

NOVEMBER



Don't forget to change your clocks
Sunday, November 5th!



FAMILY GAME NIGHT

The center is planning a family game night on **Thursday, November 9th** from **5:00pm to 6:00pm!**

We are encouraging all our families to participate and come have fun with us!

PARENT CONFERENCES

Parent conferences are coming up. Please schedule your conference with your child's teacher to go over their progress report. Conferences are the perfect time to ask questions about your child's development.

THANKSGIVING BREAK

The center will be **CLOSED Thursday, November 23rd and Friday, November 24th** for Thanksgiving.

If you are planning to be out all week for the holidays, please let your child's teacher or the office know.



THANKSGIVING FEAST

The center and our board members will be planning a special lunch for all the children on **Wednesday, November 22nd** to celebrate Thanksgiving.

The center will also be closing **EARLY** this day **@ 12:30pm.**

BIRTHDAYS

Raul – 4th , Sofia H. – 11th , Ms. Ivette – 17th , Dayana – 19th ,
Emery – 22nd , Mario B. – 23rd , Genesis – 30th





Colorful Fruits

At child care, we include a variety of fruits at meals and snacks. We serve fruits because they:

- Add color, texture, and flavor to meals and snacks.
- Provide vitamins and minerals for your child's growth and play.
- Provide fiber to help prevent constipation.
- Help your child learn healthy eating habits.

Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes: 6 servings (½ cup)	Preparation time: 7 minutes	Cook time: 40 minutes
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Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

Try a Rainbow of Fruits

Encourage your child to try fruits of all different colors. There are fruits for every color of the rainbow.

Red

strawberries,
cherries,
raspberries

Orange

oranges,
nectarines,
peaches,
cantaloupe

Yellow

bananas,
pineapples

Green

kiwi, grapes,
apples

Blue & Purple

blueberries,
plums, grapes

Make Your Own Rainbow!

As your child tastes different fruits, encourage him or her to color the section on the rainbow that matches the color of the fruit. Display the complete rainbow at home or share it with us.

