



## Diabetes Awareness Month



## Happy Thanksgiving Panthers!!

### Save the Date:

11/06  
PTO meeting @  
5:30 p.m.

11/07  
Sch. Board Mtg  
@ 5pm

11/12  
Veterans Day  
**NO SCHOOL**

11/13  
Veterans Day  
Luncheon

11/15  
MDS  
Thanksgiving  
Luncheon

11/15  
**FAMILY  
MATH NIGHT**  
(K-2)  
5:00-6:30 p.m.

11/19  
Family Fun  
Fitness Night @  
6p.m.

11/21- 11/23  
Thanksgiving  
Break  
**NO SCHOOL**

11/29  
**FAMILY  
MATH NIGHT**  
(3rd -6th)  
5:00-6:30 p.m.

### **A Word from FTO**

Look out for our upcoming fundraisers:



A friendly battle between classrooms to collect the most points by collecting coins. Be careful; some coins add points, some take points away. The winning classroom gets a prize.



Lil' Shoppers Shoppe: A fun Christmas store here at MDS for students to purchase Christmas gifts for their friends and family.

  
**NWEA™**  
**MOY TESTING**  
**Starting In**  
**November**

Students are encouraged  
to attend school daily



**Nov. 19**

**Zumba**  
**LBC Screening**  
**Food Demo**

Incentives for participants

## Hopi Words of the Month

Kyelmuya- November

**Kaa'tungwu**- laying down dry corn stalk

**naasungna**- resting, knocking the stalks

**mongvastoti**- completion of useful task

**Askwali (f)/ Kwah'kwa (m)** - thank you

**muuyaw**- moon

**natwani**- produce

**yugyapu**- Hopi plaque

**poota**- coiled plaque

## Hopi Character Trait of the Month

to guide our behavior for a more prosperous life.

**"Haq hiita qu öönangwu"**

- Don't be lazy



- Fun Math Games
- Take & Make Materials
- Engaging Activities

**K-2 Nov. 15**

**3-6 Nov. 29**

**Dinner provided**



MDS Panthers thank  
you for your service

**NO SCHOOL**

**Nov. 12**

IN RECOGNITION OF  
VETERANS DAY

Honorary Veterans  
Luncheon

**Nov. 13**

Students are welcome  
to bring one  
Veteran Guest

**MDS Annual  
Thanksgiving  
Luncheon**

**November 15th**

**More information  
coming soon.**



## Impress your family with these 5 Thanksgiving Day facts:



**The first Thanksgiving was held in the autumn of 1621** and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving.

**Thanksgiving didn't become a national holiday until over 200 years later!** Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.

**No turkey on the menu at the first Thanksgiving:** Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry sauce, but they probably ate cranberries. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving.

**No forks at the first Thanksgiving!** The first Thanksgiving was eaten with spoons and knives — but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.

**Wild turkeys can run 20 miles per hour when they are scared,** but domesticated turkeys that are bred are heavier and can't run quite that fast.

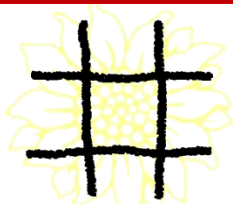
Here are some fun activities to do with your children during Thanksgiving. Enjoy your time together as a family this season.

### THANKSGIVING MAD LIBS

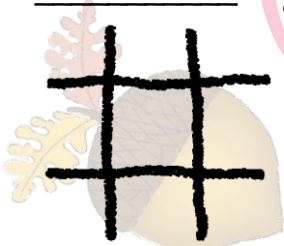
This Thanksgiving I am most thankful for \_\_\_\_\_ (noun). I am so grateful that I've been blessed with \_\_\_\_\_ (noun) and \_\_\_\_\_ (noun). I love hanging out with my \_\_\_\_\_ (adj.) friends and especially my \_\_\_\_\_ (adj.) family. I enjoy \_\_\_\_\_ (adj.) days, and even thankful for the \_\_\_\_\_ (adj.) days. I am lucky to have a roof over my head and for being able to love, appreciate and \_\_\_\_\_ (verb) my loved ones. This year and always, I will be sure to \_\_\_\_\_ (verb) and be \_\_\_\_\_ (adj.) to others.

### Fun Fall Scavenger Hunt

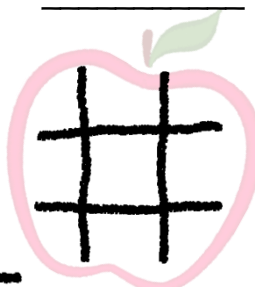
- ☐ a Turkey
- ☐ Fall Colored Car  
(Brown, Red, Orange, Yellow)
- ☐ 2 different colored leaves
- ☐ Something Fuzzy
- ☐ Something Smooth
- ☐ a Pinecone
- ☐ a Pumpkin
- ☐ Something Green
- ☐ Something You Think Is Beautiful



winner



winner



winner

### Cinnamon Apple Chips

(makes 1-2 servings)

2 apples

(pictured, McIntosh)

cinnamon



1. Preheat oven to 230 degrees
2. Core apples and slice thinly. Place on baking sheet with parchment paper or silicone mat.
3. Sprinkle apples with cinnamon
4. Bake apples for 1 hour.
5. Remove from oven and flip apples. Sprinkle other side with cinnamon.
6. Bake another hour.
7. Turn off heat. Leave apples to cool in the oven. They will crisp up.
8. Store in an air tight container.

### Pumpkin Breakfast Cookies



- |   |                |
|---|----------------|
| 1 1/2 c. whole wheat flour                      | 2 tsp cinnamon |
| 1/2 tsp baking powder                           | 1/4 tsp salt   |
| 1/2 tsp nutmeg, optional                        | 2 Tbsp oil     |
| 1/3 c. brown sugar                              | 1 egg          |
| 1 c. pumpkin puree                              | 1 tsp vanilla  |
| 1/2 c. dried cranberries (or other dried fruit) |                |
| 1/2 c. pepitos (or pumpkin seeds)               |                |

Preheat oven to 350F.

Sift the dry ingredients into a large bowl, and set aside.

Stir the puree and oil together, adding in the egg and vanilla one at a time, incorporating each ingredient fully before adding the next ingredient.

Stir in the pepitos and cranberries; adjust the amount of mix-ins to your preferences.

Portion out tablespoon mounds onto a silicone-lined baking sheet (or parchment paper)

Dust with a bit of cinnamon, if desired.

Bake 10-12 minutes until cookies are set to touch.