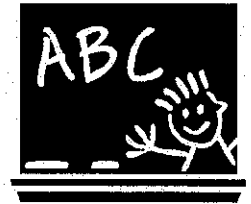


# Pre-School Tymes



November 2023

Council of Three Rivers American Indian Center  
Early Childhood Education Programs



## Building Security

For the safety of all children in our centers, please take a moment to read the following:

When entering any of our center, please use the designated main door only. Upon entering any of our buildings, sign in on the provided sign-in book. Use **your** name (not the child's) and place the time you enter and exit the building on the same line. When you send someone to drop off or pick up your child, they need to sign on a line of their own. The individual picking up your child must be at least **14 years of age**. All parents and/or caretakers **must have Photo ID and know the Code Word, and be on the Code Word Sheet. Everyone, Everyday No Exceptions.**

All Head Start Children **must walk-up and down the stairs holding onto the rail. You are not permitted to carry children up and down the stairs.**

## Kindergarten Transition Information

If your child will be going to kindergarten in September 2024, please contact the board of education to verify the registration/enrollment deadline. The parent hotline for the Board of Education can be reached at 412-622-7920. All new enrollees to Pittsburgh Public Schools, private school transfers, and returning student applicants must submit a birth certificate, shot records, and two proofs of residency with their application.

***Incomplete applications will not be processed. Please join us at your centers parent meeting for more information.***

## Attention—Attention-Attention

Due to child and staff allergies you are **not permitted** to bring in any food or beverage into the building, and are **not allowed** to bring any food or beverage on our buses.

**COUNCIL OF THREE RIVERS AMERICAN INDIAN CENTER**

**(COTRAIC)**

120 Charles Street

Dorseyville, PA 15238

Telephone: 412-782-4457

**EXECUTIVE DIRECTOR**

**Russell Simms**

**DIRECTOR OR EARLY CHILDHOOD EDUCATION**

**Susan Buffton**

**EARLY HEAD START DIRECTOR**

**Deborah Gallagher**

**EARLY CARE AND LEARNING CENTERS:**

**DORSEYVILLE CENTER**

120 Charles Street

Dorseyville, PA 15238

Telephone: (412) 782-4457

Fax: (412) 767-4808

**ROCHELLE CENTER**

201 Rochelle Street

Pittsburgh, PA 15210

Telephone: (412) 488-2750

Fax: (412) 488-7527

**CHURCHVIEW CENTER**

3198 Schieck Street

Pittsburgh, PA 15227

Telephone: (412) 882-1481

Fax: (412) 882-7424

**HAZELWOOD CENTER**

4900 Second Avenue

Pittsburgh, PA 15207

Telephone: (412) 421-6379

Fax: (412) 421-0516

**EHS/KAUFMANN CENTER**

2201 Salisbury Street

Pittsburgh, PA 15210

Telephone: (412) 431-4339

Fax: (412) 431-2169

**GREATER HAZELWOOD**

**FAMILY CENTER/EHS**

5006 Second Avenue

Pittsburgh, PA 15207

Telephone: (412) 904-2005

Fax: (412) 904-2729

**BRIGHTSIDE ACADEMY**

826 Hazelwood Avenue

Pittsburgh, PA 15217

Telephone: (412) 422-8022

Fax: (412)

**FUTURE FOCUS**

**CHILD CARE**

100 Mulberry Lane

Penn Hills, PA 15235

Telephone: (412) 401-2528

Fax: (412) 723-4250

**BRIGHTSIDE FUTURES**

950 Pittsburgh Street

Pittsburgh, PA 15144

Telephone: (724) 715-7476

Fax: (412)

**LOVE-LEARN-PLAY**

610 Beatty Road

Monroeville, PA 15147

Telephone: (412) 646-4615

Fax: (412)

**THOMAS CHILDCARE**

10739 Frankstown Road

Penn Hills, PA 15235

Telephone: (412) 727-6323

Fax: (412)

