



Liam learns to plant a tulip bulb in a cup

WEEK IN REVIEW

Lots to talk about this week! From Monday to Wednesday, Michelle B. led the children in tying the pillow-cases for our new, lice-protected pillows. You can check them out in the book area. They look amazing!

Thursday and Friday, we began to prepare for the holiday season. The children made colorful paper chains to hang around the cafeteria on Thursday, and on Friday, they made paper snowflakes.

This week in cooking club, the children learned how to make churros. Delicious!

The Garden club learned how to plant tulip bulbs in cups. We can't wait for them to bloom!



L: Ansley shows the CHSAP kids the Iroquois flag

R: Isaac A. and Isaac T. program their robot

FROM LALO'S KITCHEN: BREADED TILAPIA

Each week, our cooking teacher, Lalo, shares with us a delicious dish from his native Mexico. Recently, the children cooked breaded tilapia, and it was so delicious! The recipe can be found below, so you can try it at home!

Ingredients: 3 Tilapia Fillets; 1 cup Garlic Butter; 2 cups Panko bread crumbs; olive oil; parmesan cheese

Directions: Preheat the oven to 375 degrees F. Oil the bottom of a baking pan with the olive oil. Melt the garlic butter. Mix the garlic butter and Panko bread crumbs together and cover the fillets with the mixture. Place the fillets in the pan, and sprinkle with parmesan cheese. Bake 15-20 minutes. Serve warm. Enjoy!

STAFF MEMBER OF THE WEEK: MICHELLE CIASCHI



Michelle has worked at CHSAP for 5 years. She is also a teacher's aide, currently working in 1st grade. During the summer, Michelle directs the Brooktondale Summer Camp. She is currently completing her B.S. in Business Management and Economics. She likes to spend her free time with her husband and 6 year old son.

REMINDERS

Bills are due on December 15.

It's the end of the year! If you require an end of year form for your taxes or anything else, please e-mail admin@cayugaheightsafterschool.org.

The last day of CHSAP in 2013 is December 20. We will re-open for the new year on January 2, 2014. Happy Holidays to all!

