

Upper Cape Family Network
Falmouth Public Schools
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East Falmouth, MA 02536

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Sept/Oct Newsletter – 2009

Please note: We have shortened our printed newsletter due to budgetary constraints. To see the letter section in its entirety, please go to www.geocities.com/coalitionforchildren or www.uppercapefamilynetwork.org .

We have moved to an online newsletter. Please go to www.geocities.com/coalitionforchildren or www.uppercapefamilynetwork.org to access our information. If you are unable to access the internet, please call our office (508 548 0151 x 172) with your name and mailing address, and a hard copy will be mailed to you. Please use the same number to be removed. Thank you!

Parents & Educators from any community are welcome to attend workshops in each of the four Upper Cape towns. Space is limited in some workshops, especially in our parenting classes. ***Please call to register!***

Funding for this newsletter has been provided through a grant from the Massachusetts Department of Early Education and Care.

Upper Cape Family Network



Hello friends! It's exciting to be writing to you again. Program-wise, we had a tumultuous spring and a rocky summer, so here's to a calm and program filled fall!

Grant update: The Upper Cape Family Network and YCF! the Falmouth Community Partnerships for Children are both under the same lead agent - The Falmouth Public Schools - so we've combined our programs to bring you, your family, and your childcare providers the best services and resource available.

So to address all of your questions, the Upper Cape Family Network and Young Children First! are still here, but we will now be operating as one grant. (I guess that makes our office a mini mall of family, program, and child support!) Eventually, along with prioritizing needs and programming, we will be choosing a new name, but you will be with us every step of the way, so you will be the first to know!

To make this collaborative adaptation in a respectful and mindful way, we would like you to be part of the process. Please join us on **September 28th, at 6:00 pm for our first ever combined**

council meeting. We'll be at 704 Main Street, in Falmouth (right across the street from D'Angelos): please park in the back. For more information, call 508 548-0151 x 172.

Bourne - Community Partnerships for Children

The Bourne Early Childhood Council has been waiting for the state Legislature to determine grant amounts before the Early Childhood Coordinator could put programs in place. While some programs can now be listed, many more will be advertised in future flyers and the next newsletter.

In place now for fall programming by the Jonathon Bourne Public Library are 11 groups for children under age 7. A Thursday group sponsored by the Early Childhood Council will continue to have a parenting skills component for caregivers. Contact the Library for specific times and registration for all programs. There is also an on-line registration at the Jonathon Bourne Library website.

For questions on community preschool programs, community childcare centers, the Bourne Integrated Preschool, library programs, parenting education programs, and educational opportunities for preschool staff, please call Nancy Spalding, the Bourne Early Childhood Coordinator. She can

be reached at the Bournedale Elementary School, 508-743-0434.

Sandwich - Community Partnership Council

We return this fall, diminished in size and but not in spirit or scope. Thankfully, though the Commonwealth's budget blues have impacted us significantly, we remain intact, and can turn to our community partners to offer the services and support that families need and deserve. Without the support of the Sandwich Kiwanis, the Discovery Center would have **NO** supplies this year, so please join us in thanking this generous community organization.

We would also like to thank our friends at the Sandwich Library for always "being there" for us, and our friends at the Sandwich Rec. Dept. for being our new teammates. "Make new friends, but keep the old"- we are fortunate to have silver and gold friendships with those community partners, as well as Heritage Museum & Gardens, and the Council on Aging.

Saturday, August 29th - 11 a.m. Rose Lewis Author - "I Love You Like Crazy Cakes"

Join us for a very special story time with this

award winning author. Purchase an autographed copy of "Crazy Cakes" or "Every Year on Your Birthday", and get a sneak peek at a new, unreleased third book. Crazy Cake cupcake decorating to follow! Registration at the Sandwich Library. Sponsored by the No Place for Hate Committee, with support from the Sandwich CPC, Sandwich Library, and Titcomb's Book Shop and MacKillop's Bakery.

Tuesday September 15th- The Discovery Center Opens! Drop-In schedule below.

Discovery Center Drop-In Schedule:

Tuesdays- 11:15 - 12:45

Wednesdays - (UCFN) 11:15 - 12:45

Thursdays - 9:30 - 11:00,
& 4:00 - 6:00

Fridays - 9:30-12:30

The Discovery Center follows the Sandwich Public School Calendar. There will be no afternoon playgroup on the In-Service day of Sept.24th or Oct. 29th.

