

November 2018

Woodland Springs Elementary PTA

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www.wsespta.com

PTA HAPPENINGS

Healthy Families, Healthy Kids Corner

With just 2 months left in our calendar year, you don't have to give up on your health goals and healthy eating habits to enjoy the upcoming holiday season. For the last few years, Coach Jackson has encouraged our students to participate in NO SODA NOVEMBER. Perhaps your family doesn't even drink soda so it's an easy challenge. If that's the case, choose another healthy habit you can ADD to your routine. Take a nightly walk with your family before or after dinner. Grab the sidewalk chalk and play a little hop-scotch. Just get moving. Set a goal for 15-30 minutes a day and then increase the time each week.

This month, I just had to share a PUMPKIN recipe. This is a grain-free muffin that is really delicious and super easy to make from scratch.

GRAIN-FREE PUMPKIN MUFFINS

Ingredients

- 3/4 cup all natural pumpkin puree
- 1 cup all-natural almond butter (or nut-butter substitute)
- 1/3 cup raw honey, or pure maple syrup
- 2 whole eggs
- 1 Tbsp Pumpkin Pie spice (*You can always make your own Pumpkin Pie Spice by using 2 tsp ground cinnamon, 1/2 tsp ground ginger, and 1/4 tsp ground nutmeg)
- 1/2 tsp baking soda
- tiny pinch of sea salt
- 1/3 cup Chocolate Chips *optional* (I prefer Enjoy Life brand)

Instructions

1. Preheat oven to 350 F.
2. Grease or spray your muffin tin or use liners. (I love parchment paper muffin liners because nothing sticks to them)
3. Combine all ingredients until batter is smooth.
4. If using chocolate chips, fold them in last.
5. Bake for about 16-18 minutes. Keep an eye on them.
6. Try not to eat them all in one sitting :)



Do you like to draw, dance, sing? We are looking for your stories about your daily HEROES for our Reflections Program! Submit original artwork in any of the six areas and you may even submit more than one entry in each category!

Categories include:

- Dance Choreography
- Literature (poems, stories)
- Photography
- Film Production
- Music Composition (voice or instrument)
- Visual Arts (paintings or drawings)
- Special Artist

All submissions must be turned into the office no later

November 9th.

For more information, go to www.wsespta.com/reflections.html

**PAW PRIDE
Assembly
Nov 2nd
2:15pm**



**Upcoming PTA
General Meetings
December 11th**

7:00 PM



Veteran's Day

**PROGRAM
MONDAY 11/12
Please join us!**



SPIRIT NIGHT!!



Marco's Spirit Night

November 15th

WOODLAND SPRINGS PTA PRESENTS
MUFFINS WITH MOM

**November 7 and 8
7:00 am
WSES Cafeteria**



Mothers, Grandmothers, Aunts, Cousins, Friends, and Mother Figures...you are invited!

A light breakfast will be served of muffins, fruit, and beverages.

Please attend the date that corresponds with your child's last name.

A-L last names will be November 7th.

M-Z last names will be November 8th.

Please turn in a form with \$1 PER PERSON. An RSVP will be REQUIRED for this event. Tickets will not be available at the door. RSVP no later than Friday, November 2nd

**Mark Your
Calendars**

**For Breakfast
with Santa
December 8th**

9:00AM



November 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
						
4	5	6	7	8	9	10
						
			A-L	M-Z		
11	12	13	14	15	16	17
						
						
18	19	20	21	22	23	24
						
25	26	27	28	29	30	