



MANITOU SPRINGS SCHOOL DISTRICT 14

GO MUSTANGS!

MANITOU SPRINGS ELEMENTARY SCHOOL • UTE PASS ELEMENTARY SCHOOL • MANITOU SPRINGS MIDDLE SCHOOL • MANITOU SPRINGS HIGH SCHOOL

Connect14 Cooking Class



From left, Lily M., Maya S. and Chef Valerie Williams, show off their fruit pizza featuring kiwi fruit, grapes, strawberries, blueberries and banana.

"Throw on a cucumber" ... "add a tomato" ... "how about a pinch of spice?"
Creating healthy snacks ... because "FOOD IS MEDICINE!" That is our class motto!

We are taking some simple on-hand ingredients and stepping it up to make our snacks more nutritious. Learning more about the ingredients, and where in the world they come from, make our

snacks more interesting to indulge.

We are also learning about knife safety, cleaning up and how to follow recipes. Cranking out creations like beet pesto and fruit pizza — just to name a few, with Chef Valerie and Executive Chef Paula, at our central kitchen in Nutrition Services. Look for more exciting cooking opportunities in the next session of Connect14!

MSSD14 Food Pantry needs your help!

Help us stock the shelves for the upcoming holiday season!

Here are the items the pantry particularly needs:

- cereal
- granola bars
- nuts
- crackers
- ramen noodles or cup-a-soup
- peanut butter / jelly
- canned meats
- soups
- macaroni and cheese
- spice mixes
- condiments
- toiletries

Donations can be dropped off at any school or the District Administration Office at 405 El Monte Pl. Contact Angela Gieck with any questions at agieck@mssd14.org.

Artists of the Week



Quinn S, fifth grade, UPES



Karsten R, fifth grade, UPES

Important dates

Oct. 24, 25: No school, MSES and UPES Parent/Teacher/Student Conferences
Nov. 25-29: No school, Fall Break

Painting with the Herd

Looking for something new to do? The high school art department is hosting a "Painting with a Twist" style fundraiser (minus the alcohol). Get away from your day and join us for an art event!

Art students from the high school will lead you in creating the painting seen at right. No experience necessary — no talent necessary! Just come for a fun evening with your friends.

For only \$20, we will provide the art supplies, the instruction, appetizers and non-alcoholic beverages. All the proceeds go to the MSHS Art Department and benefit our students.

You will have a great time, go home with a one-of-a-kind painting and provide an opportunity for our school and our students to share their skills!



6-8 p.m. Oct. 25 at the SILC building, 405 El Monte Pl., Room 312.

ONLY 20 seats will be available ... so first come, first serve!

Register by emailing Mr. Bonner at pbonner@mssd14.org.

Event is \$20 per person.

MANITOU SPRINGS EDUCATION FOUNDATION



Join Us!!!

BOARD MEMBER RECRUITMENT & INFORMATION MEETING

WEDNESDAY, NOVEMBER 6TH

5:00-6:00 p.m.

Location: Manitou Springs Middle School

Join us as we come together to re-ignite the Manitou Springs Education Foundation.

The MSEF is a non-profit organization that works together with the school district to support and enrich all four of our schools and our community.

