New books at centers creates ways for families to get involved and increase cultural awareness

Celebrating all the wonderful cultures and international families at our centers creates a learning environment unlike any other. The children have extensive opportunities to be exposed to children and families from different countries, their culture, traditions and language. The building blocks for cultural awareness and sensitivity begin with these experiences.

There is so many ways that our families can help to enrich these experiences. Many parents volunteer to wear traditional clothing, cook traditional dishes and to talk with the children about their culture. Yet there are many community and families, especially extended family members, that may feel uncomfortable as they are

Continued on page 3

CCAMPIS grant continues to help student parents stay in school

The Infant and Toddler Center received a continuation award for the Childcare Access Means Parents in Schools (CCAMPIS) grant for the 2015-2016 year. Because of this grant the program was able to provide reduced childcare fees for Pell eligible/receiving and military connected student parents, and not raise fees for the 2015-2016 year.

With this grant we are able to use funds to provide childcare fee disbursements for eligible parents with children enrolled at the Infant and Toddler Center. We are currently working through the details and award amounts for parents who qualify for a childcare disbursement under this grant. Eligible parents, per the grant, are Florida State Uni

Continued on page 3
## Tuition and Program Fees

<table>
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<tr>
<th>Program fees</th>
<th>Effective September 1, 2015</th>
<th>FSU Childcare &amp; Early Learning Programs</th>
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| Annual Registration Fee           | Charged at Enrollment & every September $20 | **FSU Child Development Programs**  
Monday-Friday 7:30 AM- 5:30PM |
| Late Tuition Fee                  | Tuition paid after the 10th of the month $10 | Associate Director, Tiffany Karnisky  
850-644-5664 tkarnisky@admin.fsu.edu |
| Returned Check Fee/ Insufficient Funds | $25                              | Program Associate, Brenda Thompkins  
Grants Analyst, Bill Stacey  
Little Noles editor, Lavorian Smith  
Telephone: 644–7970  
157-01 Herlong Drive  
Tallahassee, FL 32310-4174 |
| Late Pick-up Fee                  | Any portion of first 5 minutes after 5:30 PM $5.00 | |
|                                   | Per minute after 5:35 PM $1.00 | |

### Tuition Rates

**Effective September 1, 2015**

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**VPK Wrap Around Rate**

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**Withdrawal Notices**

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. **The notice must be submitted online or by paper form** available at the center or at FSU Childcare & Early Learning Programs Office, 157-01 Herlong Drive. Online forms are considered valid and binding once submitted. Paper forms must be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. **Failure to give the required 30 day notice will result in monetary charges for a full month’s tuition irrespective of whether the child attends or not.** This allows the centers and families adequate time to prepare for the child’s departure from the center and new families adequate time to enroll.
Tuition Rates. Tuition rates are assessed according to parent status. Non-refundable registration fee $10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

**Student Rate**
Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered as a student for the preceding spring semester and upcoming fall semester.

**Pell Recipient/Eligible student (under Infant and Toddler Center CCAMPIS Grant)**
To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

**Military Connected Family student (under Infant and Toddler Center CCAMPIS Grant)**
To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

**Faculty/Staff Rate**
Parents must be employed as an FSU faculty member, OPS, USPS or A&P staff member, FSU Visiting Scholar/Researcher / Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

**School Readiness Subsidies.**
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.

The NAEYC for Families website at [http://families.naeyc.org/](http://families.naeyc.org/) offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.
Wow! The end of the semester is drawing near quickly! We have been learning so much and having fun at the same time. We have talked about fall colors, went on leaf hunts, and enjoyed some beautiful fall days on the playground thanks to the cooler air. We also had our annual Fall Festival, got to dress up in our costumes, and had our families join us for goodies and fun! Thank you to all of the families who brought goodies for our trick or treat bags and came to our festival. Everyone enjoyed socializing with all of the families at school.

