

DECEMBER 2021

ESCARGOT

HAPPY HOLIDAYS!



Land Acknowledgement

Not currently in London?
Check out [native-land.ca](https://www.native-land.ca) or
the **Whose Land** app to learn about
the history of the land you are on!

We acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g. First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

DECEMBER

important dates to remember



NOTES:

YEAR 1 DATES

YEAR 2 DATES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 International Day of Persons with Disabilities	4
		Hanukkah (Dec 1-6)				
5	6 National Day of Remembrance and Action on Violence Against Women	7	8	9	10 Human Rights Day	11
Hanukkah (Dec 1-6)					Last day of classes	
					Last day of practicum	
12	13	14	15	16	17	18
	Winter Break Begins					
19	20	21	22	23	24	25
					Christmas Eve	Christmas Day
26	27	28	29	30	31	
Boxing Day					New Year's Eve	

Kwanzaa (Dec 26-Jan 1)



Human Rights Day

WAYS YOU CAN PARTICIPATE

DECEMBER 10TH



Educate Yourself

It is important for you to learn about the many issues that happen on a global scale that draw on Human Rights. To truly create an inclusive classroom environment and teach your (future) students about how they can help, start by learning more.

For dive into the origins of Human Rights Day visit:

<https://www.un.org/en/observances/human-rights-day>

Start Conversations

Talk about Human Rights with your family and friends (and students)! This could be done in-person, over the phone, or posting informative information on your social media platforms. There are many ways to initiate conversations surrounding Human Rights.

