An outbreak of Pertussis (a.k.a. Whooping Cough) has been identified in St. Lawrence County. This disease can be serious and is prevented by vaccine.

Happy Birthday:
Isaac (Inf)
Tristan (PS3)
Warren (PS3)
Amina (PS4)
Kieran (SA)
Anna (SA)
Kiera (SA)
Serenity (SA)

Because you asked... the Board of Directors has been reviewing the results from the Parent Survey taken last spring. ★ More family friendly events will be developed for you and your family to enjoy. Watch for announcements within the next month. ★ A Parent Directory was suggested. Ms. Lori will be sending out an email regarding this. Please respond to let her know if you would like your contact information included in the Directory.

Pumpkin Pancakes
from Parents Magazine

Ingredients
1 c. all-purpose flour
1/3 c. canned pumpkin
1 Tb. sugar
1Tb. unsalted butter, melted
1 tsp. baking powder
1Tb. unsalted butter
1/2 tsp. baking soda
Maple syrup
1 egg, lightly beaten
Fresh raspberries
1 c. buttermilk

1. In a large bowl combine the flour, sugar, baking powder and baking soda. Add egg, buttermilk, pumpkin, and melted butter; whisk to combine. 2. Heat a nonstick skillet over medium-high heat. Add 1 teaspoon unsalted butter, swirl pan to coat. Spoon heaping tablespoons of batter 2 inches apart into skillet. Cook for 1 to 2 minutes or until pancakes have bubbles on top and are slightly dry around edges; turn. Cook until golden on bottom, about 1 minute more. If pancakes brown too quickly, reduce heat to medium. 3. Repeat with remaining batter and unsalted butter. Serve warm with syrup and raspberries.

Quick and Easy Pumpkin Pancakes: Prepare as above, except whisk together 1 cup buttermilk pancake mix, 2/3 cup lowfat milk, and 1/3 cup canned pumpkin. Makes 8 3-inch pancakes.

In the News
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REMINDER
We will be closed on Columbus Day, Monday, October 14th, for Staff Development. Please arrange for alternate childcare - Thank You 😊

Is your child's bike helmet protecting her?
Take the Eyes, Ears, and Mouth Test from Safe Kids USA.

EYES: With the helmet on her head, ask your child to look up. She should be able to see the bottom rim of the helmet. The distance from the rim to the eyebrows should be one to two finger-widths.

EARS: When buckled, the straps over the ears should be snug, but comfortable. Look for the straps to form a "V" under the ears when buckled.

MOUTH: Tell your child to open her mouth as wide as she can. If the helmet passes this test, and stays in place when she moves her head up and down or side-to-side, it is a good fit.

The Early Childhood Fall Conference, sponsored by the St. Lawrence Child Care Council, will be held at the Miller Campus Center, SUNY Canton, on Saturday, October 20th from 8:00 am to 4:00 pm.

This year’s theme is "There Must Be a Better Way". The registration fee is $65.00 and includes lunch. The keynote speaker will be Jeanine Fitzgerald, author of The Dance of Interaction and creator of Education with Insight, a national training program. Attend any of the workshops, network and visit vendor booths. Register early for the chance to win FREE prizes! For more information, see Lori Moulton.