



## February News

### This Month

**This month, we will be talking about dental health, friendship, and celebrating Dr. Seuss towards the end of this month!**

**We will discuss why it's important to brush our teeth, how many times a day we should brush, and what a dentist does. With friendship, we will focus on how to be a friend to someone, what it means to be a kind a friend, and read books about friendship. Dr. Seuss week will be filled with reading, rhyming, and fun crafts! As a reminder, please send in an extra set of clothes in your child's bookbag. If you have any questions, please let us know!**



### Upcoming Events

**2-2 Groundhog's Day**



**2-3 Wear Red Day**

**2-9 National Pizza Day and Family Center Parent Committee @ 5:30 p.m.**

**2-10 Professional Development Day/ No School**

**2- 14 Valentine's Day**

**2-16 Sweetheart Dance @ 6:00 p.m.- 7:00 p.m.**

**2-20 Presidents' Day/ No School**

**2-22 Bus Staff Appreciation Day**

**2-23 Policy Council @ 5:30 p.m.**



### Pyramid Model News

**We will be discussing friendship this month. Children at this age are still learning how to be a friend and how to make friends. We will start a program called Second Step which will provide the kids with certain scenarios where they have to problem solve, work together, and develop an understanding of what friendship is.**

### Health or Nutrition News

#### **Pizza Buns**

##### Ingredients

1 lb. lean ground beef or turkey      1/4 teaspoon pepper      1/4 cup onions, finely chopped      3/4 cup pizza sauce  
1 cup shredded Mozzarella cheese      6 hamburger buns, sliced

**Preparation:** Preheat oven to 365 degrees F. Brown ground meat in skillet and add onion. Drain off juices from meat. Stir in pepper and pizza sauce into cooked meat. Simmer until hot and bubbly. Stir in 1/2 cup shredded cheese. Arrange bottom halves of buns on glass dish. Spoon meat mixture over buns; sprinkle with remaining 1/2 cup cheese. Top with other halves of buns. Bake until cheese just starts to melt.

Recipe taken and adapted from: <https://eat-move-save.extension.illinois.edu/eat/recipes/pizza-buns>