

Community Center



**Farnsworth
Elementary**

October 2017



Hello, my name is Inma Burggraaf and I am from Spain, I am working this year at school as a coordinator at the Community Center, I am very encouraged to help all parents who need it, this year we have many things to offer in our Center, be alert to the calendars we will send each month to know everything we have prepared for you, we will in the school Mondays and Wednesdays 8:30am- 2:30pm

Community Center this month:

Mondays 16-23-30

9:30-11:00- English Class

11:00-11:30- Yoga

11:30-1:00- Basic Computer Skills

1:30-2:30- Mommy and Me

Wednesdays 18 & 25

9:30-11:00- English Class

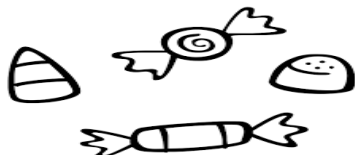
11:00-11:30- Yoga

11:30-1:00- Basic Computer Skills

1:30-2:30- Mommy and Me

Halloween Health and Safety Tips

- * Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- * Fasten reflective tape to costumes and bags to help drivers see you.
- * Examine all treats for choking hazards and tampering before eating them.
- * Hold a flashlight. WALK and don't run from house to house.
- * Look both ways before crossing the street. Use crosswalks wherever possible.
- * Only walk on sidewalks.
- * Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- * Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- * Enter homes only if you're with a trusted adult. Never accept rides from strangers.



TOO MUCH TV CHEATS YOUR CHILD

Kids watch an average of three to five hours of television every day. Here are some facts parents need to know:

- **TV affects children's language skills.** Kids who watch many hours of TV have less time for playing, reading and talking with other children and adults. Their language skills tend to lag behind kids who read or spend time talking and playing with others.
- **TV affects school achievement.** Children who watch more television have less time to spend on homework and school-related activities ... and even on sleep.

What should parents do? Start by keeping track of how much TV your child watches. Then set limits. Make sure your child has plenty of time for exercise, reading and sleeping. Establish other rules, too, like no TV during meals or before finishing homework.