



Whether you're sheltering indoors from a downpour of rain or making the most of the state's farmers markets and orchards, we have plenty of ideas to keep you and the kids happy this autumn.

WHAT DOES FALL MEAN TO YOUR FAMILY?

Autumn is a nostalgic time of year for many — rich in traditions from a variety of cultures over many years. Fall is a perfect time to reflect & embrace change. We leave the summer heat behind, trade blooming flowers for crisp leaves, t-shirts for sweaters, and ice cream for pumpkin pie. Okay who am I kidding — ice cream *with* pumpkin pie.

Take the time this Fall to start a new tradition with your family — why not start a family recipe book? Add a recipe (or two) you make together each autumn! Take pictures and share your culinary adventures on a district Facebook page!



FUN SEASONAL ACTIVITIES Autumn — 2018



Winchendon Fire Department

BREAST
CANCER
AWARENESS

Purchase a pink
shirt, for \$18 &
help benefit

families at Heywood Hospital whose insurance does not cover the costs of cancer treatment.



Winchendon SEPAC

DOWN SYNDROME
AWARENESS MONTH

Show your support by wearing Blue+Yellow at school Thursday, Oct. 25th. Stay tuned for more events including 03.21.19 WORLD Down Syndrome Day. #MoreAlikeThanDifferent



Cooking in Early Childhood & Why you should do it

These days, it's hard for busy parents even to take time out to teach their kids basic cooking techniques. But it's not impossible!

It's true that including the kids in cooking meals requires time, patience, and some extra clean-up, especially when the children are younger. But many experts think it is well worth the effort. Here's what I found:



SHORTCUT PUMPKIN BREAD

Yield 9-inch loaf

Prep 15mins

Bake 50mins at 375°F

INGREDIENTS

- (1) 2-layer-size package yellow cake mix
- 1 cup canned pumpkin
- 1 cup mashed banana
- 1 teaspoon cinnamon
- 1/2 8oz bar cream cheese, softened
- 1/4 cup butter, softened
- 1 cup powdered sugar
- 1/2 teaspoon vanilla



Reap the Benefits

- **Empowerment** – Life as a young child is filled with relying on other people to take care of you and other people being in charge. The simple lesson of learning to make yourself a snack is very empowering for kids.
- **Health** – kids who get a chance to cook their own food are also more likely to eat that food. They're more adventurous in what they'll eat and more likely to create lifelong healthy eating habits.
- **Fun** – It's more than something you can do with the kids. It's about connecting. It can be fun to cook with your kids and you'll make great memories doing it.



- **Helpfulness** – Teach a few basic skills and soon you'll have kids who can help out in the kitchen. They can make their own lunches, cook a simple dinner, get breakfast for themselves ... They'll be delighted that they could truly help.
- **Math and language skills** – The basics of math are a natural part of cooking vocabulary. Not only that, talking in the kitchen invites a large range of interesting descriptive language expanding your kids' vocabulary as you cook.
- **Communication** – Time spent together in the kitchen gives you space for ongoing development of open communication and conversation in your family. Have you ever noticed sometimes it's easier to talk openly when you're partly occupied with another task like driving or going on a walk? As kids learn to cook, cooking together becomes another opportunity to get to know one another, or for kids to ask the questions they really need your input on. * Shared by Alissa Marquess [BouncebackParenting](#)

Make it together. Savor it together.

1. Mix cake mix according to the directions on the box, omitting water, and adding the pumpkin, cinnamon and bananas. Spoon into one sprayed 9-inch loaf pan or 4 5-inch loaf pans. Bake at 375 degrees F for 45 to 50 minutes for 9-inch loaf or until a toothpick inserted in the center comes out clean (cover with foil the last 10 minutes if loaves get too brown).

2. In a medium bowl combine the cream cheese and butter with an electric mixer until creamy. Stir in the vanilla, and then gradually mix in the powdered sugar. Let the pumpkin bread cool completely and then frost. Chill to store. Enjoy it *together*. Why not have them feed you the first spoonful with your eyes closed! * Recipe courtesy of [Parents.com](#).



Friday October 26th

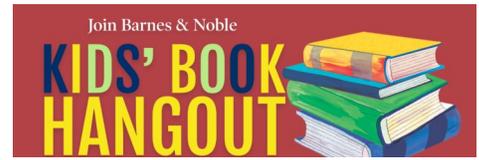
National Pumpkin Day. Celebrated annually, this holiday spreads cheer and gives thanks to a squash cultivator that is such an integral part of American culture. The pumpkin is not only delicious but it is also one of the main symbols of Halloween in the U.S and is a central element in many fall festivals, events, and contests. Click [here](#) for 6 *non-latte reasons to love pumpkin season*. Today is the perfect day to #PumpkinSpiceUpYourLife

Saturday October 27th



11:00am Storytime & Activities. "How to Scare a Ghost" It's Halloween and ghosts shouldn't get all the fun! Kids who want to scare ghosts have to find them first in this story that will be sure to delight. Join us for Storytime and get a coupon from our Café for a grilled cheese sandwich with milk or juice for \$4!! [Storytime](#) is FREE. No registration needed. PreK—Elementary.