**CRAFTON CHILDREN CTR**

875 Greentree Road #6

Pittsburgh, PA 15220

Telephone: (412) 922-2273

Fax: (412) 922-2295

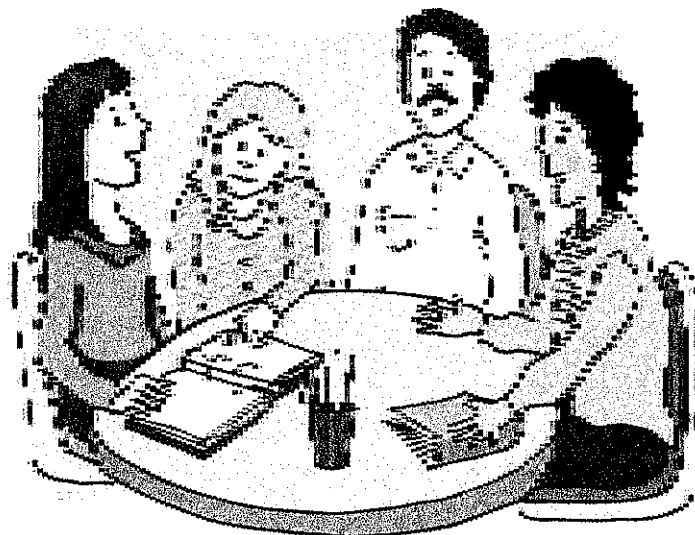
**CRAFTON CHILDREN CTR**

545 Hamilton Road

Pittsburgh, PA 15205

Telephone: (412) 921-2273

Fax: (412)



November 2023

**THE LOVE OF COOKING AND EATING NUTRITIOUS FOODS START AT HOME!**

The nutrition department has a fun activity for you and your child to do at home which will help us reach our in-kind goals. Attached are two different recipes, pick one, shop and prepare the dish with your child. Snap a picture of you and your child making or eating the food and fill out an in-kind form and send to [lsayenga@cotraic.org](mailto:lsayenga@cotraic.org), Nutrition Coordinator, or to your Family Advocate, please include your child's name and room number. Everyone that sends a picture, and a signed volunteer form will receive a small prize.

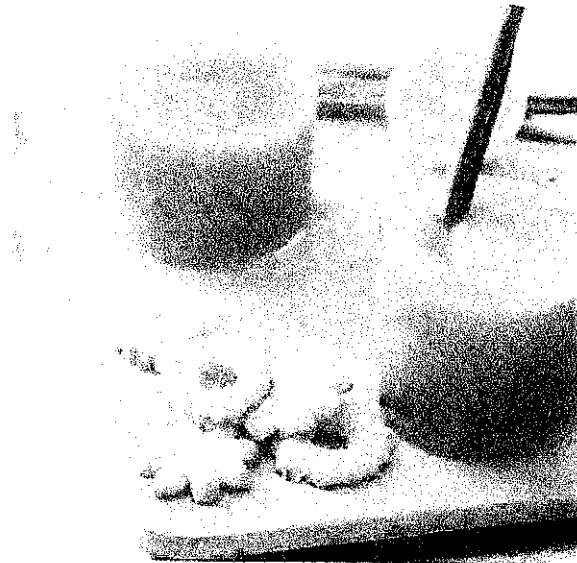
Please fill out the attached in-kind volunteer form, sign it and send it in.

All photos and forms must be in by: December 1, 2023

**THANK YOU AND LET'S GET COOKING!!!**

Linda Sayenga

Nutrition Coordinator



## Spiced Apple Cider

Spiced Apple Cider is sure to warm you up from head to toe all winter long. Not to mention how heavenly it will make your kitchen smell!

No ratings yet

SERVINGS: 4  
AUTHOR: Catherine McCord  
PREP TIME 5 minutes  
COOK TIME 20 minutes  
TOTAL TIME 25 minutes

### Ingredients

- 1 64 ounce container of apple cider
- 12 cloves
- 2 lemons, juiced
- 2 cinnamon sticks

### Instructions

1. Place all the ingredients (including the juiced lemon rinds) in a saucepan and simmer over low heat for 20 minutes.
2. Serve (obviously don't ladle the cloves, cinnamon or lemons into the cups!).

# Grover's Banana Oat Squares

Snack Crediting for Ages 3-5



## Total Time

25 minutes



## Serving Size

1 square



## Servings

8



## Components

Grains, Fruit

## Ingredients

- 4 medium bananas
- 2 cups rolled oats
- 6 tbsp peanut butter

## Directions

1. Mash bananas and combine with oats and peanut butter.
2. Spread into 9x13" baking pan and bake at 350° F for 20 minutes.
3. Cut into 8 portions.



This recipe created in partnership with

**Sesame Street in Communities.** (<http://ssic.org>)

# *Get Stuffed with Love*

## *Feed the Hungry – Thanksgiving 2023*



### *Do you need a meal on Thanksgiving?*

Rotary Clubs of Bethel-St Clair and Northern Allegheny, and Holy Assumption of St. Mary Orthodox Church are partnering again this year to cook, assemble, and Pittsburgh Police officers will deliver food on Thanksgiving Day. Over the past 20 years this event has gone from feeding 250 people who are homeless, shut-ins, disabled, and in need to over 4300 people and numbers keep growing!

