



# Parent News

CCCDC NEWSLETTER | SEPT 2022



## -BUZZWORTHY-

### **You're the Apple of My Eye**

*"You can bake it, boil it, broil it, candy it, saute it.*

*Dey's uh, apple pie, apple strudel, apple cake, apple fritters. Pan fried, deep fried, baked. There's Granny Smith, Honeycrisp, Pink Lady, Fuji, Gala, Red Delicious, Ambrosia, Empire, McIntosh, Opal, Liberty. That- that's about it.*

Maybe you were scratching your head reading my artfully crafted Bubba Gump impersonation. As you hopefully recognized in the opening paragraph, there are countless ways to cook apples and ample varieties to select from. Since Apple Picking season is one of my favorite parts of fall, I wanted to shine a spotlight on this healthy staple. Studies show apples lower cholesterol, reduce the risk of heart disease have anti-inflammatory properties.....and, perhaps more importantly, kids absolutely love them! So, strap up your boots and put on your cozy flannel shirt—it's Fall Y'all!

Fun family activities: Go apple picking at a local orchard, bake apple pies with the kids, or simply conduct a mystery taste test to find your child's favorite variety. Just remember this September that an apple a day, keeps the doctor away.



## -REMINDERS-

- We are hiring qualified teachers. Apply online!

Be on your guard; stand firm in the faith; be courageous; be strong.

*1 Corinthians 16*



## -EVENTS-

**9/7: Dress Up like a Community Helper**

**9/8: Bring in Your Favorite Book (Int'l Literacy Day)**

**9/9: Bring Your Teddy Bear for Nat'l Teddy Bear Day**

**9/11: 21st Anniversary of 9-11**

**9/16: Play Dough Craft Day**

**9/18: Cheeseburgers for Lunch**

**9/27: Family Fun Day (Carnival Activities)**

**9/28: North Carolina Day**

**9/29: World Heart Day**

**Healthy Fruit Salad**



## -CONTACT INFO-



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