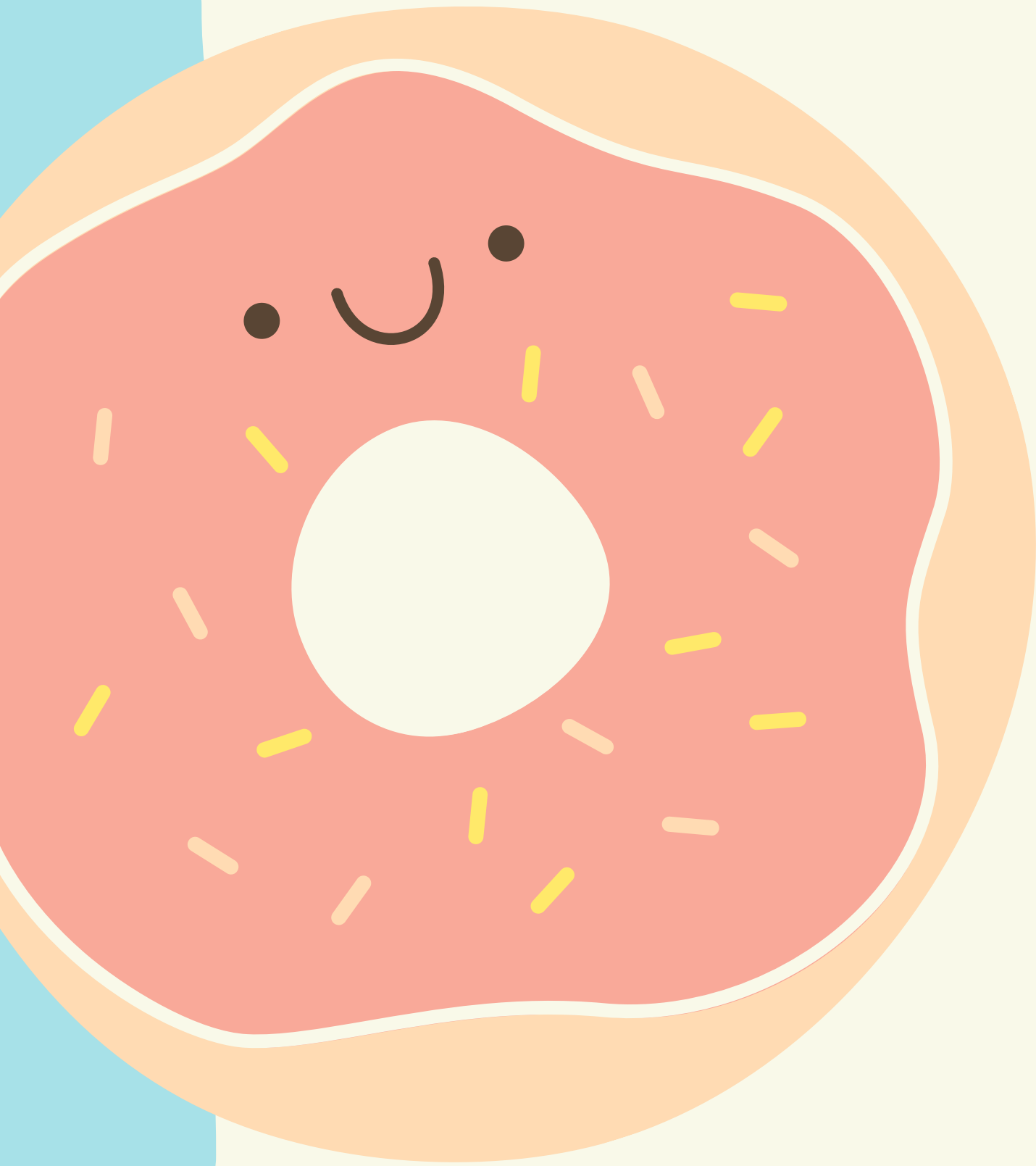
In Your Classroom

If you are doing your practicum, you can participate in Human Rights Day with your student. An idea you can use is setting up a "Free Expression" wall asking your students to write or draw what they know about Human Rights, what it means to them, or how they can help!

Write for Rights

Be a part of the largest human rights event in the world in their 20th annual "Write for Rights" Campaign. Use your resources and words to help create change.

For more information visit: https://www.amnesty.org/en/get-involved/write-for-rights/?fbclid=IwAR14_N2Chg50mx8lqhmYoKALTaltOHZMVzyQE_37bmGS2po952_mRoX8otU



HOLIDAY RECIPES

GIFTED TO YOU FROM YOUR
TALENTED
TEACHER CANDIDATES

Nutmeg Butterballs

FROM ELLA BIJAOU

If you're looking to get yourself into a properly cozy state for the colder months, you will need some wonderfully buttery, lightly spiced cookies to warm your heart and delight your palate. These Nutmeg Butterballs are one of my favourite sweet treats to make in the Autumn and Winter, and especially during the Christmas period. I love the sharp nuttiness of the freshly-grated nutmeg, and the unique rich texture of the crumb. They are at once crumbly and the moist sort of texture that feels like it melts together. The texture is more coarse than that of a shortbread cookie due to the ground almonds. The butterballs are also twice-rolled in nutmeg-spiked powdered sugar, to balance out the modest quantity of sugar in the cookies themselves, which adds another delightful textural contrast. This recipe is super quick, easy, and fun to make, to top it all off! Enjoy with a steaming hot latte, topped with an extra fresh grating of nutmeg.



Ingredients:

- 175 g (1 1/3 cup) almond flour
- 170 g (1 1/4 cup) powdered sugar
- 1 1/2 tsp freshly-grated nutmeg, packed
- 300 g (2 cups) all-purpose flour
- 1/4 + 1/8 tsp salt (pink Himalayan)
- 225 g (1 cup) unsalted butter, room temperature
- 55 g (1/2 cup) sugar
- 1 1/2 tbsp pure vanilla extract

Instructions:

