

The Wellness Times



Fred C. Underhill School
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FIRE PREVENTION WITH THE HOOKSETT FIRE DEPARTMENT

FOR TWO DAYS IN OCTOBER THE HOOKSETT FIRE RESCUE DEPARTMENT CAME IN TO UNDERHILL SCHOOL FOR FIRE PREVENTION WEEK. THEY HAVE COME IN EACH YEAR FOR OVER 10 YEARS!

THEY TALKED ABOUT STOP, DROP, AND ROLL, WHEN TO CALL 911, CHECK YOUR SMOKE DETECTORS, AND WHAT TO DO IF THERE IS A FIRE IN YOUR HOUSE. THE KIDS ALSO GOT A TOUR OF A FIRE TRUCK!



PREP TIME:
15 MINS.

HOMEMADE CROCK POT APPLESAUCE

COOK TIME:
4 HOURS

HOMEMADE APPLESAUCE IS THE PERFECT WAY TO USE UP EXTRA APPLES!

INGREDIENTS:

- 12 APPLES
(USE A COMBINATION OF YOUR FAVORITES!)
- ½ CUP SUGAR
- ½ TSP. CINNAMON
- ½ CUP WATER
- 1 TBSP. LEMON JUICE



INSTRUCTIONS:

1. PEEL AND CORE APPLES. CUT INTO FOURTHS AND PLACE IN CROCK POT. TOSS APPLES IN LEMON JUICE AND THEN ADD IN SUGAR AND CINNAMON, STIRRING TO COMBINE. ADD IN WATER.
2. COVER WITH CROCK POT LID. COOK ON HIGH FOR 3-4 HOURS, UNTIL APPLES ARE VERY SOFTENED. EAT IMMEDIATELY OR STORE IN SEALED CONTAINER IN THE REFRIGERATOR. ENJOY!

FUN FAMILY FALL ACTIVITIES



OUTDOOR FUN

- JUMP INTO A PILE OF LEAVES
- GO APPLE PICKING
- HEAD TO A PUMPKIN PATCH
- EXPLORE FALL COLORS
- VISIT A CORN MAZE



INDOOR FUN

- CRAFT WITH LEAVES
- PLAY SOME BOARD GAMES
- CREATE FALL CRAFTS
- GET COZY AND READ A BOOK
- MAKE SOME HOT CHOCOLATE



WHAT DO GHOSTS EAT FOR BREAKFAST ON HALLOWEEN? SCREAM OF WHEAT CEREAL © WHAT DO WITCHES EAT AT HALLOWEEN? SPOOK-ETTI © WHAT INSTRUMENT



HAPPY HALLOWEEN!

HALLOWEEN SAFETY TIPS



Always walk with an adult.

Make sure you look both ways before crossing the street.

Wear a costume with visible colors, or stick reflective tape on your costume.

Carry a flashlight or glow stick.

Stay on the sidewalk.

Respect other people's properties.

Only go to homes with the porch light on.

Don't forget to say "Thank You"!

Ask your parents to check your candy before you eat it.

Have a SPOOKINGLY good time!



FAVORITE DESSERT? BOO-BERRY PIE © WHAT DO MONSTERS PUT ON THEIR ICE CREAM SUNDAY? WHIPPED SCREAM ©

DO SKELETONS PLAY? A TROM-BONE © WHY DOES A WITCH WEAR A POINTED BLACK HAT? TO KEEP HER HEAD WARM ©

WHAT TYPE OF MONSTER DANCES? THE BOOGIEMAN © WHO ARE THE COUSINS OF THE WEREWOLF? THE WHAT-WOLF? THE WHEN-WOLF AND THE WHEN-WOLF © WHAT IS A GHOST?