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# School Wellness Newsletter

I have come to a frightening conclusion.  
I am the decisive element in the classroom.  
It is my personal approach that creates the climate.  
It is my daily mood that makes the weather.  
As a teacher I possess tremendous power to make a child's life miserable or joyous.  
I can be a tool of torture or an instrument of inspiration.  
I can humiliate or humor, hurt or heal.  
In all situations, it is my response that decides whether a crisis will be escalated or de-escalated, and a child humanized or de-humanized.

*Between Teacher and Child*

## Recipe for Thought

### Candy Cane Cookies



**Prep Time**  
25 Min

**Cook Time:**  
9 Min

**Ready In**  
45 Min

#### **Ingredients**

1 cup margarine  
1/2 cup white sugar  
1/2 cup confectioners' sugar  
1 egg  
1 teaspoon vanilla extract  
1/2 teaspoon peppermint extract  
2 1/2 cups all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon red food coloring  
1/2 cup peppermint candy canes, crushed  
1/2 cup white sugar for decoration

#### **Directions**

In a large bowl, cream together the margarine, white sugar and confectioners' sugar. Beat in the egg, vanilla and peppermint extracts. Combine the flour and salt; stir into the creamed mixture until well blended. Cover or wrap dough and chill for at least one hour.

Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets. Divide dough into halves. Color one half red by mixing in the food color. Roll a small amount of each dough into a 2 inch long worm. Roll them together in a twisted rope and curve the end like a cane. Place onto prepared cookie sheets.

Bake for 8 to 10 minutes in the preheated oven. In a small bowl, mix together the crushed candy cane and remaining white sugar. Roll hot cookies in the sugar mixture.