Tuesday, September 22nd- 10-11:30 *Fall Frolic at the Heritage Museums and Gardens!* All Sandwich families are invited to join us for a morning of fun and frolic, hosted by our friends at Heritage. Meet at 10 a.m. in the Upper Parking Lot for free admittance. Remember, no snacks allowed

outside of the designated picnicking areas. Call the CPC Office at 508-888-9525 for more info, or to register, or stop in at the Discovery Center. Raindate: Tuesday, September 29th.

Every Wednesday in October- 9:30-11 *Wee Wandering Walkers with Sandwich Rec.* Perfect for toddlers and preschoolers, these short "hikes" will be stroller-friendly opportunities to enjoy the crisp fall weather in the company of others. Join us for a well-deserved, healthy snack at the end of each adventure. Locations to be announced. Register with the Sandwich Recreation Department.

Saturday, Oct.10th- 9:30-10:30 *Dads, Doughnuts and Me* Join Mr. Parsons, Sandwich Children's Librarian, for an hour of fun with your preschool child(ren). This program partially supported by the CPC. Must register through the Sandwich Children's Room.

Saturday, October 17th- *Pasta & Puppets Spaghetti Luncheon and Puppet Show for Families.* The CPC and Sandwich Library team up for our annual treat featuring *Strega Nona!* The magic pasta pot will make enough pasta for two seatings, but get your ticket for this free event, as they will go quickly! For more info, contact the Children's Room at the Sandwich Public Library

after Labor Day, or register on-line.

Saturday, October 24th- 9:30-1 *Scarecrow Contest at the Sandwich Public Library.* Sponsored by the Sandwich Recreation Department, this contest has become a family favorite! Enter your own, or just come join the fun, and marvel at the creativity. Refreshments served. For more info, contact Jan Souza.

Thursday, October 29th, *Story Hike and Fairy House Building with Sandwich Rec. & the CPC.* Turn a school in-service day into an outdoor adventure for the whole family! Use your imagination to create a home for the woodland folk. Some materials available on-site, but bring your own non-living special touches. Register with Sandwich Recreation Department.

Saturday, October 31st- 8:30-12:30: *Upper Cape Early Childhood Conference, Bourne H.S.* A treat for the grown-ups, this event for parents and professionals comes just in time to help you through the post-holiday sugar blues! Registration begins 9/17.

Next Council Meeting will be held Monday, September 21st at 7 p.m. at the Wing School. Everyone is welcome- please come and share your input on our programs.

Please call the CPC Office at 508-888-9525 for further information on any of these programs.

Mashpee Community Partnerships for Children

Our friend, Barbara ZuWallack, is no longer the CPC coordinator in Mashpee. We will miss her as we move forward in our collaborative efforts. Good luck, Barbara!

Young Children First! Falmouth's Community Partnerships for Children

It's Fall and time for Fitness, Food and Fun! With the incidence of childhood obesity on the rise, we are looking to help parents and early childhood programs help our young children grow healthy and happy.

September 21 & 29th (6:15-8:45) at Gus Canty Rec Center in Falmouth. There will be a 2-part (.5)CEU training for teachers (parents are welcome if interested): Promoting Children's Physical Development. This training provide the basics of physical development and fitness for young children: developmental milestones, identification of "red flags", obesity research, nutritious snack and meals, improvement of children's fitness level, creating supportive

environments and curriculum, ideas for games and movement, and relaxation techniques. Cost: \$3.00. Registration and attendance at both sessions is required. Call: Carolyn at 508-548-0151 ext 128.

There will be a Free 3-part Nutrition Workshop series for parents: "Frugal Families - Eating Right, Spending Less". Attend one, two or all three. Kim Concra, of the Cape Cod Cooperative Extension, Nutrition Education Program will cover important topics on food, nutrition, and cost. Lots of helpful handouts, information, recipes to try at home and sample foods to try. Each session is 6:30-8:00 pm at Cape Cod Child Development School-Age Center. There is limited free child care but Registration for all is a must. Call 508-548-0151 ext 128 (attending teachers will receive training hour credits).

