Need clothing?

Visit **Tri-County Closet**.

Monday-Fridays, 9 am - 5 pm

Women, men and children's clothing available. Reach out to your Family Service Worker or Home Visitor.

Staff Updates





Welcome **Gilma Aguilar-Mendez**, new assistant teacher at Lowell!

CONTACT US

 teamtricity.org

 info@teamtricity.org

 (319) 235-0383

 Tri-County Head Start

HEALTH

Dental Days with Dr. Walker Nov. 11-13



Contact your family service worker/home visitor to sign up

RSV is a virus that causes respiratory illness.

[Read more on RSV](#)

Medicaid Eligibility

Starting in 2025, postpartum Medicaid will continue for 12 months. But income limits to qualify for Iowa Medicaid will be reduced for infants and pregnant women.

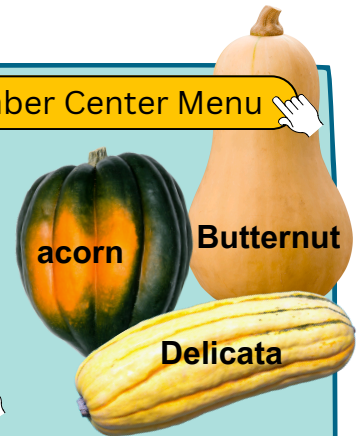
[Read more](#)

NUTRITION [November Center Menu](#)

Winter squash are healthy vegetables to eat.

Pick up local winter squash next time you go grocery shopping.

[Try a Squash Recipe](#)



Iron is a mineral. **Iron helps carry oxygen through the body and supports a child's ability to learn.** It is important your child eats iron rich foods like red meat, poultry, eggs, iron-fortified cereals and dark leafy greens.

[Learn more about iron](#)

AT HOME OPPORTUNITIES

Take a nature walk with your child.

- Collect leaves
- Ask your child why they think the colors of the leaves are changing.
- Talk about what happens to trees as the leaves fall.



What can you see in the Fall?

HOME-BASED

**Happy November from the Home-Based Team!
We are thankful for you!**

This month your Home Visitor will share with you all of the progress your child has made in their growth and development. During this time, please feel free to ask any questions or let them know if you have any concerns. Also be sure to check out our upcoming socialization events on the calendar!

PARTNERSHIP LOCATIONS

Classrooms have been busy learning. Here are some of the things they have been doing:

- Practicing the start and ending letter sounds in words (like sh- in shout). These activities help your child build foundations for reading when they get older.
- Doing patterns and number identification to develop math skills.



DUAL LANGUAGE LEARNER

We celebrated Hispanic Heritage Month in October. We are so grateful to Ana Laura, a parent, who came to help with our activities.

[Check out pictures!](#)

[Check out video!](#)

