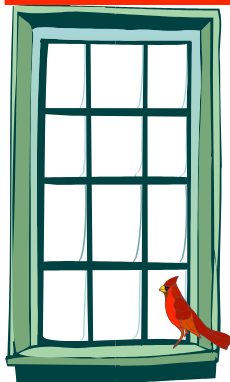


October  
2011



MATOAKA ELEMENTARY SCHOOL

# Bird's Eye View

## From Our PTA President, Erin Otis

Dear Matoaka Families,

The new school year is off to a great start for the Matoaka PTA! We had a very successful general meeting in September with our first ice cream social. We shared an overview of the programs and fundraising that the PTA does and how they are accomplished. Our annual budget and audit were adopted and are available for viewing on our website.

We look forward to a fantastic Harvest Festival on October 15<sup>th</sup>. This is our biggest fundraiser of the year which enables us to provide many of the programs that are in place here at Matoaka. You will be receiving information home about the Harvest Festival over the next two weeks. Harvest Festival activities are on the PTA website. Silent Auction items are listed on our Harvest Festival facebook page as they are donated. (<http://www.facebook.com/pages/MatoakaHarvestFestival/204340749631336>)

We have several wonderful programs. All of which are listed on our website. I want to bring attention to our newest program, Matoaka Dad's! The Dad's club mission statement is: To get fathers more involved in the children's lives and education. To see the goals and benefits of this program visit our website or you can contact Dan Fitzpatrick for more information at [dcfitz@gmail.com](mailto:dcfitz@gmail.com).

Welcome to our new members and volunteers! If you have any questions please feel free to contact me or any of our board members. Our contact information is on our website. Check out our new website at [www.matoaka-pta.org](http://www.matoaka-pta.org). Our website coordinator, Tryna Fitzpatrick has done a great job!

Erin Otis  
PTA President

## Calendar of Events

### October

- 11 (T): PTA Meeting, 6:30 pm
- 15 (Sa): Harvest Festival, 3-6 pm
- 17-21: Bus Safety Week
- 19 (W): Bus Driver Appreciation Day
- 21 (F): Deadline for Reflections
- 22 (Su): Deadline for Bird's Eye View Newsletter
- 26 (W): zpizza Spirit Night Fundraiser 5-9 PM
- 28 (F): Cultural Arts Program, Virginia Opera

### November

- 9 (W): PTA Meeting, 6:30 PM
- 7-11: Healthy Lifestyles Week
- 11 (F): Veteran's Day Reception
- 12 (Sa): Matoaka Cardinals on the Move 5k/1 mile Fun Run
- 22 (T): Deadline for Bird's Eye View Newsletter

# CAN'T HIDE THAT CARDINAL PRIDE!

# In The Garden

The Kindergarten classes came out to the teaching garden in September and planted cool weather vegetables.

Mrs. Chantry & Mrs. Madison's class planted Romain lettuce and mesclun lettuce.



Mrs. Forgit's class planted Arugula.

Mrs. Cho's class planted turnips and Mrs. Reeher's class planted radishes.

The classes will be harvesting the vegetables next month and will be able to taste the vegetables that they planted.

## PTA Members Save 10% at OfficeMax®

**Save 10% on your next purchase at OfficeMax** including supplies, furniture, ink & toner and Print Center services.

As a PTA member, you now receive exclusive savings at OfficeMax all year long. That means you can stock up on school supplies for the kids, organization essentials and furniture for your home or office, and ink and toner for all your printing needs.

Saving is simple: go to [www.pta.org/PTA\\_coupon\\_InStore.pdf](http://www.pta.org/PTA_coupon_InStore.pdf), print the coupon and bring it to any OfficeMax location nationwide. Or, log on to the PTA Member Benefits Page and get your online coupon code for purchase on [www.officemax.com](http://www.officemax.com).

Savings will be available throughout the year and always accessible on the PTA Member Benefits Page.



# MATOAKA PTA HARVEST FEST 2011



## What is the Harvest Fest you ask?

It's our version of a school carnival,  
only we go over the top!

It's a huge crowd pleaser because it's packed with fun-filled things to do, see and make, and then sprinkled with some goodies for the adults so they can have fun, too! Every year it gets bigger and better, and this year will prove to be our best year yet! So come join the fun on October 15<sup>th</sup> from 3-6 pm and bring your friends along.

Trust us, you do not want to miss this!

---

The address for the Harvest Festival Facebook page is:

<http://www.facebook.com/pages/Matoaka-Harvest-Festival/204340749631336>

Please "like" our page and suggest it to your friends! We're starting to get some great items for the auction and we would love to build some excitement for the Festival.

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## Matoaka Harvest Fest Saturday, October 15, 3-6 PM

Awesome Inflatables, Adorable Petting Zoo, Tons of Games & Crafts, Cake Walk, Yummy Food, a Haunted Hallway and much more!!!

### New This Year:

Golf Cart Rides, Sno-Cone Machine, a real Helicopter, Coffee Cart to keep the parents happy and an Expanded Silent Auction!!!