**If you need a meal, you just need to contact your local police zone officer!  
Deadline date to call in a meal is Friday, November 17, 2023 NO EXCEPTIONS, so please call now!**

Zone 1: Officer Darrick Payton, @ 412-323-7201 [darrick.payton@pittsburghpa.gov](mailto:darrick.payton@pittsburghpa.gov)

Zone 2: Officer Eldridge Kimbrough or Officer Brian Wissner @ 412-255-0782  
(sub station – 8am to 4pm) or 412-255-2828 [eldridge.kimbrough@pittsburghpa.gov](mailto:eldridge.kimbrough@pittsburghpa.gov)  
[brian.wissner@pittsburghpa.gov](mailto:brian.wissner@pittsburghpa.gov)

Zone 3: Officer Christine Luffey @ 412-488-8425 [christine.luffey@pittsburghpa.gov](mailto:christine.luffey@pittsburghpa.gov)

Zone 4: Officer Victoria Butch @ 412-422-6520 [victoria.butch@pittsburghpa.gov](mailto:victoria.butch@pittsburghpa.gov)

Zone 5: Officer Jeffery Crawford or Officer Nicole Kolesar @ 412-665-3605 or 412-512-4082  
[jeffery.crawford@pittsburghpa.gov](mailto:jeffery.crawford@pittsburghpa.gov) [nicole.kolesar@pittsburghpa.gov](mailto:nicole.kolesar@pittsburghpa.gov)

Zone 6: Officer David Sadecky or Officer Robert Stehle @ 412-937-3051

[david.sadecky@pittsburghpa.gov](mailto:david.sadecky@pittsburghpa.gov) [robert.stehle@pittsburghpa.gov](mailto:robert.stehle@pittsburghpa.gov)

If you don't need a meal, but would like to donate, please make checks payable to "The Rotary Club of Bethel-St. Clair" and write "Thanksgiving" in the memo. Checks should be mailed to SSB Bank, Attn: Heather Dieckmann, 8700 Perry Highway, Pittsburgh, PA 15237

Keystone Church & Center of Life's

# Annual Turkey Giveaway

Turkey delivery/pick up will be Friday, Nov 17<sup>th</sup>.

Hazelwood residents will have their turkeys delivered to them.

Non-Hazelwood residents will need to pick their turkey up from COL.

For more information call (412) 521-3468.

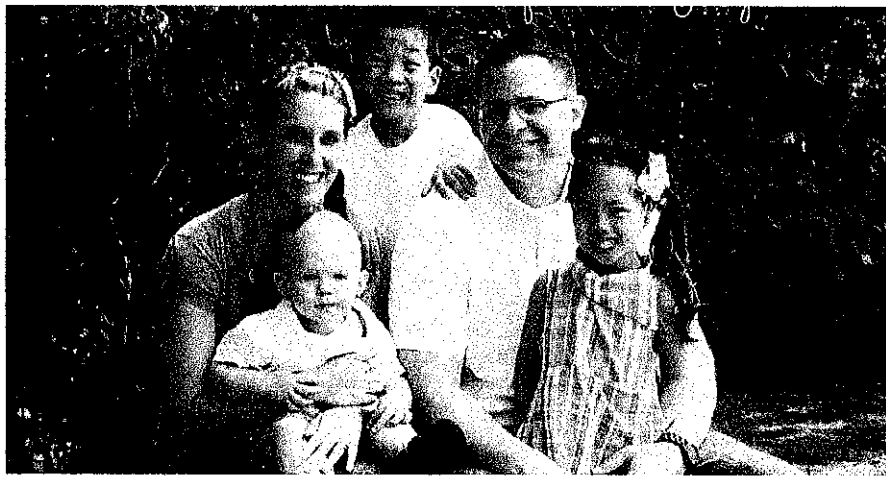
**Registration opens Monday, Oct 30<sup>th</sup>**

To register, use the QR code or go to:

<https://tinyurl.com/COLturkey2023>

center of life  
hazelwood - pittsburgh





## **PARENT INVOLVEMENT AND POLICY COUNCIL**

As parents and families of Head Start/Early Head Start Children, there are many ways for you to become involved and staying engaged in your child(ren) education and future. Head Start/Early Head Start works in partnership with parents to build on each family's strengths and to assist them in reaching their goals. The level to which parent involvement is embraced and encouraged is unique to Head Start/Early Head Start, and is one of the reasons the programs stand out as a model for child and family support and development.

Parent involvement begins at the time a parent/guardian choose to enroll their child(ren) in the program. All Staff realizes that **"Parents are the first and primary teachers of their children"**.

