MONDAY, NOVEMBER 12TH IS VETERANS DAY

Veterans Day is an opportunity to honor and give thanks to those who have served or are serving in the military. Sandwiched between the excitement of Halloween and Thanksgiving, this day can sometimes go unnoticed by kids. Help them understand its significance through some very simple and age-appropriate ways. See the next page for some fun ideas on how to share this day with your family.

THURSDAY, NOVEMBER 22ND IS THANKSGIVING DAY

Thanksgiving mixes all-day grazing with the mother of all meals. It’s one of those days where you think you’re starving yourself for that late-afternoon meal, but actually you’re taste-testing the goods for quality control all day long! Check out some fun ways to burn calories and have quality time with the family in this newsletter.

Winchendon Community Playgroups
Fall 2018—Wednesdays
Ages 0 to 3 — 9:00 - 10:00 am
Ages 3 to 5—10:00 - 11:00 am
November 7, 14, 29  December 5th
Tell us you can join us!  978-297-3436 or Kbrooks@winchendonk12.org

ALSO FEATURED IN THIS BULLETIN
- Sugar Cookie Truffles Recipe
- Motors Skills Development Ideas
- What’s Up with Food Allergies?
- Christmas Budgeting Tips

Autumn is an especially busy time of the year; school aged kids are settling into their first semester, fall sports find parents taxi-ing in full swing, and wind blown leaves bring new yardwork demands ... And that’s aside from the growing anticipation of the holidays! Some of the most valuable moments of the season should be savored living in the moment.

As November unfolds and December approaches, I hope you find some valuable tips and fun activities in this Brain Building Bulletin & the upcoming Fun, Seasonal Activities Newsletter. Tell your friends to join our mailing list by contacting Nicole Ncormier@WinchendonK12.org
WAYS TO SHARE VETERANS DAY WITH YOUR FAMILY

You might consider talking with your kids about:

• People they know who are veterans (family, friends, school staff, church members, etc.)
• The job of a soldier (what it’s like to be a soldier, the hard work, dedication, etc.)
• Things soldiers sacrifice to keep our country free (family time, holidays, special events with their children, personal safety, comfort)
• Freedoms that we have as Americans

SAY THANK YOU

Be a model for your children. When you see a veteran, simply say, “Thank you.” Our kids learn from us. Talk with them about why you say thank you to the soldier at the grocery store and the soldier you pass in the airport. It is such a simple act of gratitude, but it means a lot.

MAKE A CARD OR BAKED GOODS FOR A VETERAN

Kids can also make cards to say thank you to veterans they know. Even pre-writers can make a simple card with sticky foam letters or by simply coloring a background that an adult can write on. If you live close to a veteran, you could even help your child make some cookies or another treat to deliver, like these Sugar Cookie Truffles, pictured on the right!

Sugar cookie truffles
4 INGREDIENT NO-BAKE RECIPE
that uses sugar cookies, cream cheese, white melting-chocolate and sprinkles!

Ingredients:

• 2 cups - or 12 sugar cookies about 2 1/2 to 3-inches in diameter. (hard cookies work best)
• 4 tablespoons cream cheese, room temperature (this is equivalent to 2 oz, or 57 g)
• 2 cups white chocolate melting wafers, or candy melts (Michael's craft shop has these if your grocer does not, Amazon's got em’ too!)
• Sprinkles for decoration (versatile)

Directions:

1. Line a cookie sheet with parchment paper and set aside.
2. Place sugar cookies in a food processor or blender and process until cookies turn into fine crumbs. Add cream cheese and process again until well-combined and mixture can be pressed into a ball, 1 to 2 minutes. (No blender? No Problem - crush well in a Ziploc bag)
3. Shape cookies into balls about 1-inch to 1&1/2 Inches in diameter. Place on prepared cookie sheet and place in the freezer for 15 - 20 mins.
4. While the truffles freeze, melt white chocolate in a medium bowl according to instructions.
5. Remove the cookie truffles from refrigerator. Using two forks, dip and roll chilled truffles, one at a time, in chocolate coating. Return to lined cookie sheet and immediately top with sprinkles. Repeat process for remaining truffles. Store in an airtight container in the fridge for up to a week.

Shared by: Shauna Evans of Fantasticfunandlearning.com
Recipe courtesy of Haley, from ifyougiveablondeakitchen.com
**What are Fine Motor skills?**

Fine motor skills involve the use of the smaller muscle of the hands, commonly in activities like using pencils, scissors, construction with Lego or Duplo, doing up buttons and opening lunch boxes.

We use fine motor skills to make *small movements*. These movements come so naturally to most people that we usually don’t think about them. Fine motor skills are complex, however. They involve the coordinated efforts of the brain and muscles, and they’re built on the *gross motor skills* that allow us to make *bigger movements*.

Fine motor skill efficiency significantly influences the quality of the task outcome as well as the speed of task performance. Efficient fine motor skills require a number of independent skills to work together to appropriately manipulate the object or perform the task.

Everyone can be a Brain Builder. Visit www.brainbuildinginprogress.org for more information.
What’s Up With Food Allergies?

You’re not imagining it: More kids have them than ever before. Learn how to keep your family safe.

BY JESSICA MIGALA

Walk into a classroom and, on average, two kids out of 26 will have food allergies, according to statistics from Food Allergy Research & Education (FARE), a nonprofit organization. In fact, the Centers for Disease Control and Prevention estimates that the number of children with food allergies jumped 50% from 1997 to 2011. Experts don’t know exactly why there’s been an uptick: Theories range from concern that kids live in too-sterile environments to the idea that allergen-causing foods aren’t being introduced early enough and that the Western diet may make children more susceptible. Plus, there’s a genetic component. Whatever the reason, read on for three updates on kids’ food allergies, age by age.

