

WOW

received  
won the 7-8 year 1st  
place award for  
the Turkey Trot down  
@ the  
ocean front  
in a  
Beach

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our "WOW" topic—oranges!! Here are some fun facts about oranges to help guide your discussion...

on Thanksgiving  
day.

- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.
- Oranges were first grown in China thousands of years ago.
- Eating one orange supplies you with enough Vitamin C to last the whole day!
- Vitamin C helps our bodies build strong bones and teeth, resist infections and heal cuts and bruises.
- Navel oranges are the most popular orange to eat because they are seedless, easy to peel, juicy, and sweet.
- Our body is not able to store Vitamin C so it must be replenished daily.

\*Source: [sundiafruit.com](http://sundiafruit.com) and [Sunkist.com](http://Sunkist.com)

When an orange works out, do you know what it sweats?

Orange juice of course

Well my time is up... it's time for me to make  
like an orange peel!

Jingle Bell Toy is next Saturday  
Dec. 11th - we hope to see you there!