

Sunbeam News

Friday, February 26, 2010 * Vol. 2; Issue 4



Recipe of the Month: Friendship Fudge

3 ounces softened cream cheese
1/2 cup softened butter
1/4 cup cocoa
4 cups powdered sugar
1 tsp vanilla
1/2 cup chopped nuts (opt.)

Put cream cheese and butter into the large zip lock bag. Sift cocoa and icing sugar together into the zip lock bag, then add vanilla. Mix together by gently squeezing and squishing the bag. Be careful not to puncture the bag. Have your friends or family help you by taking turns doing this. When you are happy with the fudge texture add the nuts if you want them, and squish a little more till the nuts are mixed in. Take the fudge from the bag and divide into two parts roll each part into logs and top with nuts, it's your choice. Place into the fridge to chill for about 1 hour. Slice and serve.

We made this recipe earlier in the month. We shared in the adding and mixing the ingredients and most especially the eating! It's any easy recipe to do with the kids especially when it's too icky to go outside.

Etch-a-Sketch Bag

This week we made our own "Etch-a-Sketch" (double Ziploc bags of paint)! It's designed to let the children draw or scribble on with their finger and then "erase" and do it again. I've taped the bags with shipping tape; but you could re-enforce it with duct tape. Their name is on the bag to maybe encourage them to start to "write" their own name as well as recognize it and the letters that spell it. There are some Beamers who are already recognizing the letters in their name, the order they come in, and their name. Simply awesome!



How's Weather Today?

You know how the Great Northwest is about the weather... "you get what you get and you don't throw a fit!" We've been taking advantage of the sun's peek-a-boo games this week and going outside. It's warm enough wherever the sun shines its rays but that wind can be a bit chilly. After a good run through the sand box and a few goes down the slide, our Beamers can get a bit dirty and wet. So, please be sure that your Beamer has enough changes of clothes in his/ her cubby (socks are helpful, too). Also, it would be helpful if their clothing were labeled with their name if possible. So, at the end of the day, be sure to check for bags of dirty or wet clothes in your child's cubby. Thanks a bunch!



Have a great weekend and we'll see you next week!