

January

2020

School Age Newsletter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2	3 	4 National Spaghetti Day 
5 Ethan turns 9 	6 	7	8 SLIME Club Room 121	9 Arianna turns 8 	10 Show and tell room 113	11
12	13	14	15 Cooking club room 303 	16	17 PA DAY Pajama Day Room 113	18
19	20 Bring in a board game room 303	21 National Hug Day 	22 Pajama Day Room Room 113 	23	24 Show and tell room 113	25 Isabella turns 8  Chinese New Year
26	27 Family Literacy Day 	28	29	30	31 Pajama Day Room 113 	See back 

Dear School Age parents,

We would like to welcome everyone back!! We hope everyone had a great holiday.

Classroom updates:

Room 113: *The children have been asking to dress up in pajamas after school therefore this month we will be having some pajama days please see calendar for more details.*

Room 121: *This month will be “voting” month this is when the children pick which clubs they would like to add and/or continue for the New Year.*

Room 303: *This month our group will be focusing on “science”. We will be discussing what science is and what happens when different substances are mixed together. Children will get to pick one experiment to do once a week in addition to the weekly program.*

Monthly Recipe: Cauliflower curry

Ingredients:

2 cups cauliflower florets
2 medium potatoes, peeled and cut into 3cm cubes
1 cup frozen or fresh peas
2 tomatoes, diced
1 onion, finely chopped
1 tsp coriander powder
1 tsp cumin powder
1/2 tsp turmeric powder
1 tablespoon sugar (optional)
1/2 teaspoon ground chili (optional)
salt to taste
2 tbsp oil
2-3 bay leaves
1/2 cup water
1/2 cup freshly chopped coriander leaves

Method

Bring a pot of salted water to boil. Add the cauliflower florets and potato cubes to the water. Cook on high heat for 5 to 8 minutes until the veggies are just shy of tender. Remove from heat, drain and set aside.

Heat oil in a deep frying pan over medium heat. Add the bay leaves, onions and tomatoes. Cook for 2-3 minutes, stirring occasionally. Add all the spices, seasonings, peas, potatoes and cauliflower. Mix well to combine. Add the water. Reduce heat to medium-low, cover with a vented lid and let simmer for 15-20 minutes.

Garnish with coriander leaves and serve with naan, flatbread or rice.