

# November 2022 News & Resources From Your Parent Coordinator Ms. Pink





**Hello Families,**

**It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet for you with some Awesome resources just for you. Scroll through the entire packet and take advantage of the upcoming Turkey Givaways, Community Events, Free Trade School Programs, Parenting Tips, Mental Health resources and more. Wishing you All A Very Safe, Healthy & Joyful Thanksgiving Break! Remember I'm just an email away. You can reach me at [mpink@thewcs.org](mailto:mpink@thewcs.org)**





# NATIVE AMERICAN HERITAGE MONTH

Celebrating Hope, Honoring Resiliency,  
and Engaging Tribal Nations

National Native American Heritage Month celebrates the culture and ancestry of Indigenous people, honoring contributions and traditions.

## **How to celebrate Native American Heritage Month?**

- Learn more about tribal communities in your area.
- Follow Native American news outlets on social media.
- Read books and share stories written by American Indians.
- Watch movies, shows and documentaries produced by or starring Native Americans.
- Visit these links: **[Indigenous Heritage - Telling All Americans' Stories \(U.S. National Park Service\) \(nps.gov\)](#)** ; **[American Indian Heritage \(U.S. National Park Service\) \(nps.gov\)](#)**



# November is American Diabetes Month

**It's our chance to show the world what life with diabetes is really like and provide ways to manage it.**

Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions of us who are at risk for it, it's a time to get educated, find resources and make sure all those around us are aware of their risk, too. And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we will find each other and lift each other up. **Here are some**

**resources:** **1) [Fact Sheets | Diabetes | CDC](#) 2) [Happy Diabetes Month - Toolkits and Resources - Diabetes Education Services](#) 3) [NATIONAL DIABETES MONTH -November 2022 - National Today](#)**





**COMMUNITY  
HAPPENINGS &  
RESOURCES**

IN MEMORY OF  
MICHAEL K. WILLIAMS



# TURKEY GIVEAWAY

TUESDAY,  
NOVEMBER 15, 2022  
5 PM TO 7 PM

## CELEBRATION



**FLATBUSH GARDENS**

TENANT ASSOCIATION  
COMMUNITY CENTER

**BROOKLYN & FOSTER AVES**



ASSEMBLYWOMAN  
**MONIQUE**  
CHANDLER-WATERMAN  
ASSEMBLY DISTRICT 08

CITY COUNCIL MEMBER  
**MERCEDES NARCISSE**  
46<sup>TH</sup> COUNCIL DISTRICT

INVITES YOU TO A  
**TURKEY  
& CHICKEN**

# GIVEAWAY

WED., NOV. 16, 2022 · 5:00PM  
DISTRICT 46 COMMUNITY OFFICE  
5827 FLATLANDS AVENUE

In Order to Receive  
a Turkey or Chicken  
You Must:

- ▶ Register by Calling  
(718) 241-9330
- ▶ Live in the  
46<sup>th</sup> Council District

One Turkey or Chicken  
Per Family

FREE COFFEE  
COURTESY OF



THE WRIGHT GROUP NY  
PURPOSEFUL. EFFECTIVE. ADVOCACY

Bishop Devin Owens & Prophetess Nadine Owens

# Empowerment NYC

## Turkey Giveaway

**SATURDAY  
NOVEMBER 19, 2022**

12:00 pm Until 2:30 pm

**First Come  
First Served  
Until They  
are Gone!**

594 Howard Ave Brooklyn, New York

Overseer Phil Byrd-Director of Outreach Ministry  
For Information call 262-577-1304

## Holiday / Community Gift

### Giveaway

Turkey and Vegetable Giveaway  
also

Goods Giveaway

November 19, 2022  
1 p.m. to 4 p.m.



Must register with Missi at  
718-915-6173 to be eligible for giveaway

SFM & Steps to Empowerment  
Free Holiday Giveaway

December 3, 2022  
10 a.m. to 3 p.m.



Silent Auction at the  
Holiday Celebration

December 10, 2022  
4 p.m. to 8 p.m.



Sacred Fellowship Ministries, UCC

2519 Atlantic Ave, Brooklyn, NY 11207

718-495-5897



# SAVE THE DATE THANKSGIVING GIVEAWAY

Saturday, November 19th, 2022  
11:00am - 2:00pm

## FEATURING:

TURKEY & FIXINS GIVEAWAY  
RESOURCE FAIR  
LIVE PERFORMANCES, & MORE

Prospect Heights Educational Campus  
883 Classon Avenue, Brooklyn, NY



2141 Holland Avenue, Lobby, Bronx, NY 10462

Pelham Parkway Neighborhood  
Association

# THANKS GIVING Turkey Giveaway

NOVEMBER

**20**

Sunday

**1pm – Until Supplies Last**

If you have a voucher from our Nov. meeting, please present the voucher for a free turkey.  
Otherwise, turkeys are given on a first come, first served basis. Mask are required.  
We ask that each family receive one turkey to ensure that multiple families  
may be able to receive a turkey.





# Education Forum

Thursday, November 17, 2022  
11:00 am- 12:00pm  
&  
6:00 pm- 7:00 pm

Do you have questions or concerns about this school year?

Join Us To Voice Your Questions and Discuss...

- Alternative ways to graduate from High School
- Art & Music Programs

**Zoom Link:**

<https://us02web.zoom.us/j/83446607408>

**Meeting ID:**  
834 4660 7408  
**Passcode:**  
46923

Brought To You By

Staten Island Community Partnership

&

East New York Community Partnership

Funded By  
Administration for Children's Services



# Foro De Educación

17 de Noviembre  
11:00 am- 12:00pm  
&  
6:00 pm- 7:00 pm

¿Tiene alguna pregunta o inquietud acerca de este año escolar?

¡Únase a nosotros para expresar sus preguntas!  
¡Hablemos!

