

# ***BEYOND ME WEEKLY***



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# MIDTERMS, MENTORS, OH MY!

BY CHARLOTTE GOLDBERGER

With McGill Midterm season being underway, now is a good time to send positive thoughts to our lovely mentors and to encourage everyone to remain aware of constraints and obligations during this difficult time. On behalf of the Beyond Me organization, we wish each and everyone a good midterm season and the best of luck for exams, projects, and other term assignments!

We also extend our thanks to families and mentees for making this newsletter possible! We have included fun masks, costume ideas, and games for mentees of all ages.

Without further ado, please enjoy issue #3 of *Beyond Me Weekly*!



## HOW TO SAFELY CELEBRATE

BY CHARLOTTE GOLDBERGER

In light of Montréal being in a red alert zone, we suggest that mentees and their families enjoy Halloween festivities in the comfort of their own homes to reduce the risk of COVID-19 transmission. In order to make Halloween as fun and safe for everyone, we suggest the following:

Set out a bowl or bag and hide pieces of candy in safe locations of your home, then, have your child try to find them! Alternatively, creating an at-home scavenger hunt with clues could always be a great way to bond and have fun as a family. Watching movies and washing hands before and after mealtimes is also a great way to ensure the fun does not need to stop.

We hope you all have a wonderful Halloween and please feel free to send us pictures of your child(ren) in costumes and tag us on Instagram or Facebook!







# Halloween

## COSTUME TIPS

### BUDDY ADVICE

1. Try on your costume and make sure it fits
2. Ask your family if there's something that doesn't feel quite right
3. Have fun!

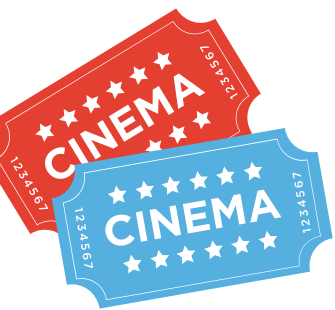


### FAMILY ADVICE

1. Help your child put on their costume if needed
2. Make sure that the costume is weather-appropriate or won't be cumbersome
3. Take lots of pictures and enjoy! Feel free to tag us for a chance of having your child's costume featured in the next newsletter!

(Please indicate if you consent to us reposting the picture in the next newsletter).





# MOVIES OF THE WEEK

1. **It's the Great Pumpkin, Charlie Brown -- 6+**
2. **Toy Story of Terror -- 6+**
3. **Hotel Transylvania -- 7+**
4. **Pooh's Heffalump Halloween Movie -- 3+**
5. **Curious George: A Halloween Boo Fest -- 3+**

## RECOMMENDED MOVIE ACCESSORIES / SNACKS

1. **Fuzzy or Soft Blanket**
2. **Cozy Socks or Sweater**
3. **Stuffed Animal or Toy for Comfort**
4. **Candy / Snack Mix**
5. **Favourite Drink or Treat**





# Spooky Recipes



## Ghost Cookies

by: <https://www.bbcgoodfood.com/recipes/halloween-pinata-biscuits>

### Ingredients:

- 200g softened (unsalted) butter
- 200g golden caster sugar
- 1 large egg
- 1/2 tsp vanilla extract
- 400g plain flour
- 20g candy or sprinkles
- White, black, and grey sugar paste
- 100g icing sugar

- 
1. Preheat oven to 200C and line a baking tray with parchment paper.
  2. Put the butter in a bowl and beat until soft and creamy
  3. beat in the sugar, egg, vanilla, and flour (one at a time) to make a dough
  4. knead and wrap in cling film and put in the fridge for 30 minutes
  5. Roll out the dough until approx. 5mm thick
  6. Use a cookie cutter in the shape of a ghost (or whatever shape you want)
  7. Cut a circle in the center of half of the cookies and bake for 10-12min until pale but cooked through
  8. Once cooled, mix the icing sugar with 3tbsp of water and mix well
  9. Spread icing on the edge of the cookies that still have their centers and then press a cookie with a center missing on top
  10. Sprinkle the candy into the pocket you created and then cover that cookie with one that still has its center on it to create a 3-layered cookie
  11. Set aside and let the icing and decorations settle
  12. Once firm, use the sugar paste to decorate the biscuits
  13. Enjoy!