### Back By Popular Demand:

Face Painting, Tricycle Races, Milk the cow game, Frog Launcher Jungle Safari bounce house, Winston Whale, Ice Cream & Philly Pretzels!

### HARVEST FESTIVAL TICKET SALES!!

Pre-Sale Tickets (October 10-14) via the "backpack pre-sale" will be 5 for \$2.00, 10 for \$4.00, 20 for \$8.00, 50 for \$20.00, etc.

October 15 Tickets (purchase at the door) will be 2 for \$1.00, 5 for \$2.50, 10 for \$5.00, 20 for \$10.00, 50 for \$25.00, etc.

Want to earn free tickets? On the day of the Festival, just bring in a donation for the Heritage Humane Society or the FISH food pantry and you will be given two free tickets.

**SAVE TIME AND MONEY, ORDER TICKETS IN ADVANCE!!**

## October is Self-Discipline Month

Self-discipline is the correction or regulation of oneself for the sake of improvement. Help your child learn decision-making skills by having him or her stop, think about the

choices, and consider the consequences for each one.



## MATOAKA PTA HARVEST FEST 2011

The 5<sup>th</sup> annual Harvest Festival is just around the corner. The Matoaka PTA has been hard at work to ensure a fun time for everyone. However, your help is still needed to make this year's Harvest Festival a success.

### Donations Needed

We are in need of bottled water (16 oz. by the case), trinkets (Happy Meal toys, pencils, erasers, etc.), baked goods (cookies, muffins, etc. individually wrapped) and \$5/\$10 gift cards to any local merchants. All donations and trinkets may be dropped off in the school office between now and October 14<sup>th</sup>. Please drop baked goods at the school Friday, October 14<sup>th</sup> via the morning car line or in the school office.

### Volunteers Needed

The Harvest Festival needs your help! Please think about donating some of your time to help us make the Harvest Festival a great event again this year! Contact Wendy Cochran at [wendyrcochran@gmail.com](mailto:wendyrcochran@gmail.com) if you are able to volunteer. Even an hour would be a tremendous help!

## Welcome to Second Grade!

This is an exciting time as children embark upon new adventure in learning. This is an important year of transitions, as well as one in which obtaining new skills is accelerated. Your child will learn reading strategies, write stories, learn addition and subtraction strategies and so much more. We hope to make your child's learning a fun and exciting experience. We want to instill a love of learning that will last throughout your child's year.

So much happens in Second Grade. Please know we will work with your child this year and help him/her to achieve his/her full potential. The Second Grade team believes that good parent-teacher relationships are necessary for maximum school success. We will be communicating with you through notes, emails, daily agendas, telephone calls and parent-teacher conferences.

We thank all parents for providing the requested supplies from the supply list which helped us start the year fully prepared. The students are adjusting well and settling right in to the routines and procedures of Second Grade. We appreciate the support you have given us this far.

As we move on into the year there will be many opportunities for you to help us. There will be field trips, class projects and team events in which we welcome your assistance.

Again, thank you for your support and help in starting Second Grade with a BANG!

—The Second Grade Team



# Nurse's corner

Welcome to a new school year. I hope you all had a fun and safe summer. I just wanted to remind everyone of a few things to get us started smoothly.

**All medication – even “over the counter” ones – need to be brought to school by an adult and have the official Medication authorization form signed by the doctor and the parent.**

There are several topical products that school nurses' have on hand and can give in the clinic as routine. They are limited to bacitracin, hydrocortisone cream, Ambesol, Blistex, Caladryl lotion, aloe vera gel, antiseptic spray, and eye drops for moisture. We do not have on hand Tylenol, Advil etc and must have the medication procedure followed and the medication brought in by the parent. Also available is a nebulizer machine. Nebulized meds and the parts to deliver it must be

provided by the parent.

After a summer of sharing fun with friends, some kids have also come in contact with **head lice**. Yikes! This is actually quite common in schools after times away from school such as extended breaks in winter, spring and summer. Please check your child's head if you notice any itching. I will help you check if requested.

Look on the Matoaka web site under "School then Clinic" for information on what to look for and how to prevent. Please call me if your gets head lice or if you suspect it so I can be a resource for treatment. I will also need to monitor the situation for the school.

Thinking ahead of **flu season**, it is not too early to get you and your child immunized. It will be effective even if the flu starts later.

I can always be reached at my direct line 564-2006 if you have any questions or concerns.

In good Health,  
Mrs. Chandler, RN, BSN, NCSN

## Matoaka's Cardinal Academy

Matoaka's academic after-school program is called Cardinal Academy. This program runs from October through May. As an incentive for the students we allow them to earn "Cardinal Bucks". They use this play money to purchase items in our auctions three times a year. We are in need of donated items for our auctions. We would love to have gently used toys, games, books, etc. The students even like to buy items for their parents and teachers, so adult items such as candles, stationary, etc. are also valued.

You could donate items anytime during the school year. The office would be happy to collect them for us.

Thanks so much for your help,  
Mary Whitley, Cardinal Academy Coordinator

## Introducing The Matoaka Dads Program

### "Mystery Readers"

The Matoaka Dads Program gives fathers the opportunity to be more involved in their child(ren)'s education and provides male role models for students.