- Formas alternativas de graduarse de la escuela secundaria
- Programas de artes y musica

**Zoom Link:**

<https://us02web.zoom.us/j/83446607408>

**Meeting ID:**  
834 4660 7408  
**Passcode:**  
46923

Traído a usted por:

Staten Island Community Partnership  
y  
East New York Community Partnership

Fundado por:

Administration for Children's Services







**¡Celebra el Día de Acción de Gracias de forma segura!**

Vacúnate contra la gripe (Influenza) y recibe la dosis de refuerzo actualizada contra el COVID-19 antes del 24 de noviembre.



**Celebrate Thanksgiving Safely!**

Get your flu shot and updated COVID-19 booster by November 24.





Citizenship  
Now!

25  
YEARS

## IMMIGRATION ASSISTANCE EVENT

Sponsored by Council Member Rita Joseph

**FRIDAY, NOVEMBER 18, 2022, 1-3 PM**

SUNY Downstate Health Sciences University  
450 Clarkson Ave. Brooklyn, NY 11203

### FREE CONSULTATIONS AND LEGAL ASSISTANCE:

- DACA renewals
- TPS
- Fee waivers
- Renewal/replacement of green cards

Call us to register and for details  
646-664-9400 or 212-652-2071

# FREE LEGAL IMMIGRATION ADVICE



Consult with an experienced  
civil attorney at our office  
about immigration issues.  
Walk-ins are welcome but  
appointments are encouraged.



### 2023 DATES

JANUARY 5	APRIL 13
FEBRUARY 2	MAY 11
MARCH 2 & 30	JUNE 8

1360 Fulton St.  
Suite 500  
Corner of Fulton  
St. & New York Ave.  
10 AM - 5 PM



## JOIN US FOR A LEARNING DAY!

November 17, 2022 | 4 p.m. – 7 p.m.

JPMorgan Chase's 270 Park Avenue Project team and AECOM Tishman, in partnership with the Building and Construction Trades Council of Greater New York (BCTC) and the Apprenticeship Readiness Collective (ARC) invite you to a Learning Day event to provide information about pathways into the unionized construction industry. You'll hear how to qualify for construction industry pre-apprenticeship training and direct entry access to unionized apprenticeship programs!

### LOCATION

Chase Community Center  
55 W 125<sup>th</sup> Street, New York City  
Between Malcolm X Blvd. and 5th Avenue  
Transit: 2, 3, 4, 5, 6, A, C, B, D subways @  
125<sup>th</sup> St.  
M7 or M102 buses

### REGISTER



or click here.

### MINIMUM QUALIFICATIONS

- High school diploma, or equivalency
- 18+ years old
- Ability to perform physical work
- Legally eligible to work in the U.S.

### LEARN ABOUT

- Unionized Apprenticeship training opportunities
- Direct Entry Access through Pre-Apprenticeship Programs
- JPMorgan Chase's 270 Park Avenue Headquarters Project

## Virtual Warehousing Information Session

Wednesday  
November 30, 2022  
11:00 AM



Meet with  
Account Managers  
directly for 1-1  
interview pointers

Exclusive Interviews  
with employers

Sessions are  
all virtual

During this event, we will discuss the opportunities, trainings, certifications, and requirements. If you are looking to continue or pursue a career please join us!

If you are interested in attending, please complete the registration link and you will receive a meeting invite.

**DEADLINE TO REGISTER:  
11/28/22**



Direct Career Advancement  
<https://www.grantassociates.com/>

grant Associates

CAREER  
ADVANCE

# Virtual Security Screening Session

Wednesday,  
November 16, 2022  
11:00 AM



Meet with Account Managers directly for 1:1 interview pointers

Exclusive Interviews with employers

Screening are all virtual

During this event, we will discuss the opportunities, trainings, certifications, and requirements. If you are looking to continue or pursue a career please join us!

If you are interested in attending, please complete the registration link and you will receive a meeting invite.

**DEADLINE TO REGISTER:**  
11/14/22



Grant Associates  
<https://www.grantassociates.com/>

grant Associates

CAREER ADVANCE  
A DIVISION OF THE CITY

2022



# EAST HARLEM COMMUNITY JOB FAIR

Save the Date!

Saturday, November 19th

Doors Open

11:00-2:00



James Weldon Johnson Residential Community

1829 Lexington Ave.

New York, NY 10029

(Between 112th/113th Street & Lexington Ave.)

RSVP

for this event here:



Wheelchair Accessible

For any special accommodations, please call 212-828-9800



Deputy Speaker  
**Diana Ayala**



**NYC DCAS**  
Citywide Administrative Services



City Council  
District 11  
COMMUNITY DEVELOPMENT  
**MARK LEVINE**

# GENERATIONAL WEALTH WORKSHOP SERIES

The Blacklining Workshop Series is a series of 5 workshops that guide participants through setting goals, budgeting for success, learning alternative ways to generate income and finally understanding how to become a homeowner and a true landlord of their domain.



WEDNESDAY  
DECEMBER 14TH - JANUARY 18TH, 2023



6PM

100%  
ONLINE

WITH LIVE  
INSTRUCTOR

Register now at :

**FREE**

[www.BlackliningFoundation.com](http://www.BlackliningFoundation.com)

## WORKSHOPS



### BUYING A HOME 101

Buying a Home can be a daunting and time consuming task. It may seem difficult and navigating through the process feels overwhelming.



### BUDGETING 101

You know you have to build wealth but in order to build wealth you have to budget. The awful B word. Learn to start taking control of your finances.



### 7 STREAMS OF INCOME

You will never get rich with 1 source of income. Building wealth and setting a strong financial foundation requires you to have multiple forms of income streaming.



### SETTING GOALS

Setting Goals relieves your mind of clutter and allows for you to see a clear path of success.



