

ManDala School Newsletter

Student of the Week: Ethan!



Hi, my name is Ethan! I live in Buffalo. When I grow up I want to be an astronaut! My greatest fantasy is to dig around the core of the Earth. I would describe myself as **CRAZY**! If I could go anywhere I would go to the North Pole.

My favorite song is "another one bites the dust" and my favorite movie is Bolt. My favorite color is pink. I love to build legos, sometimes I take my couch cushions off and play with them. My favorite thing to do at my house is draw.

I like school a lot. I like to learn about trees with Dr. John.



Beginning Monday (11/6) ALL the students must take their shoes off when they enter the school and change into slippers or indoor shoes (these can be left here). Please send slippers or indoor shoes for your child or make sure they are wearing socks everyday. As the weather changes this is for their safety!



Kai helping the younger math students learn their square numbers: Using graph paper they are coloring squares with an area of 1, 4, 9, 16, 25, 36, 49, 64, 81, and 100



We had a very happy Halloween at Mandala. We made pumpkins, bats, and spiders! We cooked pumpkin chili (recipe below) together and had lots and lots of sweets! Charlie brought a yummy chocolate cake (below), Kai brought two delicious apple pies, Felix and Nolan and Graham brought rice Krispy treats! It was a great day with lots of neat costumes!



Pumpkin Chili (vegan!)

- 1 onion
 - 1 carrot
 - 1 bell pepper
 - 1 tsp. Olive oil
 - 2 - 3 cloves of garlic
 - 1 jalapeño, minced
 - 2 tsp. Soy sauce
 - 1 tbsp. Lime juice
 - Top with cilantro, tortilla strips, avocado, or chopped onion
 - 1 tsp dried oregano
 - 1 tsp cumin
 - 2 ½ tbsp chili powder
 - 1 can diced tomatoes (15 oz.)
 - 1 ½ cups pureed pumpkin
 - 2 cups vegetable broth or water
 - 3 cups cook beans (½ black, ½ pinto)
1. Chop the onion, carrot, and bell pepper into dime sized pieces
 2. In a large soup pot, heat the oil over medium heat. Add the onion, carrot, and bell pepper and sauté them until they begin to brown (5 minutes). Add the garlic, jalapeño, soy sauce, and all the spices, cook for another 30 seconds. Add the tomatoes, pumpkin, broth, and beans, stir. Turn down the heat and cover, let it simmer for 15 minutes.
 3. When it is done simmering, turn off the heat, add the lime juice.
 4. Serve right away with toppings of your choice

Reminder
We have off next Friday,
November 10, 2017