In October we introduced the children to fall in many ways. We worked on Fall Harvest. We also worked on Fall Colors, Fall Weather, Fall Fruits and Veggies and Fall Fun!!! We are so excited!! We went on a leaf hunt to find fall leaves to make leaf rubbings with. We painted and colored with yellow, orange, red, and brown. We made handprint fall leaves and pumpkins. We sang songs like “The Leaves are Falling Down”, “Ten Little Pumpkins”, and “Fall Brew” to name a couple. We played try to catch a leaf game on the playground and read some of our favorite books including Five Little Pumpkins by Tiger Tales and Ben Mantle, Teddy Bears go Trick or Treating and Pumpkin Faces by Emma Rose and Judith Moffatt. While out and about with your children, point out Fall things all around them like pumpkins and decorations in the stores to watching leaves fall and change colors and feeling the slightly cooler fall weather!!

This month we will continue learning about Fall characteristics and add in some Fall holidays. We just finished up with Halloween and we are now moving on to Thanksgiving and going to the Circus. We are going to have some performers from the FSU Circus come out and read to the children and also juggle and do tricks for them. We can’t wait!!! We will continue our nature walks to find pine straw, fall leaves, acorns, and pine cones. We will use the pine cones to paint, make prints in our play dough, and make pine cone turkeys with. We will make leaf rubbings, handprint turkeys, horns of plenty, scarecrows, and blackbirds. We will also paint with Fall colors (red, orange, yellow, and brown). We will read The Night Before Thanksgiving by Tammie Lyon along with some of our other favorites. We will sing “The Leaves are Falling Down” and “Ten Little Turkeys.”

***Make sure your child has an appropriate change of clothes in his/her cubby for the changing weather. Thank you.
Throughout October, we will learned about Community Helpers including police officers, EMTs, sanitation workers, librarians, nurses and others! We were very excited to welcome these helpers to the Center. October was Fire Safety month and we discussed fire safety at home and school, bike safety, not to talk to strangers and how to make safe choices everywhere we go.

The children explored the beautiful colors of the season through themes such as leaves and pumpkins. We highlighted and discussed their attributes such as color, shape, size and how they are alike and different. We also discussed the changes in the weather, trees, and crops that the fall season brings.

We worked on E, T, M, and N as well as increasing our numbers up to 20. Some of the books that we read were Stella Luna, Stranger Danger, Please Play Safe, The Leaf Man, Clifford’s Good Deeds and Let’s be safe. The children created beautiful projects, carved pumpkins, and so much more!

Please remember to change out the clothes in your child’s cubby to reflect the cooler temperatures. We are teaching your child to cough and/or sneeze into their elbow rather than their hands. This helps prevent the spread of germs from their hands. We need your help in teaching this skill. Please help them to remember to use their elbow to catch germs at home as well as school.

This month is going to be magical as we learn all about Dragons, Unicorns, Fairytales, Medieval Times, and Thanksgiving. The children are going to dream of medieval times where sweet dragons, unicorns, queens, kings and princesses ruled the land. We will discuss how people used to dress, what kind of transportation they used, and how castles were made. Our reading time will consist of fairytale stories such as Goldilocks and the 3 Bears, Cinderella and Little Red Riding Hood. We will also read Jack and the Beanstalk and use the story to explore the concept of sequencing through the life cycle of a plant. With our newfound green thumb we will try to grow our own beanstalks! We will also be singing along to Little Brown Turkey, We Are Thankful and If You Are a Monster.

In honor of the holiday we will be reading The First Thanksgiving, and discuss how we celebrate Thanksgiving by sharing our family traditions. Together we will graph our favorite thanksgiving food. Special hands-on activities will include creating our own personalized shields, making handprint dragons or unicorns, and a coffee filter turkey.

Just like in Hansel and Gretel, we will be building graham cracker and candy houses as well as creating our very own dragon waffles! This month we will focus on the letters H, N, M and practice counting beyond 20.