### GENERATIONAL WEALTH

Learn the purpose, importance, and how to begin building generational wealth.



nycyouth  
Sponsored

**NYC**  
Department of  
Youth & Community  
Development



## NEED MORE **INTERNSHIP** OPPORTUNITIES IN YOUR AREA?

Take the **Community  
Needs Assessment** and  
tell us what your  
neighborhood needs.

Call: 646-343-6499  
Email: [nab@dycd.nyc.gov](mailto:nab@dycd.nyc.gov)  
<https://bit.ly/dycdcna22>



Learn More



## GINGERBREAD HOUSE PARTY

Philadelphia      Maryland      New York

**SATURDAY DECEMBER 3, 2022**  
**10AM-1PM**

Build your house with us live at the NYPD Community Center  
while we party with our friends via Zoom in Philly & Maryland

**NYPD Community Center**  
**127 Pennsylvania Avenue**  
**Brooklyn, NY 11207**



**SIGN UP TODAY AT 646-875-4480**  
**TAYLORMADEINC2@AOL.COM**  
**COMMUNITYCENTER@NYPD.ORG**





Open Door Family Life Center

# FOOD PANTRY

RESOURCES  
FROM MS.PINK



EVERY SATURDAY - 8:30AM - 10:30AM  
999 Greene Avenue, Brooklyn, NY 11221

[www.opendoorflc.org](http://www.opendoorflc.org)

Need Food? We Can Help.

Text **FOOD** to **90847** to  
find free food near you

OR CALL [844-995-0989](tel:844-995-0989). A REAL PERSON IS STANDING BY TO HELP.

We'll connect you to local resources quickly. It might be your neighborhood food pantry or soup kitchen, local volunteers offering food assistance, or government benefits. Learn about what's available near you—a member of our team is just text or call away.

Don't just say I love NYC. **Live it.**

# Join the **NYPD**

## Benefits:

27 Paid vacation days after 5 years of service  
Unlimited sick leave with full pay  
Medical benefit packages  
Prescription, dental, and vision coverage  
Annuity fund  
Deferred Compensation Plan, 401K and I.R.A.  
Optional retirement at one half salary after  
22 years of service  
Annual \$12,000 Variable Supplement Fund  
(upon retirement)  
Excellent promotional opportunities

Follow us



NYPDrecruit



NYPD



# EMPLOYMENT OPPORTUNITY



**five BELOW**  
**NOW**  
**HIRING!**

**STORE POSITIONS**

**clean & safe environments**

**employee discounts**

**flexible schedules**

**career growth**



**APPLY NOW AT**  
**[fivebelow.com/jobs](https://fivebelow.com/jobs)**  
**OR TEXT FIVE, 5, OR 🖐️**  
**242424**



**HEALTH, MENTAL  
HEALTH &  
WELLNESS TIPS**



officeofmentalhealth



## Need to talk?

**Crisis Text Line:**  
Text GOT5 to 741741

**988 Crisis Lifeline:**  
Call/Text 988 or chat  
988lifeline.org

**Trevor Lifeline:**  
1-866-488-7386  
**Trevor Text:**  
Text START to 678678



Office of  
Mental Health

# A NEW CRISIS RESOURCE FOR NY

**988**  
SUICIDE  
& CRISIS  
LIFELINE



Office of  
Mental Health





## **Mental Health Services:**

NYC Well provides free, confidential mental health support 24/7. To speak to a counselor:

- Call 888-NYC-WELL (888-692-9355)
- Text “WELL” to 65173
- Chat at [nyc.gov/nycwell](https://nyc.gov/nycwell).

To find mental health and substance use resources in your neighborhood, visit [nycwell.cityofnewyork.us/en/find-services](https://nycwell.cityofnewyork.us/en/find-services).





**Practice self-compassion.**

Be kind to yourself. Try to limit and course correct your self-judgments.



**Make time for yourself.**

Allow time for rest. Pay attention to when your self-care battery is running low—and take the time to recharge.



**Set manageable goals for yourself.**

Write goals down—they will lead to bigger accomplishments in the end.

## 5 TIPS to TAKE CARE of YOUR MENTAL HEALTH

**Notice the moments of joy in your day—no matter how big or small.**

When you take time to notice positive moments in your day, your experience of that day becomes better.

**Gather strength from others & build a support system.**

Countless other people have faced similar stresses or challenges. Reach out to friends, family, or a therapist.

# 5 Ways to Reduce Stress in Menopause



Get some  
sunlight



Prioritize rest &  
relaxation



Limit social  
media  
consumption



Eat for nutrition



Engage in deep  
breathing  
exercises





# HOW TO EAT OUT SAFELY WITH ALLERGIES

- 1 If possible call ahead to see if they can cater for your allergies
- 2 Go at quieter times if possible
- 3 Always check the ingredients of the meal and state you have allergies
- 4 If wait staff are unsure ask to speak to the chef
- 5 Visually check your meal when it arrives.
- 6 Always carry your EpiPens/Anapens



There is  
**NO CURE**  
for food allergies yet.



[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



# What to do When You Keep Over-Sleeping

Depression Edition



Sleeping a lot is super  
common with depression.

Some people sleep during the  
day because they can't sleep  
at night...



...some people sleep all the time  
even when they can sleep at  
night...



...and some people are  
a mix of all of the  
above



## Keys to Getting Up and Staying Up

- Use a light therapy lamp - a bright light that has been shown to have some anti-depressive qualities (especially w/ people w/ SAD) & can help w/ exhaustion



- Ask for help - ask a friend/loved one to help you get up and/or speak to your prescriber about sleep issues to see if they can offer more support



## Keys to Getting Up and Staying Up

- Sit up by propping a pillow behind your head right when your alarm goes off



- Think about a pleasant activity to do after getting up - enjoying some coffee or a yummy breakfast, or even petting a furry friend

- If you need to take a depression nap during the day: try to keep it to 20-30 min, and not too close to bedtime



It can be difficult to avoid oversleeping when daily reality becomes too much.