BABY UPDATE

A New Trend in Prevention

The National Institutes of Health recently recommended introducing peanuts to infants based on their risk levels. And emerging companies have come up with ways to gently do the same with a variety of allergens: SpoonfulOne is a powder that contains food proteins like soy and peanuts to be mixed into a baby’s food. Inspired Start has pureed pouches that combine a fruit with a top allergen (like “banana and tree nut”). Both are appropriate for babies 4 to 6 months old.

PRE-K AND KINDERGARTEN UPDATE

Kids May Outgrow Allergies

Confused about why your niece is chowing down on eggs when she used to be allergic to them? Just as they grow out of shoes, children can grow out of allergies. One-quarter of allergic kids phased out at an average age of 5½, found the Annals of Allergy, Asthma & Immunology. The most common allergies kids leave behind are those to milk, egg, wheat, and soy; reactions to shellfish, sesame, tree nuts, and peanuts are more likely to be lifelong.

GRADE-SCHOOL UPDATE

Allergy Bullying Is Real

One out of three children with food allergies has been a victim of food bullying, according to FARE statistics. This can involve taunting or even physical assault with an allergen, and kids who are victims rarely talk about it when it happens. If your child has allergies, visit noappetiteforbullying.com for guidance—and even if your kids don’t have an issue, talk to them about food allergies so they know that this is a serious subject and they can support their classmates.

SOURCES: Jacqueline Pongracic, M.D., division head of allergy and immunology at Ann & Robert H. Lurie Children’s Hospital of Chicago; David Stukus, M.D., associate professor of allergy/immunology at Nationwide Children’s Hospital in Columbus, OH

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...That’s why most of us feel like total gluttons when we finally push ourselves away from the table. That’s also why we feel the need to get up and get moving. Here are a few ways to offset some of the calories you gained during Thanksgiving, while still spending quality time with your friends and family.

**GO FOR A TURKEY TROT**

Get ahead of the game and burn your calories before you eat—on Thanksgiving morning. They’re fun for the whole family, from young to old, because they allow everyone to go at their own pace and they’re usually a short distance; from one mile to a 5k, which is just over three miles.

[Running in the USA](#) Holden Road Race  Slattery's Turkey Trot  Greater Gardner Turkey Trot

[Slattery's Turkey Trot](#) Philip J. Weihn Turkey Chase 5K  Ayer Fire Dept. Thanksgiving Day 5K

Click the events above OR click the Running in the USA logo to see if there’s a Turkey Trot nearer to you or on a different date.

**LACE UP THE WALKING SHOES**

Keep it simple and encourage everyone to get up and go for a leisurely walk around the neighborhood, before or after Thanksgiving dinner. Experts agree that walking has a number of health benefits, and it can even improve your mood, which never hurts! Walking allows all family members to participate and offers a chance for family members to connect away from WiFi, video games, a messy kitchen and other distractions.

**ORGANIZE A PICK-UP GAME**

Plan time in between NFL Games and Thanksgiving dinner to organize a flag football game or a friendly half-court game in the driveway. Evenly disperse all age and skill levels among the teams and make it worth it — losing team does the dishes!

To make it even more fun, lower the basketball hoop for younger players to get involved or pull together a punt, pass, kick competition for the whole family — including grandma.

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Americans consume about 3,000 calories on Thanksgiving — And, that’s just for dinner… When you add in drinks and desserts, that calorie count could quickly skyrocket to 4,500 or more — ABC News, citing the Calorie Control Council
50 days until Christmas:
Three Tips to Get Your Wallet Ready

From office parties to hosting family and friends on days off, you may already be feeling the financial pressures that seem to pile up towards the end of the year. But fear not: Christmas can be a lot more fun and less financially stressful than you think. Here are three ways you can help keep away from looming debt on the morning of December 25th.

Tip #1: Put away $50 per week

There are still 50 full days before jolly ol’ St. Nick makes his triumphant return. If you can manage to set aside $50 every week to specifically put towards Christmas presents and parties, you’ll have $350 by Christmas Eve. This may involve some compromising, such as reducing the amount of meals you eat out per week, or maybe entertaining at home instead of meeting friends out. You can also find savings in your grocery bills: stick to items that are on sale and hold off on any cookies, cakes or other desserts for a few more weeks.

Tip #2: Sell items you don’t need

Let Craigslist and eBay be your best friends. If you have valuable items in your home that are simply collecting dust – furniture, appliances that are still in the box, electronics – there’s no better time than now to sell them online. When pricing your own items, research what similar items are selling for and use it as a ballpark figure. Then sit back and wait for inquiries to come in. Not only can you earn extra cash, but this can also free up some space in your home – for all those new gifts, of course.

Tip #3: If it’s on sale and you can afford it – buy it now!

Black Friday and Cyber Monday are great when it comes to sales, but that doesn’t mean you have to wait until then to find a deal. If you have friends or family that enjoy camping, gardening, or just being outside, there’s no better time than now to stock up on garden tools, camping/fishing equipment and lawn furniture to give as gifts. Shopping now will not only save you money, but it will also reduce the amount of time spent in busy stores and malls later on in the season.

* Original article produced by RateSupermarket.ca Team

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