



November 2022

Par Excellence Academy
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The Mayflower set sail from Southampton, England, for North America on August 15, 1620. The ship carried Pilgrims from England to Plymouth, in modern-day Massachusetts, where they established the first permanent European settlement in 1620.

Although no detailed description of the original [vessel](#) exists, marine archaeologists estimate that the square-rigged sailing ship weighed about 180 tons and measured 90 feet (27 metres) long. In addition, some sources suggest that the *Mayflower* was constructed in [Harwich](#), England, shortly before English merchant Christopher Jones purchased the vessel in 1608.

Some of the Pilgrims were brought from [Holland](#) on the *Speedwell*, a smaller vessel that accompanied the *Mayflower* on its initial departure from [Southampton](#), England, on August 15, 1620. When the *Speedwell* proved unseaworthy and was twice forced to return to port, the *Mayflower* set out alone from Plymouth, England, on September 16, after taking on some of the smaller ship's passengers and supplies. Among the *Mayflower*'s most-distinguished voyagers were [William Bradford](#) and Captain [Myles Standish](#).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 After School Program	2 After School Program	3 WORLD JELLY FISH DAY 	4	5 Give hugs today for no reason at all!
6	7 PT Conferences 4:00-8:00	8 NO SCHOOL Election day 	9 PT Conferences 4:00-7:00 WORLD FREEDOM DAY	10 After School Program	11 VETERANS DAY 	12
13 WORLD KINDNESS DAY	14 After School Program	15 After School Program	16 After School Program	17 After School Program	18	19
20	21 After School Program WORLD HELLO DAY!	22 After School Program	23 NO SCHOOL THANKSGIVING BREAK Nov 23 - 28	24 	25	26 Visit a Library 
27 Write a story 	28 NO SCHOOL	29 School Resumes After School Program	30 After School Program			

REMINDER: Par Excellence Academy is its own district and therefore, we do not follow any other school districts calendar. Please make a note, we do not have late starts or early dismissals. The calendar is posted on the website, however, if you need a school calendar, please let the office know. They will be happy to get one to your child.

A LITTLE HISTORY ON THANKSGIVING: Historians long considered the first Thanksgiving to have taken place in 1621, when the Mayflower pilgrims who founded the Plymouth Colony in Massachusetts sat down for a three-day meal with the Wampanoag. However, the meal wasn't the meaningful symbol of peace that it was later portrayed to be—rather, it was likely just a routine English harvest celebration.

But that's not how Thanksgiving has always been celebrated. The holiday and the traditions behind it have evolved—from a much-mythologized 1621 harvest feast shared by the pilgrims and the Wampanoag, to a post-Civil-War era patriotic and religious gathering, to the modern holiday focused on good food and spending time with family.

Every fourth Thursday of November, Americans gather around tables covered with turkey, potatoes, cranberries, stuffing, and more. Over the feast, they share what they're most thankful for from the previous year. Some also celebrate the day by watching the Macy's Thanksgiving Day parade or a football game or even by running a 5K race.

Low-Calorie Yukon Gold and Sweet Potato Gratin Recipe (Recipe from www.eathis.com)

210 calories, 7 g fat (4.5 g saturated), 180 mg sodium

What You Will Need

2 Tbsp butter
2 Tbsp flour
2 cups 2% milk
Pinch nutmeg
2 medium Yukon gold potatoes, peeled and sliced into 1/8"-thick slices
2 medium sweet potatoes, peeled and sliced into 1/8"-thick slices
Salt and black pepper to taste
1/2 cup grated Gruyère or other Swiss cheese
Fresh chopped rosemary for garnish (optional)



Directions

1. Preheat the oven to 375°F.
2. Melt the butter in a medium saucepan over medium heat.
3. Stir in the flour and cook, stirring, for 1 minute to help eliminate a bit of that raw flour taste.
4. Slowly add the milk, whisking to help prevent lumps from forming.
5. Simmer the béchamel for 5 minutes, until it begins to thicken to the consistency of heavy cream.
6. Season with the nutmeg.
7. Layer the potatoes in an overlapping pattern in the bottom of a 10" cast-iron skillet or 8" x 8" baking dish, alternating between regular and sweet potatoes and seasoning each layer with salt and black pepper. (You should have enough potatoes to make a 4-layer gratin.)
8. Pour over the béchamel, then top with the grated cheese.
9. Cover with foil and bake for 20 minutes.
10. Increase the temperature to 450°F.
11. Remove the foil and continue baking for about 20 minutes, until the surface of the gratin is nicely browned all over.

Happy Thanksgiving from the Par Excellence Academy Staff

