

**This Month**

The kids voted on a variety of topics to learn about. The winner was animals! So, we will begin this month learning about pets and then we will go into wild animals. We have so many fun activities planned such as pet adoptions, setting up a vet center, and learning about what we need to take care of pets. Please feel free to bring in or send us pictures of your child with their pet! 😊 If you do not have a pet, a stuffed animal will do! They may also bring in a stuffed animal 'pet' to share with the class. We are going to be adding a 'pet' to our classroom as well and each child will get a chance to take it home to care for it! We will send a note home with more info about this. After animals we will learn about fruits and veggies and all things Thanksgiving!

**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**
- 10<sup>th</sup> Miss Britney's Birthday!**
- 14<sup>th</sup> Hensey Parent Committee @ Family Center 5:30 pm**
- 15<sup>th</sup> Picture Retakes at the Family Center**
- 18<sup>th</sup> Eat Healthy Stay Active Parent Training at the Family Center (Note to come)**
- 20<sup>th</sup> Thanksgiving Feast at Family Center (Note to come)**
- 22<sup>nd</sup> – 24<sup>th</sup> No School / Fall Break**



**Pyramid Model News**

Miss Debbie from the Hult Center came to visit us and she taught us all about our brain and lungs. She let us see what a brain feels like and even showed us REAL lungs. She also taught us some fun breathing techniques. Ask your child about butterfly breath, starfish breath, and mustache breath to try at home!

**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.