



Learning at Home

October 2009

Nature Walk at Newton Hills State Park

Eric, the Park Manager, started the tour with a brief history about Newton Hills State Park. He then led the group on a tree walk. On the walk the group learned about the variety of trees located in the park. Eric talked about the variety of ways the Native Americans used the trees for medicine, drinks, and food. The group learned the best way to identify trees is by their leaves. On the walk the kids had fun collecting the variety of leaves, seed pods, and twigs.

Photos on
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SDHSA Site

Eric also talked about the variety of diseases that trees can get and that if one of their trees get "sick" it is nearly impossible to prevent it from spreading.

Country Apple Orchard

Several SDHSA families attended the tour of the Country Apple Orchard located south of Sioux Falls in Harrisburg. As the tour started, the children learned about the health benefits of apples, the process of how seeds eventually become apples, and about the many varieties of apples grown in South Dakota. Everyone got to try some fresh apple slices and fresh apple juice. After a wagon ride around the orchard, each child got to pick 8 Paula Red apples. All of the trees there are "dwarf trees" so no ladders are needed to pick the apples. The kids also got to visit the donkeys, goats, sheep, bunnies, ducks and chickens that live at the orchard. It was a fun time for all.

Photos on
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5 MINUTE CHOCOLATE MUG CAKE

Submitted by Becky

- 4 tablespoons flour
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- a small splash of vanilla extract
- 1 large coffee mug



Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes on high. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

Class at the Outdoor Campus: Wonder of Seeds

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Several SDHSA kids met at the Outdoor Campus to learn about seeds. Everyone started together talking about the overall make-up of seeds. Then kids were divided into two groups. Both groups went on a short walk and talked about the variety of seeds right in the Outdoor Campus. One group made a 'take away garden', read a story about seeds, and they talked about how seeds travel. The other group made a seed booklet, looked at the inside of a bean, and played a seed identification game.

Craft Corner

Submitted by Gina (SDHSA Craft Coordinator)

Glue Ghosts Craft

What You Need:

- * White school glue
- * Waxed paper
- * Wiggle eyes
- * Felt, buttons, pom-poms, etc (all optional)

What You Do:

1. Place a piece of waxed paper on a flat surface.
2. Squeeze glue from the bottle into the shape of a ghost.
3. Place wiggle eyes into the glue.
4. If you would like to decorate your ghost, use felt, buttons, pom-poms or whatever you like to add character. We made a simple bow tie from green felt and added mini pom-poms for buttons.
5. Set aside in an out-of-reach area to dry overnight. Note: Expect for them to take all night - and possibly a few hours more - to dry completely.
6. Once dry the ghosts will look like they blend into the waxed paper. Carefully peel them paper and use them as decorations.





October 2009

Please note some activities have an additional fee, have a minimum age, or a respond by date—please see online for full information

Contact:

questions@sdhsa.org

All messages will be returned by a SDHSA Leader

Web Site:

<http://www.sdhsa.org>

Address:

SDHSA of Sioux Falls

P.O. Box 882

Sioux Falls, SD 57101

Yahoo Group:

<http://groups.yahoo.com/group/SDHSA>

Treasurer: Crystal

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Tours: Heidi

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Newsletter/Volunteerism: Becky

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Fundraising: Meg

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Media Contact: Thor

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Administrative Support: Amanda

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 SDHSA Swimming	3
4	5	6 1:30pm Park or Bowden	7	8 9:30am Tour of Auntie Anne's Pretzels	9	10
11	12	13 2pm Gym-tastic Tuesday at All American Gymnastics	14	15 2pm Great Bear Trail Walk	16	17
18	19	20 1:30pm Park or Bowden	21 6:30pm Dine, Plan, and Chat	22 2:00pm Pumpkin Picking at the Garden of Weedin'	23 2:00pm Rake the Town Volunteer Activity	24
25	26	27 1:30pm SDHSA Day at YMCA	28	29 SDHSA Halloween Party	30	31

Welcome New SDHSA Members

Names
On
Secure
SDHSA Site

If you have any gently used craft supplies that you would like to donate to SDHSA please email gina@sdhsa.org.

Thanks.

And thanks to the families who have renewed!

Please bring Box Tops, Campbell's Labels, & Land O' Lake Milk Lids in a bag with your last name on it and give to Meg.

October Birthdays

Names
On
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If you have something you'd like to submit for the SDHSA newsletter please email it to becky@sdhsa.org by the 20th of the month. Past submissions have been a favorite family recipe, artwork, poems, or an accomplishment your child has had.

There are two versions of the newsletter. One is viewable on the SDHSA site with a password—this is the full newsletter. A public version is available—this version is void of pictures and members' names.

If you'd like your family or child to be featured in an upcoming newsletter please email becky@sdhsa.org. In the past this had been called Member Get to Know or Kid Get to Know.



Ad Space

If you would like ad space please see the link:
<http://www.sdhsa.org/Misc/Ads.html>

If you have any questions please contact:
becky@sdhsa.org

PROOF AND EDITING SERVICE

It is often easier for your child to accept critique of their written work from an unbiased third party. The following pricing includes the entire school year beginning

September 1, 2009 and ending May 31, 2010:

1st - 6th grade \$25.00

7th - 12th grade \$45.00

Research Paper \$60.00

To register, please email your name, address, child's name, age and/or grade to editmywriting@aol.com. Payment may be made by personal check or via PayPal. Once registered, your student will write their name, age, and date on each paper submitted.

Please have your student be responsible to enclose a self-addressed and stamped envelope in order that their work may be returned. All written work may be sent to:

Mrs. Evans
9965 Garrison Way
Eden Prairie, MN 55347