Sept. 23 rd : Eating Right: Balancing Food & Fitness, Fitting in 5-a-Day Frugally Sept. 30 th : Menu Planning and Shopping Oct. 14 th : Low fat Limbo: Heart Healthy, Bone Happy!
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The Barnstable County Extension Service has some great information:

Healthy Lunch ideas:
<http://www.capecodextension.org/pdfs/Healthy%20Lunch.pdf>

Smart & Health Snacks for the School Year:

<http://www.capecodextension.org/pdfs/snackmenu.pdf>

Kid-Pleasing Healthy Snacks:
<http://www.capecodextension.org/pdfs/Healthy%20Snacks.pdf>

Healthy Packed Lunches:
<http://www.capecodextension.org/pdfs/HealthyPackedLunches.pdf>

In keeping with the theme of healthy, happy children, YCF! will present a Free Family event on **Saturday, September 26th (10:30-Noon) at the Falmouth Public Library**. Kim Torres of Element, etc. will present "A **Healthy Body**" and will feature subjects such as the skeleton, healthy bones and more. There will also be lots of fun related hands-on activities for the family to enjoy.

Young Children First! and Bourne CPC is offering a (1 CEU) Special Education course entitled, "**Every Child is Special**". Each of the 4-part series will be 2 ½ hrs and attendance at all sessions is required. Dates for sessions: Oct. 13th, 20th, 27th, and Nov. 3rd. Venue in Falmouth to be announced. Call 508-548-0151 ext 128 for information.

Sept/Oct 2009

www.geocities.com/coalitionforchildren

(F) Free Parent Support Series
Once a month, Every Month, Starting in October!

Jeanine Fitzgerald Presents:

Sweet Dreams*

A pillowcase workshop
Temperament discussion &
identification



Oct 7th, 6:30 – 8:00

Location: Falmouth, TBA

Understanding temperament makes
parenting a whole lot easier!

CALL NOW TO REGISTER!

508 548-0151 x 172

*Offered by Upper Cape Family Network,
Young Children First! & The
Parent Connection Series

(F) Frugal Families – Eating
Right, Spending Less
Free, 3-Part Nutrition Workshop
for Parents

Sept 23 – Eating Right...Fitting in
5/day

Sept 30 – Menu Planning & Shopping

Oct 14 – Low Fat Limbo: Heart
Healthy, Bone Happy



6:30 – 8:00 pm

Cape Cod Child Development School
Age Building

Limited FREE Childcare

Register by calling

508 548 0151 x 172

**NEEDED – CAPE COD
FOSTER PARENTS!**



**Foster Parent Information
Session**

Department of Children &
Families (Formerly D.S.S.) needs
your help! Find out more by
calling 508-760-0213
or by visiting
500 Main Street, Hyannis

Discovery Center

Drop-In Schedule:

Tuesdays - 11:15 - 12:45

Wednesdays - (UCFN)

11:15 - 12:45

**Thursdays - 9:30 -11:00, &
4:00 - 6:00**

Fridays - 9:30 - 12:30

(U) New Playgroup Sessions!

Upper Cape Family Network Free
Play and Learn Groups
Bourne & Sandwich

Three 10 week sessions

Session I

Begin - Week of Sept. 14

End - Week of Nov. 20

Session II

Begin - Week of Jan. 11

End - Week of March 26

Mashpee & Falmouth

Two 15 week sessions

Session I

Begin - Week of Sept. 14

End - Week of Jan. 15

For more info:

508 548 0151 x 172



(U) Helping Hands



In this time of economic
stress, please consider our
local food pantries when
shopping

Falmouth Service Center

508 548-2794

Mashpee Food Pantry

508 477-7700

Sandwich Food Pantry

508 888-3816

Bourne Food Pantry

508 759-3351

Thank you so much!

CCNSC

Parent Education & Support Calendar

(formerly in the Cape Cod Times)
can be viewed at

www.capecoalition.com or

contact Paul Melville (508-771-
4338 or

paul@capecoalition.com for
automatic e-mails each month.

(U) Upper Cape Early Childhood Conference*

(for Providers and Parents)

**Saturday, October 31,
2009**

7:30 am - 12:30 pm

Bourne High School

Keynote: Fran Friedman



Join us for

**Breakfast, workshops, training
hours, vendors, & raffle prizes**

Call 508 548 0151 x 172

for a brochure.

*A collaboration between UCFN, 5 CPC's,
and Childcare Network

*Workshop Listings and
Community Offerings*

BECOME A MENTOR!

MASS MENTOR is a foster care agency serving children and teens with emotional/behavioral challenges.

LOOKING FOR

caring, responsible people to open their homes and hearts to children in need of a safe and secure home.

WE OFFER

training, access to 24 hour professional support, and a \$50 tax-free daily rate. Short and long-term placements needed.

Call 1-888-920-8700

Foster parent training classes!

