



October 2018

October with Springboard!

Welcome to October!

Did you know...

October is National Bullying Prevention Awareness Month. Some ways to take action:

- Make friends with someone you don't know
- Challenge yourself to be kind to others
- Include others in activities

At Springboard this month...

We will discuss how we all can prevent bullying.

We'll also explore and discuss:

- National Italian Heritage month

As always, we'll work on reading and teamwork.

Just for Fun!

Two-Ingredient Pumpkin Muffins

Looking for a tasty, easy snack to make with your kids this fall? Try these simple pumpkin muffins!

Blend one 15oz can of pumpkin puree (not pumpkin pie mix) with 1 box of spice cake mix. Once the mixture is well blended, spoon into a lined muffin tin, each about 2/3 full. Bake at 350 degrees for 18-22 minutes, until a toothpick inserted into the muffins comes out clean.

For variety, try mixing in nuts, dried fruit, or mini chocolate chips!

Based on this recipe: <https://www.geniuskitchen.com/recipe/2-ingredient-pumpkin-muffins-260781>



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