

PURE NEWS

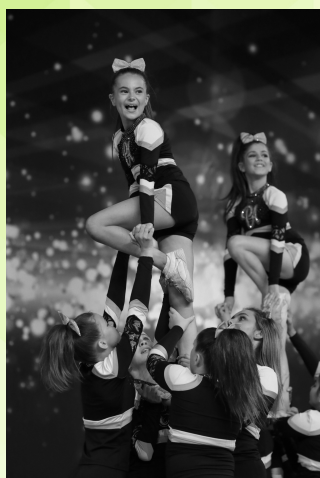
HALLOWEEN EDITION



REMINDER: LAST WEEK OF OUR FLEXIBILITY COMPEPTITION

Don't forget to submit your heel stretch & needle photos to @pure_allstars every WEDNESDAY!

We will award a long sleeve PA shirt to the most improved athlete when we are back in the gym!



OUR FAVOURITE HALLOWEEN MOVIES

1. Hocus Pocus
2. Casper
3. E.T
4. Harry Potter
5. Halloweentown
6. Labyrinth
7. Twitches
8. Coraline
9. Monster House
10. Hotel Transylvania

HALLOWEEN INSIPIRED SWEET POTATO CHIPS

INGREDIENTS:

- Sweet Potato
- Olive Oil
- Salt & Pepper for seasoning

METHOD:

- Preheat the oven to 180 degrees
- Thinly slice sweet potato
- Carefully cut the eyes, nose and mouth of each slice (you may need help from a parent/guardian)
- Place sweet potato onto a tray with olive oil and seasoning
- Cook for 20-30 minutes or until golden brown



DIY HALLOWEEN COSTUMES

Here are some great at home DIY costumes ideas for Halloween! Maybe you will save some of these ideas for our next Spirit Week!!

GRAPES



SCUBA DIVER



MUMMY



BAG OF JELLYBEANS