Dads have the opportunity to sign up to be a **Mystery Reader**. You will come into your child's classroom during the school year to read to his/her class. Students in the classroom will not know who the mystery reader will be.

Teachers may ask the fathers for clues about themselves, so that the students can guess who the reader is for the day.

If a class does not have any fathers that sign up for the program, other family members can be asked or a school staff member may come in to read.

Membership in the Matoaka Dads Club is on a voluntary basis and is open to any parent or guardian of a Matoaka Elementary School student. Membership is not limited to being a father. We encourage any adult interested in participating.

For more information, contact Dan Fitzpatrick, Matoaka Dads Coordinator at [dcfitz@gmail.com](mailto:dcfitz@gmail.com)

## News from the Gym

Thanks to the PTA Healthy Lifestyles Committee for the hard work they are doing to help Matoaka offer healthy alternatives at lunch and to support our Healthy Snack and Celebration Initiative.

We are having fun in PE learning about levels of intensity when moving to discover how to keep a healthy heart.

Your children in all grades are also getting practice in using a Pedometer which can be a great motivation to get up and move.

We are also working on our throwing and catching skills. Fitnessgram pre-assessments will be done in grades 4 & 5 in October.

Mrs. Bruce and I appreciate your efforts in having your children wear or bring sneakers (athletic shoes) on their scheduled PE center days.

Stay tuned for the Cardinals on the Move Fun Run/Walk which will take place November 12th on the Cardinal Way.

Barbara Bucklin, MS  
Physical Education Teacher

### WHAT IF?

Pretend you had \$100, but you weren't allowed to keep it for yourself. You have to give it away to a charity or person. Who would you give the money to? What would you want the person to do with it?



## Students, Staff and Parents Enjoy Spaghetti Squash for Local Produce Day, September 22nd!



Our first local produce day in the cafeteria was a huge success. Cafeteria Manager, Candi Slade, and her staff cooked and served delicious spaghetti squash, delivered fresh from Kelrae Farm. Garnished with a marinara sauce, it was offered as the hot vegetable side of the day. PTA volunteers were on hand to offer students a sample of the squash before they entered the line and many went on to choose it as their side for lunch.

It was a hit! Parents reported that evening at Back to School night that their kids came home talking about the squash! As one 2nd grader said to his mom, "...we tasted a new vegetable in school today. It was so good! It's one of my new favorites."

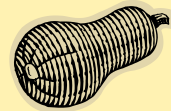
Later on that evening, parents attending Back to School Night had the opportunity to take a mini "cafeteria tour" to learn about the choices students have each day, as well as sample the squash.

We are looking forward to our next two Local Produce Day, which will be on Thursday, October 6th and Thursday, October 20th. Look for information coming home in your child's backpack on the produce offerings for those days, as well as recipe ideas to try at home.

Did you child try the Spaghetti Squash and love it? Why not pick some up from your local grocery store or the Farmer's Market and try it out at home!

### COOKING INSTRUCTIONS :

Cut the squash in half (lengthwise) or quarters. Scrape out the seeds and pulp as you would with any squash.



#### Cooking Options:

- Bake rind side up about 30 to 40 minutes at 375 F.
- Microwave 6 to 8 minutes (let stand for a few minutes afterwards)
- Boil 20 minutes or so.

Separate strands by running a fork through in the "from stem to stern" direction. Garnish with any of the following or a combination: Marinara sauce, parmesan cheese, garlic, olive oil, light butter or butter spray, black olives.







Great news for our fish!

The PTA has donated a new fish tank to expand the Living Wedge, the school's natural and living sciences wing. If you haven't had a chance to see it yet, stop by with your child—they will show you the way! It provides our kids an opportunity to see live reptiles and fish (and even new eels!) up close and personal, and makes learning about living science a lot more engaging and fun! Support for our PTA's fundraisers, like the Harvest Festival and Walk-a-Thon, make these purchases possible.

## YEARBOOK

It is not too early to start thinking about YEARBOOK!

Teachers, parents and students are encouraged to take pictures of classroom and school events, field trips, lunch & recess. Email your best shots for possible inclusion in this year's book to Allison Williams at [allison@iceequipment.com](mailto:allison@iceequipment.com)

Please include the teacher, grade or event name in the email or photo filename.

## PTA Media Center News

The Media Center is full of new books, new activities and new students! Come check out what is going on soon. We hope Matoaka families can fully take advantage of all the Media Center has to offer. Please familiarize yourself with existing and new resources and feel free to contact Mrs. De Groft or Mrs. Anderson for more information. Visit the Media Center webpage via Edline. There is NO username or password needed to access the Media Center Edline page. Simply go to the Matoaka website and click Edline on the drop down menu under Favorites.

**Family Checkout:** Parents are welcome to establish an account on the media center catalog under their own name. Each family is allowed to check out three books under a parent name in addition to the books checked out to their children. If you can't make it to the public library, we are here for you during normal school hours.