## **JOB OPPORTUNITIES AT COTRAIC**

**FULL TIME BUS DRIVER**

**EHS ASSISTANT DIRECTOR**

**PART TIME BUS DRIVER**

**HEAD START CLASSROOM COACH**

**PROGRAM AID PART TIME**

**KITCHEN AID/COOK**

**TEACHERS HEAD START/PRE-K/EARLY HEAD START**

**\*\*\*IF INTERESTED IN APPLYING GO TO OUR WEBSITE, [WWW.COTRAIC.ORG](http://WWW.COTRAIC.ORG) /CAREERS OR HAVE YOUR FAMILY ADVOCATE SEND HOME APPLICATION\*\*\***





# Cotracic - Head Start - Pre-K



Effective immediately, anyone picking up a child **must know your code word and show ID**. If you need a photo ID please see your family advocate.

Thank you for your cooperation!

## Nepali

तपाईंको बच्चालाई उठाउँदा अब तपाईंलाई सुरुवात गर्नुपर्दछ तपाईंको कोड शब्द र शो ID। यदि तपाईंलाई फोटो आइडी चाहिन्छ भने कृपया दुः खी हेर्नुहोस् वा तपाईंको परिवारका अधिवक्ता।

## Burmeese

ချက်ချင်းထိရောက်စွာလိုက်နာရန်

မည်သူမဆိုကလေးလာကြိုပါက သင့်ရဲ့ စကားဝှက်နှင့် ID ကိုပြရပါမည်။ သင့်ရဲ့ ဓါတ်ပုံ ID လိုအပ်ပါက မိသားစုထောက်ခံချက်မှာကြည့်ရပါ။ သင့်ရဲ့ ပူးပေါင်းဆောင်ရွက်မှုအတွက် ကျေးဇူးတင်ပါသည်။

## Spanish

A partir de ahora debe conocer su código de identificación y mostrar ID al recoger a su hijo. Si necesita una identificación con fotografía, consulte a su defensor de la familia. Gracias!


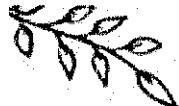
## Arabic

قانون قيد التطبيق مباشرة

على كل شخص يريد استلام الطالب من المدرسة او الباص ان يظهر هويته الشخصية وان يعرف كلمة السر الخاصة بالطفل اذا كنت لا تملك هوية شخصية يرجى مراجعة المدرسة

شكرا لتعاونكم معنا !!





**Do you want to make a difference? Have a voice in your children's education? Consider joining Policy Council.**

**What is the Policy Council?**

The Policy Council is a group of Head Start and Early Head Start parents and community members who help lead and make decisions about their program. Policy Council members are elected by the parents of children enrolled in the program. Parents often join the Policy Council after serving on a parent committee. The Policy Council meets regularly as a group. Members can serve for one year at a time, and for up to five years. They work closely with the program's management team and Governing Body to provide overall direction for the program.

**Why Do Head Start and Early Head Start Programs Have a Policy Council?**

When Head Start began in 1965, its founders felt that parents should help decide how Head Start services can most benefit their family and other families in the community. Head Start created the Policy Council as a formal leadership and policy-making role for parents. Today, every Head Start and Early Head Start program must have a Policy Council as part of its leadership structure. Through the Policy Council, parents have a voice in decisions about how the program spends money, what children do in their classrooms, and how the program works with community partners.

**Why are you asking me to consider joining the Policy Council? What can I offer?**

The Policy Council represents parents' voices and perspectives to guide decisions about the program. Policy Councils welcome parents and family members from all backgrounds and family structures. They may be mothers and fathers of all ages, grandparents, foster or adoptive parents, or other important adults in a child's life. You are being asked because you are the most important teacher in your child's life. Staff value your ideas about how to best serve all the children in the program.

**What do I need to know before I join?**

What's most important is that you want to help your program provide a positive learning experience for your child and other children. Once you are elected, you will receive training about how your Policy Council works. Some things that the group may discuss in Policy Council meetings are decisions about program policy, budgets, center activities, and hiring staff.

**When and where do the meetings take place?**

Meetings are typically held monthly at the program. The meeting time varies. Meals are usually provided. Childcare is offered. Some programs assist with transportation or arrange for members who live far away to attend remotely. Programs also can provide interpretation services. Be sure to let your program know of anything you need to make it easier to attend meetings.



**Policy Council needs you! Contact Nikki**

**at 412-488-2750 or**

**churney@actris.org**



**Council of Three Rivers American Indian Center**  
**120 Charles Street Pittsburgh, PA 15238**  
**Phone: 412.782.4457**

## **The Head Start Program**

### **Did You Know.....**

#### **What is Head Start?**

Head Start is primarily a federally funded program that provides education, health, and social services to families with children aged 3, 4 and 5. Head Start programs help children develop academic and social skills that prepare them for school and life. While enrolled in a Head Start preschool program, children receive nutrition, health and supports that help them grow mentally, physically, and socially. Families are also offered support to help them obtain services for a variety of needs such as employment or housing.