Know that sticking to a consistent and healthy sleep schedule is difficult, but will help you overall.

# 10 THINGS TO DO **WITHOUT** YOUR PHONE IN HAND

Reading

Walk in a park

Meditation

Connecting with  
loved ones in person

Exploring local  
shops, museums,  
libraries, etc.

Drawing or  
making art

Cleaning or  
organizing

Creative writing

Movement (dancing,  
swimming, biking,  
running, etc.)

Rest (restorative yoga,  
naps etc.)

@mentalhealthcoalition





**PARENTING TIPS &  
RESOURCES**

## 5 Tips For Communicating with your Teen

**Let them talk:** Teenagers are at an age where they are just beginning to find their voice. Let them talk so that they can become more comfortable with you, and in practicing their ability to speak, more comfortable with themselves

**Talk about your teenage experiences:** You've been an adult for your teen's whole life. As they struggle with the changes in their lives, level with them and their experiences by talking honestly about your own at their age.

**Keep calm:** Your teen can drive you up a wall. But when you get angry, you only validate their emotional outbursts. Keep calm, and show them through your actions how an adult communicates. You have to walk the walk before you can talk the talk.

**Do Things Together:** Big talks can be intimidating to a teen. Doing things together allows you the opportunity to build your relationship so that they feel more comfortable talking openly. Go on hikes, work through a self-book like ours with them, cook together. It's the together part that makes all the difference.

**Show them your trust:** When you let your teen know you trust them, they'll have the confidence to trust themselves. Give them grown-up opportunities around the house. Let them pick a Saturday activity. When you build a solid level of trust, they'll trust you with their vulnerability.

# Tips to help your child With Anxiety Symptoms



01 Encourage them to talk about their feelings

02 Choose one or two activities every day that are relaxing for your child

03 Help your child practice breathing exercises when they're feeling anxious

04 Make sure your child has a therapist who can help them learn coping mechanisms for their anxiety

## 4 WAYS TO HELP TEENS COPE WITH MEDIA ANXIETY



Give them the space to process thoughts and feelings they might otherwise keep bottled up.

ASK OPEN-ENDED QUESTIONS

01

Use their platforms! It's an opportunity to connect and spark conversations about how they see the world.



02

IMMERSE YOURSELF WITH CURIOSITY



CONSUME MORE ART

04

Games, music, movies and TV shows can introduce conversations about hard topics—and are easier to deal with.



ENCOURAGE ACTIVE USE, NOT PASSIVE

Understanding how media operates can give them a greater sense of agency and control over the info they receive.



# 5 Questions to Ask Your Kids After They've Been Online

1

Did you see anything that looked fake or suspicious?





2

Did you share anything with anyone?



3

Did you comment on anyone's posts? What were the conversations like in the comment sections?



4

How did you feel about your interactions with other people? Did you "meet" anyone new?



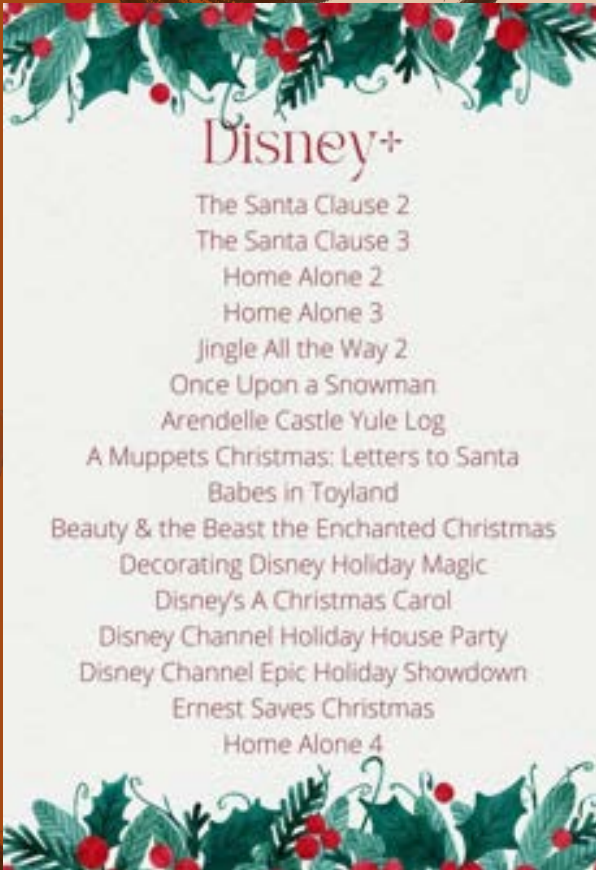
5

Which apps did you use? Did you see anything inappropriate or upsetting?



# WHAT TO WATCH OVER THE HOLIDAYS





**Disney+**

- The Santa Clause 2
- The Santa Clause 3
- Home Alone 2
- Home Alone 3
- Jingle All the Way 2
- Once Upon a Snowman
- Arendelle Castle Yule Log
- A Muppets Christmas: Letters to Santa
- Babes in Toyland
- Beauty & the Beast the Enchanted Christmas
- Decorating Disney Holiday Magic
- Disney's A Christmas Carol
- Disney Channel Holiday House Party
- Disney Channel Epic Holiday Showdown
- Ernest Saves Christmas
- Home Alone 4



**All New**  **CHANNEL**

**Every Fri, Sat & Sun Night**

**OCTOBER**

- FRIDAY 10/21**
  - Noel Next Door
- SATURDAY 10/22**
  - We Wish You a Married Christmas
- SUNDAY 10/25**
  - A Kisses Christmas
- FRIDAY 10/28**
  - A Cozy Christmas Inn
- SATURDAY 10/29**
  - Jolly Good Christmas
- SUNDAY 10/30**
  - Ghosts of Christmas Always