**WMTKA Morning News Show:** Fifth grade students produce the morning news show which airs daily in the media center at 9:20. A four person team rotates from each homeroom throughout the year so all students can participate. Parents are welcome to come watch their children when they are broadcasting or working the camera and computer. We hope to be able to record the shows and have them also available on the Media Center Edline page – more information to come! Thanks!

Lee De Groft, Media Specialist



# Box Tops

Don't forget...the deadline to submit Box Tops for the first class contest is October 20th .

This is also our first of only 2 submissions to General Mills for the year, so get all those summer box tops sent in!

Please be sure to include your teacher's name on your submission so that your class gets credit!

Also, don't forget to go online to **btfе.com** and register as a Matoaka supporter to give the school additional points.

Please contact Debbie Wright at [dwright103@cox.net](mailto:dwright103@cox.net) with any questions or suggestions.



## Grocery Program Kick-off!

**Last year we topped \$220,000 in Farm Fresh receipts!!!**

Let's try to match that in Martin's rewards!

(Between October 9, 2011 & March 31, 2012 we will earn 1% CASH back on all of eligible purchases at Martin's)

Log on and link your reward cards at Bloom, Harris Teeter, and Martin's (see website addresses below); or submit your reward card numbers to the school office on form below. Farm Fresh receipts can be turned in directly to the school's main office.

Last Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Bloom (All numbers must begin with 46 & have a total of 12 digits)

\_\_\_\_\_

Harris Teeter (first 11 digits only) \_\_\_\_\_

Martin's (middle 11 digits only) \_\_\_\_\_



Grocery Program Coordinator,  
Laura Kinsman  
[L\\_kinsman@yahoo.com](mailto:L_kinsman@yahoo.com)  
757-784-7764

**Martins:** [richmond.martinsfoods.com/aplus/SchoolDesignationLogin.html](http://richmond.martinsfoods.com/aplus/SchoolDesignationLogin.html)

**Harris Teeter:** [www.harristeeter.com/community/together\\_in\\_education/link\\_to\\_your\\_school.aspx](http://www.harristeeter.com/community/together_in_education/link_to_your_school.aspx)

**Bloom:** [www.bloomforyourschool.com/cardno.php](http://www.bloomforyourschool.com/cardno.php)

Matoaka Elementary School

**PTA**  
everychild. onevoice.®

## HARVEST FESTIVAL SILENT AUCTION IS SURE TO PLEASE!

The silent auction committee has been hard at work gathering a wonderful array of items for this year's Harvest Festival Silent Auction. The list is long and includes: jewelry, fun & games, tickets to the Norfolk Admirals, the Richmond Ballet, the I-Dance Winter performance, a gift certificate for the Cedars Bed & Breakfast, gift cards to area restaurants, a massage at Salon Vivace and more! New this year, we've added a "balloon grab". Students will be able to spend their ticket to select a balloon which will have a number on it that corresponds to a special gift. The student balloon grab gifts include gift cards to area restaurants & businesses, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> grade survival kits, "School Principal for a Day", lunch with Mr. Spence and more!

Bidding will begin when the Harvest Festival opens and will conclude by 5:30 pm so that winners can pay for and pick up their gifts before they leave. Silent auction rules will be distributed when you sign up for a bid-number. So no matter what your budget, there will be something for everyone at the Harvest Festival Silent Auction. Be sure and stop by! For a more information on items up for bids, find the "Matoaka Harvest Festival" on Facebook.

### COUNSELORS' CORNER

We're off to a busy start of the new school year! Matoaka's character education program continues with Kind Cardinals of the Week—one student chosen from each class who follows our "Cardinal Rule"—Treat others the way you want to be treated. In addition, students learned about the Character Trait of the Month for September—Responsibility—and will be focusing on Self-Discipline for the month of October. Parents can reinforce the monthly character traits at home by acknowledging them as their child exhibits such positive behaviors.

Matoaka takes a proactive approach to bullying prevention through its character education program that emphasizes kindness towards others. In recognition of our efforts in creating a caring community and a peaceful place for learning, the International Day of Peace was celebrated on September 21<sup>st</sup> with the Pinwheels for "Whirled" Peace activity and Tie Dye Day.

In recognition of National Bullying Prevention Month in October, Matoaka will have Bully-

Proofing Pledge Day on Friday, October 7<sup>th</sup>, where students can sign a No Bullying Allowed Pledge and receive a blue ribbon to signify that they promise to stand up to bullying. Students can wear boots to show that we "Stomp Out Bullying" at Matoaka!

In addition, we will recognize National Drug Prevention Week by having Wear Red Wednesday on October 26<sup>th</sup>, where students can sign a pledge and receive a red ribbon to show they promise to stay healthy and drug-free.

Feel free to contact us if you have any questions about these programs or suggestions on how they can be improved. Of course we are available to support your child should you have any concerns regarding his or her well-being. Lisa Fisher, our part-time school counselor, works with students in third and fourth grades and is available in the mornings, and Jennifer Smith works with students in Kindergarten, first, second, and fifth grades. We look forward to visiting all students for guidance lessons, and to fun-filled school year!

