

# Alphabet Soup

September 2009

*Nourishing ways to fill children's days.*

**broadreach**  
family & community services

## Welcome!

### School Bus Safety



#### See inside for:

- \* Be creative with Apples!
- \* Important Flu Season Information
- \* Broadreach Awarded \$2000 from Target
- \* 6th Annual Broadreach Fundraiser Auction Details
- \* And More!

### Broadreach

#### Family & Community Services

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September is back to school time. Will your child be riding the bus this year? Here are some tips to keep your student safe..

- **Bus Stop.** Your child's bus stop should be in an area that is well lit, easily accessible, and away from traffic.
- **Clothing.** Children should be wearing bright colored clothing, especially older children waiting for the bus before sunrise or getting home after dark. Place removable reflective tape on backpacks.
- **Boarding.** Teach your children to only move forward to board the school bus when it has come to a complete stop and the driver opens the door. Make sure traffic has come to a complete stop in both directions before allowing your child to cross any street.
- **Seating.** Most school busses **DO NOT** come equipped with seatbelts, nor are seats strong enough to resist impact in the event of a crash. Teach your children to be seated at all times and facing forward. Learn optional exit strategies including using the emergency door or windows.
- **Exiting.** When exiting the bus, children must move far away from the vehicle to allow the driver to see that they have cleared the bus and are safely away from traffic. Instruct your children to stay away from the bus' rear wheels at all times.
- **Awareness.** Teach your children to be aware of other traffic in the area. Do not assume that drivers will stop for them or even see them. If children must cross the street, they are to do so only with the driver directing them. Have them constantly looking both ways as they cross the street until they are safely on the other side.

Every year children are injured in school bus related accidents. You can keep your child safe by raising their awareness of potential hazards while the rest of us can make school bus safety a priority by obeying the rules of the road. Let's make this school year a safe one!

*Adapted from: [http://ezinearticles.com/?expert=Matthew\\_Keegan](http://ezinearticles.com/?expert=Matthew_Keegan)*

## Broadreach Receives \$2000 Award to Support Family Literacy Initiative

Target has awarded Broadreach Family & Community Services \$2000 to create a new program that will assist area families in nurturing a love of reading and strengthening both. The new initiative, Project LIFE, will provide children and families from the towns of RSU 20 with opportunities for classroom, home and community-based activities.



**Do you know of a family in need of literacy services for parents or children?** Project LIFE is enrolling families now! The project will serve families with at least one child under the age of five, and at least one parent in need of a high school diploma, GED or literacy tutoring. For more information, contact Linda Baker, Coordinator of Literacy Volunteers of Waldo County at 338-2200 Ext 201.

**Are you interested in learning more about how you can volunteer to help a local family create a literacy-rich home?** Literacy Volunteers of Waldo County seeks community members to serve as literacy tutors. Literacy tutors must complete an 18-hour training program and be willing to make a one-year commitment to the project. Additional volunteers are needed to assist in early childhood classrooms throughout Waldo County, support project fundraising efforts and assist with monthly Family Literacy Events. For more information about Project LIFE, or many other opportunities for learning and volunteering at Broadreach, please contact Linda Baker at 338-2200 ext 201 or [lbaker@brmaine.org](mailto:lbaker@brmaine.org).

# Flu Prevention



Broadreach staff are aware of the flu virus risks during the upcoming winter months and are working to make sure your children stay safe and healthy. During this flu season more than ever, we can not stress enough how important it is to keep your child at home if they are ill. A child with a fever of 101 or greater must remain home for at least 24 hours after fever has subsided. If your child has a fever or other flu symptoms, your child will be separated from other children. Parents or a guardian will be contacted and your child must be picked up immediately. If you are unfamiliar with symptoms, prevention or treatment of the flu there are many resources available on the internet or you can contact your child's pediatrician or your family physician.

