November 2026 Parent Newsletter

Learning, Growing Together

Lake-Geauga United Head Start, Inc.

Welcome

November brings cooler temperatures, falling leaves, and changing weather! As the days get colder, please remember to send you child to school with a warm coat, hat and gloves. We will enjoy the fresh fall air whenever the weather allows, so dressing in layers is a great idea. 🍂✨

Thanks for being part of our journey!

Classroom Highlights



🍂 **Nature Walk**

We explored the beautiful colors of fall on our nature walk!



P5 Class

Say CHEESE and smile for the camera!



🎨 **Fall Crafts**

Look what we collected on our Nature Walk.

This Month's Activity

Dads, Start Your Engines!



Join us for a fun-filled race-car event where you and your child will work together to create their very own cardboard car!

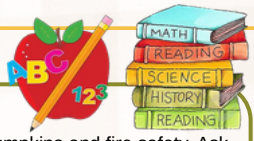
11-19

Student Spotlight



Mrs. Bogers class, West Center

Curriculum



Teachers have been busy teaching about fall, fall harvest, apples, pumpkins and fire safety. Ask your child what they have learned at school to help extend their learning at home.

Teachers will be finishing assessments soon and will be reviewed with you during your conference or home visit the first part of November. This will be a good time to ask questions and plan for some goals for your child. Please schedule your time with your child's teacher.

With Halloween fast approaching, talk with your child about staying safe during trick or treating.

Diane Heald, Education/Literacy Coordinator

Important Dates

11-19	All Parent Meetings will be held before the Fatherhood Activity
11-24	Parent Child Activity
11-19	Fatherhood Activity check with your center for time
11-25 thru 11-27	**Thanksgiving Break** No School

Family Meals Matter!

By: Wendy Kirby RDN, LD





Eating together as a family is one of the best ways to build healthy habits and strong family connections.

Benefits of Family Meals:

Children are more likely to eat fruits, vegetables, and other nutritious foods.

Family meals provide time to talk, connect, and share about the day.

Children learn healthy eating habits by watching adults.

Regular family meals can help create routines and a sense of belonging.

Simple Ways to Make Family Meals Happen:

Start Small

· Aim for 2-3 family meals per week if daily meals are not possible.

· Breakfast, lunch, or dinner all count!

Keep It Simple

· Meals do not need to be fancy.

Try:

o Sandwiches and fruit

o Breakfast for dinner

o Rotisserie chicken with vegetables

Limit Distractions

· Turn off TVs and put away phones.

· Focus on conversation and enjoying time together.

Get Everyone Involved

· Let children:

o Choose a vegetable

o Set the table

o Wash produce

o Help with simple meal preparation

Make Mealtime Positive

· Avoid arguments and pressure about eating.

· Encourage children to listen to their hunger and fullness cues.

· Keep conversation fun and supportive.

USDA is an equal opportunity provider, employer, and lender.

Resources

Goodwill

https://www.goodwill.org/

Lake County General Health District

httyps://www.lcghd.org/

HEAP

How to Reach Us

Office Phone: 440-350-9160

Office Fax: 440-350-9166

Automated Appointment Hotline: 1-440-381-8230

Click the link below to Schedule Appointment Online

linkhttps://lclifeline.org/get-help-lake/heap/

Email: marinar@lclifeline.org

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8 North State Street, Suite 300

Painesville, OH 44077

Lake Mailing Address:

PO Box 496

Painesville, OH 44077

Geauga County Office

12375 Kinsman Road, Building H, Suite 17,

Newbury, OH 44065

Geauga Mailing Address:

PO Box 117

Burton, OH 44021

Economic Mobility



What Is Economic Mobility and Why Is It Important?

March 22, 2026

Understanding Economic Mobility

Economic mobility is a concept that describes the ability of individuals or families to move up or down the economic spectrum within a society. This dynamic movement is typically measured through various lenses, such as income changes, wealth accumulation, or occupational shifts. It serves as a pivotal indicator when assessing how well a society can offer equal opportunities to all its members, regardless of their initial standing in life.

Types of Economic Mobility

Economic mobility can be classified into different types, primarily focused on the dimensions of temporal movement either across or within generations:

Intergenerational Mobility: This refers to the shifts in social and economic status that occur between different generations within a family. For instance, if a child in a family achieves a higher income bracket or occupational status compared to their parents, this would be a case of upward intergenerational mobility. Conversely, if the child fares worse economically compared to the parents, it would exemplify downward intergenerational mobility.

Intragenerational Mobility

This category of mobility pertains to the shifts in an individual's economic status within their own lifetime. Intragenerational mobility can manifest through various pathways — enhanced education, career advancement, entrepreneurship, or unforeseen changes in the job market, influencing an individual's economic standing upwards or downwards over time.

Factors Influencing Economic Mobility

Several determinants actively influence the potential for mobility within a society. These factors play essential roles in either facilitating economic advancement or creating barriers to it:

Education: Education is a fundamental pillar influencing economic mobility. Access to quality education provides individuals with critical skills and knowledge, facilitating access to higher-paying jobs and broader economic opportunities. Educational attainment remains a compelling driver of upward mobility, underscoring the importance of investing in robust education systems.