Wishing you a Happy Thanksgiving Holiday.
Autumn is one of the four seasons.
It is the transition from Summer into Winter.
The weather also begins to get colder and many plants stop making food. Autumn is the time when deciduous trees shed their leaves. The leaves change from green to red, orange, yellow or brown before falling.
The Autumnal Equinox (around September 23 in the Northern Hemisphere and March 21 in the Southern Hemisphere) signifies the start of Autumn, and it ends with the Winter Solstice (around December 21 in the Northern Hemisphere and June 21 in the Southern Hemisphere.)
Many animals begin to prepare for the winter by storing food in their nests and dens or fat on their bodies.
In Autumn, there is less sunlight because the days are shorter.
Pumpkins are a big crop during Autumn. They are used for pies, soups and Jack-o-Lanterns on Halloween.
Many animals begin to grow warmer coats to prepare for the cold weather following Autumn.
In the United States, autumn is a time when Thanksgiving and Halloween are celebrated by many people.
Many crops are harvested in Autumn.
Source: https://kidskonnect.com/holidays-seasons/autumn
The Importance of Good Communication With Your Toddler

By Dana O’Connor

Good communication helps children to develop confidence, feelings of self-worth, and good relationships with others. It makes life with them more pleasant now and helps them grow into adults who have good feelings about themselves and others. Although it is sometimes hard to understand your toddler, it is very important not to brush them off when they are trying to communicate with you. Below are some tips to help you communicate with your toddler and help him/her feel important in their world.

• GET THE CHILD’S ATTENTION BEFORE SPEAKING
Call the child’s name and allow the child to turn his/her attention to you before speaking.

• COMMUNICATE AT EYE-LEVEL
Make sure when you are talking to a young child that you are able to look at the child directly in their eyes.

• TALK WITH (NOT AT) CHILDREN
Make sure that this is a “two-way” conversation when talking with a child.

• MAKE REQUESTS SIMPLE
A young child will have a hard time remembering several orders given at one time.

MOST IMPORTANT OF ALL, LISTEN ATTENTIVELY.

Choosing Safe Toys for Toddlers and Preschoolers

Millions of toys are out there and hundreds of new ones hit the stores each year. Toys are supposed to be fun and are an important part of any child’s development. But each year, scores of kids are treated in hospital emergency departments for toy-related injuries. Choking is a particular risk for kids ages 3 or younger because they tend to put objects in their mouths.

Manufacturers follow certain guidelines and label most new toys for specific age groups but perhaps the most important thing a parent can do is to supervise play.

Here are some general guidelines to keep in mind when shopping for toys:
• Toys of fabric should be labeled as flame resistant or flame retardant.
• Stuffed toys should be washable.
• Painted toys should be lead free-paint.
• Art materials should say nontoxic.
• Crayons and paints should say ASTM D-4236 on the package, which means that they’ve been evaluated by the American Society for Testing and Materials.

Steer clear of older toys, even hand-me-downs from friends and family. Those toys might have sentimental value and are certainly cost-effective but they may not meet current safety standards and may be so worn from play that they can easily break and become hazardous.

Also, make sure a toy isn’t too loud for your child. The noise of some rattles, squeak toys, and musical or electronic toys can be as loud as a car horn — even louder if a child holds it directly to their ears — and can contribute to hearing loss.

Kidshealth.org
**Skeleton meets the Mummy**

This spooky new read-aloud story is perfect for Halloween!

On Halloween night, Sammy has to make a quick trip through the dark woods before he can go trick-or-treating. But someone--or something--is following him. Scritch! Scratch! What could it be?

Bold, vibrant illustrations make this spooky story a perfect Halloween tale that kids will want to read again and again. 