## **What if your child gets sick? What are symptoms of seasonal flu or swine flu (H1N1) in children?**

"Influenza is very different from the common cold. Classically, with influenza, children have sudden onset of significant fever with respiratory symptoms. High fever, chills. Older children will complain of headache, scratchy sore throat, and muscle aches. Children will develop a nasal congestion and cough."

## **What should parents do if their child has flu-like symptoms?**

"If a child has mild illness, or something that looks like the flu, with fever and chills, headache, body ache, coughing, sore throat, they should definitely stay home from school or day care. They should continue taking Tylenol and Motrin for fever. Parents should encourage hydration."

If your child is 5 years old or older and is otherwise healthy, consult your doctor as needed and make sure your child drinks enough fluids and gets a lot of rest.

If your child is younger than 5, or if your child of any age has a medical condition such as asthma, diabetes, or a neurologic problem, call your doctor or get medical attention. Younger kids and kids with longstanding medical conditions are at risk of serious disease if they get either seasonal or pandemic H1N1 swine flu.

Your child is the most important member of our Broadreach family and it is very important to our staff that your child remain healthy so we can see their smiling faces each day! Here's to a happy and healthy school year!

*Adapted from: <http://webmd.com/cold-and-flu/health-center>*



## The 6th Annual Taste of the Mid-Coast to Take Place at Point Lookout



Save the date for the 6th annual Taste of the Mid-Coast to be held on Thursday, October 1, 2009. The event will be at beautiful Point Lookout in Northport, ME. Join Broadreach Family & Community Services for a night of food, fun, and fabulous auction items. Sample food from a myriad of local restaurants from Knox and Waldo counties. Outbid your friends and support a great cause with the help of famed Auctioneer Eric Sanders. All proceeds benefit children, teens, and families throughout Waldo, Knox, & Lincoln counties. Thank you to lead sponsors, Damariscotta Bank & Trust Co. and Village Soup. Tickets are \$25 per person. Please call 338-2200 x 201 or 338-2200 x 100. Doors open at 5pm and the live auction begins at 6:30pm. See you there!

# Apples Apples and more Apples !!

**In September, the apples ripen and the cider flows.  
Here are some lively ways to plan nourishing days with apples...**

## Go apple picking!

Tips to make an apple picking trip a success with preschoolers:

1. Before you go, talk about what you'll see when you get there.
2. Bring easy to carry containers.
3. Invite plenty of touching, tasting and sniffing!
4. Bring some cheese and crackers with you or some other treat.
5. Keep your visit short and sweet.



*A couple of local orchards:*

Hope Orchard, Camden Road, Hope 763-4080

Sewall's Orchard, Masslalin Road, Lincolnville 763-3956

## Sing an Apple Chant:

**Who stole the apples from the apple bin?**

**Who me? Yes you!**

**Couldn't be! Then who?**

**(your child's name) stole the apples from the apple bin!**

**Who me? Yes you**

**Couldn't be! Then who?**

## Make apple prints



### Here's How:

1. Put on a smock or old shirt to protect clothes.
2. Let your child pick out 2 or 3 apples s/he likes best.
3. Using a sharp knife and cutting board *help your child* slice one apple in half, and a few in quarters.
4. Invite your child to dip a slice of apple in some nontoxic paint and press it onto paper. Grocery bags or even newspaper works fine. Let her/ him make patterns and explore what happens together as you do some along side your child.
5. Ask which apple prints look bigger, smaller, lighter, darker, or brighter.
6. Hang your apple prints up on the fridge to enjoy!

## Nourish your child's brain...

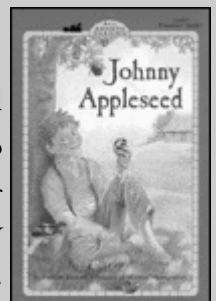
### READ READ READ

Visit the Library and find books about apples to read with your child. Let your child turn the pages herself and point to the apples!



The key to becoming a successful reader is **being read to** at an early age.

Preschoolers need to be read to at *least* one hour out of EVERY day.



After you read about apples together, talk about your trip to the orchard!