



### Message From Ms. Mack

Dear Blenman families,

Please join us on February 1<sup>st</sup> from 4:30-6 to celebrate our “B” letter grade from the state! We will have all things “B” including bouncy castles, a band, bubbles, and a bbque food truck. Everything is free, except for the food truck, and we are excited to have Dr. Truijlo and Mr. Sanchez will be here to share in our joy!

Parent teacher conferences are set for Feb. 8<sup>th</sup> and 9<sup>th</sup>. These conferences are for students struggling academically or behaviorally. Students will be dismissed early at 11:40 both days.

Sincerely,

Mrs. Kelly Mack Outridge

Principal: Kelly Mack

School Office Hours: 8:00-3:30

Class Hours: 8:30-2:40, M, T, Th, F

Wed 8:30-1:40

Website: <http://www.tusdi.org/blenman>



SCAN ME

Like us on Facebook!

#### Special points of interest:

- Message from Ms. Mack
- School vision and pledge
  - Yogurt Bites recipe
  - From the Health Office
  - PLW Day – no school
  - Catalina HS classes
  - Monthly calendar

#### School Vision:

##### **EAGLES are:**

**Empowering our students to be independent,  
Artistic, and creative thinkers with a  
Growth mindset through a  
Loving community while  
Encouraging cultural diversity amongst all learners in a rigorous and  
Supportive academic environment**

#### Kindness Pledge:

At Blenman, we are all about kindness, respect, and responsibility. We show kindness by having empathy for others. We show respect by treating others the way we want to be treated. We show responsibility when we are accountable for our actions. At Blenman, we are al about Kindness, Respect, and Responsibility.



# Yogurt Bites

An easy frozen yogurt bites recipe - with Greek yogurt, fruit puree and honey. Prep Time 10 minutes mins. Freeze Time 1 hour hr.

Course: Snack

Cuisine: American

Keyword: frozen yogurt bites, yogurt bites

Servings: 4 people

Calories: 50kcal

## Equipment

- High Speed Blender or Food Processor
- Strainer
- Large Ziploc Bags
- Parchment Paper
- Baking Tray

## Ingredients

- 1/4 cup fruit puree
- 1 cup plain Greek yogurt
- 1 tbsp honey



## Instructions

1. Line a baking sheet with parchment paper. Set aside.
2. Puree the fruit combination of your choice with a food processor or high speed blender. See fruit puree combinations below in the notes. This recipe makes 1 color of bites. Repeat for each color/flavor you would like to make.
3. If you'd like to remove the seeds, use a fine mesh strainer.
4. Add pureed fruit, yogurt, and honey to a small bowl. Whisk to combine.
5. Pour mixture into a quart-sized zippered plastic bag. Using scissors, cut off a tiny bit from one of the bottom corners.
6. Make tiny bite-sized dollops of yogurt, not touching each other on the baking tray. You can make these as big or as little as you'd like. One color will fill a full baking tray.
7. Place in the freezer for at least 1 hour to set. Store in a freezer safe airtight container or bag for 1-2 months. Only bring out the portion you would like to snack on as they will melt once removed from the freezer.

## Notes

This recipe makes 1 color of bites. Repeat for each color/flavor you would like to make.

**Here are the exact measurements of fruit puree for different flavors:**

**Red:** 1/4 cup strained, pureed strawberries (about 1 cup of strawberries)

**Orange:** 1/4 cup pureed peaches (about 1-2 peaches)

**Yellow:** 1/4 cup pureed mango (1 large mango)

**Green:** 1/4 cup strained, pureed green grapes and green pear (1/2 green pear, handful of grapes and a few pieces of spinach)

**Blue:** 1/4 cup pureed blueberries (about 3/4 cup of blueberries)

**Purple:** 1/4 cup strained, pureed blackberries (1 cup of blackberries - you need more because you need to strain them).

**Other Notes:**

One color will fill 1 baking tray.

Nutrition calculation based on strawberry puree. Other flavors will vary based on fruit used.

Depending on the fruit and your preference, some of the purees need to be strained with a fine mesh strainer before adding to the yogurt mixture.

For more dense fruit like mangoes, a splash of water was added to the blender to get it moving.

## Nutrition

Calories: 50kcal | Carbohydrates: 7g | Protein: 5g | Fat: 1g | Saturated

Fat: 1g | Cholesterol: 3mg | Sodium: 18mg | Potassium: 93mg | Fiber: 1g | Sugar: 7g | Vitamin C: 9mg | Calcium: 55mg | Iron: 1mg

# **From the Health Office**

Just a reminder to parents that hearing/vision/immunization referrals have gone out to families. Please follow up with provider if one was received.

Also, a reminder that when it is cold to please make sure to send students to school with a jacket/sweatshirt. We are in need of gently used leggings/sweatpants/jackets and sweatshirts.



**NO SCHOOL**

**Wednesday, January 24<sup>th</sup>, 2024**



# Classes at Catalina HS:

## **Arts & Crafts for Young Minds (for students in grades 2-5)**

We invite your wonderful kiddos to join Ms. Maria, our arts & crafts guru, for a fun time creating age-appropriate art projects! Students can take on one or multiple artistic displays in this two-part class. Have fun painting artwork using everyday household items to create unique shapes. Students can also create an art frame with seashells, paint, and their young imaginations. **Please call 520-232-8684 to sign up.**

**Instructor: Maria Villanueva**

**Catalina FRC | Tuesdays | 3:30 p.m.-4:30 p.m. | Start: 1/23/24 | End: 1/30/24**

## **Book Club- Budding Bookworms Read Along (for students in grades 2-4)**

Reading is an essential skill that plays a crucial role in a child's education. We are excited to offer a literacy club that helps students improve their reading skills and build confidence through engaging and interactive sessions. Each student will receive a copy of the selected book to read with their teacher. As they progress through each chapter, they will have the opportunity to ask questions and provide feedback. By reading together and discussing new words and topics, students will improve their comprehension skills and develop a deeper understanding of the text. Our club encourages a love of reading and provides a fun and supportive environment for students to learn and grow. **Please call 520-232-8684 to sign up.**

**Book: The Tale of Despereaux**

**Instructor: April Brumley**

**Catalina FRC | Wednesdays | 3:00 p.m.-4:00 p.m. | Start: 1/17/24 | End: 2/14/24**



# January/February Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1/22	1/23	1/24 <i>No School – Professional learning day for all teachers</i>	1/25	1/26 <i>Eagle club for students</i>
1/29	1/30	1/31	2/1 <i>Blenman B party celebration 4:30-6!</i>	2/2
2/5	2/6	2/7	2/8 <i>Early release days for Parent teacher conferences 11:40</i>	2/9 <i>Early release days for Parent teacher conferences 11:40</i>
2/12	2/13	2/14 <i>Fire drill</i>	2/15	2/16
2/19	2/20	2/21	2/22 <i>No School – Rodeo vacation</i>	2/23 <i>No School – Rodeo vacation</i>