1. Preheat oven to 300 degrees Fahrenheit and ensure that oven rack is positioned in the middle.
2. Set aside 1-2 non-stick baking sheets. They don't need to be buttered or lined with parchment paper.
3. Heat the almond flour in a toaster oven or a dry pan for 2 minutes, or until fragrant. The goal is not to toast it, but just to revive and enhance the flavour through heating it. Set aside and let cool. You can place it in the fridge to speed up the cooling process.
4. Sift powdered sugar into a medium bowl. Add in 1/2 tsp of nutmeg. Mix and set aside.
5. Sift flour into another medium bowl. Add in 1 tsp of nutmeg and salt. Mix.
6. In a large bowl, add butter and sugar. Beat on high speed with an electric mixer for 3 minutes.
7. Add in vanilla, and mix until just combined.
8. Add in cooled almond flour, and mix until just combined.
9. Add in flour mixture, and combine on low speed. Do not over mix. As soon as flour is no longer visible, stop mixing. The dough will look like little balls; you don't need to keep mixing until one large ball is formed, as you will be pressing it together in your hands.
10. Shape cookie dough into small balls, about an inch and a half-2 inches in diameter. More importantly, they should weigh on average 45 g. I suggest weighing one, then eyeballing the rest. It's important that the size is controlled, as the baking time is specific to that size of cookie. To form a cookie, spoon the dough into your hand, then firmly press it together in your hands until there is no air in the middle and it's smooth. Then, roll into a ball, and place it on your cookie sheet. The cookies won't much rise, so you don't need to leave much space between them.
11. Bake for 15 minutes, or until the cookies are set. They will still look pale—this is normal.
12. Let rest for 2 minutes. After 2 minutes, roll the cookies in the powdered sugar mix that you set aside, and place on a cooling rack. We are purposely under-baking them, to achieve a moist centre, so handle with care. They aren't overly delicate, but they are a little when still warm, so be gentle with them.
13. Let the cookies cool completely, then roll them once more in the powdered sugar mix before serving. Option to grate a little extra nutmeg overtop. Keep at room-temperature.
14. Enjoy!

Grinch Cookies

FROM ANDREA PICKETT



Pictured:

Grinch Cookies, Banana Nut Loaf, Ginger Molasses Cookies, Holiday Pinwheels, and Molasses Brownies

Ingredients:

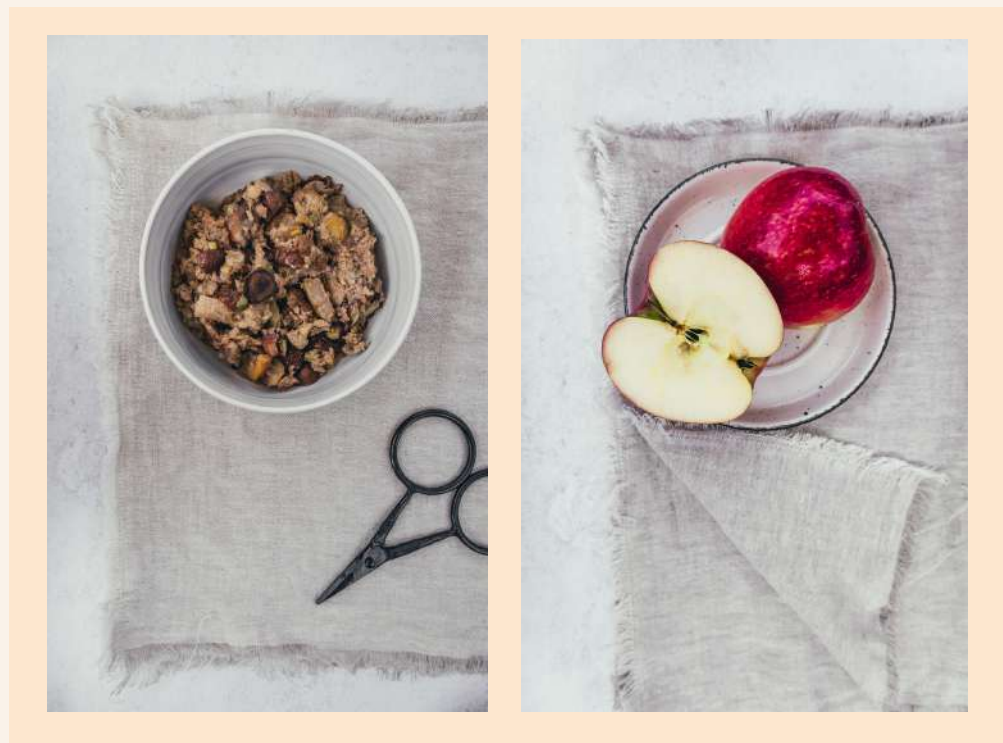
- white or vanilla box cake mix
- butter softened to room temp
- vegetable oil
- eggs
- green gel food coloring
- confectioners/powdered sugar
- cornstarch
- candy hearts (or sub red cinnamon candies)
- parchment paper for easier cleanup

Instructions:

1. Preheat the oven to 375° then add the dry cake mix, room temp butter, eggs and oil to a medium size mixing bowl. Use a hand mixer to combine.
2. Stir in green food coloring gel until it reaches your ideal shade of green then refrigerate the dough 15 minutes for easier handling.
3. After 15 minutes combine the powdered sugar and cornstarch in a small bowl. Roll the chilled dough into about 1 - 1 1/2" balls (use a scooper if you have one) then coat the balls in the powdered sugar mixture.
4. Place the cookie balls on a parchment paper lined baking sheet (do not flatten the balls) and bake 8-10 minutes or until the cookies are lightly brown on the bottom
5. Remove from the oven and leave the cookies on the sheet for 2 minutes (this gives you lightly crispy bottoms and soft insides) then transfer the cookies to a wire rack to finish cooling.

Chestnut, Apple & Pâté French Stuffing

FROM ELLA BIJAOU



Ingredients:

- 100 g pain de campagne, ripped or cut into large pieces, about the size of 1 tbsp
- 1/2 cup milk (any percentage)
- 100 g side bacon, small dice
- 125 g unsalted butter
- 365 g yellow onion (measured after peeling; about 1 large), small dice
- 110 g leek (not the dark green part; about 1/2 leek), halved lengthwise and thinly sliced, about 0.3 cm thick
- 245 g apple (measured after coring and peeling; about 1 large), medium dice, about 1.5 cm squared
- 75 g portobello mushrooms (about 3/4 of 1 large), medium dice
- 60 g celery (about 1 large), small dice
- 350 g sous vide chestnuts, smaller ones halved, and larger ones cut into thirds
- 1 bouquet garni (1 medium sprig rosemary, 12 medium sprigs thyme, 4 medium sprigs oregano, all tied into a bouquet with kitchen twine)
- 125 ml red wine
- 90 ml cognac
- 50 ml full-fat cream (or crème fraîche)
- 2 medium eggs (or 1 1/2 large—you could whisk 2 together and use 3/4 of the whisked eggs)
- 275 g black peppercorn pâté de campagne (or 200 g pâté de campagne and 75 g rilette de canard)
- 2 1/2 tsp salt (pink Himalayan)
- 25 cracks black pepper

This French stuffing is the most delectable stuffing in existence. It contains sous vide chestnuts, portobello mushroom, sweet apple, pâté de campagne (with the option to also include rilette de canard), red wine, cognac, and of course an infusion of fresh herbs. Unlike most North American stuffings that you may be used to, this version is incredibly moist and bursting with flavour. My friends and family love this recipe so much that we don't just make it for Thanksgiving, but also for Christmas and Easter. Meet the star of your next holiday meal.

Instructions:

1. In a small bowl, combine bread and milk. Mix with your hands. Stir every so often over the course of the stuffing preparation, to ensure that all of the bread has a chance to soak in the milk.
2. Heat a large saucepan over medium heat. Add in the side bacon, and cook for 10 minutes, stirring occasionally, or until browned. Remove from pan and set aside in a small bowl.
3. Preheat oven to 350 degrees Fahrenheit, and ensure that the oven rack is positioned in the middle.
4. Add in 100 g of butter to the now empty saucepan. When the butter is melted and bubbling, add in the onion and leek. Cook for 5-10 minutes, stirring occasionally, or until the onion is translucent. Feel free to temporarily increase the heat if a lot of liquids are being released.
5. Add in 25 g more butter, apple, mushroom, celery, chestnuts, the bouquet garni, and the side bacon. Cook for 3 minutes, stirring occasionally.
6. Add in wine and 50 ml of the cognac. Cook for 5 more minutes, stirring occasionally. After the 5 minutes, some liquid will remain. This is normal. Discard the bouquet garni.
7. In a large bowl, add in the soaked bread (all of the milk should have been absorbed), cream, and eggs. Crumble in the pâté. Mix. Add in the sautéed mixture. Mix. Add in the salt, pepper, and remaining 40 ml of cognac. Mix.
8. Generously butter a baking mold. Pour in the stuffing. Even out the top with the back of a spoon. Option to decorate with dried bay leaves
9. Bake for 1 hour. The top should be golden brown. Serve warm.
10. Enjoy!

