

This Month

Hello families! Winter is approaching us so just a friendly reminder to dress your child to go outside for play time. This month will be a very busy and exciting month. We will be talking about turkeys, what it means to be thankful, and Miss Sarah comes back! Also, a friendly reminder that what your child brings for rest time will stay on their cot until Friday or the last day of the week. I have also sent a note home regarding this as well. 😊

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

WE ARE SAFE WE ARE KIND WE ARE A TEAM

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.