# HALLOWEEN SAFETY TIPS

**Costumes** are a favorite among children and adults when it comes to Halloween. There are some things to be careful of, though, when it comes to your Halloween costume. For example, it is important that a costume or mask does not obstruct your vision. Also, be sure there is no part of the outfit that hangs off of it that could be a tripping hazard or become ensnared on another object. Try the costume on and move around in it. Better to find out before the party or Halloween night if there is a problem with the attire. Make mends and adjustments to fix any potential problems.

Make up can occasionally be a safety concern. First, it is important to make sure you or your child do not have an allergic reaction to the makeup. Dab some of it on your hand and wait for a few hours to make sure there are no irritating results.

Also keep in mind any accessories that come with the costume. Make sure nothing about the getup and accessories could become loose and end up a choking hazard for small children. Also, any knives, swords or similar objects should be short, soft and flexible. While trick-or-treating, you may want to hold this type of item for your child.

Before **setting out to hit the streets and collect candy**, be certain you have a map of the route, a flashlight and a cell phone. Make certain your child wears good sturdy shoes, such as sneakers, even if it doesn't go with the costume. Also, try to have something attached to the costume that



acts as a reflective device.

Stick together and, when traveling in groups, make sure each trick-or-treater is accounted for before heading to the next door. Do not allow any child a single piece of candy until they have all been inspected thoroughly.

Upon arriving home, all the food items should be checked out. Make sure candies have secure wrappers and are not choking hazards. Baked goods should only be permitted if they have been made by someone you absolutely know and trust. Fruits should be inspected for puncture, injection or slit marks.

The idea to having a safe holiday is to use common sense and trust your instincts. You don't have to be overly paranoid, but you should be aware, alert and informed. How to have a safe Halloween is just using the guidelines so that everyone has a good time without any problems.

—www.halloween.com



*What's a monster's favorite bean? A human bean.*

*Why didn't the skeleton dance at the party?*

*He had no body to dance with.*

# Welcome Fall!

Dear Pumpkin,  
I'm sorry that somebody  
knocked you off the table  
and your seeds and gooey  
stuff were showing.  
—Alexis in Indiana

- Pumpkins are a North American food! Seeds from pumpkin relatives have been found in Mexico that date back to 7000-5500 BC.
- Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them.
- The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.
- The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.
- Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.



—[urbanext.illinois.edu/pumpkins](http://urbanext.illinois.edu/pumpkins)

Pumpkin seeds are nutritious  
(roast them with some olive oil and salt)  
AND crafty!

Save some pumpkin seeds & rinse them in a bowl of water. Place the seeds onto on a paper towel to dry overnight. Then, using thread and a needle, string them any way you please and you can make a beautiful, seasonal necklace!



## Feeding Ourselves, Feeding the Earth

While I've written a lot about "slow food" and its importance and ease, I have not adequately shared the history behind it. This month I offer you The Slow Food Manifesto. The Slow Food international movement officially began when delegates from 15 countries endorsed this manifesto, written by founding member Folco Portinari, on December 10, 1989.

Our century, which began and has developed under the insignia of industrial civilization, first invented the machine and then took it as its life model.

We are enslaved by speed and have all succumbed to the same insidious virus: *Fast Life*, which disrupts our habits, pervades the privacy of our homes and forces us to eat Fast Foods.

To be worthy of the name, *Homo Sapiens* should rid himself of speed before it reduces him to a species in danger of extinction.

A firm defense of quiet material pleasure is the only way to oppose the universal folly of *Fast Life*.

May suitable doses of guaranteed sensual pleasure and slow, long-lasting enjoyment preserve us from the contagion of

the multitude who mistake frenzy for efficiency.

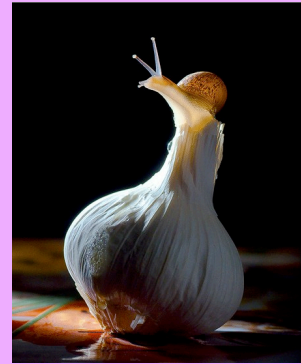
Our defense should begin at the table with *Slow Food*. Let us rediscover the flavors and savors of regional cooking and banish the degrading effects of *Fast Food*.

In the name of productivity, *Fast Life* has changed our way of being and threatens our environment and our landscapes. So *Slow Food* is now the only truly progressive answer.

That is what real culture is all about: developing taste rather than demeaning it. And what better way to set about this than an international exchange of experiences, knowledge, projects?

Slow Food guarantees a better future.

*Slow Food* is an idea that needs plenty of qualified supporters who can help turn this (slow) motion into an international movement, with the little snail as its symbol.



—slowfood.com

**Pumpkins are easy to cook**—cheaper and tastier than canned too! It can be stored in the refrigerator or freezer, and of course, home-canned. Here are two ways to cook it:

### Option #1: The Stovetop

Cut the pumpkin in half and scoop out the seeds. Then, cut pumpkin into large chunks, but leave the skin on. Place chunks in a large steamer basket (or a colander placed inside a dutch oven, with water on the bottom). Steam for 20 minutes, or until pumpkin is tender. Scrape flesh from skin & discard skin.

