



The Grace Times



Breast cancer facts

Breast cancer is the second leading cause of death among women.

Inside this issue:

Parenting Our Children	1
Breast Cancer Awareness	2
Things You Can Do	2
Birthdays	2
Fall	3
Resource Center	3
Our Center News	3
Community Helpers	4

Parenting Our Children

"How Busy Parents Can Show Love to Their Children"

You come home from a long, tiring day at work and are greeted enthusiastically by your child. You bend over, give your child a hug and say "I love you." You then start toward the next thing in your busy day. But your child follows you and says, "I don't want you to just love me. I want you to play with me." There are differences in how people express love. Some people are task-centered and do things for others to express love. Others are verbal and talk about their love. Both are important, but in general, the way children spell love is T-I-M-E. A young girl might say she knows her dad loves her because he took her to the park and pushed her on the swing. Or a young boy might say he knows his mother loves him because she took him on a picnic. To children, the currency of love is time. Many things vie for parents' time -- work, home upkeep, volunteer work, exercise and other responsibilities. Still, don't make your children last on your list, to fit in when everything else is done. Here are some ideas to help bring spending time with your child to the top of your to-do list.

Make dinner together a priority. Avoid planning things during dinnertime. Dinner together provides a time to talk and to be in touch with each other. Turn off your phone or leave it in another room so you can concentrate on your family. Limit computer use and TV. The hours can quickly disappear as you stare at a screen. Before you know it, it's bedtime and another day has come to an end with minimal family interaction. Consider limiting self, just kids, or



of screen time a night. Read together daily. Spending time sharing a book every evening is not only a relaxing activity that will strengthen your bond, it is an activity that will boost your child's academic skills. Enjoy every minute, knowing you are shaping your child's future. Volunteer to lead a youth activity. Consider coaching your child's sports team or leading your child's club or activity, such as a church youth group, soccer team, Boy Scouts or Girl Scouts. Not only will these types of commit-

ments ensure that you spend time together, they also demonstrate that you think your child is important. Get active together. Choose exercise routines or other activities that include your child. It doesn't have to be complicated. Taking a walk or bike ride together or dancing in the living room are great ways to spend time together. Make time together a priority. Schedule it in your planner or on the calendar. When someone else wants your time, tell them you already have another commitment. Children should know they are a priority and not squeezed into whatever time is left over. Focus on the individual.

If you have more than one child, make a date to spend individual time with each of them. Ask them to make a list of things they would like to do with you, noting how much the activities will cost and about how long each will take. Rank activities based on affordability, interest or feasibility, but choose something, schedule it and do it. The rewards to you and your child will be well worth the effort. -





“We worry about what a child will become tomorrow, yet we forget that he is someone today.”
-Stacie Tauscher

ASK ABOUT OUR **Referral Program**

Breast Cancer Awareness



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

many women can survive breast cancer if it's found and treated early. Breast cancer tumors can be categorized by the size, type of cells, and the characteristics that fuel its growth. A mammogram – the screening test for breast

cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.



1] The good news is that

THINGS YOU CAN DO WITH YOUR CHILD

REMINDERS

Parents, please check with the school office to ensure your individual accounts are up to date

Please Parents make sure your child is here on time! School begins at 9AM SHARP!

ACTIVITY FEE

Parents please remember that your activity fee payments are due. Stop by the office and see our staff.

Grapeland Water Park

Near the Miami airport, Grapeland, opened summer 2008, is Miami's only official water park. It features bright Romero Britto designs, two pools with slides, a winding river and an open area. There's a special area for toddlers & kids 5 and under.

Miami Beach Botanical Garden

Small and a bit off the radar, the MB Botanical Garden is fun for a stroll. They're quiet, free and probably good for an hour's worth of entertainment. Maybe a bit longer if you've got a budding botanist, a bit shorter if you've got an antsy pants.

Miami Seaquarium

Billed as a "38-acre tropical paradise," the Seaquarium has been entertaining locals since 1955. Current highlights include dolphin and sea lion shows, manatee and shark channel presentations, Atlantic & Caribbean aquariums and an opportunity to swim with the dolphins.

Birthday Celebrations

Rylee Bissainthe 10/2

Ms. Sheila 10/7



Tanijah Harris 10/8

Anjoli Medina 10/17

Tamia Dean 10/15



Fall

In 2014, the autumnal equinox brings the fall season to the Northern Hemisphere on: September 22 at 10:29 P.M. EDT. Enjoy a first day of fall poem, quotes, pictures, folklore, and more!

*It is the summer's great last heat,
It is the fall's first chill: They meet.*
-Sarah Morgan Bryan Piatt

Signs of Fall

In many regions of North America, the landscape silently explodes with vibrant colors of red, yellow, and orange. The leaves begin



to drop off the trees, providing endless hours of jumping into leaf piles for kids and raking them back up for parents!



Baseball season hits the homestretch, while football season is just warming up. Temperatures begin to drop, nights begin to get longer, and all the woodland critters are storing up for the long haul of winter.

Fall is a busy time in Florida. It brings cooler temperatures and some of the nation's best fall

festivals. Locals and visitors alike celebrate the break from the heat and humidity of Florida summers by taking to the streets to commemorate harvests, enjoy arts and crafts shows, sip wine, taste a variety of cuisines, listen to music, and celebrate Halloween. Also, beginning in October, car-nies begin migrating south to escape the harsh northern winters, bringing fairs and carnivals to the state.

There is something going on in every part of the state, every weekend from early September until Thanksgiving, so pack up the family and enjoy the sights, sounds, and great Florida fall



RESOURCE CENTER

**The Power of Play
Zero to Three**

www.zerotothree.org

* Find all the breast cancer ribbons and turn in the count to the office by October 23. Include child's name and your phone number for a chance to win \$25 Walmart gift card.

Need a little something to occupy your Pre-schooler through Kindergarten for a bit? But you still want it to be educational, right?

Try www.abcmouse.com

***** NEW LOCATION *****

**EARLY LEARNING
COALITION
NORTH SERVICE CENTER
1515 N. W. 167 STREET
SUITE 320
MIAMI GARDENS**



Our Center News

Pink it Out.

To celebrate cancer survivors, we are asking all students, teachers and even parents to wear pink on Friday October 30.

Reading Program

The reading program is coming.. If you desire to sign your child up for this optional program, please visit the school office or speak to your child's teacher.

There is a fee of \$5 weekly

Suggestion Box

Please use our suggestion box on the outside of the office to let us know how we are doing, provide us with ideas and maybe even a compliment or nomination for your child's teacher.

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Color the pictures