Christmas Crack (Skor Bars)

FROM JAMIE KINZIE



Ingredients:

- 1 cup of butter
- 1 cup of sugar
- 1 sleeve of saltine crackers
- 1 package (200 grams) of milk chocolate chips (can be substituted for dark or white chocolate)

Instructions:

1. Preheat oven to 350 degrees
2. Line a cookie sheet with foil
3. Place saltine crackers salt side down, a - single layer to cover the foil surface of the cookie sheet
4. Melt butter over medium heat
5. As butter is melting add sugar and stir continuously, keep stirring as this comes to a boil and let it boil for approximately five minutes
6. Remove from heat and pour butter/sugar mixture over crackers to evenly cover each cracker
7. Bake on center oven rack for ten minutes or until crackers come to a golden brown
8. Remove from oven and let stand for ten minutes -Distribute entire bag of chocolate chips evenly over crackers
9. Let stand for 5-7 minutes, long enough so you can evenly spread the chocolate over the crackers
10. Optional: Decorate top with your favourite holiday sprinkles, candy canes or chocolate candy (ex: M&M's)
11. Place in fridge for 1-2 hours so that the entire sheet is hardened
12. Remove tray from fridge and place on counter and peel foil from cookie sheet breaking the crackers into desired sized pieces
13. Plate and serve (Store extra in cookie tin for up to four weeks)



Cinnamon Roll Cake

FROM NEKKA HISLOP

Ingredients:

Cake:

- 3 cup flour
- $\frac{1}{4}$ tsp salt
- 1 cup sugar
- 4 tsp baking powder
- 1 $\frac{1}{2}$ cup milk
- 2 eggs
- 2 tsp vanilla
- $\frac{1}{2}$ cup butter

Topping:

- 1 cup brown sugar
- 1 cup melted butter
- 2 tbsp flour
- 1 tbsp cinnamon

Instructions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients for the cake portion together except butter. Slowly stir in the melted butter. Pour mixture into greased 9x13 inch pan.
3. For topping: Mix all ingredients together until well combined.
4. Drop evenly into the cake batter in the pan. Swirl mixture with a knife.
5. Bake for 28-32 mins.

HOLIDAY INSPIRATION

FOR YOU TO USE IN YOUR
CLASSROOM!

REMEMBER TO ALWAYS BE INCLUSIVE
OF DIFFERENT HOLIDAYS, TRADITIONS,
AND CULTURES



Holidays Around the World Classroom Party Ideas

Learn some of my favorite ideas for a Holidays Around the World classroom party with simple crafts, math games, taste tests and mi...

Around the Kampfire / Linda / Oct 27, 2019

[HTTPS://AROUNDTHEKAMPFIRE.COM/2019/10/CHRISTMAS-HOLIDAYS-AROUND-THE-WORLD-CLASSROOM-PARTY-IDEAS-KIDS-SCHOOL.HTML](https://aroundthekampfire.com/2019/10/christmas-holidays-around-the-world-classroom-party-ideas-kids-school.html)



12 Ideas For Holiday Activities In The Classroom

These festively fun holiday-inspired classroom activities will enhance your students' learning

[HTTPS://WWW.TEACHTHOUGHT.COM/PEDAGOGY/IDEAS-FOR-HOLIDAY-ACTIVITIES-IN-THE-CLASSROOM/](https://www.teachthought.com/pedagogy/ideas-for-holiday-activities-in-the-classroom/)



13 Alternatives to Holiday Classroom Parties in 2020

Bring on the holiday cheer ... even remotely!

[HTTPS://WWW.WEARETEACHERS.COM/HOLIDAY-CELEBRATION-IDEAS/](https://www.weareteachers.com/holiday-celebration-ideas/)



5 Super Easy Holiday Activities for Any Classroom!

Discover five super easy holiday activities for any classroom! Bring the holidays to your classroom with Project School Wellness' must-s...