**NOVEMBER**

- FRIDAY 11/4**
  - A Magical Christmas Village
- SATURDAY 11/5**
  - Lights, Camera, Christmas!
- SUNDAY 11/6**
  - All Saints Christmas
- FRIDAY 11/8**
  - In Merry Measure
- SATURDAY 11/12**
  - The Royal Nanny
- SUNDAY 11/15**
  - Christmas at the Golden Dragon
- FRIDAY 11/16**
  - Inventing the Christmas Prince
- SATURDAY 11/19**
  - Three Wise Men and a Baby
- SUNDAY 11/20**
  - When I Think of Christmas
- THURSDAY 11/24**
  - My Southern Family Christmas
- FRIDAY 11/25**
  - MOVIE FEATURE #1**
  - Xmas
  - A Royal Corgi Christmas
- SATURDAY 11/26**
  - MOVIE FEATURE #2**
  - A Tale of Two Christmases
  - Heal Out the Holy
- SUNDAY 11/27**
  - MOVIE FEATURE #3**
  - A Christmas Cookie Catastrophe
  - A Holiday Spectacular

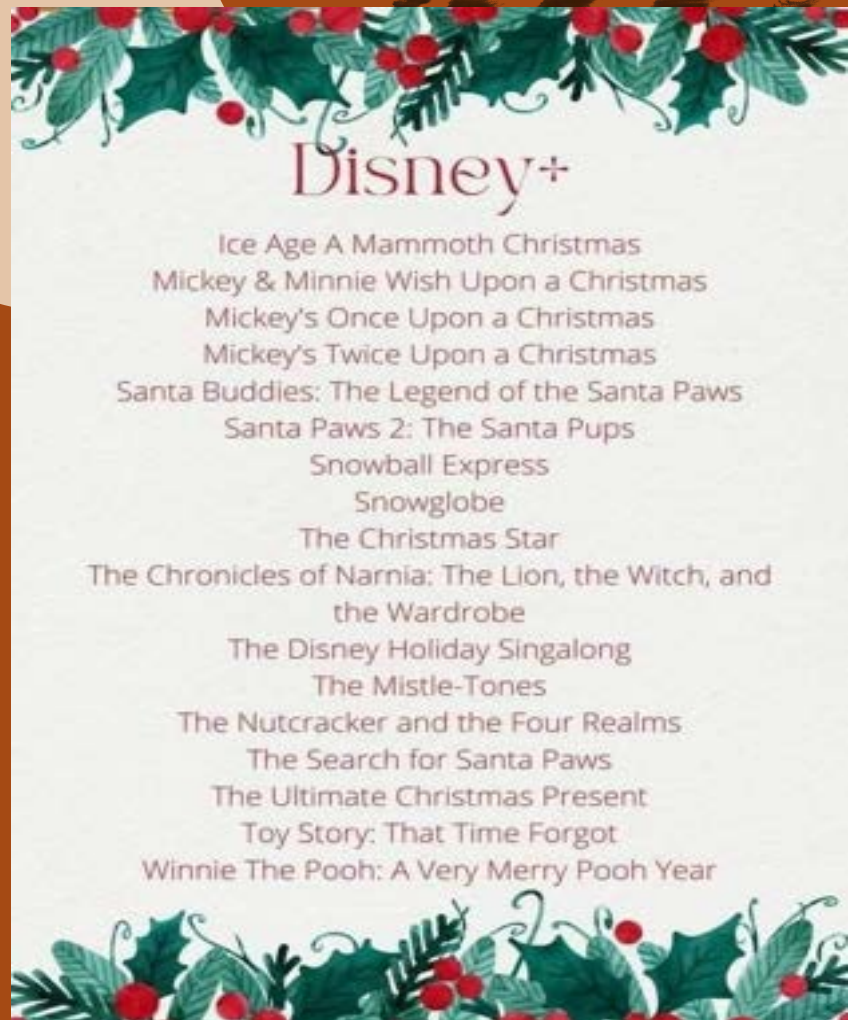
**DECEMBER**

- FRIDAY 12/2**
  - A Big Fat Family Christmas
- SATURDAY 12/3**
  - A Fabolous Holiday
- SUNDAY 12/4**
  - Undercover Holiday
- FRIDAY 12/9**
  - The Most Colorful Time of the Year
- SATURDAY 12/10**
  - Christmas Class Reunion
- SUNDAY 12/11**
  - The Holiday Sister
- FRIDAY 12/16**
  - Holiday Heritage
- SATURDAY 12/17**
  - 'Twas the Night Before Christmas
- SUNDAY 12/18**
  - Hanukkah on Eye



