

***Spin North Newsletter…A program proudly brought to you by Starpoint***

##### November 2019

Hey Families!

A couple of quick reminders this month. The phot view will be on November 7th. Please keep your eye open for more information. Also we are closed on Thursday November 28th for Thanksgiving and Friday November 29th for a teacher work day.

Brittany Ruff, Center Director

“Children must be taught how to think, not what to think.” – Margaret Mead

**Infants:**

This month we will continue working on sign language. The words we are currently signing are more, all done, milk, and please.

We have new friends! Please welcome them when you see them.

We are still collecting family pictures. They don’t have to be formal. If you want to email them please email them to Brittany at [bconnor@starpointco.com](mailto:bconnor@starpointco.com).

Ms. Kaitlyn & Mrs. April

**Toddlers:**

As many of you know, Ms. Alicia is on maternity leave, so we have Ms. Chandra in here with us until Ms. Alicia returns.

We will be working hard to learn our classroom rules and expectations. There is a copy of that by the sign in sheet so please take a look at them.

Winter is not here! Please make sure to check your child’s cubby for weather appropriate clothing that fits. We do go outside even when it is cold and snowy so please make sure your child comes to school with a jacket.

There is no school on Thursday November 28th or Friday November 29th. We hope you have a great long weekend with your family.

Ms. Adriana & Mrs. Chandra

**Preschool Room 2:**

Beginning next week we are starting the insect study! Students will be learning about the different types and parts of an insect and their ways of living. If you have any resources, items, or stories about insects, please let a teacher know so we can incorporate it into the curriculum!

As the weather is getting colder, our clothing should be getting warmer. Please start bringing in warm items such as hats, mittens, boots, extra socks, scarves, snow pants, winter coats, sweaters, etc. Just because there is snow on the ground does not mean we will not go outside! We love giving students opportunities to experience with snow as long as the temperature does not drop too low. Please write your student’s name on the inside of each item so we can return them to the proper cubbies after drying.

Mrs. Danielle & Mrs. Danielle

Ms. Lorene

**Kitchen:**

Howdy families!!!

Well November is here already. Are you ready for the fun to start? I am! I love the holidays, but often need a quick and easy dinner for my family to eat and enjoy. I hope you like this one as much as we do.

**Cheesy One Pot Hamburger Casserole**

Ingredients:

* 1 tablespoon olive oil
* 2 pounds ground beef
* 1 onion, diced
* Kosher salt and fresh ground pepper, to taste
* 1 (28oz) can diced tomatoes, undrained
* 1 (6oz) can tomato paste
* 1 (32oz) can chicken broth (divided)
* ¼ cup ketchup
* 1 pound rotini pasta
* 1 Roma tomato, diced
* 2 cups shredded cheddar cheese

Directions

1. Heat olive oil in a large stockpot or Dutch oven over medium-high heat.
2. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; season with salt and pepper, to taste. Drain excess fat.
3. Stir in tomatoes, tomato paste, chicken broth (2 cups), ketchup, and pasta.
4. Bring to a boil; cover, reduce heat and simmer until paste is cooked through about 13-16 minutes.
5. Stir throughout adding in any more chicken broth as needed.
6. Remove from heat and top with cheese. Cover until cheese has melted, about 2 minutes, and then stir to mix throughout.
7. Serve immediately!

Enjoy!!!

I will see you at the kitchen door!

Your Northside Cook

Tina Cook

**Preschool Room 3:**

November will be a busy month. We are starting the Tree Study. This study will build upon the interest in trees. We will explore the characteristics and the roles trees plan in our world.

Reminders:

* We go outside every day so please make sure your child has a jacket.
* Please write your child’s name on hats and gloves so we make sure they go home with the correct kiddo!

Mrs. Christine & Mrs. Samantha

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

November Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  | 1)**B**- WG French toast, applesauce, milk  **L**- Ham and Beans, saltines, peas, oranges, milk  **S**- cottage cheese, pineapple, water |
| 4)**B**- WG bagel w/cream cheese, mixed fruit, milk  **L-** mac & cheese w/ beef, green beans, apples, milk  **S**- saltines, cheese slices, water | 5)**B**- oatmeal, apricots, milk  **L**- Ham roll-ups on WG tortilla, lettuce, tomato, cucumbers, peaches, milk  **S**- carrot stick, cauliflower, ranch, milk | 6)**B-** yogurt parfaits w/ granola, banana, milk  **L**-turkey gravy, mashed potatoes, WG bread, apples, milk  **S**- pretzel twists, milk | 7)**B**- WG pancakes, peaches, milk  **L**- Hawaiian chicken on brown rice, pineapple, carrots, milk  **S**- hardboiled eggs, cheese sticks, water | 8)**B**- cereal, pears, milk  **L**- tuna sandwiches on WG bread, peas, peaches, milk  **S**- graham crackers, applesauce, milk |
| 11)**B**-WG toast w/ jelly, pears, milk  **L**- Beef w/ broccoli on brown rice, corn, peaches, milk  **S**- goldfish, apple slices, water | 12)**B**- scrambled eggs, WG toast, peaches, milk  **L**- chicken bacon ranch WG penne, peas, banana, milk  **S**-pretzel rods, cheese sauce, milk | 13)**B**- cream of wheat, apricots, milk  **L**- baked ham w/pineapple, green beans, WG bread, milk  **S**- WG tortilla w/ cinnamon, milk | 14)**B**- WG English Muffin w/ sausage & cheese, mandarin oranges, milk  **L**-bean & cheese burrito WG tortilla, carrots, apples, milk  **S**- cucumber sandwich, water | 15)**B**-WG waffles, applesauce, milk  **L**- Turkey Bacon Alfredo Skillet w/ WG rotini, peas, mixed fruit, milk  **S**-yogurt, pears, water |
| 18)**B**- WG pancakes, apples, milk  **L**- Tuna noodle casserole, peas, peaches, milk  **S**- cottage cheese, cucumbers, water | 19)**B-** WG cereal, bananas, milk  **L**- Indian Corn w/ corn chips, green beans, milk  **S-**carrot sticks, cheese slices, milk | 20)**B**- WG bagel w/ cream cheese, mixed fruit, milk  **L**- ham pasta salad w/ WG noodles, cucumbers, oranges, milk  **S**-goldfish, milk | 21)**B-** oatmeal, applesauce, milk  **L-**chicken fajitas on WG tortilla, corn, pears, milk  **S-**mandarin oranges, saltines, water | 22)**B-** yogurt parfaits w/ granola, apricots, milk  **L-** turkey & cheese roll-ups on WG tortillas, apples, carrot sticks, milk  **S-**trail mix, milk |
| 25)**B**- WG cereal, mixed fruit, milk  **L-** beef stroganoff, green beans, peaches, milk  **S**- yogurt, graham crackers, milk | 26)**B**-scrambled eggs, WG tortilla, apples, milk  **L-** chicken nuggets, tator tots, pineapple, saltines, milk  **S**- pretzel rods, cheese sauce, milk | 27)**B**- WG tortilla w/ cinnamon, banana, milk  **L**- baked turkey, mashed potatoes, corn, WG bread, milk  **S**-carrot sticks, hummus, milk | 28)  CLOSED | 29)  CLOSED |

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\*\*All milk served to participants is unflavored, all participants 2 years and older are served low-fat (1%) milk and children under 1 year old are served whole milk WG- whole grain