Project School Wellness / Janelle Kay / Dec 7, 2017

[HTTPS://WWW.PROJECTSCHOOLWELLNESS.COM/HOLIDAY-FUN-CLASSROOM/](https://www.projectschoowellness.com/holiday-fun-classroom/)

Gift Ideas

some small businesses
suggested from your fellow
Teacher Candidates



WILD CHILD STUDIO

a one-stop custom shop selling a variety of items such as tote bags, sweaters, plaques, and more!

online shop:

<https://www.sidebizstudio.ca/store/wildchild-studio/>



BRWNSGR

a vegan friendly and handmade skincare shop that includes oils, balms, scrubs, and more

other platforms available on:

https://linktr.ee/brwnsgrskin?fbclid=IwARIZWe-TRyv0emTKF62DMiGB44RZxGpOGfYONzBXcVz0qPmX_4j2Q82Kw0



FINESSE LASHES

hassle-free magnetic lashes, made vegan and cruelty-free

online shop:

<https://www.finesselashes.com/>

Next Steps

- **T2P (Term 2)**

- currently being uploaded onto OWL
- remember to complete C4U (Check for Understanding) after all mandatory sessions!
- *Gender-Based and Sexual Violence Workshops* [optional] require registration in advance

- **International Travel** (During Winter Break)

- If you are planning any international travel during the winter break, be sure to review [Western's Guidelines for International Travel](#). These steps apply to all travelers, even if you are fully vaccinated, and regardless of citizenship. These directives may change as the situation evolves. Please check back regularly for updates.

- **Call for Nominations: Excellence in Teaching**

- Due Jan 17 - [Western University Awards for Excellence in Teaching](#)

- **Work Study Job with Teacher Ed**

- <https://workstudy.uwo.ca/Applications> posting ID 36962
- Due Dec 6
- Supporting T2P and other office/instructor projects
- Flexible with practicum/class commitments – role is onsite during course weeks, remote the rest of the time

- **Job Postings**

- We typically receive quite a lot of postings/recruitment event invites from school boards during Term 2
- If interested in receiving these, sign up if you haven't already: <https://theteachercandidate.com/>

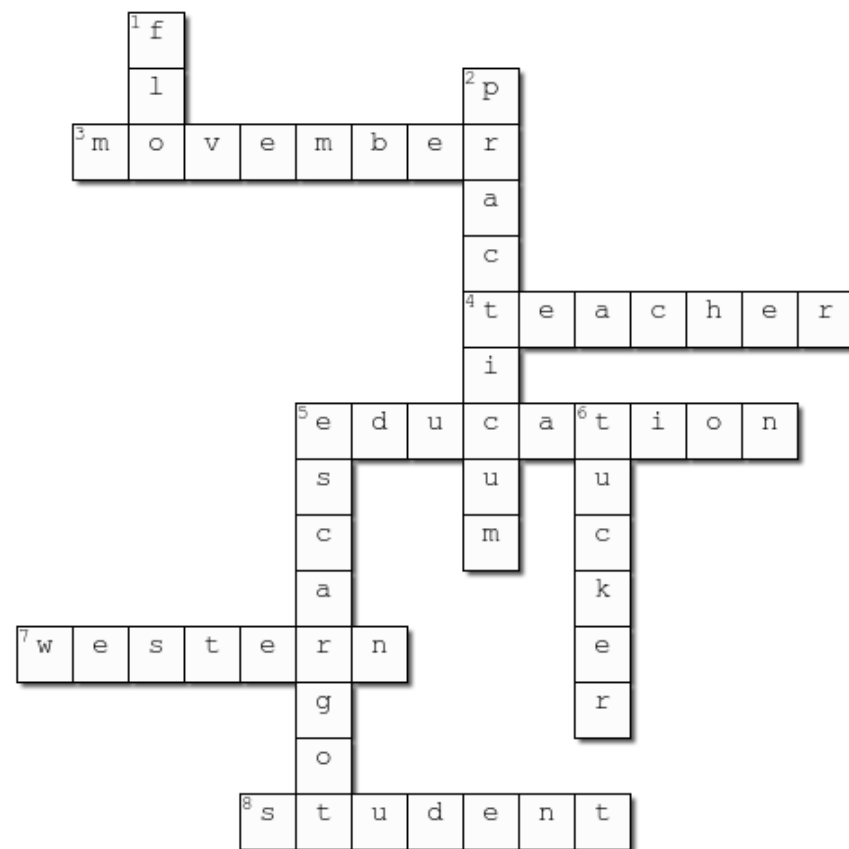
- **Reminder to Request New PRC with VSS**

- Most school boards consider Vulnerable Sector Screenings expired 6 months after the "date of search".
- Typically the holiday break is a good time to request a new VSS from your home Police Service
- Once received, be sure to send a copy to eduwo@uwo.ca so we can update our records
- Find School Board Pre-Placement Requirements in OWL "BEEd Class of 202#"

puzzles

answers from the November issue and a new puzzle challenge!

