



**Day Star Preschool
Parent Newsletter
October 13, 2011**

Dear Parents,

The school year is now well underway. ☺ Our preschoolers are now up to letter Hh, and are making such wonderful progress! We had a great time on our field trip to the fire house, and the firemen were very happy to get the muffins Mrs. Torres helped the preschoolers make!

Our next field trip will be to the Morton Arboretum on October 18. If you would like to come with us, we are always thankful for eligible drivers. Also, a permission slip is attached to this note, please sign and return.

**Congratulations to David Gao,
Student of the month!**

Please remember that fall is here! We go outside every day possible, and want all the

children to be comfortable. Be sure to have appropriate outside clothing for your child at school ☺

Also, we are collecting several recyclable items for art projects. If you could, please save what you can for us!!!

Here's what we need!

Paper tubes, all sizes

Newspaper
Milk jug caps

Water bottles
Shoe boxes

Magazines

No Heat Recipe: Crunchy Vegetable Burritos

Try these easy to make, healthy burritos for lunch. Parents or older children can do the shredding and chopping. Then preschoolers can do the mixing and wrapping. Serves 4

Ingredients:

- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup chopped broccoli
- $\frac{1}{2}$ cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded low fat cheddar cheese
- $\frac{1}{4}$ cup nonfat ranch salad dressing
- $\frac{1}{2}$ teaspoon chili powder
- 4 (7 inch) flour tortillas

1 cup torn iceberg lettuce, bite size pieces

Method:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on the counter and spoon about $\frac{1}{2}$ cup vegetable mixture and $\frac{1}{4}$ cup of lettuce down the center. Wrap each tortilla around the vegetable mixture. Enjoy with your children!

Homemade Ice Cream

This activity makes a good snack while teaching the effects of temperature on liquid.

Ingredients:

ice
salt
milk
measuring spoons and cup
small ziplock bags
large plastic bags, (shopping bag fine)
towel
cups
spoons

Procedure: Tell your child that you and he / she are going to make ice cream. First, one cup of milk is measured and poured into a small ziplock bag. Two tablespoons of sugar are added to the milk. The recipe can be doubled in each ziplock as needed. The bag is zipped up, and put

into another ziplock.

The bag is put in to a large plastic bag, grocery bags work fine. This bag is put into a second large bag.

Now, ice is added into the bag, covering the smaller bags containing the milk and sugar mix. Salt is added to the ice. This makes it colder and keeps it cold. Use a generous amount of salt. The bag is tied tightly closed. Wrap a towel around the bag and hold closed. Your child can help to shake the towel with the bags inside. It must be shaken for about 15 minutes. The more helpers the better.

As the ice and mixture are shaken, the ice cream starts to form. The milk and sugar thicken and harden. It comes out tasting like ice milk and is thick. The bags with the ice cream are removed once hardened, and the salt must be washed off the bag right away. The treat can be scooped out and enjoyed.

Comments: It really works! Make sure the bags are tightly closed because they can open while being shaken and the salt will get in to the ice cream.

Art and Craft: Personal Placemats

This early childhood activity results in a product that can be used by children everyday.

Materials: Clear contact paper (many, many uses for this so buy a big roll).

Large sheet of art paper about 12 X 14 inches, paint or crayons.

Description: Let your child draw a picture on both sides of the paper or if you are using sloppy paints use 2 sheets and secure them back to back with tape. "Laminate" them with the clear contact paper! They can be used over and over for months or until your child decides to make a new one. You can let them make one for holidays and older children can use Wrapping paper to make Holiday placemats for everyone at dinner!



David, Dad and Mrs. Torres



Picnic at the Park



Chapel in the garden