

## November News

### This Month

**This past month, we have been focusing on all things fall related! We have created shape scarecrows, made apple pie scented Play-Doh, cut open a pumpkin together to investigate, and got to taste test some fun fall snacks during our virtual fieldtrip. This coming month, we are starting out by discussing safety and listening to your adults with trick or treating being right around the corner. Also coming up, we are going to taste teste pumpkin pie, work on letter recognition and counting, with some fun turkey and food related activities. We will enjoy a Family Center Feast downstairs before we go to fall break and close out the month!**

### Upcoming Events

- 2<sup>nd</sup> No School / Parent Teacher Conferences**
- 3<sup>rd</sup> No School / Parent Teacher Conferences**
- 10<sup>th</sup> No School / Observing Veteran's Day**
- 15<sup>th</sup> Picture Retakes at the Family Center**
- 16<sup>th</sup> Family Center Parent Committee @ 5:30 pm**
- 18<sup>th</sup> Eat Healthy Stay Active Parent Training at the Family Center (Note to come)**
- 20<sup>th</sup> Family Center Upstairs Classroom Thanksgiving Feast (Note to come)**
- 21<sup>st</sup> Family Center Downstairs Feast Classroom Thanksgiving Feast (Note to come)**
- 22<sup>nd</sup> – 24<sup>th</sup> No School / Fall Break**



### Pyramid Model News

**We have really focused on Social-Emotional learning and will continue that in November. We will continue practicing friendship skills like asking a friend to play, taking turns, sharing, and working together with a partner.**

### Applesauce Pancakes

#### Ingredients:

½ cup milk  
1 egg  
1 Tablespoon vegetable oil  
1 cup applesauce  
1 ½ cups all-purpose flour\*  
2 teaspoons baking powder  
½ teaspoon salt  
1 Tablespoon sugar  
¼ teaspoon cinnamon



#### Preparation:

1. Wash your hands with soap & water.
2. Combine milk, egg, vegetable oil, & applesauce together in a mixing bowl.
3. In a separate bowl, combine all dry ingredients. Add dry mixture gradually to bowl with applesauce mixture. Mix until nearly smooth with a hand mixer or wire whisk.
4. Heat a large skillet on medium heat & spray with non-stick cooking spray.
- 5. Pour ¼ cup batter onto skillet. Flip once after bubbles form on top of pancake. Cook until lightly browned on both sides & middle is no longer raw.
6. Serve with fresh fruit or light syrup.

**Note:** \*Replace ¾ cup of all-purpose flour with whole-wheat flour for added fiber.