



# JULY



# Newsletter



## A Healthy Snack: Fried Honey Bananas

- 1 tablespoon coconut oil (olive oil works too!)
- 1 slightly under-ripened banana
- 1 tablespoon honey
- 1 tablespoon water
- 1 teaspoon cinnamon



Heat oil in a skillet over medium heat. Slice banana into about 1/4 inch thick slices. Fry bananas for 2 minutes on each side, occasionally lifting to prevent sticking. Whisk together honey and water. Remove pan from heat and pour honey and water over bananas. Top with cinnamon.



## {Caughlin Athletic Club Activities}

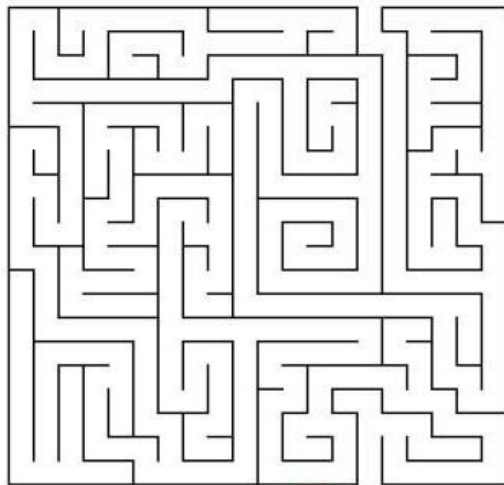
Dance with Camille Deal  
Piano with Lusa Rylski  
Swim Lessons Available  
(Contact Front Desk)



## 4th of July Maze

Uncle Sam has bought a new hat for the parade.

Can you help him find his way through the maze to collect it?



## CURRICULUM CORNER:

### Monthly themes:

Week 1: **Military**

Week 2: **Mechanical Engineer**

Week 3: **Interior Designer**

Week 4: **City Planner**

Week 5: **Water Park Designer**



Happy 4th of July!





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## \* {Newsletter} \*



Arts & Crafts!!

### Dates to Remember:

USA DAY Dress Up – July 3rd

4th of July – July 4<sup>th</sup> (CLOSED)

Twin's Day – July 8<sup>th</sup>

Wolf Pack Wednesday – July 17th

National Ice Cream Day – July 21st

Pajama Day – July 26th

Mismatch Day – July 30th



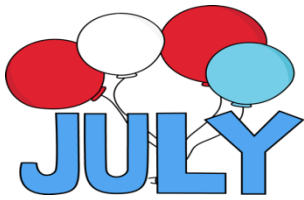
## SPARKLE BOTTLES

**Materials:** Plastic water bottle with the label removed, Red, White & Blue star confetti, Glycerin, Water and Glitter.

**How to:** Fill 3/4 of the water bottle with water. Add as much glitter and confetti as you would like to the bottles. Fill the rest of the bottle up with glycerin. Replace lid and shake, shake, shake!

### Hot Summer Days:

We are entering the hotter parts of the summer. Please make sure your child has a water bottle/cup every day. We also will provide Babyganics sunblock, but would love for parents to donate a bottle to their child's classroom!



Esmæ 7\*11

Kellan 7\*14

Dane 7\*20

Jr. 7\*26

Xander 7\*31



### 4<sup>th</sup> of July Activities in Reno/Sparks

\*Star Spangled Sparks 4pm-10pm

\*Aces Ballpark Fireworks

\*Fourth of July on the Comstock in Virginia City. Parade at 12pm.

\*Lights on the Lake (South Lake Tahoe)

\*Red, White and Tahoe Blue at Incline Village

For more info on events visit

[www.newtoreno.com](http://www.newtoreno.com)