Sign up & more info @
508 862 2639

**(S) Dads, Donuts, and Me
Saturday, October 10, 9:30 am
Welcome preschoolers and dads!**



**Sandwich Public Library
Register in the Children's Room**

Playgroup Benefits

For Adults:

- Engage in adult conversation
- Listen to others
- Meet new friends & neighbors
- Ask difficult questions
- Receive support & advice
- Reenergize your spirit

For Babies/Children:

If your caretakers are happy,
you'll be happy!

Call us today
508 548 0151 x 172

KEY INFORMATION!

In our boxes and calendar you will see a letter (U)pper Cape Family Network, (S)andwich or (M)ashpee or (F)almouth or (B)ourne before an event. This is to help you identify where the event is being held. (If you need more information, you can always call the office! 548-0151 x 172)

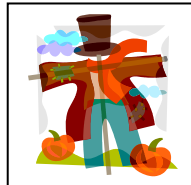
**(S) Saturday Sandwich Happenings
Don't Miss the Excitement**

Oct. 17th – Pasta & Puppets



Free tickets @
the Library or
online for p & p!

**Oct. 24th –
Scarecrow Contest
Sandwich Library
9:30 – 1:00**



Call Jan Souza for more info!

**(F) Free Family Event
A Healthy Body
w/ Kim Torres**



**Hands on activities – lots of fun for
the whole family.
Saturday, September 26th
10:30 – Noon
Falmouth Public Library
NO Registration Necessary!**

**(U) How Can I Help? UCFN Suggestions
Volunteer Opportunities**

Can't get enough of those little ones?
Provide childcare for a day time or night
time parenting classes

Can't stay out of the kitchen?
Provide a dinner for our night time
parenting classes

Want to be involved with programming?
UCFN council meetings (4 X/year)

**Want to meet new and important
people?**

Visit your state reps - talk to them -
keep them informed your thoughts and
issues

Call the UCFN office to sign up and for
more information

508 548 0151 x 172

**(F) Training for Teachers
(and parents too!)
(.5 CEU's)
Promoting Children's Physical
Development**

Cost: \$3.00



September 21 & 29

6:15 – 8:45 pm

**Gus Cauty Recreation Center
Falmouth, MA**

**Call now to register:
508 548 0151 x 128**

**(U) UCFN Drop In Playgroups
Come Visit Us!**

Tuesdays

*Mixed Age Drop-In @ Falmouth
School Administration Building
11:00 - 12:00

Wednesdays

*Mixed Age Drop-In @ Sandwich
Library Discovery Center
10:45 am -11:45

Thursdays

*Story Hour Drop @ Falmouth Public
Library 10:00 am

*Tots N Tales @ Falmouth Library
11:00 am

*Mixed Age Drop-In @ Jonathan
Bourne Library 10:45 - 11:45

Friday*Books for Babies @ Falmouth
Library 10:15 am

*Mixed Age Playgroup @ Jonathan
Bourne Public Library 10:45 - 11:45

**These free drop-in groups are open to
families with children ages birth
to school age . Join us!**



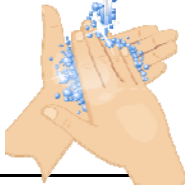

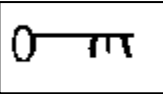
**(S) Fall Frolic at Heritage
Museums and Gardens**

**Tuesday, September 22nd
10:00 - 11:30**





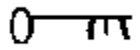


Call CPC office
508 888 9525 to register

Upper Cape Newsletter
 Calendar of Events for
Sept 2009

Sunday	Monday	Tuesday!	Wednesday	Thursday	Friday	Saturday
September is	(U) Have you registered for a playgroup yet?	1	2 (U) Call 508 548 0151 x 172 to register for groups!	3	4 (U) Can't Register? Check Drop-In Times	5
6 Back to School!	7 	8	9	10	11	12
13 National Self Improvement Month	14 (u) Playgroups Begin!	15 Discovery Center opens today!	16 experiment	17	18	19 
20 This is Clean Hands Week!	21 (F) Promoting Children's Physical Development (S) Council Meeting 7:00 PM Wing School	22 (S) Fall Frolic @ Heritage	23 (F) Frugal..Easting Right (1 of 3)	24 	25	26 (F) A Healthy Body 10:30 - Noon Gus Canty Rec Center
27 National Courtesy Month	28 (U&F) Combined Council Meeting 6:00 pm 704 Main Street Falmouth	29 (F) Promoting Children's Physical Development	30 (F) Frugal..Easting Right (2 of 3)			
Please call ahead to register for all groups and workshops. Child care MAY be available for some events, but MUST be pre-arranged.						
<p align="center">Contact Information:</p> <p>(B) Bourne - Nancy Spaulding 563 - 1739 (M) Mashpee - (F) Falmouth -Carolyn Minervino 548-0151 x 128 (S) Sandwich - Lauren Melillo 888 - 9525 X2 (U) Upper Cape Family Network - Tina Toran 548 - 0151 X172</p>						
						

