

Kids Zone Newsletter

School:
Western Avenue
Edition :
February 2012
Contact us:
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Hello all, happy February! We have another great month planned for the participants that we are very happy to bring to you.

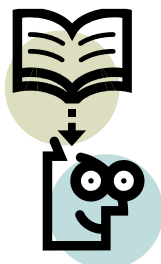
Our themes for the month are;

- ❖ Adorable woodland Creatures
- ❖ Lion King
- ❖ Vintage Valentines
- ❖ As Seen on TV
- ❖ And Superbowl Hysteria

Superbowl Hysteria was planned by the staff and will feature a visit from Cory, our football enrichment expert. He will be visiting Tues Jan 30-Thurs Feb 1 and will have a variety of drills and activities for us to do to learn more about football, teach us teamwork, and get us all geared up for the one of the greatest days of the year according to football fans.



This month on Feb 7th we will also see a visit from the Library. They will be coming to share stories and teach the kiddos of Western Ave KZ how important it is to use your noggin and read!



Blueberry & White Chocolate Chunk Ginger Cookies



Ingredients

- 1 cup all-purpose flour
- 1/4 cup wheat germ
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 large egg
- 3/4 cup packed dark brown sugar
- 1/3 cup canola oil
- 1 teaspoon [vanilla](#) extract
- 1/2 cup oats, quick-cooking or old-fashioned (not instant)
- 2 ounces white chocolate, chopped
- 1/3 cup dried blueberries, (see Tip)
- 1/4 cup crystallized ginger, chopped (see Tip)

Preparation

1. Position racks in upper and lower thirds of oven; preheat to 375°F.
2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk

egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.

3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.

Tips & Notes

- **Make Ahead Tip:** Store in an airtight container for up to 3 days or in the freezer for up to 1 month.
- **Tip:** Dried cranberries or cherries will also work in place of blueberries; all can be found, along with crystallized ginger, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.

Nutrition

Per cookie: 115 calories; 4 g fat (1 g sat , 2 g mono); 9 mg cholesterol; 17 g carbohydrates; 2 g protein; 1 g fiber; 84 mg sodium; 38 mg potassium.

Source:

http://www.eatingwell.com/recipes/blueberry_white_chocolate_chunk_ginger_cookies.html



Awesome Art Afternoons - **FREE** Every Sunday 1-3p
This Aspiring Artists Family program allows you to admire Amazing Art in the gallery as well as work on an art project, all for FREE! All Ages welcomed! Be creative and spend quality time with the ones you

love. For more info visit waterstreetstudios.com or email me at education@waterstreetstudios.com, hope to see you around the studios!

Reminder: Don't forget there is no school on 2/20, if you need care please get a registration form for the day off trip at the sign out table.



Magician Ken Mate came in for a visit during Kittens Inspired By Kittens week

Enrichment Dates for the month;

Football with Cory; Tues Jan 30-Thurs Feb 1 and the Library; Feb 7



Hiding in the parachute during Mustache Mania Week!