### Option #2: The Oven

Cut the pumpkin in half and scoop out the seeds. Place pumpkin halves face down in a baking dish. Add 1/2" of water to pan: this helps keep the pumpkin flesh moist. Bake at 450° until you can pierce the skin with a fork (about 45 minutes to an hour). Scoop flesh out of shell with a spoon & discard skin.

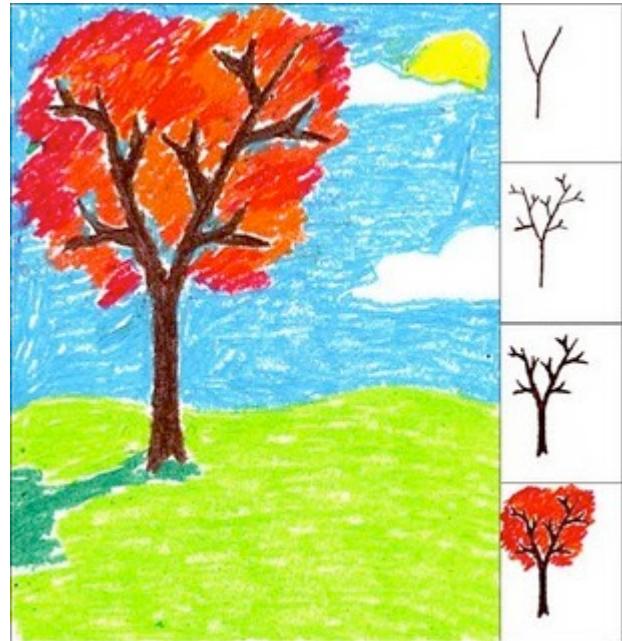
Use your cooked pumpkin in any recipe that calls for canned pumpkin—YUM!

—Loralee Clark

# Crafty Kids

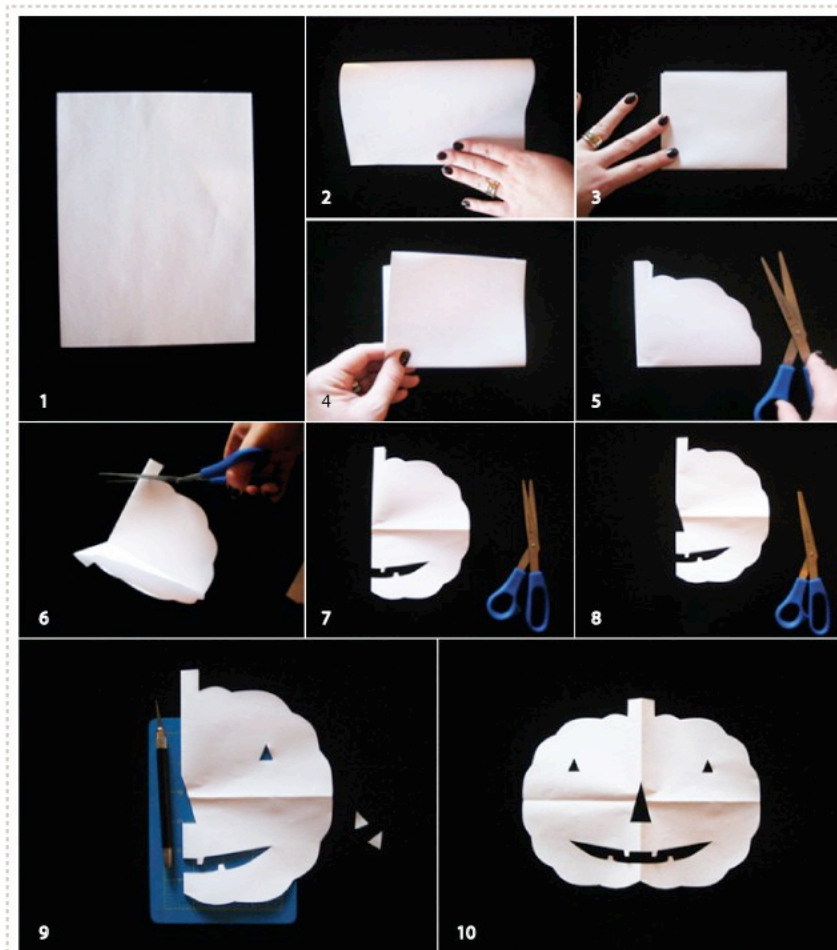
Draw some patterned leaves!

—artprojectsforkids.org



Or draw a Fall Tree!

—artprojectsforkids.org



And don't forget:

- Leaf rubbings
- Cutting an apple in half, smearing it with orange paint and printing a "pumpkin" on paper
- Toilet paper roll monsters
- Garlands of ghosts and/or bats



# Earth Corner: Go Hunt Spiders

Woodland Trust

naturedetectives

## Freeze a spider web in time

Find a spider web, making sure it's not home to a spider.

(It's a good idea to find some webs to practice this technique on too, so save your best web until you've got the hang of this :O)

Spray the web with spray paint or glitter to make it stand out

Spray a piece of card with hairspray (this will 'catch' the web and stick it in place).