Upper Cape Newsletter
 Calendar of Events for
October 2009

Sunday	Monday	Tuesday!	Wednesday	Thursday	Friday	Saturday
October is	1	2	3 (F) Sweet Dreams Jeanine Fitzgerald 508 548 0151 x 172 (S) Wee Walkers	1	2	3
4 Apple Month	5 	6	7 (S) Wee Walkers	8	9	10 (S) Dads, Donuts, & Me
11 Fire Prevention Month	12	13 (F) Every Child..Special (1 of 4)	14 (S) Wee Walkers (F) Frugal..Easting Right (3 of 3)	15	16 	17 (S) Past a & Puppets
18 Dyslexia Awareness Month	19	20 (F) Every Child..Special (2 of 4)	21 (S) Wee Walkers	22 	23	24 (S) Scarecrow Contest
25 Eat Better, Eat Together Month	26 	27 (F) Every Child..Special (3 of 4)	27 (S) Wee Walkers	29 (S) Story Hike & Fairy House Building	30	31 (U) Upper Cape Early Childhood Conference HALLOWEEN!
<p>Please call ahead to register for all groups and workshops. Child care MAY be available for some events, but MUST be pre-arranged.</p> <p style="text-align: center;">Contact Information:</p> <p>(B) Bourne - Nancy Spaulding 563 - 1739 (M) Mashpee - (F) Falmouth -Carolyn Minervino 548-0151 x 128 (S) Sandwich - Lauren Melillo 888 - 9525 X2 (U) Upper Cape Family Network - Tina Toran 548 - 0151 X172</p> <div style="text-align: right; border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;">  </div>						

Upper Cape Family Network
 Upper Cape Family Network Playgroup Schedule

FALMOUTH	SAND WICH	BOURNE	MASHPEE
MONDAY	MONDAY	MONDAY	MONDAY
9:30 - 10:30	9:30 - 10:30		Group 1 - 9:30 am
Playgroup - Mixed Age			Group 2 - 10:15 am
Registered			Group 3 - 11:00 am
Carriage House			Please pick one group for you
11:30 - 12:30			and your child
Baby Group (0 - 15 months)			Toddle Time
Registered			Registered Groups
Falmouth Public Library			Mashpee Library
TUESDAY	TUESDAY	TUESDAY	TUESDAY
9:30 - 10:30			
Playgroup - Mixed Age			
Registered			
Admin Building			
11:00 - 12:00			
Drop-In Playgroup			
Admin Building			
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
	9:30 - 10:30	9:30 - 10:30	
	Lap Bables (0 - 15 mths)	Mixed Age Playgroup	
	Registered	Registered	
	Sandwich Public Library	Sandwich Public Library	
	10:45 - 11:45	10:45 - 11:45	
	Lap Bables (16 - 22 months)	Playgroup - Drop In*	
	Registered	Sandwich Public Library	
	Sandwich Public Library		
THURSDAY	THURSDAY	THURSDAY	THURSDAY
10:00		9:30 - 10:30	
Story Hour Drop-In		Music and Movement	
Falmoth Public Library		Registered Group	
11:00		Bourne Library	
Tots 'n' Tales		10:45 - 11:45	
Drop-in**		Drop In Playgroup	
Falmouth Public Library		Bourne Library	
FRIDAY - LIBRARY	FRIDAY	FRIDAY	FRIDAY
10:15	10:00 - 11:00	9:30 - 10:30	
Books for Bables	Music & Movement	Playgroup - Mixed Age	
Story Time	Ages 2 - 3.11 years	Registered Group	
Drop-in**	Registered	Bourne Library	
Falmouth Library	Cape Heritage in Sandwich		
(May change. Stay tuned!)		10:45 - 11:45	
		Lap Bables (0 - 15 months)	
	***Anyone, from any	Registered Group	
	town, can come to a drop-in	Bourne Library	
	group.		