



**Family Newsletter
Tri-City Day School
November 2016**

Dear Parents/Guardians,

Thank you to everyone who attended Parent/Teacher Conferences in October. Communication between school and home is key in the progress of your child. The teachers and I are available by phone at 554-2324 or by email (emails listed below). Thank you for remembering that the teachers will have to return your calls and/or emails during times that they are not working with the students.

We will be shopping for turkeys VERY soon! As many of you know, our big event for November is our annual Thanksgiving Dinner! This dinner is made possible by donations from our Tri-City families, donations from community members and donations from our Tri-City staff. Please note that due to the small physical size of our school and our large student population this year, we are not able to invite family members to the dinner. This dinner is also an opportunity for us to show our appreciation to all of our supporting staff members from all three Tri-City districts: Derby, Haysville, and Mulvane. It requires all of the space, tables and chairs that we have available to allow students and staff to enjoy our Thanksgiving Dinner together as a school family. We appreciate your understanding!

Wishing you well,

Gina

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Transportation

If your child is unable to come to school, it is important that you notify our office at 554-2324. It is also equally important that you notify the transportation department for your school district so that the bus doesn't make an unnecessary stop. The following are the phone numbers for our three transportation departments:

Derby – 788-8450
Haysville – 554-2213
Mulvane – 777-0501



Tri-City Day School Pictures

Mark your calendar!

Picture Day is: Friday, Nov 4 at 8:00 a.m.
Picture Day ID: BP016710Q0

The easiest way to get school pictures is by ordering at mylifetouch.com

- No need to send cash or flyer back to school
- Get more background choices online
- Customize your package online with different portrait sheets
- New MyFamily rewards program available [online](#).

Please submit your portrait order by Friday, Nov 4 for free shipping to school.



Other Field Trips for the 2016-17 School Year

Parents have mentioned in the past that it would be helpful to know what other field trips we are planning to have and anticipated costs with these outings. The following are a list of activities so far:

November 18 – HIGH SCHOOL ONLY – Thanksgiving Dinner Shopping – money for lunch at Talliano's approximately \$8.00

January 20 – Carousel Skating Rink – \$3.50 for skating, \$5.00 max. extra spending money, pizza lunch

April 28 – Chisholm Garage Sale

May 5 – Derby Bowl – more information later

If you find yourself unable to pay for an outing, please contact us and let us know ahead of time so that payment arrangements can be made. It is very difficult to find out the day of the outing that someone needs help covering the cost of the trip.

Remember that students must be in good standing both academically and behaviorally to attend school outings. Students who are partially transitioning may not be able to attend depending upon class requirements for their other school. Arrangements and consideration will be made on a student by student basis.

A Healthier Thanksgiving doesn't have to be Boring!



Healthy Tips

•The Big Turkey

If you're hosting a small gathering, buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid "self-basting" turkeys, as they often contain added fat. And—it goes without saying—stay away from the deep fryer this year, and roast or smoke the turkey. Stuff the turkey cavity with whole or halved onions, halved lemons or apples, and sprigs of fresh herbs such as sage, marjoram, thyme, and/or rosemary. Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper.

•Good Gravy

Gravy is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy—it's still fat, but oil is lower in saturated fat and is cholesterol-free. If you use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily.

•Carbo-loading

Instead of using butter and cream to mash potatoes, save the cooking water when you boil of the potatoes. The starchy water will give the potatoes a creamier texture than plain water would. You can also add turkey or chicken broth, evaporated skim milk, or

fat-free sour cream. For extra flavor, stir in roasted garlic and herbs. For added nutrition, add pureed cooked cauliflower, parsnips, or turnips



**Stay Active after Dinner by
Taking a walk,
Riding a bike,
Or even playing Pokémon Go!**



DAIRY FREE MAC AND CHEESE (GLUTEN FREE VEGAN)

INGREDIENTS

- 1 box favorite gluten free macaroni pasta
- 1½ cups unsweetened dairy free milk of choice
- 16 oz bag of fresh carrots
- 3 Tbsp oil
- 3 Tbsp white rice flour
- 1 tsp onion powder
- ½ tsp garlic powder
- ¼ tsp smoked paprika
- ¾ tsp salt or to taste
- pepper optional



INSTRUCTIONS

1. Prepare boxed gluten free pasta using directions from the box. Drain and rinse, running under cold water to stop cooking. Set aside.
2. Boil carrots until fork tender. Blend with a hand stick or food processor until smooth consistency. Set aside.
3. In a sauce pan, heat oil under medium-low heat and whisk in gluten free flour. Cook for about 2 minutes.
4. Slowly add choice of milk stirring constantly with the whisk. Sauce will thicken up immediately. Keep stirring.
5. Add carrot puree and other spices. Mix well and taste. Add more salt if needed and optional pepper.
6. Pour sauce over pasta and gently fold to coat noodles. Best enjoyed the first day warm.
7. Enjoy!

Sweet Potato-Pecan Casserole

Ingredients

- Cooking spray
- 3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans



Directions

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Per serving: Calories 160; Fat 4 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 3 g

Read more at: <http://www.foodnetwork.com/recipes/ellie-krieger/sweet-potato-pecan-casserole-recipe.html?oc=linkback>

Family Activities

Have a Mini Pumpkin Hunt

Another fun group activity that's perfect for toddlers on up is a mini pumpkin hunt. You can hide one or more mini pumpkins, indoors or outside, and let the family loose — like an Easter egg hunt with an autumn twist. One other idea is to play "Fill the Cornucopia," asking kids to find all sorts of hidden items — such as apples, Indian corn, and small gourds — to fill a cornucopia or basket on the Thanksgiving table.

