

Hi BME Parents,

I am happy to report this month is a quieter month for us. After the hustle and bustle of fall and December I am happy we have a little break. Here are some updates/ upcoming events for you:

### **REMINDER- Candy Money Due**

Some parents had taken candy boxes to sell in December but have not turned in the money yet. Please do so as soon as possible to Ms. Mina so we can calculate the total sales and deposit accordingly. Thank you!

### **Parent Education Night**

Attached you will find the flyer for our next Parent Ed night which will be on **Wednesday, January 30<sup>th</sup> at 6:30 pm**. The topic is **“Media on the Brain”** which is a video presented by Scott Ritesma. The original series is 5 DVD’s but there is a mini seminar which gives you the major points on the topic. We will be showing the mini seminar and you won’t want to miss it! It was life changing for me and my family! **Since the video is 1 hour and 20 minutes we will be starting it promptly at 6:35 pm. to ensure we can view it entirely before Pathfinders dismiss at 8 pm.** This will leave us a few minutes afterwards to discuss any questions, thoughts and so on. Bring a friend and hope to see you there! Refreshments will be served.

### **Geography Challenge**

As you are probably aware the Geography Challenge will be coming up in March. The teachers may have already shared links and other resources. But if you don’t have these below yet I just wanted to share a couple websites that we use to study at home that you might find helpful. Please note, Sporcle tends to not be as user friendly with their search but you generally can find what you need. It just takes a little longer. I did include the specific websites for Sporcle for the US mountain ranges and rivers that we use.

[www.triviaplaza.com](http://www.triviaplaza.com)

[www.sporcle.com](http://www.sporcle.com)

US Mountain Ranges:

[https://www.sporcle.com/games/Patrick\\_Greylock/sorry-florida-no-mountains-for-you](https://www.sporcle.com/games/Patrick_Greylock/sorry-florida-no-mountains-for-you)

US Rivers:

<https://www.sporcle.com/games/markassonne/find-the-river-us>

### **Upcoming Dates to Remember**

- **January 22, Tuesday- Teacher in service-Early Dismissal at 1:00 pm.**

## Health Nugget

### **Tips for Healthy Dinners when Life is So Busy**

We have all been there! Your day is so busy, maybe working full time and you just had a long day, or you just had a day of errands to run and stuck in traffic or you have young children at home that your day just did not go as planned. And then that dreaded time comes when you think, “What are we going to eat for dinner?”. These are the type of days we just want to get home and relax. Quick solutions like fast food or frozen package meals that you microwave can be tempting on days like that. So here are some tips to help you not give into that temptation but to provide a healthy quick meal for your family.

1. **Plan Ahead-** Figure out what you are going to make the week before. Better yet have a monthly meal calendar that you can just repeat which includes all your families favorites. Make one shopping trip over the weekend so you are not scrambling during the busy week to try and figure out what you are going to cook and if you have the ingredients to make it.
2. **Know your limits- Simple meals are the way to go.** Things come up- traffic, stuck at the office later than you wanted, accidents, whatever. If you have simple meals that only take about 30 minutes to make then when those things come up it won't bring on added stress. Even if you walk in the door late, having your family wait 20- 30 min is much more realistic then 1 hour. Need ideas for quick, simple meals? My favorite recipe website is [www.allrecipes.com](http://www.allrecipes.com). There are tons of options and you can save your favorites to look back on.
3. **Keep Backup Healthy Quick meals on hand always.** We all have those days we just don't feel like cooking. Instead of resorting to unhealthy options like fast food, just keep some healthy options on hand that only take a quick warm up. You can find some healthy, organic soups that can be easily just poured and warmed up. Add a salad and some rolls and you are all set. Do a Brinner (Breakfast for Dinner) meal. Oatmeal is so healthy and high in fiber and fills you up and super quick to make. Add some fruit and it is the perfect meal when you feel like taking a night off.
4. **Consider Freezer cooking-** I did this when I was pregnant with my 2<sup>nd</sup> son so I would have healthy meals on hand that just had to be put in the oven when I knew I would not be up to cooking. It worked out great! I made meals like casseroles or lasagna with fresh ingredients a week or two before I was due and put them in the freezer and when I needed it I just popped them in the oven. You can find tons of information online to do this. Some people just do it for an event like I did or some take one day out of the month to just cook and cook and freeze everything so they don't have to cook as much.
5. **Crock pot Cooking-** A fast and easy way to have a healthy meal is with your crock pot. You are busy all day, throw the ingredients in there and leave it until dinner time and all you have to do is serve it. You can find crockpot recipes all over online and they even have cookbooks for Crockpot cooking. This is one of my favorite options!
6. **Keep a Grocery List and Kitchen Staples Stocked-** I am sure we have all experienced at one time when we go to make something and you have missing ingredients. My solution is to keep a Grocery List on the fridge so everyone can write what is needed

when they use up something. This way I don't need to take inventory when it's time to go grocery shopping. Another good plan is to have your staples stocked. Think of maybe your 2 family favorite meals and make sure you have the ingredients for those things always on hand so if you do run into a pinch you can at least make something your family enjoys that is healthy.

7. **Don't hesitate to ask for help.** Kids love to cook and be in the kitchen. When they are old enough and have been taught proper safety in the kitchen, why not give them a night to cook the family meal? It will be a good life skill for them to learn and practice and they will probably have fun doing it and will give them a boost in self-esteem for their accomplishment!

Have a Happy Friday and great weekend! 😊

Many Blessings,

*Gina Fuhrmann*

Home & School Leader