

WINTER NEWS

Oregon City Day School

December

12/7- Holiday Program

12/23-1/6- No Public School

12/24 & 25- OCDS Closed for Christmas Holiday

* Parent's Night Out TBD

January

1/1- New Years Day, OCDS closed

1/7- Orca Bay Program starts 77

February

2/2- Groundhog Day

2/7- No Public School

2/13- Orca Bay Valentine Party

2/14- Class Valentine Party

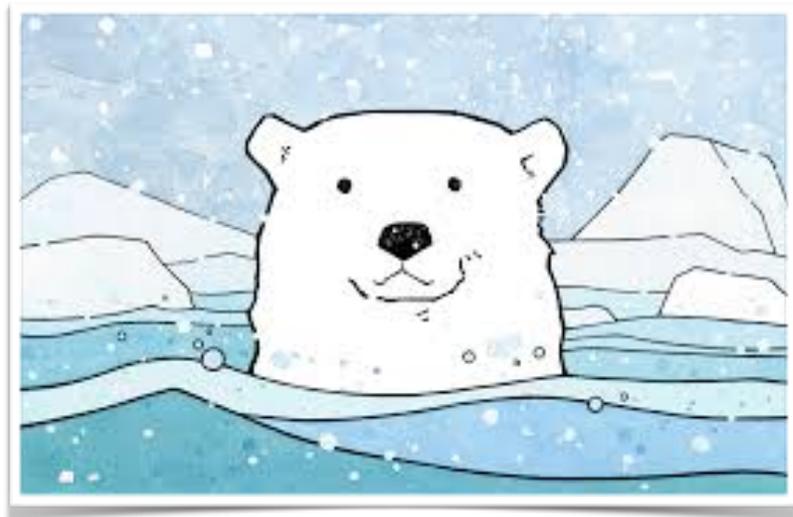
2/17- OCDS closed
President's Day

(Class lists numbers will be posted/ available upon request)

*Parent's Night Out TBD

(Detailed event information will be shared as dates approach. Please use this calendar as a "save the date".)

Winter is on its way and we are excitedly anticipating all it will bring! Our autumn was absolutely wonderful due in large part to you, our OCDS families. We added some new gear to our classrooms and playground, enjoyed our harvest lessons and had a scary-good time celebrating Halloween with all of you at our Harvest Festival! As winter approaches, utilize this newsletter as a guide to all things OCDS!



Winter Reminders:

Season changes are a good time to double check your child's cubby, or backpack for a change of weather appropriate, well- fitting clothing. Please be sure to stock a full outfit, including: a top, a bottom, socks and undergarments. Please label these items and replenish them as items need to be used.

BRRRR....

Be sure to bring your child winter gear to bundle up for the playground! A winter coat, hat, gloves and rain boots would be perfect! Some of these items can be kept in your child's cubby for use each day!

ABSENCES/VACATIONS: Winter is big on school closures, getting the sniffles, holidays and travel. Please be sure to let us know if your child will not be attending school for any amount of time, so that we can plan accordingly! We have Vacation Request forms available at the office.



WARM UP YOUR EVENING WITH A HEALTHY MEAL!

Spiced Lentil Soup

This simple vegan lentil soup recipe comes together quickly with mostly pantry ingredients. Be sure to have your ingredients prepped and ready before you start cooking!

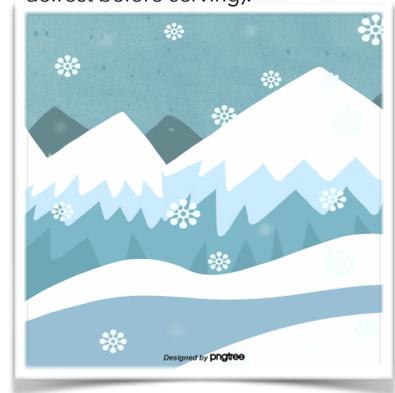
INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

INSTRUCTIONS

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
5. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.
7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

Orca Bay Program!
It's finally here! The start of our Orca Bay Program! This is a partial day preschool designed for families without the need for full daycare hours, but wish to enroll their 3-5 year old in a program designed for kindergarten



AHHH-CHOO!

COLD and FLU Season- Please take this time to review our newest parent handbook with a special emphasis on our school's illness policies and new health and wellness practices. Together we should be able to cut back on germ transmission and have the healthiest

As the temperature drops, please be sure to familiarize yourself with our inclement weather policy. (In our parent handbook).