Get The Latest Schedule!  
#CountdownToChristmas

*Countdown to Christmas*





**NETFLIX**

Christmas Chronicles

Klaus

Elf Pets

Jingle Jangle

Christmas Break In

48 Christmas Wishes

A Cinderella Story Christmas wish

A Boy Called Christmas

Happy Holidays from Madagascar

Trolls Holiday

Unaccompanied Minors

White Christmas

The Holiday

Pee-Wee's Big Holiday

Angela's Christmas

Klaus

Let It Snow



**PRIME**

It's a Wonderful Life

Elf

The Polar Express

National Lampoon's Christmas Vacation

Die Hard

Jingle all the Way

The Grinch

Christmas with the Kranks

The Nightmare Before Christmas

Home Alone

A Christmas Story

Mickey's Christmas Carol

The Santa Clause

Jack Frost

A Bad Mom's Christmas

Peppa Christmas

Ernest Saves Christmas

A Christmas Carol

Home Alone 2

Deck the Halls

Arthur Christmas



DEC 1	6p/5c	Home Alone Double Feature	DEC 13	11:30a/10:30c 4:30p/3:30c	Home Alone Double Feature The Santa Clause Movie Trilogy
DEC 2	9:30p/8:30c	Dr. Seuss' The Grinch (2018)	DEC 14	6:30p/5:30c 9p/8c	Miracle on 34th Street (1994) Disney's A Christmas Carol
DEC 3	12:30p/11:30c	The Santa Clause Movie Trilogy	DEC 15	2p/1c 4p/3c 6p/5c	Jingle All the Way 2 Unaccompanied Minors Home Alone Double Feature
DEC 4	4p/3c 5:05p/4:05c 5:35p/4:35c	Santa Claus Is Comin' to Town Frosty the Snowman Rudolph the Red-Nosed Reindeer	DEC 16	5:30p/4:30c	The Santa Clause Movie Trilogy
DEC 5	8:55p/7:55c	Scrooged	DEC 17	5:15p/4:15c 6:55p/5:55c	Tim Burton's The Nightmare Before Christmas Dr. Seuss' The Grinch (2018)
DEC 6	6p/5c	Home Alone Double Feature	DEC 18	6:45p/5:45c	Home Alone Double Feature
DEC 7	4:30p/3:30c	The Santa Clause Movie Trilogy	DEC 19	6:30p/5:30c	The Santa Clause Movie Trilogy
DEC 8	2p/1c 4p/3c	Prancer Returns Disney's A Christmas Carol	DEC 20	8:30p/7:30c	Last Christmas
DEC 9	2:15p/1:15c 4:15p/3:15c 6:20p/5:20c 8:50p/7:50c 11p/10c	Disney and Pixar's Toy Story Disney and Pixar's Toy Story 2 Disney and Pixar's Toy Story 3 Disney and Pixar's Toy Story 4 Disney and Pixar's Toy Story That Time Forgot	DEC 21	8:30p/7:30c 9p/8c 10p/9c	Frosty the Snowman Rudolph the Red-Nosed Reindeer Santa Claus Is Comin' to Town
DEC 10	6:20p/5:20c 8:50p/7:50c	Disney's Frozen <b>Freeform Premieres</b> Disney's Frozen II Disney's Olaf's Frozen Adventure	DEC 22	9p/8c 11p/10c 11:30p/10:30c	Dr. Seuss' The Grinch (2018) Disney's Prep & Landing Disney's Prep & Landing: Naughty vs Nice
DEC 11	4:45p/3:45c	The Santa Clause Movie Trilogy	DEC 23	7p/6c	Home Alone Double Feature
DEC 12	6p/5c	Home Alone Double Feature	DEC 24	5:45p/4:45c 6:50p/5:50c 7:20p/6:20c	Rudolph the Red-Nosed Reindeer Frosty the Snowman The Santa Clause Movie Trilogy
			DEC 25	9p/8c	Home Alone Double Feature

Presented by  
**Walmart** ✨

**FIND THE FULL SCHEDULE AT FREEFORM.COM**  
Schedule subject to change. Please check freeform.com or your local listings.

A close-up photograph of several golden-brown cinnamon rolls on a light-colored tray. The rolls are stacked and have a visible swirl pattern. The image is decorated with several thick, dark brown brush strokes. One stroke is a vertical wavy line on the left. Another is a horizontal wavy line at the top. A third is a horizontal wavy line at the bottom. A fourth is a thick arrow pointing from the right towards the text. The background is a soft, out-of-focus grey.

**RECEIPES  
FOR THE  
HOLIDAYS**



This Bacon Ranch Turkey Cheeseball will be a hit at the holiday table!

Recipe:

<https://theblogette.com/turkey-cheeseball/>



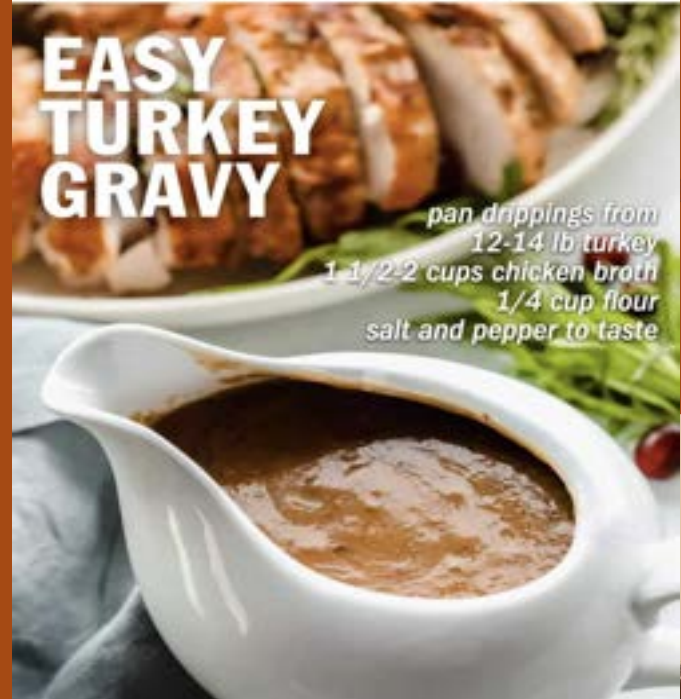
Recipe here:

<https://therecipecritic.com/turkey-gravy/>

Turkey gravy is rich, thick, and creamy! This gravy takes less than 15 minutes to make! Once you drizzle it all over your turkey and potatoes, well, you will use this recipe for every holiday season!

## EASY TURKEY GRAVY

*pan drippings from  
12-14 lb turkey  
1 1/2 cups chicken broth  
1/4 cup flour  
salt and pepper to taste*



## GREEK CHICKEN SOUVLAKI

recipe:

<https://thenovicechefblog.com/chicken-souvlaki-recipe/>

Greek street food type dish made with chicken marinated in traditional Mediterranean flavors then grilled on skewers.



