



We would like to wish you a wonderful, safe and healthy holiday season with your family and friends. This year we celebrate our 15<sup>th</sup> year of The Behavior Intervention Program. We are proud to offer our services to families in the West Hants and Kings County area.

## Days to remember over the winter....

### December

- Dec. 3 International Day of Persons with Disabilities
- Dec. 10 Human Rights Day
- Dec. 17 National Maple Syrup Day

### January

- Jan. 4 National Spaghetti Day
- Jan. 21 National Hug Day
- Jan. 27 Family Literacy Day

### February

- African Heritage Month
- Early Intervention Awareness Month
- Feb. 4 National Homemade Soup Day
- Feb. 17 National Random Acts of Kindness Day
- Feb. 21 Heritage Day

# LOL

What's a snowman's favorite drink?



Iced tea



**BLACK HISTORY MONTH IN CANADA**

### School registration occurs in February!

If you have a child who will be attending **Pre-primary** or **Primary** next year, February is the month to complete registration.

#### To Register

- ✓ Visit the neighborhood school where your child will be attending to pick up a registration form or complete the registration form online, and email to the school.

#### The school will need:

- ✓ Completed registration form
- ✓ Proof of age and legal name (as listed on **birth certificate**, passport, immigration papers, legal name change certificate or adoption documents)
- ✓ Proof of residency (current utility or phone bill)
- ✓ Your child's Nova Scotia Health Card (MSI or proof of health insurance (International/Immigrant students))

### African Heritage Month

African Heritage Month recognizes the important legacy of people of African descent and their long-standing history in the development of Canada.

Throughout February, this celebration provides a chance to learn about African culture and celebrate their rich history.

Many events and celebrations occur during the month. Check with your local school or library about community events.



**Reminder, if schools are closed due to inclement weather, VCDA services are closed, also.**

### Spaghetti Cupcakes

#### Ingredients:

- Cooking oil
- (for greasing pan)
- 2 cups grated cheese
- (1 ½ cup plus ½ cup)
- 4 eggs - beaten
- 400g can spaghetti



#### Instructions

- Preheat oven 180°C or 350 F.
- Grease 12 cups muffin tin with olive oil
- Beat the eggs
- Add 1½ cups cheese and spaghetti, stir
- Scoop mixture into muffin cups. Sprinkle with cheese.
- Bake until the eggs are cooked, cheese lightly browned, about 12-15 minutes.

Options: sliced olives, mushrooms, ham, or red peppers or baked with grated zucchini, carrot, onions and corn.

[https://www.4ingredients.com.au/recipes/spaghetti-cupcakes?\\_page=5](https://www.4ingredients.com.au/recipes/spaghetti-cupcakes?_page=5)

### 3-INGREDIENT

### VANILLA SNOW ICE CREAM

- 8-10 cups of fresh, white, new-fallen snow
- 300 ml can sweetened condensed milk (10 ounces, using half at a time)
- 1 tsp vanilla
- Large bowl & smaller bowl
- Measuring cup and lg. spoon for mixing
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Fill a huge salad bowl with fresh snow. Scoop about half of the snow into a smaller bowl. Sprinkle a **tsp of vanilla** and 1/2 the **condensed milk** over top. With large spoon mix condensed milk and vanilla into the snow, to combine everything. Then we transferred the whole mixture back into the big bowl of remaining snow, and we added the rest of the condensed milk.

This ice cream is much **colder** than regular ice cream and freezes very hard if keep in the freeze... So best to eat it when you make it! YUMMY!



<https://happyhooligans.ca/3-ingredient-delicious-vanilla-snow-ice-cream>

### Winter Fun for the whole Family!

### Freeze and Seek (outdoors game)

Make ice cubes with a little food coloring and hide tiny trinkets in each cube. (Dollar store has lots of bags of tiny animals, fish, erasers, letters, shapes and teeny toys)

Hide these outdoors on a cold day. Finding and identify what's hiding in each ice cube.



<https://www.verywellfamily.com/active-valentines-day-games-and-activities>

Everyone at VCDA is wishing you all  
safe, healthy, happy winter.  
Enjoy the cold and snow  
Play safe Be well