Video-Chat with Faraway Relatives

Online chatting on a tablet or computer allows families to connect from across the country, and even around the world. If you have a loved one or two who are too far away to visit on Thanksgiving, chatting over Skype or another video-chatting service will make their day. (A good ol' phone call is still nice, too!)

Help the Hosts

It's never too early to teach kids how to lend a hand to the holiday dinner hosts (even if it's Mom and Dad)! Children can help with everything from setting and decorating the table to mashing potatoes — and entertaining older guests, too.

Give Thanks in Your Own Way

This is really what it's all about: Giving thanks for family, friends, the holiday feast, and other good fortune. Relatives and guests can give thanks for something verbally at the dinner table, write and exchange Thanksgiving thank-you cards, or find another unique way to give thanks. Showing gratitude in some way will help children learn about the true spirit of Thanksgiving. Happy Holidays!



Tri City Family Night

Please join us on Thursday, December 1 for our 2nd annual December Tri-City Family Night! We will be serving chili to start the evening, then families will be able to enjoy a cookie bar and make a holiday ornament together as a family! Siblings of Tri-City students are welcome to attend but all children must be accompanied by an adult for the activities. Please watch for more information to come – we will be requesting an RSVP so that we have enough food and art supplies for everyone!



Thanksgiving Dinner

The annual Tri-City Thanksgiving Dinner will take place on Tuesday, November 22nd. The following are items that we will need to prepare our feast. If you are able to donate any of the items listed below, please contact Michelle Kelly at 554-2324 or mkelly@usd261.com by Wednesday, November 16th so that we can avoid duplication of items. Ms. Fooshee, Mrs. Kennedy and other staff will be taking some of the Tri-City students shopping on Friday, November 18th to complete the Thanksgiving Dinner menu.

Thanks in advance for your consideration!

Turkey Cooking Bags (4)	2 cans vanilla frosting
Chicken Broth (6 large boxes)	2 cans chocolate frosting
3 cans evaporated milk	Green Beans (16 cans)
Bacon (5 lbs.)	Onions (5 lbs.)
Tomato Soup (5 small cans)	2 deep dish pie shells
Butter/margarine (6 small tubs)	3 graham cracker crusts
Potatoes (50 lbs.)	Gravy (13 small jars)
Seasoned Bread Crumbs (6 large bags)	2 yellow cake mixes
Rhodes Rolls (frozen 10 dozen)	2 chocolate cake mixes
3 cans pumpkin pie MIX (large)	3 large Cool Whip tubs
Real butter sticks (3 lb)	Brown Sugar (1 bag)
Corn (10 lbs. frozen)	Apple Juice (half gallon)
Pineapple slices (1 can)	1 bag chocolate chips
2 large boxes instant chocolate pudding	



Reminder on Dress Code

Since the temperatures are becoming colder, just a reminder about a few things in our building dress code. Students are not allowed to wear hoodies, coats or jackets in the building during the school day. Our staff at Tri-City also follow the same dress code. Please have your child wear a long-sleeved shirt under their short sleeved shirt or maybe bring a hoodless sweatshirt that can be left at school if they need it. Thank you for your continued cooperation with our dress code!

Community Services

To find help with food, clothing, cold weather assistance, counseling services, and many more services within our community you can dial 2-1-1 toll free across Kansas to talk with a trained specialist to find help. All calls are confidential and answered 24 hours a day, seven days a week. Community services can also be found on-line at <http://www.211kansas.org/211findhelp/Program/Search.aspx>



November Calendar

- November 2 – 8:00 a.m. – Medication Checks w/Nancy Ballenger**
- November 4 – 8:00 a.m. Fall Pictures**
- November 6 – Daylight Savings “Fall Back”**
- November 8 – Election Day**
- November 9 – 2:40 p.m. PBIS Meeting**
- November 11 – Veterans’ Day – No School at Tri-City**
- November 18 – Thanksgiving Shopping**
- November 21 - 8:30 a.m. Vision/Hearing tests**
- November 22 – 12:00 p.m. Thanksgiving Dinner**
- November 23 – 25 – Thanksgiving Break**
- November 28 – December 2 – PBIS Drawing Week**



Daylight Savings – November 6

“Fall back!”



December Calendar

- December 1 – 5:15 – 6:15 p.m. Family Night (Waters, Kelly)**
- December 1 – 6:15 – 7:15 p.m. Family Night (Bargdill, Kennedy)**
- December 5 – Hearing and Vision checks**
- December 7 – 8:00 a.m. – Medication Checks w/Nancy Ballenger**
- December 19 – January 2 – Derby Winter Break**
- December 21 – January 3 – Mulvane Winter Break**
- December 26 – January 3 – Haysville/Tri City Winter Break**
- December 19 – 23 – PBIS Drawing Week**
- December 19 – PBIS Parties in p.m.**
- December 20 – 1:00 p.m. – Santa visit**
- January 4 – Tri-City students first day back**



10 Tips for Better Behavior

1. Invest in one-on-one time with kids daily.
2. Get serious about sleep.
3. Focus on routines.
4. Everyone pitches in.
5. Encourage your kids to be problem solvers.
6. Simplify family rules and be firm.
7. Send time-out to the sidelines.
8. Just say no – to saying no.
9. Don't worry, be happy.
10. Don't ignore the source of misbehavior.

<http://www.positiveparentingsolutions.com/parenting/start-10-tips-better-behavior>