## Greek Chicken Souvlaki

*Packed With Flavor!*

- Chicken Breasts
- Olive Oil
- White Wine Vinegar
- Greek Seasoning
- Garlic
- Lemon
- Salt + Pepper

GET THE FULL RECIPE AT: [THENOVICECHEF.COM](http://THENOVICECHEF.COM)

Recipe here:

<https://therecipecritic.com/beef-bourguignon/>

Beef Bourguignon is a hearty and comforting meal that you will want to make again and again!

## BEST-EVER BEEF BOURGUIGNON

- 
- 3 1/2 tbsp olive oil
  - 6 slices bacon
  - 3 lb lean stewing beef
  - salt and pepper
  - 2 carrots
  - 10-12 small pearl onions
  - 8 oz sliced mushrooms
  - 2 cups red wine  
(like Beaujolais, Cotes du Rhone or Burgundy)
  - 2 cups beef stock
  - 1 tbsp tomato paste
  - 1/2 cup tomato sauce
  - 1/4 cup flour
  - 2 cloves mashed garlic
  - 1/2 tsp thyme
  - bay leaf

Recipe here:

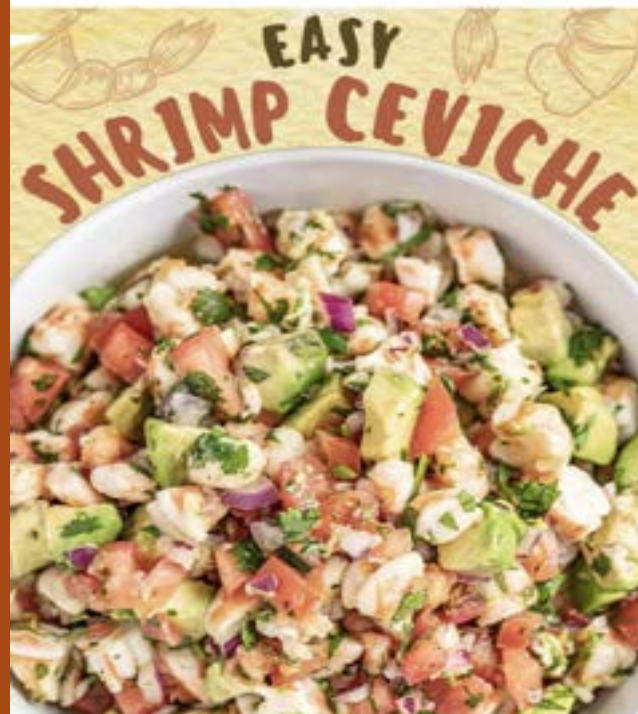
<https://therecipecritic.com/turkey-charcuterie-board/>

Gobble gobble your way to Thanksgiving dinner with the cutest turkey charcuterie board there ever was! Guests of all ages will love this fun way to enjoy a snack or appetizer full of meat, cheese, crackers, and lots of fruit!



Easy shrimp ceviche uses pre-cooked shrimp marinated in citrus juices with cilantro, red onion, tomato and avocado. Even ceviche newbies will love it!

✔ Recipe: <https://thestayathomechef.com/shrimp-ceviche/>



Recipe here:

<https://therecipecritic.com/cranberry-sauce-recipe/>

This cranberry sauce is the perfect mixture of sweet and tart! It's made with fresh cranberries and topped with orange zest to really set it apart!



Recipe here:

<https://therecipecritic.com/beef-bourguignon/>

Beef Bourguignon is a hearty and comforting meal that you will want to make again and again!



<https://www.spendwithpennies.com/cherry-cheesecake-egg-rolls/>

These sweet cheesecake egg rolls make a great appetizer and can be air fried or deep fried!



Recipe here:

<https://therecipecritic.com/apple-cider-donuts/>

These baked apple cider donuts are rich, soft, and filled with spiced apple flavor! Topped with a creamy apple glaze, they almost look too good to eat! They're the perfect addition to any fall get-together.

## APPLE CIDER DONUTS



2 cups apple cider  
2 ½ cups all-purpose flour  
2 tsp baking powder  
1 tsp baking soda  
2 tsp cinnamon  
½ tsp clove  
1 tsp allspice  
½ tsp nutmeg  
½ tsp cardamom  
½ tsp salt  
3 tbsp butter  
1 large egg  
1 cup brown sugar  
½ cup whole milk  
1 tbsp vanilla extract  
1 cup shredded apple

### GLAZE

2 cups powdered sugar  
½ packet apple cider drink mix  
1 tbsp vanilla  
6 tbsp milk

Recipe here:

<https://therecipecritic.com/melt-in-your-mouth-pumpkin-cookies-with-cream-cheese-frosting/>

Delicious and soft pumpkin cookies that just melt in your mouth! These are the BEST pumpkin cookies and the cream cheese frosting on top is fantastic!

## PUMPKIN COOKIES

with cream cheese frosting



1 cup butter  
1 cup granulated sugar  
1 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1 egg  
1 tsp vanilla  
1 cup canned pumpkin  
2 cups all-purpose flour

### CREAM CHEESE FROSTING

1/2 cup butter  
8 oz cream cheese  
4 cups powdered sugar  
1 tsp vanilla

Recipe here:

<https://therecipecritic.com/hummingbird-cupcakes/>

A bite-sized take on a classic Southern dessert, these hummingbird cupcakes are sure to win your heart! Filled with pecans, chopped fruit, and topped with smooth cream cheese frosting, you won't be able to stop at one!

