

This Month

It is hard to believe that we are already in November. This school year has been flying by! The children have enjoyed learning about apples, pumpkins, and Halloween. We will be focusing on family, friends, turkeys, and thankfulness this month!

Please make sure you send your child with a coat each day. As long as it's above 32 degrees with the windchill, we will be going outside to play.



Alaina turns 5 on November 1st!
Silas turns 5 on November 20th!
Liam turns 5 on November 30th!

Upcoming Events

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



Pyramid Model News



I can...



count



take deep breaths



take a break



draw a picture



hug a favorite toy

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.