Hold your card behind the spider web and gently push it through the web, carefully detaching it from its 'moorings'

The hairspray should catch the web, sticking it in place and leaving you with a fab 'frozen' spider web :O)

Try framing it, or turning into a card you can send to a friend!



## Terrifying Terms and Creepy Characters

(Part One)

Use a dictionary, the internet, and your collected knowledge to fill in the missing letters and identify the following words and names with spooky or repulsive connotations. Spelling counts!

**Example:**

**g o \_ \_ \_ n \_** Grotesque elfin creatures of folklore, thought to work mischief or evil.

**Answer:** goblins

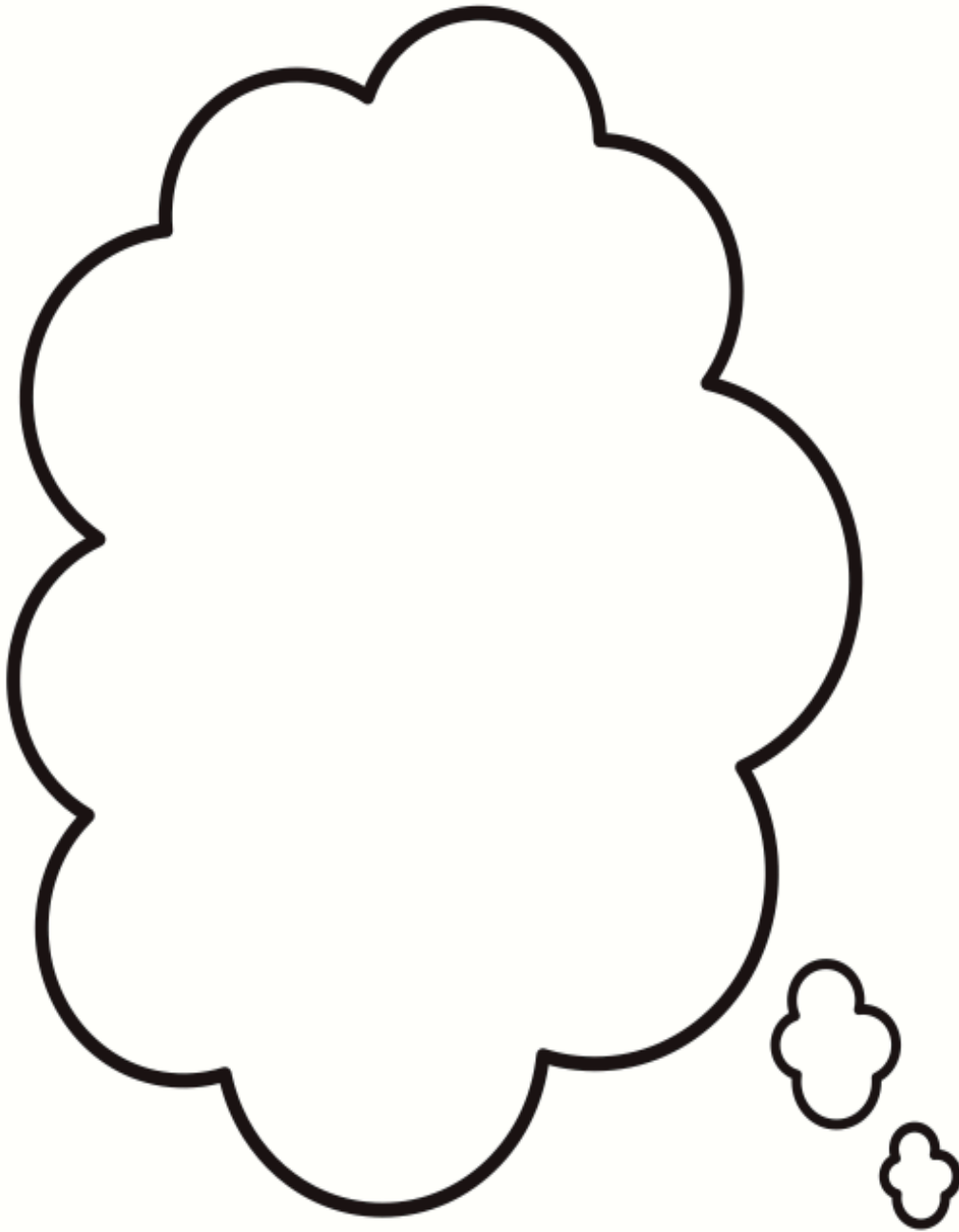


1. **s p \_ \_ \_ \_ r** A visible spirit, especially one of a terrifying nature; a ghost; some object or source of terror or dread.
2. **F r \_ \_ \_ \_ \_ s t \_ \_ \_** A person who creates a monster or a destructive agency that cannot be controlled or brings about the creator's ruin; the main character in Mary Shelly's famous 1818 novel.
3. **c e \_ \_ \_ \_ \_ r \_** If you think of screaming, "E—e—e--I" when you pass this place, you will always spell it correctly.
4. **d e s \_ \_ \_ \_ a \_ l \_** Deserving of contempt or scorn; vile.
5. **v u \_ \_ \_ \_ \_** Any of various large birds of prey, characteristically having dark plumage and a featherless head and neck and generally feeding on dead or decaying flesh.
6. **c a r \_ \_ \_ \_ \_** Dead and decaying flesh of an animal.
7. **l u \_ \_ \_ t \_ c** An insane person; wildly or giddily foolish; extreme eccentricity or recklessness.
8. **B é \_ \_ a L u g \_ \_ \_** A Hungarian actor best known for his portrayal of Count Dracula in the 1927 American Broadway stage production and the subsequent 1931 film version of Bram Stoker's story.
9. **a b o \_ \_ \_ \_ \_ b \_ \_ e** Repugnantly hateful; detestable; loathsome; very unpleasant and disagreeable; terrible.
10. **b a n \_ \_ \_ \_ \_** In Irish folklore, a spirit in the form of a wailing woman who appears to warn of impending death.
11. **v i s \_ \_ \_ \_ a** The soft internal organs of the body, especially those contained within the abdominal and thoracic cavity; guts.
12. **t r \_ \_ \_ \_ \_** In Scandinavian folklore, any of a race of supernatural beings, sometimes conceived as giants and sometimes as dwarfs, inhabiting caves, in the hills, or under bridges.
13. **F r \_ \_ \_ G w \_ \_ \_ \_** The actor who portrayed Herman Munster.
14. **m u \_ \_ \_ \_** A moist sticky mixture, especially of mud and filth; slime; a state of chaos or confusion.



15. **p u t** \_\_\_\_\_ In a state of fowl decay or decomposition, as animal or vegetable matter; rotten.
16. **o g** \_\_\_\_\_ A large, mean and hideous humanoid monster, often depicted in fairy tales and folklore as devouring its victims; Shrek is one of these.