## HUMMINGBIRD CUPCAKES



1 cup butter  
1/4 cup granulated sugar  
1/4 cup brown sugar  
3 large eggs  
2 tsp vanilla  
2 ripe bananas, mashed  
1/2 cup shredded coconut  
1/2 cup crushed pineapple  
2 1/2 cups all-purpose flour  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp cardamom  
1/2 tsp salt  
1/2 cup chopped pecans

### FROSTING

3/4 cup unsalted butter  
12 oz cream cheese  
1 1/2 tsp vanilla  
1/2 tsp salt  
6 cups powdered sugar

Recipe here:

<https://therecipecritic.com/apple-brown-betty/>

An Apple Brown Betty is a warm and comforting apple dessert that is full of fall flavors. The apples are coated in lemon juice with a brown sugar spiced crumble throughout that satisfies with every bite. If you don't like oats, this recipe is for you!

## APPLE BROWN BETTY



4 cups sliced apples  
3 tbsp lemon juice  
1 cup all-purpose flour  
1 cup granulated sugar  
 $\frac{1}{2}$  cup brown sugar  
2 tsp ground cinnamon  
 $\frac{1}{2}$  tsp nutmeg  
 $\frac{1}{2}$  tsp allspice  
 $\frac{1}{2}$  tsp cardamom



The background is a dark red color with a decorative border of stylized floral and scrollwork elements in shades of brown, white, and light beige. The border includes various flowers, leaves, and swirling lines. The text is centered in a bold, orange, sans-serif font.

**BECOME A MEMBER  
OF THE PARENT  
LEADERSHIP  
COUNCIL (PLC)**



OPEN POSITIONS ON THE PARENT LEADERSHIP COUNCIL (PLC)



# LOOKING FOR PARENT LEADERSHIP COUNCIL MEMBERS!

WHAT POSITIONS ARE OPEN?



**WE'RE LOOKING FOR:**

- PLC TREASURER
- PLC FUNDRAISER
- PLC PARENT VOLUNTEERS



Parent Involvement is so important for our scholars at the High School Level. Join Us & Make a Difference!

FOR MORE INFORMATION EMAIL MS. PINK AT [mpink@thewcs.org](mailto:mpink@thewcs.org)



PUESTOS ABIERTOS EN EL CONSEJO DE LIDERAZGO DE PADRES (PLC)



# ¡BUSCAMOS MIEMBROS PARA EL CONSEJO DE LIDERAZGO!

¿QUÉ PUESTOS ESTÁN ABIERTOS?



**BUSCAMOS**

- VICE- PRESIDENTE DEL PLC
- TESORERO/A DEL PLC
- RECOGEDOR DE FONDOS DEL PLC
- PADRES VOLUNTARIOS DEL PLC



La participación de los padres es muy importante para nuestros estudiantes en el nivel de la escuela secundaria. Únete a nosotros y marca la diferencia!

PARA MÁS INFORMACIÓN MANDE UN EMAIL A [mpink@thewcs.org](mailto:mpink@thewcs.org)



# School SUPPORT



## Class of 2026

**Academy Leader:**  
Angie Helliger  
AHelliger@thewcs.org  
**Student Life Associate:**  
Nate Robinson  
NRobinson@thewcs.org  
**Guidance Counselor:**  
Yoldys Dorcely  
YDorcely@thewcs.org  
**Intervention and Family Support Counselor**  
Alejandra Abardene  
AAbardene@thewcs.org

## Class of 2024

**Academy Leader:**  
Jonathan Mack  
JMack@thewcs.org  
**Student Life Associate:**  
Sean Jackson  
SJackson@thewcs.org  
**Guidance Counselor:**  
Renee DeLyon  
RDeLyon@thewcs.org  
**Intervention and Family Support Counselor**  
Ms. G  
BGorkowski@thewcs.org

## Additional Support

Parent Coordinator  
Ms. Melody Pink  
mpink@thewcs.org

## Class of 2025

**Academy Leader:**  
Lawrence Combs  
LCombs@thewcs.org  
**Student Life Associate:**  
Leonard Myers  
LMyers@thewcs.org  
**Guidance Counselor:**  
Kim Bobe  
KBobe@thewcs.org  
**Intervention and Family Support Counselor**  
TBD

## Class of 2023

**Academy Leader:**  
Shante Martin  
SMartin@thewcs.org  
**Student Life Associate:**  
Natasha Robinson  
NRobinson@thewcs.org  
**Guidance Counselor:**  
Odalis Rodriguez  
ORodriguez@thewcs.org  
**Intervention and Family Support Counselor**  
TBD

**Academy Leader:**  
Danielle Bero  
DBero@thewcs.org  
Janell Holford  
JHolford@thewcs.org

**College and Career Office**  
Ms. Valentin  
AValentin@thewcs.org  
Ms. Bisceglia  
LBisceglia@thewcs.org

**Dean's Team**  
Robert Guzman Cruz  
RGuzmanCruz@thewcs.org  
Tiffany Pratt  
TPratt@thewcs.org

**SNAS**  
Alisa Marcus  
AMarcus@thewcs.org  
Melissa Wade  
MWade@thewcs.org



**FAMILIES,**

**I HOPE YOU FOUND THIS PACKET HELPFUL. OUR NEXT VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING WILL TAKE PLACE ON NOVEMBER 29th, 2022 AT 6pm. YOUR VOICE AND CONCERNS MATTER. FAMILY ENGAGEMENT IS VERY VITAL WITHIN OUR SCHOOL COMMUNITY. PLEASE ATTEND OUR MEETING AND CONSIDER JOINING THE PLC. WE ARE LOOKING FOR A VICE- PRESIDENT, SECRETARY, TREASURER & FUNDRAISER. ALL INTERESTED PARTIES PLEASE EMAIL ME. REMEMBER, I'M JUST AN EMAIL AWAY. HAVE A WONDERFUL DAY!**

**WARM REGARDS,  
MS. PINK**

