



This Month

For the month of December, we will be exploring all things Holiday. We will explore different holiday tradition. We will be preparing for the Polar Express Night! We will continue working on being a problem solver and ways to help us calm down when we are upset or angry.

Spirit Week- 12/16-Holiday Spirit Wear

12/17- Holiday Hats & Hair

12/18- Holiday Socks

12/19- Pajama Day



Important Dates

12/3- Policy Council @ 5:30 p.m. @ the Family Center

12/12- Polar Express Night Event @ Pekin from 6:00 p.m. to 7:00 p.m.

12/17- Pekin Parent Committee @ 5:30 p.m.

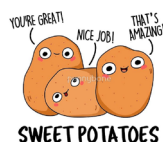
12/20- 1/6- Winter Break – No School

1/7- School Resumes

Transition Tips for the Holidays

- Let your child know about any schedule or routine changes well in advance.
- Give your child a 10-, 5-, or 1-minute warning before cleaning up or stopping an activity. This could be achieved by setting a timer on your stove or phone. You could also use a sand timer as a visual. Inexpensive ones are easily found at a Dollar Tree or Dollar Store.
- Make sure you have a toy or fidget available to keep your child busy during wait times when you're out of the house.

Nutrition News- Sweet Potato Casserole Recipe



Please see the attached recipe or follow this link.

Taken from: <https://www.thekitchn.com/easy-sweet-potato-casserole-263094#post-recipe-13146>

Sweet Potato Casserole Recipe

Prep time 25 minutes; Cook time 30 minutes; Serves 8 to 10

Ingredients

3 lbs sweet potatoes (about 12 small or 6 large), peeled and cut into large pieces
1/2 c packed light brown sugar
2 tbsp unsalted butter, plus more for the baking dish
1 tsp pumpkin pie spice
1/2 tsp kosher salt
2 c mini marshmallows

Instructions

1. Fill a large pot with at least 4 qts of water and bring to a boil over medium-high heat.
2. Arrange a rack in the middle of the oven and heat the oven to 375°F. Coat a 9x9-inch square baking dish or other 2-quart casserole dish with butter; set aside.
3. Add 3 lbs peeled and cut sweet potatoes to the boiling water and then reduce heat to medium. Simmer until completely tender, about 25 minutes.
4. Drain the sweet potatoes, then transfer them to a large bowl. Add 1/2 c packed light brown sugar, 2 tbsp unsalted butter, 1 tsp pumpkin pie spice, and 1/2 tsp kosher salt. Using a potato masher, mash to desired consistency, folding in the sugar and butter as you go.
5. Transfer the mashed sweet potatoes to the prepared baking dish and smooth into an even layer. Sprinkle with 2 c mini marshmallows. Bake until the top is golden-brown and crisp, 20 to 25 minutes.

Recipe Notes

Make ahead: The casserole can be prepared without the marshmallows, covered, and refrigerated for up to 3 days. Let sit at room temperature for 30 minutes before topping with the marshmallows and baking.

Storage: Leftovers can be refrigerated in an airtight container for up to 5 days.