#### **Who is eligible for Head Start Services?**

Eligible participants include children between the ages of 3-5 whose families meet the federal low-income guidelines — that is, whose incomes are at or below the federal poverty guidelines or who receive Temporary Assistance for Needy Families, Supplemental Security Income, or Supplemental Nutrition Assistance Program public assistance services. Other eligible participants include children who are in the foster care system or experiencing homelessness. Programs may also accept a limited number of children who do not meet any of those eligibility criteria.

#### **How is the Head Start Program FREE to families?**

Local agencies receive funding from the federal government to operate as a Head Start grantee and they follow a comprehensive set of Performance Standards that assure high quality. Many Head Start programs offer center-based services where children attend a preschool. Center-based services are considered the school in which your child is enrolled. Head Start children are expected to be enrolled five days per week for at least six hours per day.

#### **What are the services available for children and families?**

Head Start programs help children get ready to succeed in school and in life through learning experiences tailored to their changing needs and abilities. Our programs do this in a few keyways:

##### *Early Learning and Development*

- Build strong relationships as the foundational driver for early learning.
- Engage families in their child's learning and recognizing parents as a child's first and most influential teacher.
- Implement effective practices to promote children's growth in five key domains (approaches to learning, social and emotional development, language and literacy, cognition, and physical development).



**Council of Three Rivers American Indian Center**  
**120 Charles Street Pittsburgh, PA 15238**  
**Phone: 412.782.4457**

- Encourage learning through play, creative expression, and guided activities with schedules and lesson plans that include the cultural and language heritage of each child and family in relevant ways.
- Create welcoming learning environments in indoor and outdoor settings that are well-organized and safe.
- Conduct ongoing screenings and assessments to guarantee each child is making progress.
- Collaborate with parents and community agencies when further assessment is needed.
- Support the full inclusion of children with disabilities and build on their strengths.

**Health and Wellness**

- Engage all children in both indoor and outdoor physical activity.
- Serve breakfast, lunch, and snacks that are healthy and nutritious.
- Ensure children receive medical, dental, hearing, vision, and behavioral screening.
- Make sure children brush their teeth after meals; promote oral health and hygiene.
- Help families understand and support their child's health and behavioral health needs.
- Assist with mental health services for children and families, as needed.
- Build resilience to help children and families heal from traumatic experiences or events and overwhelming situations.

**Family Well-being**

- Offer parenting support and strategies.
- Support parental health and links to community services during pregnancy.
- Connect families to community and federal assistance.
- Help families identify and reach their goals and dreams, including those related to finances and economic mobility, housing, employment, and education.
- Provide a career pathway in early care and education — about 22% of program staff are current or former Head Start parents.

**Family Engagement**

- Invite parents to share information and insights about their child.
- Celebrate the role of fathers and male caregivers through father engagement.
- Engage parents as their child's lifelong advocate.
- Welcome parents to offer ways to improve children and families' experiences in the program, including through leadership roles on the Policy Council.
- Support child and family transitions to the next step in Head Start, kindergarten, or another early childhood program.

## Health Effects from Food Dyes

Walking down a supermarket you see all the bright colors. The reds, yellows, oranges, and greens. However, those colors are not the fruits and vegetables of the market. They are the food dyes luring you away from the healthy nutrients and enticing you to buy boxes of Fruit Loops, Jell-O, baked goods, Skittles, and so on. Manufacturers usually add color to colorless foods to enhance colors and to avoid color loss due to environmental elements. These foods are filled with dyes that could be particularly harmful to you and your child. Artificial dyes used to be tar-based and now are petroleum-based. They offer no nutritional value and are said to have been linked to cancers, ADHD, asthma, gut health, hives, and other health impairments.

There are two types of color additives - dyes and lakes. Dyes are water-soluble and usually come in the form of powders, granules, or liquids. Lakes are not water-soluble. They are found in products containing fats and oils.

It is said that the FDA knows that we are consuming toxic dyes but has not yet banned any of them, knowing full well what it does to the body. They have not banned these dyes because they make a great deal of profit from them. Other countries such as Europe, Italy, and Sweden have banned most of the dyes.

### Artificial Dyes and their Side Effects:

Blue #1 (Brilliant Blue)- Found in baked goods, beverages, and cereals. It is said to cause kidney tumors, irritability, moodiness, and fatigue- Lasts 24hrs in body.