**One is a Feast for Mouse**

From School Library Journal

PreSchool-Grade 2—The remains of a Thanksgiving dinner are irresistible to a little mouse, who creeps out of his hole to help himself to one small pea. But soon, greed gets the better of him and before he knows it, he has taken one of every leftover tidbit, including the gravy boat and platter of turkey. Before he makes it safely back home, however, the cat spies him and pounces, knocking everything on the floor. The mouse escapes just in time, while the cat gets the blame, and to his delight he finds one "teensy-tiny, round and toothsome, green and luscious pea" for which he exclaims: "Give thanks! One is a feast for me!" Whimsical, large-scale illustrations drawn in acrylics, pastels, and colored pencils are a perfect complement to the story. Plenty of action and humor as well as a thoroughly satisfying ending make this a wonderful holiday read-aloud.

**It's the Great Pumpkin Charlie Brown**

A classic to enjoy. Every year, as the leaves start turning gold and the night air gets chilly, children all over the world begin dreaming of the Great Pumpkin... Well, at least one faithful child does. Poor Linus. While Charlie Brown, Lucy, Snoopy, and the gang make preparations for trick-or-treating and Halloween parties, this stalwart believer risks their ridicule to write his annual letter to the mystical orange orb, in hopes that this year he'll be able to catch sight of his hero as he rises from the most sincere pumpkin patch around to fly through the air with his bag of toys for all the children.

For over 35 years, children have eagerly anticipated Halloween, not just for the tricks and treats, but because they know their favorite television special will be aired. *It's the Great Pumpkin, Charlie Brown* is based on this TV program, so now fans can enjoy the Halloween antics of the Peanuts gang any time. (Ages 5 to 8) -- Emilie Coulter, amazon

**The Thanksgiving Door**

From School Library Journal

Kindergarten-Grade 3- After burning the Thanksgiving dinner, an elderly couple goes down the street to a restaurant. They wander in through the open door of the New World Cafe, but the proprietor's family thinks that having customers will ruin their private party. Grandmother chastises them and so the "guests" are given the seats of honor. Soon, Ed and Ann join Papa, Grandmother, and the others in sharing their songs, dancing, and holiday warmth. As the family bids their new friends goodbye, Papa wonders at the raw potato jammed under the door. Grandmother says, "In old country Thanksgiving door is like happy heart, opened up big and wide. Potato good for that." Atwell's luminous folk-art illustrations expand the story through details such as Russian onion domes in a picture on the wall, fur hats on the men, scarves on the women, and the cover illustration of Grandmother jamming that potato under the door. A particularly nice feature of this story is its focus on the elderly couple.
Saturday, November 7, 2015
All Day Event

Only about 200 people call Calvary home, but on the first Saturday of November, every year, Calvary’s population grows up to between 60,000 and 90,000 (not counting mules). The reason for this - Calvary Lions Club annual Mule Day Festival. Proceeds of which go to Lions Sight programs and local charities. Enjoy a big parade with mules, horses and antique tractors; contests, and all day entertainment, while remembering Mule Day is to celebrated the mules significant contribution to the area's agriculture.

Come early to visit over 450 arts & crafts exhibitions, concessions, cane grinding, and syrup making all make Mule Day a time to remember.
Website: www.calvarylionsmuleday.com

Sunday, November 15, 2015
1:00 pm - 6:00 pm
Location: Cascades Park, 1001 S Gadsden St., Tallahassee, FL 32301
Cost: $12, Children 12 and under $5
Join us for a day of family fun, music, and a heaping plate of that famous Southern chicken and rice recipe, chicken pilau (say per-low)! Enjoy Chicken Pilau, Beer & Wine, Kid’s Activities, Arts & Craft Vendors and more! Live entertainment by ‘The New 76ers’ and ‘Houston Deese’.
Website: www.springtimetallahassee.com
Tickets can be purchased online at http://www.springtimetallahassee.com/th_event/springtime-tallahassee-fall-festival/

Friday, November 13th, 2015
2:00pm

The Homecoming Parade, organized by Student Alumni Association, allows student organizations and members of the Seminole and Tallahassee community the opportunity to display and celebrate Florida State’s traditions. Some of the past Parade entries have included the Marching Chiefs, the Flying High Circus, the Golden Girls, and members of the Seminole Tribe.