17. **n a u** \_\_\_\_\_ **i g** Sickening; affecting with a sickness to the stomach, especially when accompanied by an involuntary impulse to vomit.
18. **w e** \_\_\_\_\_ **f** Michael J. Fox portrayed a teenaged version of one of these.
19. **g r** \_\_\_\_\_ **m** \_\_\_\_\_ A mischievous invisible being, said by airplane pilots in World War II to cause engine trouble and mechanical difficulties; any cause of trouble, difficulties, etc., especially of a mechanical nature; a mischief maker.
20. **G r** \_\_\_\_\_ **e** \_\_\_\_\_ The male monster, of English and Scandinavian mythology, slain by Beowulf in the old English epic *Beowulf*.
21. **w a** \_\_\_\_\_ A prolonged, inarticulate, mournful cry, usually high-pitched or clear-sounding, as in grief or suffering.
22. **H. G.** \_\_\_\_\_ **I** \_\_\_\_\_ The author of *The Invisible Man*, *The Time Machine*, and *The War of the Worlds*.
23. **r e p** \_\_\_\_\_ **v** \_\_\_\_\_ Creating a strong distaste, dislike, aversion, or objection to; gross; offensive; disgusting.
24. **H ä** \_\_\_\_\_ and **G** \_\_\_\_\_ **e** \_\_\_\_\_ This brother and sister from a Grimm's Fairy Tale had an unpleasant encounter with a witch who lived in the forest.
25. **g r o** \_\_\_\_\_ **q** \_\_\_\_\_ Odd or unnatural in shape, appearance, or character; fantastically ugly or absurd; monstrous; gross.
26. **m u** \_\_\_\_\_ The dead body of a human being or animal preserved by the ancient Egyptian process or some similar method; a dead body dried and preserved by nature.
27. **m a** \_\_\_\_\_ **g** \_\_\_\_\_ The soft-bodied, legless larva of certain flies often found in decaying matter.
28. **O** \_\_\_\_\_ The home of the Wicked Witch of the West and her terrible flying monkeys.
29. **h a** \_\_\_\_\_ \_\_\_\_\_ Inhabited or frequented by ghosts; preoccupied as with a memory, emotion, or idea; obsessed.
30. **e x t** \_\_\_\_\_ \_\_\_\_\_ **t** \_\_\_\_\_ E T; outside or originating outside the limits of the Earth: a space alien.
31. **S t** \_\_\_\_\_ \_\_\_\_\_ **K** \_\_\_\_\_ **g** \_\_\_\_\_ American author of over 50 bestselling horror and fantasy novels, including *Carrie*, *The Stand*, and *Storm of the Century*.
32. **h i** \_\_\_\_\_ \_\_\_\_\_ **s** \_\_\_\_\_ Horrible or frightful to the senses; very ugly; repulsive; shocking or revolting to the moral sense.
33. **n o x** \_\_\_\_\_ \_\_\_\_\_ **u** \_\_\_\_\_ Harmful or injurious to health or the physical well-being of
34. **T h** \_\_\_\_\_ \_\_\_\_\_ The Addams Family servant, in the form of a disembodied hand.
35. **S** \_\_\_\_\_ \_\_\_\_\_ The Munsters' fire-breathing pet who lived under the staircase.





i will be a \_\_\_\_\_ for halloween

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