Blue#2 (Indigo Carmie)- Found in candies and pet food. It is said to cause brain cancer.

Red#3 (Erythrosine)- Found in maraschino cherries, baked goods, and candy. Banned by FDA for causing thyroid tumors when used in cosmetics and topical drugs.

Red#40(Allura Red)- Most widely used dye! Found in cereals, desserts, drugs, and cosmetics.

Accelerates immune system tumors in mice and triggers allergic reactions and hyperactivity in children. It is said to cause ADHD, hyperactivity, migraines, impulsiveness, fidgeting, brain buzzing.

Yellow#5 (Tartrazine)- Found in any number of baked goods, cereals, gelatin products, and dessert powders. It is said to cause severe hypersensitivity and triggers hypersensitivity disorders and is like Oppositional Defiance Disorder and Conduct Disorder. Lasts 5 days in body.

Yellow#6 (Sunset Yellow)- Found in beverages, desserts, gelatin, candy, and even sausages. It is said to cause adrenal tumors and trigger severe hyperactivity in children.

Green#3(Fast Green)- Found in many cosmetics, candy, and over the counter drugs. It is said to increase tumors of the bladder and testes, cause mania, hyperactivity, and feeling of euphoria. There are also E150-E150b-E150c-E150d- These can all be found in soft drinks, liquor, beer, at the bakery, in cookies, seafood, canned fruit and vegetables, and ice cream.

Getting rid of artificial dyes from the body takes about two weeks. You may feel very tired; your stamina is depleted. But the good news is that two weeks without food dyes may help you be able to think clearly and sleep better. You and your child may be calmer also! When possible, buy fresh fruits, vegetables, meats, and dairy. Steer clear in the inside aisles at the grocery store!

# ABC'S for Parents of Little Ones

**As parents, we want to support our little ones during tough times. However, adults can't help children navigate upset and reach a calm state unless we are composed ourselves. This printable resource provides a three-step process for calming yourself and providing the safety your children need.**

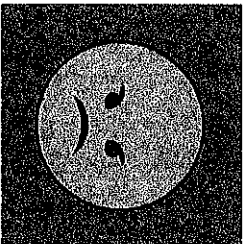
The inner state of adults (upset or calm) dictates the inner state of young children. A young child cannot feel calm when their parent or caregiver is clearly upset. Children easily pick up on the feelings of the adults around them. If you want to help your child feel composed, the first step is attending to your own composure.

This free resource introduces three steps to help you regain your composure before attempting to calm a child. Print this quick guide for parents of little ones, then post it somewhere prominent as a helpful reminder. With these tips, you'll be a more present and effective guide through these unique times.

## Conscious Discipline Glossary:

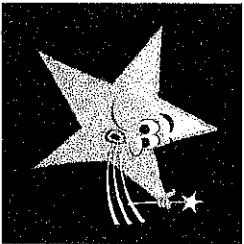
- **S.T.A.R.:** One of Conscious Discipline's four core breathing techniques, S.T.A.R. stands for Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Exhale longer than you inhale. Three deep belly breaths shut off the body's "fight or flight" response.
- **Connection:** The four components of meaningful connection are eye contact, touch, presence and a playful situation.
- **Safe Place<sup>™</sup>:** The Conscious Discipline Safe Place is a self-regulation center where children use research-based, developmentally appropriate tools and strategies to change their inner state from upset to calm. Only in a calm, optimal state can the brain function well enough to learn and problem-solve effectively. For children, the parent or caregiver is the very first Safe Place.

# ABC's for parents of little ones...



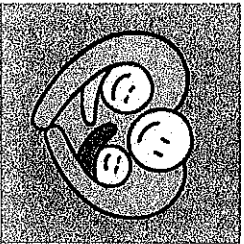
## AWARENESS

**Be aware of your own inner state.** Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.



## BREATHE

**Take deep belly breaths.** Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times.



## CLOSENESS

**They want to be close to you because you are their Safe Place<sup>™</sup>.** Co-regulation and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness.

## How to teach your preschooler to be thankful

What is it that makes a person thankful and why is it that we often only acknowledge our appreciation for what is important in our lives around the holidays? While it's true that we shouldn't only be thankful at the end of the year, it's actually a very good time to talk to your children about the concept and why it is so important.

### SET AN EXAMPLE

This is especially true with preschool children who often do best learning a new idea when it is modeled for them. So, whether it is November or March, there are easy ways for you to demonstrate to your little one the notions of thankfulness, kindness, and generosity and why they are so important.

