

This Month

We will be discussing Turkeys, Families and Nutritious Foods.

We will be creating healthy plates using magazine pictures. If you have any old magazines at home you would like to send, that would be great!

We are looking forward to having our families come to visit for our Thanksgiving Feast later this month. We will send more information regarding it later.

Please remember to send your child's bookbag and folder every day. Also, please take a few minutes in the evening to check the folder for mail.

Upcoming Events

2nd No School / Parent Teacher Conferences

3rd No School / Parent Teacher Conferences

7th Pekin Parent Committee @ 5:30 pm

10th No School / Observing Veteran's Day

17th Picture Retakes at the Pekin Site

18th Eat Healthy Stay Active Parent Training at the Family Center (Note to come)

20th Thanksgiving Feast at Pekin (Note to come)

22nd – 24th No School / Fall Break



Pyramid Model News

You might have heard your child mention Tucker Turtle. He is a puppet that we use to help children who are having a challenging time calming themselves if they become upset or need help with problem solving. Tucker goes into shell to take some deep breaths to calm himself before he thinks of a solution to his problem. This month, at parent committee, those who attend will have a chance to make a Tucker Turtle puppet to use at home with your child.

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.