Saturday, November 14
9:00 am - 2:00 pm
Location: 17869 NW Pioneer Settlement Rd, Sam Atkins Park, Blountstown, FL 32424
All kinds of handmade crafts - pottery, leather works, iron works, wood works, soap making, soapstone carving, shell carving, needlepoint, quilting, candle making, Native American, basket weaving, jewelry makers, crochet, glass, knives, and so much more.
Website: www.panhandlepioneer.org

Saturday, November 21
10:00 am - 4:00 pm
Location: 10655 Centerville Road Tallahassee, FL 32309
Cost: FREE
This great event is held annually on the Saturday before Thanksgiving - we've been doing it since 1970! Enjoy live music, clogging, cane grinding, syrup making, wagon rides, and a wide variety of food and arts and crafts. We even have a special area for the kids with pony rides and a petting zoo! Free parking and free admission. Just come on out and enjoy yourself! Enjoy live music, clogging, cane grinding, syrup making, wagon rides, and a wide variety of food and arts and crafts. We even have a special area for the kids with pony rides and a petting zoo! Free
The Pilgrims' Menu

Foods That May Have Been Served
- **Seafood:** Cod, Eel, Clams, Lobster
- **Wild Fowl:** Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles
- **Meat:** Venison, Seal
- **Grain:** Wheat Flour, Indian Corn
- **Vegetables:** Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots
- **Fruit:** Plums, Grapes
- **Nuts:** Walnuts, Chestnuts, Acorns
- **Herbs and Seasonings:** Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips

What Was Not on the Menu
Surprisingly, the following foods, all considered staples of the modern Thanksgiving meal, didn't appear on the pilgrims' first feast table:
- **Ham:** There is no evidence that the colonists had butchered a pig by this time, though they had brought pigs with them from England.
- **Sweet Potatoes/Potatoes:** These were not common.
- **Corn on the Cob:** Corn was kept dried out at this time of year.
- **Cranberry Sauce:** The colonists had cranberries but no sugar at this time.
- **Pumpkin Pie:** It's not a recipe that existed then, though the pilgrims ate stewed pumpkin.
- **Chicken/Eggs:** We know that the colonists brought hens with them from England, but it's unknown how many they had left at this point or whether the hens were still laying.

Source: Kathleen Curtin, Food Historian at Plimoth Plantation.

Feast has long history

Thanksgiving Day, or Thanksgiving, presently celebrated on the fourth Thursday in November, has been an annual tradition in the United States since 1863. It did not become a federal holiday until 1941. Thanksgiving was historically a Christian religious observation to give thanks to Jesus, and is still celebrated as such by some religious families, but it is now considered a secular holiday as well, with the focus on food and family.

Most Americans celebrate by gathering at home with family or friends for a holiday feast. Though the holiday's origins can be traced to harvest festivals which have been celebrated in many cultures since ancient times, the American holiday is tied to the deliverance of the English settlers by Native Americans after the harsh winter at Plymouth, Massachusetts and that event has become the pre-eminent foundation story for English North America.

The first recorded Thanksgiving ceremony took place on September 8, 1565, when 600 Spanish settlers, under the leadership of Pedro Menendez De Aviles landed at what is now St. Augustine, Florida, and immediately held a Mass of Thanksgiving for their safe delivery to the New World; there followed a feast and celebration. As the La Florida colony did become part of the United States, this can be classified as the first Thanksgiving, although it was not a harvest festival. The Spanish colonial town of San Elizario (San Elceario), near El Paso, Texas, has also been said to be the site of the first Thanksgiving to be held in what is now known as the United States, though that was also not a harvest festival. Spaniard Don Juan de Onate ordered his expedition party to rest and conducted a mass in celebration of thanksgiving on April 30, 1598.

Sources: http://en.wikipedia.org/wiki/Thanksgiving_(United_States)
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