Complete the crossword puzzle below



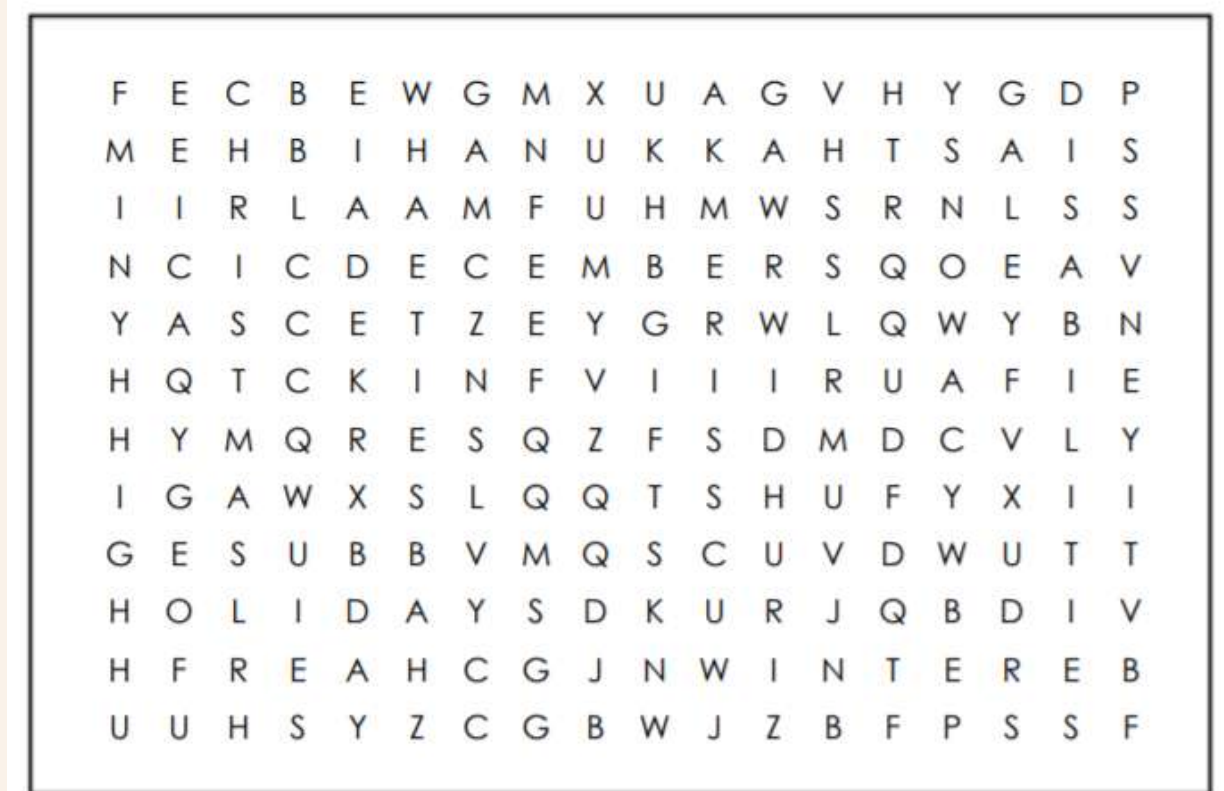
Created using the Crossword Maker on TheTeachersCorner.net

Across

3. mustache month (**november**)
4. the future you (**teacher**)
5. faculty of _____ (**education**)
7. _____ University (**western**)
8. what you currently are but will soon teach (**student**)

Down

1. ESC president (**flo**)
2. where you experience being an educator (**practicum**)
5. ESC newsletter (**escargot**)
6. teaches you about the learning environment (**tucker**)



Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

CHRISTMAS
DECEMBER
DISABILITIES

GIFTS
HANUKKAH
HOLIDAYS

SNOW
WINTER

answers will be released in the next issue

*tell us
what you
think!*

*Got a comment, suggestion, or
concern about the ESC or anything
related to the program?*

*Leave us a comment on the ESC
Digital Comment Box!*

ESC Digital Comment Box

The ESC wants to hear from you as you experience and complete your Bachelor of Education. By sharing any comments, suggestions, and concerns you have, the ESC can better advocate for and support you. Whether it is something relating to classes, practicum, the ESC, or anything else, we want to hear from you.