You are your child's first and best role model. If they see you engaging in the generous behavior, they'll want to do the same thing. So if you are buying food for a local food drive or donating clothing to a church, let your preschooler know what you are doing and why. You aren't showing off or patting yourself on the back, you are demonstrating generosity in action.

### LET THEM HELP

If their preschool is holding a toy drive, let them come with you to pick out the toy and wrap it. Explain why toys are being collected and why it is important that you help. Don't ask them to donate their own money, but if they volunteer, accept with great praise. If they have a lot of toys laying around that they no longer play with that are in good shape, consider approaching them about donating them to a needy family or local preschool or

### PUT THINGS IN PERSPECTIVE

Naturally self-centered creatures, it's hard for preschoolers to grasp that there is a big world and it isn't orbiting around them. Do your best to explain that just like they do, people everywhere have different things that they need. Without being too heavy-handed, talk about how some people need warm food to eat and clothes to wear and how it is very nice when other people help out by buying these types of things.

### START OFF WITH SMALL THINGS

By simply teaching your child to share or to get along better with a sibling, you are one step closer to raising a child who appreciates what they have.



Learning to be considerate of others is a big lesson for a preschooler to learn and one that translates well into a bigger arena when they get older.

#### PRAISE AND SCOLD APPROPRIATELY

When your child does perform an act of kindness, be effusive in your approval. Say things like, "I'm so proud of you for sharing the toys at preschool." More than anything else, your preschooler wants to make you happy, so when they do, shout it from the mountaintops.

As they get older, they'll still appreciate your support but will behave in a generous fashion because it makes them feel good. At the same time, if your preschooler behaves selfishly, be sure to let them know. "It not nice and it might hurt others when you grab toys away from them. Please think about taking turns or choosing another toy."

#### STRESS THE IMPORTANCE OF MANNERS

Thank you is such a simple phrase, but it makes such a difference in a little one's behavior and how they are perceived. At first, the words may just come out of your child's mouth out of force of habit or because you are prompting — "What do we say?" — but eventually, they'll grasp the meaning behind them. Talk about why telling someone "thank you" is important. Point out a time that someone said "thank you" to them and how that made them feel good inside.



# COTRAIC FOOD PANTRY

**We're here to help!**



**Visit our food pantry in  
Dorseyville:**

**120 Charles Street  
Pittsburgh, PA 15238**

**Contact Us**



**412.292.9571**



**[GCUTRUZZULA@COTRAIC.ORG](mailto:GCUTRUZZULA@COTRAIC.ORG)**

## TRANSPORTATION REMINDERS

We would like to thank you for your patience as the beginning of the year can be a little busy. Please be considerate as our transportation program is a privilege, and not a required function of the program. Failure to follow bus rules will result in a written warning that could affect your child's bus riding privileges.

**Children must ride the bus to and from school. We cannot provide transportation one way.** Not riding the bus both ways may put your child at risk of losing their spot on the bus for a child needing to ride both ways.

**Smoking is not permitted around the buses. Please do not approach the bus with a lit cigarette.**

Book bags with wheels are a danger when riding the bus. Please don't send your child to school with them.

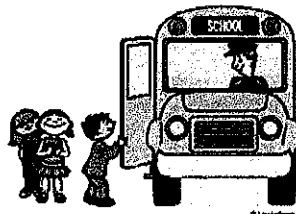
**Drivers cannot wait at the bus stop.** Therefore, parents/guardians need to be at the stop at least 10 minutes before and stay 10 minutes after the scheduled time. This grace period allows for traffic conditions or any emergency that the driver may encounter in route to your stop. No waiting in your car; when the bus comes you must be at the bus stop.

The Code Word system will be enforced for picking up the child(ren) daily. Carry your photo identification as it must be shown every time when picking up your child from the bus or from the school. **No one will be permitted to take a child without photo identification and the code word.**

**EVERYONE-EVERYDAY, NO EXCEPTIONS!**

The child's first bus ride must be in the a.m., so the bus driver and program aide will know who the child is and their bus stop.

Please refer to the transportation section of your Parent Handbook for a complete list of the transportation procedures. Any questions or concerns with regard to bus procedures must be referred to the Transportation Coordinator at (412) 488-2750, extension 234.





# SCHOOL CLOSING/DELAYS INFORMATION

When it becomes necessary to close any Council of Three Rivers Programs because of wintry weather, or any other emergencies, tune into WPXI Channel 11 NEWS TV, WTAE Channel 4 NEWS TV, CELL PHONE APP AND ON YOUR COMPUTER; Facebook, AND OUR Website:

[www.cotraic.org](http://www.cotraic.org) . Any messages will be under the "Council of Three Rivers Program" and therefore will be listed at the beginning of the listing, by each program/center. For example:

**Council of Three Rivers Program ROCHELLE** or **Council of Three Rivers Program DORSEYVILLE**, and so on.

Also, please send your child with the proper winter clothing such as: hat, scarf, mittens or gloves and boots as needed.

