



### **Important Dates**

*May 20<sup>th</sup>: PD Day*

*May 23<sup>rd</sup>: CLOSED*

### **Hello Parents!**

April was a great month with the children we had some favorable weather so the children were able to spend lots of time outside playing! With the weather being so nice lately remember to send your children with a hat, sunscreen and a water bottle please.



### **Absences/Late Arrivals:**

If your child be will late or absent, please let us know by 2:30pm. This includes any instances when they leave school during the day unexpectedly and will be absent from Juvenescence in the afternoon. We worry when your child does not arrive on time. You may contact us via email at [jjobrien@juvenescence.ca](mailto:jjobrien@juvenescence.ca) or call the center at 587-433-7734.

### **Withdrawal Policy**

Please remember that Juvenescence requires one full calendar month's written notice to withdraw a child from the program. Failure to provide the minimum notice will result in an additional month's fees being due. All outstanding fees are payable at the time notice is given. Written notice is accepted in the form of email or printed letter.

### **Facebook**

We have finally got our Facebook page up and running, I will post the link below so you can join it! The Facebook page will include any upcoming events, important information you need to know and pictures of your children if you signed off on the agreement form saying we were allowed to do so. It is a closed page making it not visible to the public. If you would like to See what is posted on the page send us an invite. <https://www.facebook.com/groups/JuvenescenceJJOBrien/>





## Ingredients

- 6 large – pita, whole wheat
- 1 cup – cheddar cheese, shredded
- $\frac{1}{2}$  medium – zucchini
- $\frac{1}{2}$  cup – corn, canned
- $\frac{3}{4}$  cup – pizza sauce
- $\frac{1}{2}$  medium – bell pepper, yellow
- 6 medium – mushrooms, white
- $\frac{1}{2}$  teaspoon – oregano, dried
- $\frac{1}{2}$  teaspoon – thyme, dried

## Meat:

- 2 ounces – beef, ground, 90% lean
- 1 medium – onion
- 15 ounce – tomato sauce
- $\frac{1}{2}$  cup – olive oil
- 2 medium – carrot
- 1 teaspoon – oregano, dried
- 1 teaspoon – paprika

- 1 teaspoon – thyme, dried
- 1 teaspoon – salt
- 1 teaspoon – basil, dried

### Directions

1. Spread 2 tbsp of pizza tomato sauce on each pita bread
2. Top it with the desired produce
3. Add the shredded cheese last
4. Place the pita breads with the topping in a preheated oven 392 F (200C) until the cheese melts well.

Meat Sauce. You can basically use any meat sauce recipe as a topping, it does not have to be this one necessarily. Ingredients: Beef through Basil

1. To make the meat sauce: Add half the oil to a hot saucepan.
2. Sauté the ground meat and separate it with your spatula
3. When it turns brownish add the onion and sauté that as well.
4. Add the herbs and sauté for another 5 minutes.
5. Last, add the tomato sauce and leave everything simmering for about an hour stirring occasionally.
6. Add the rest of the olive oil when the sauce starts to dry a little and turn.