Please know that any submissions made to this form are done anonymously. Some ESC members will have direct access to this form and will be able to see responses submitted. If your concerns of a more serious nature, please contact the Faculty of Education (email).

Do you have any comments regarding the ESC?

Your answer

Do you have any comments regarding classes?

Your answer

forms.gle/rr536mXHro63ViW6

Student Services Contact Information

Psychological Services

Offers confidential counselling for personal and social issues through individual appointments, and workshops on a variety of topics.

Visit <https://www.uwo.ca/health/psych/>

Accessible Education

Offers services for students with a variety of disabilities by providing academic accommodation, assistive technology, and related support.

Contact ssd@uwo.ca or visit <https://studentexperience.uwo.ca/leadershiplearning/>

Wellness Education Centre (WEC)

Offers a safe, comfortable environment for Western students to explore the many health and wellness resources available on and off campus.

If you don't know where to go, start here.

Contact wec@uwo.ca, visit <https://www.uwo.ca/health/>

Gender Violence & Survivor Support Case Management

The Gender Violence & Survivor Support Case Manager will provide you support regardless of if you were subjected to gender violence on or off campus, or before you came to Western. The Survivor Support Case Manager will listen, and with your consent, connect you to resources within the university and city, explain reporting options, assist with safety planning, and navigate academic and other accommodations. At no point will you be required or pressured to follow a specific path.

To learn more, visit

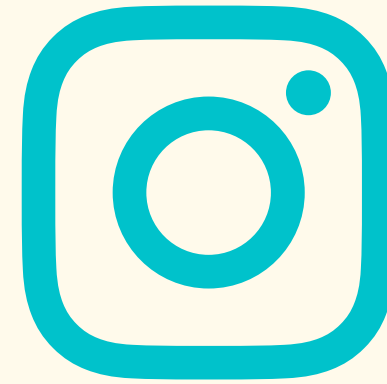
https://www.uwo.ca/health/student_support/survivor_support/index.html

Writing Support Centre

Provides individual writing support, seminars, and online support to help both undergraduate and graduate students strengthen their writing skills.

Contact wsc@uwo.ca or visit <http://writing.uwo.ca>

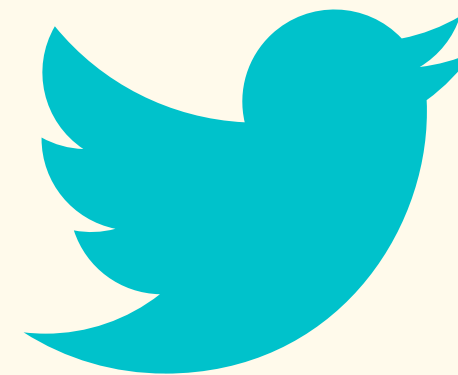
ESC Contact Information



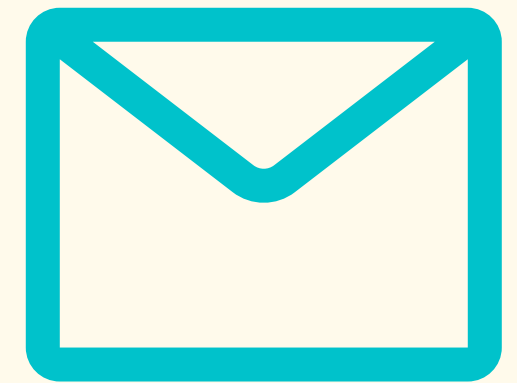
@WesternUESC



<https://www.facebook.com/westernu.esc>



@WesternUESC



FacEd-ESC@uwo.ca

Have a question, comment, or suggestion for the ESCargot newsletter?

Send us an email at

[escargotnewsletter.esc@gmail.com!](mailto:escargotnewsletter.esc@gmail.com)

STAY SAFE, HAPPY HOLIDAYS, AND

Thank
you

FOR READING **ESCARGOT**