BE CAREFUL WALKING IN THE ICY/SNOWY WEATHER





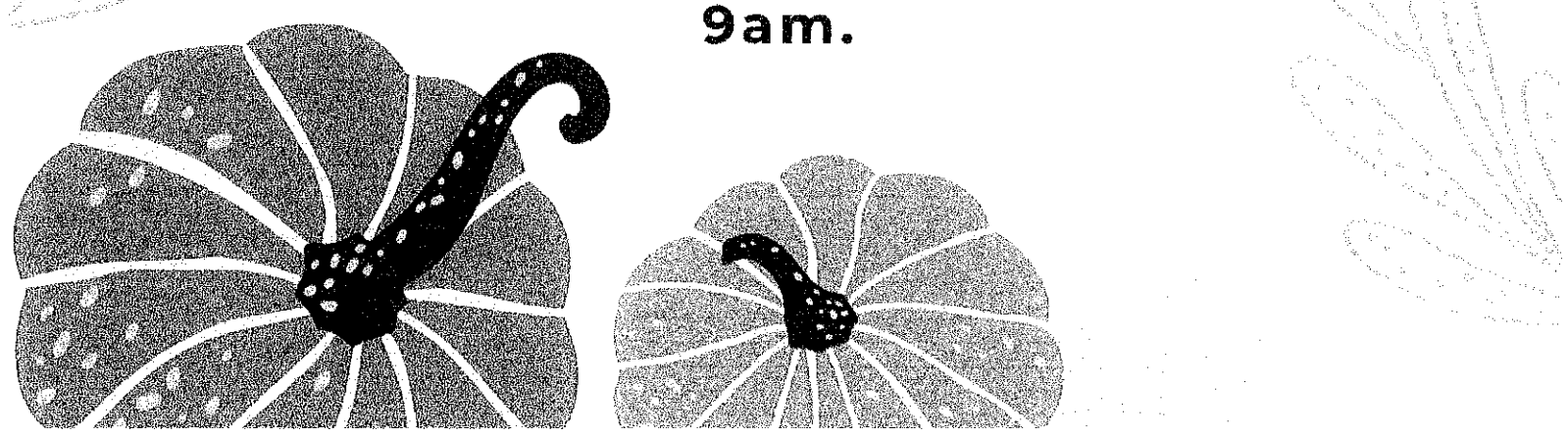
**NOVEMBER**

**FATHERHOOD**  
*meetings*

**Dorseyville - November 8**  
**Hazelwood - November 14**  
**Rochelle St - November 15**  
**Churchview - November 16**

**Children must adhere to the  
attendance policy of being at  
school by 8:30 am.**


**All dads/male guardians are  
welcome! Please arrive at  
9am.**



Council of Three Rivers American Indian Center

# NOVEMBER 2023



| Sun                      | Mon   | Tue   | Wed   | Thu   | Fri                            | Sat                       |
|--------------------------|---|---|---|---|--------------------------------|---------------------------|
|                          |   |   |   | 1<br>8:30 Churchview<br>Parent Meeting  | 2<br>Governance Training       | 3<br>Governance Training  |
| 5<br>Governance Training | 6<br>8:30 Dorseyville<br>Parent Meeting   | 7<br>Churchview only<br>In-service<br>Seat belt training-DV | 8<br>9:00 Rochelle<br>Parent Meeting<br>9:00 Dorseyville<br>Fatherhood Meeting<br>Seat belt training-RO | 9<br>9:00 Hazelwood<br>Parent Meeting   | 10<br>Governance Training      | 11<br>Governance Training |
| 12                       | 13<br>9:30 Transportation<br>Meeting  | 14<br>9:00 Hazelwood<br>Fatherhood Meeting                  | 15<br>9:00 Rochelle,<br>Fatherhood Meeting  | 16<br>9:00 Churchview<br>Fatherhood Meeting   | 17                             | 18                        |
| 19                       | 20<br>In-Service<br>Parent-Teacher<br>Head Start Conference<br>Pre-K Flex day<br>Nutrition staff mtg<br>meeting | 21<br>In-Service<br>Parent-Teacher<br>Conference            | 22<br>ECE<br>Mandatory Personal<br>Day  | 23<br>Thanksgiving<br>Day<br>Agency Closed<br> | 24<br>Holiday<br>Agency Closed | 25                        |
| 26                       | 27  | 28  | 29  | 30  |                                |                           |