For more, check out:

<https://www.bbcgoodfood.com/recipes/collection/halloween-kids-recipes>

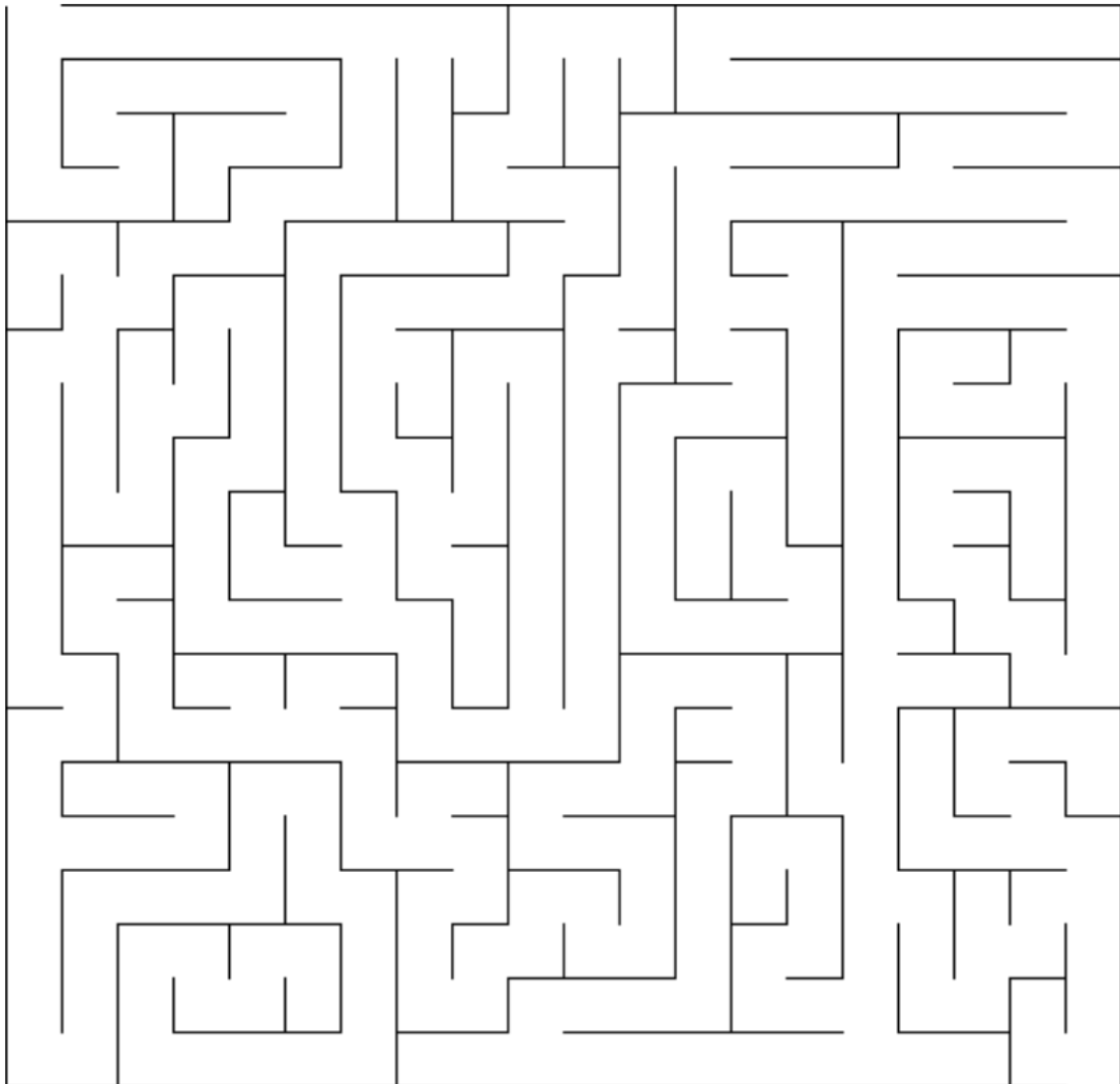
<https://www.foodnetwork.com/recipes/photos/spooky-halloween-recipes-for-kids>



