SPCCC will be emailing links to a parent survey and a staff survey later this month. We ask that you please take the time to complete it. Your feedback is extremely important to our continued quality service. Thank you.

Daylight Savings Time Ends: Sunday, November 4th

**DRESS-UP WEEK at SPCCC:**

- **Monday, Oct. 29** – Hat Day
- **Tuesday, Oct. 30** – Pajama Day
- **Wednesday, Oct. 31** – Black & Orange Day
- **Thursday, Nov. 1** – Stripe Day
- **Friday, Nov. 2** – Red & Denim Day

Also, there will be a Dress-Up Parade in the academic quad on Tuesday (10/30) at 10:45 a.m. Parents and guests are welcome to attend.

**ATTENTION: Faculty, Students and Staff**

SUNY Potsdam Student Health Services is offering **FREE Flu Shot Clinics** in the Barrington Student Union Fireside Lounge from 11 a.m. to 2 p.m. on the following days:

- **October 2, 17 & 24**
- **November 1 & 15**

"Protecting your kids is what you do. Keep them safe from the flu."

For more information about the flu, visit:

- [www.cdc.gov/flu](http://www.cdc.gov/flu)
The Centers for Disease Control and Prevention

and our website [www.potsdam.edu/faculty/spccc](http://www.potsdam.edu/faculty/spccc)

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**Happy Birthday:**

- Oakley (Inf)
- Warren (T2)
- Amina (PS3)
- Jimmy (PS4)
- Kiera (PS4)
- Nabil (SA)
- Luca (SA)
- Kieran (SA)
- Serenity (SA)

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**REMINDER**

We will be closed on Columbus Day, Monday, October 8th, for Staff Development. Please arrange for alternate childcare - Thank You 😊

**Just for LAUGHS:**

**What did the apple tree say to the farmer?**

"Please STOP picking on me!"

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**Apple Glazed Sweet Potatoes**

Serves 6 - Each serving provides 1/2 cup of fruits or vegetables

Approximate preparation time: 30 minutes

- 1/2 cup apple juice
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt

3 large sweet potatoes, cooked

Cut sweet potatoes in half lengthwise. Pour apple juice into a skillet over low heat. Stir in cinnamon and salt. Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

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**Looking for more parent resources on-line?**

- [www.lovetalkplay.org](http://www.lovetalkplay.org) is an excellent parent resource for videos, articles and activities! Also visit, [www.FamilyEducation.com](http://www.FamilyEducation.com) for parenting tips, healthy recipes, educational activities, printables, games, and financial tips.

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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 8:30 a.m. to 4:00 p.m.

This year’s theme is “Strong Mind... Strong Body”. The cost to childcare providers is $75.00; the cost to students or parents is $20.00. Lunch is included. Attend three workshops of your choice and visit the Scholastic Book Fair as well as other vendor booths. Register early for the chance to win **FREE prizes**! For more information, contact Connie or Katy at 315-393-6474 (registration forms can be requested through Lori Moulton).