There are many FREE events & activities listed online for different ages. Click on either link for more information and super cool activities happening near you!



Saturday October 27th

7pm—Midnight Ghost Hunt & Halloween Party
Hosted by: *Winchendon History & Cultural Center*
This is the LAST novice night ghost hunt we're holding in 2018!

We now have two SLS systems, cameras that maps human movement in the form of a stick figure. Check out this link for a video of one of our spirits joining an impromptu concert in the music room.

[Haunted Music Room](#)

The October 27th event will also be a **Halloween party** where you are welcome to wear costumes! The house will be decorated for the holiday, and it's already filling up fast, so grab your tickets now!

[WinchendonEscapeRoom.com](#)



Sat & Sun October 27 & 28

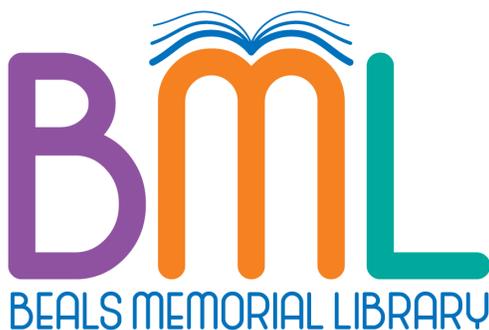
Saturday 3pm to 8:30 / Sunday 11:30am to 6:30pm

Escape the Library! The Beals Memorial Library you to use your wits, the surroundings and the contents of the main floor of the of the library to solve the mystery of the secret Beals treasure.

You will be given ONE HOUR to solve challenging puzzles and riddles or the treasure will be lost *forever!*

PRICES: \$5 under 12 years old, \$10 for 12 and over

To register for a time slot please contact the Library (978) 297- 0300 or click [BealsLibrary.org](#)



Wednesday October 31st

5 – 7pm
Trick-or-Treat



6 Safety Tips for *Trick-or-Treaters...*

1. Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross.
2. Put electronic devices down and keep heads up and walk, don't run, across the street.
3. Teach children to make eye contact with drivers before crossing in front of them.
4. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
5. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
6. Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

6 Safety Tips for *Drivers...*

1. Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
2. Take extra time to look for kids at intersections, on medians and on curbs.
3. Enter and exit driveways and alleys slowly and carefully.
4. Eliminate any distractions inside your car so you can concentrate on the road & surroundings.
5. Drive slowly, anticipate heavy pedestrian traffic and turn out headlights on earlier in the day to spot children from greater distances.
6. Popular Trick-or-Treating hours are 5:30 pm to 9:30 pm so be especially alert for kids during those hours! * Courtesy of Safekids.org





Wednesday
October 31st

Trunk-or-Treat

Cornerstone Church

122 Gardner Road
Route 140 North
Winchendon, MA



Free & Open to the
Public

SHOW THEM THE GOOD FEELING OF VOLUNTEERING...

Chances are some people in your neighborhood could use help with raking leaves, cleaning gutters, or perhaps picking their fall fruit trees.

Gather around the table as a family and make a list of those residents in your community you think could use a hand with their fall chores and then just show up with tools in hand and do the job for them.

Better yet, find out when they won't be home so they come back to a leaf free yard and no idea who did it. That right there will warm your family's hearts and the recipient's for days on end!

After the good deeds are done, treat yourselves to something sweet like hot-cocoa and donuts. Trust me, the warm and fuzzy feeling of that treat will come second to the feeling your heart gets from doing an honest work of charity together.



There is nothing in a caterpillar that tells you it's going to be a butterfly... (R. Buckminster Fuller)

The changing season can be one of transformation for you too — if you let it.

Music brings people together—like food, and nostalgic scents, seasons, favorite colors and picturesque landscapes... But music, paints scenes in tones and boosts happiness levels in a different kind of way. In fact, a growing number of studies are backing up the age-old wisdom with cold hard science.

“Families are particularly lucky when it comes to the relationship between music and happiness – concerts, musicals, and live events bridge the generational divide and create long-lasting connections. These experiences provide an unbeatable family bonding experience for fans of all ages.” ([Ticketmaster](#))

I've never forgotten the good-feel of the songs my mom, dad, aunts, uncles... used to play when I was a kid. I could name specific songs and artists for almost everyone in my family. That's why I will be incorporating the *Seasonal Song Sampler*; 2 or more songs that just might *capture* an essence of the season for your family. Occasionally, there may be a children's song you may not totally jam out to, *however*, I think what's most important is that you find the way to experiencing music together. Whether you find your family exploring or running errands, turn the volume up just a little to encounter something as a family that perhaps, just maybe, you might find binds you together in a new tune or two.

Music For Your Family



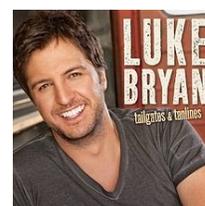
AUTUMN 2018



Artist: Coldplay

Song: Yellow

Album: Parachutes



Artist: Luke Bryan

Song: Harvest Time

Album: Tailgates and Tanlines

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