# Arts & Crafts

## Spooky Mazes

**Instructions:** Trace the path through the maze. Help get the ghost to the haunted house for Halloween.

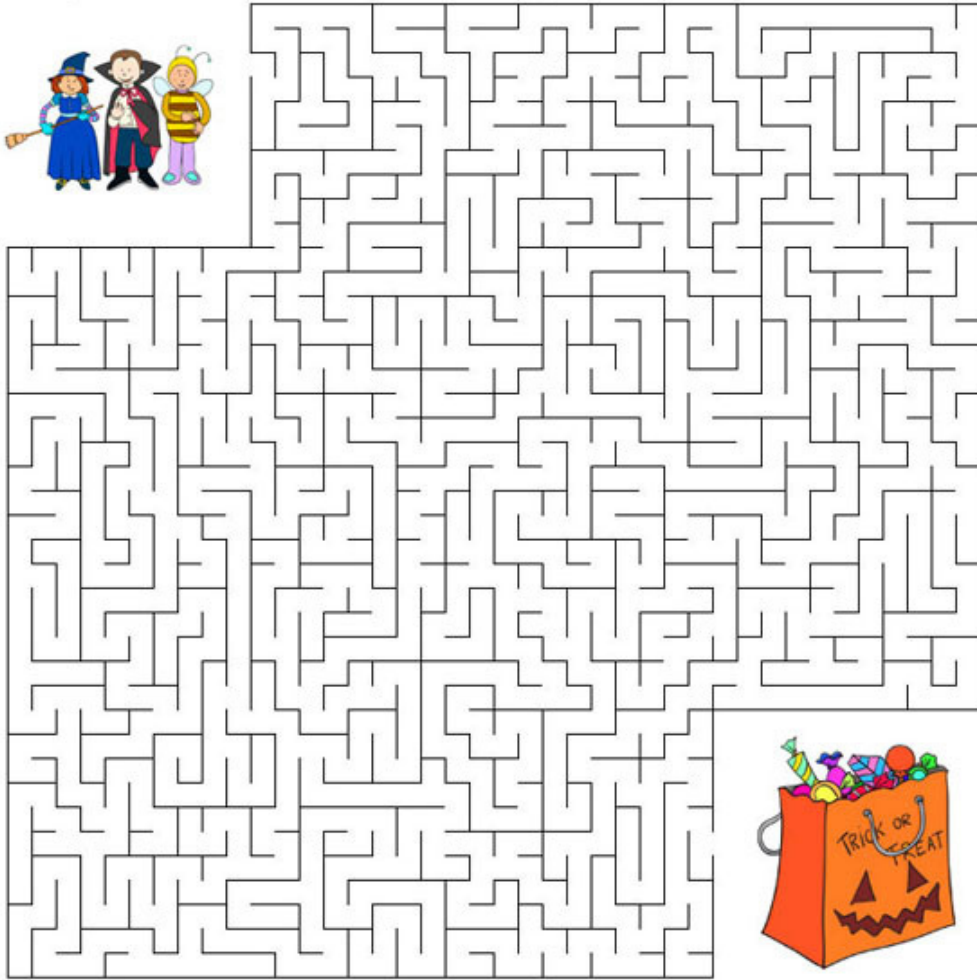


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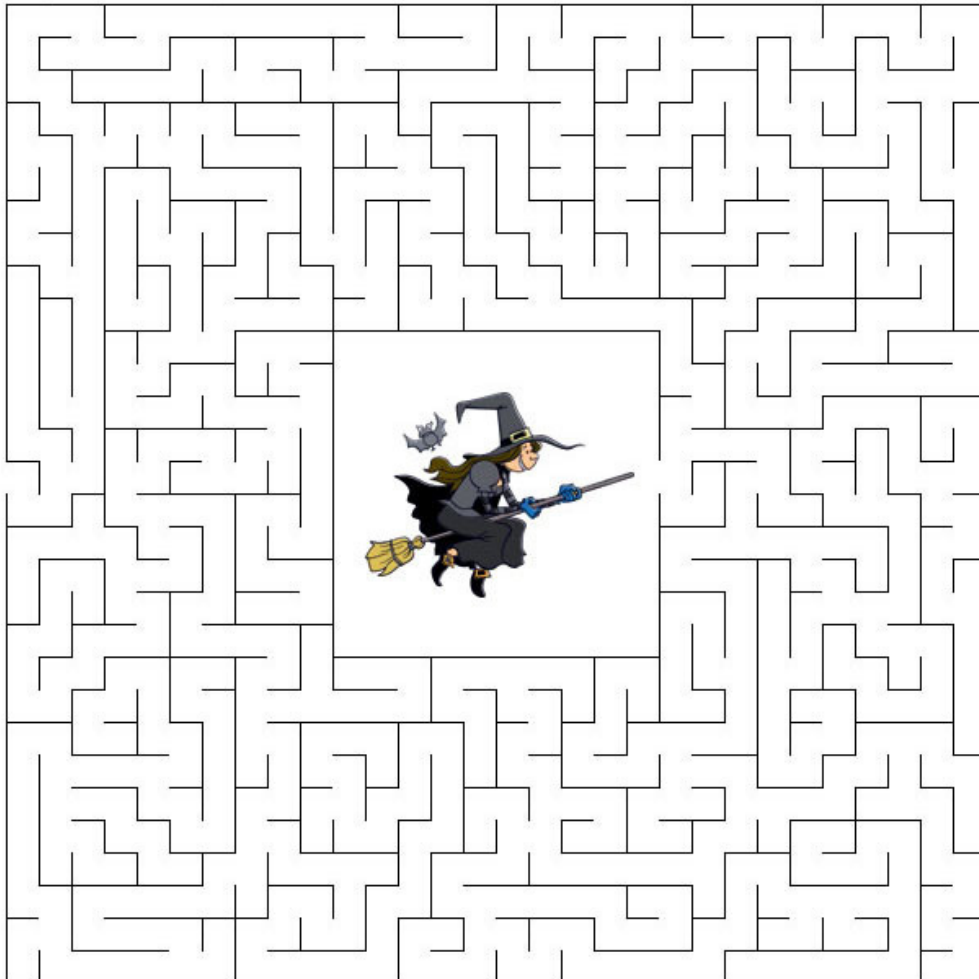


Finish

Help the children find their trick or treat bags.



Help the witch escape from the maze on her broom.





**decorate away!**

**HALLOWEEN MASKS**

**BY**

**MR PRINTABLES**





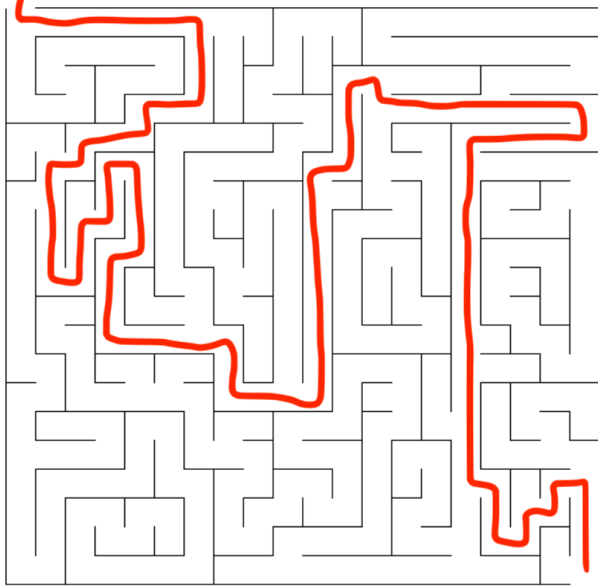
# WORD SEARCH



E O I U I X H P I P U C Z E T L B M R O  
T R I C K P X F Z F C K O O C N E S K U  
W A R U I H C F P D N T L S S M V E B Q  
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J E Y U H R P L F U G K B V E U K U X L  
G O Z R D R S T L R A W R C L S M E M R  
A H A G X S P A V O R B W X D X O E C M  
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Z F T S T V X P R X N Y A K F Z M F R X  
E M Y C E O B A M Q W C N D V C A B Q L  
V O O I H M B P U B G L S K E L E T O N  
T L X X M E R E Z C F G U V X W X O P J  
S G H O S T S X R I S A E F G J G C L A  
R M Y P H I K I U E H B V H H G E F U L  
U N D Z S X T P K C C M Q V P I G L H J  
E A O Y Q V L X N A Z K Z D H G F N J P

- 1 Halloween ; 2 October ; 3 Boo ;
- 4 Skeleton ; 5 Spooky ; 6 Treat ;
- 7 Costumes ; 8 Trick ; 9 Witches ;
- 10 Ghost

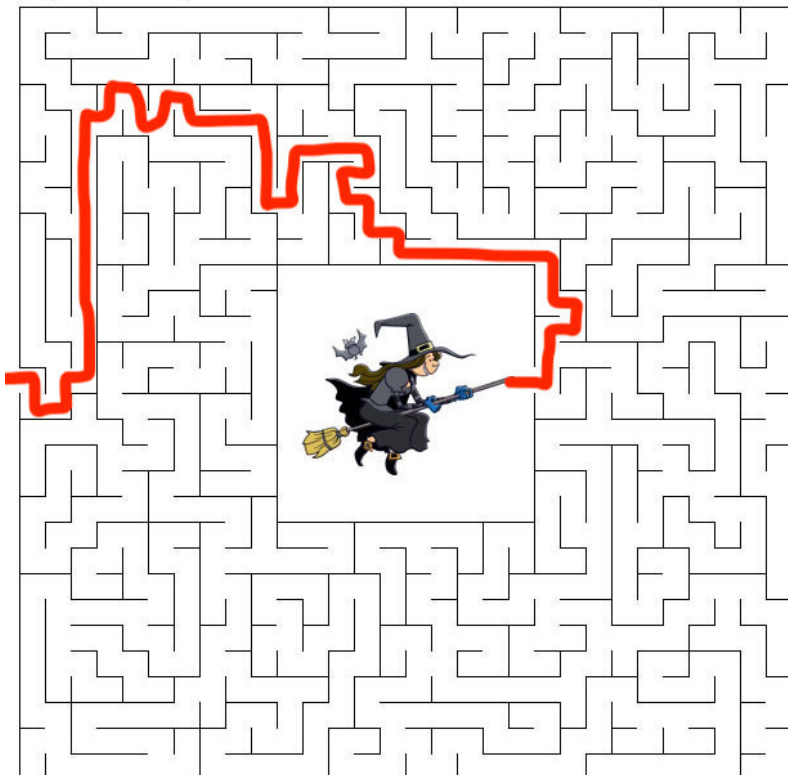
# Arts & Crafts (Solutions)



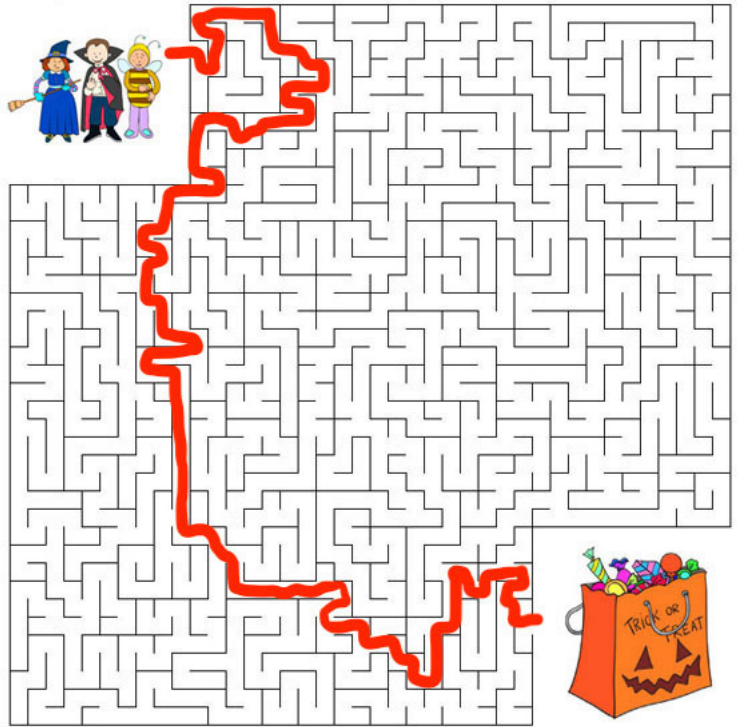
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Help the witch escape from the maze on her broom.



Help the children find their trick or treat bags.



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U	N	D	Z	S	X	T	P	K	C	C	M	Q	V	P	I	G	L	H	J
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