

# Forest Ranch Charter School

December 2011



December 3 – PTP Gift Wrap and Babysit Day  
10AM until 2PM

December 6 – PTP meeting at 2:45PM

December 7 – 5<sup>th</sup>/6<sup>th</sup> field trip, Redding

December 9 – Electives Day

December 9 – 1<sup>st</sup>/2<sup>nd</sup> Field Trip, Laxson

December 13 – PTP meeting at 2:45PM

December 13 – Board Meeting, 6PM

December 14 – 1<sup>st</sup> thru 6<sup>th</sup> Field Trip, Laxson

December 15 – Winter Concert/Multicultural Fest

December 16 – Pajama Day

December 19 – Winter Break begins

January 3 – Back to School!

## Director's Report

Children and teachers have been working hard and are anticipating another restful winter break. Students are also wishing for snow, although I'm not sure I am yet. Our younger students will actually put their wish for snow into song during our Multicultural Festival and Winter Concert. I hope to see you all there. Please ask your student's teacher what you can contribute to help with their country presentation.

We will be adopting a new Wellness Policy and will start implementation by the 1<sup>st</sup> of the year. Many portions of this policy are mandated if we receive Federal funding for lunch. However, we have been working toward the adoption of healthier habits each year! We are already meeting the required amount of physical education but will need to work on healthier student snacks (for classes providing class snack) and more nutritious party/celebration foods. We will be sending home more information after winter break on appropriate snacks. This will also be available on the school website. We will be providing monthly wellness information and encourage families to submit healthy meal and snack recipes to be published in the newsletter.

PTP will keep the Book Fair running through next week. They also have modeling wax and nice colored pencils for sale. The students use these in their classrooms and may enjoy them at home. They would make for great stocking stuffers! Have a fabulous holiday season!

*Christia*

## **Parent-Teacher Partnership (PTP)**

Our PTP is looking for ways to encourage more Chico parents to attend meetings and bring new ideas for ways to make our school wonderful. Would it be helpful if meetings were held in the evenings in Chico? Currently meetings are held on Tuesdays and Fridays here at the school. If the Tuesday meetings were in Chico at 6PM would you attend? Let us know!

## **LifeSkill Heroes – Patience**

The LifeSkill for October was Patience. Teachers nominated students from each class that they felt best represented this LifeSkill during the month. Congratulations to our heroes for Patience:

Kindergarten – Elissa A, Frederick S

1<sup>st</sup>/2<sup>nd</sup> (Bodney) – Zeb R, Sabrina H

1<sup>st</sup>/2<sup>nd</sup> (Stearns) – Kiera S, Ellie W

3<sup>rd</sup>/4<sup>th</sup> – Abigail O, Nathan W

5<sup>th</sup>/6<sup>th</sup> – Jada D, Lili S

## **Winter Concert and Multicultural Festival**

Thursday December 15<sup>th</sup> is the date for our Multicultural Festival and Winter Concert. Each classroom is choosing a country to represent. Holiday traditions, foods, and general information about that country will be presented. The Multicultural Night festivities begin at 6PM and the Winter Concert will follow at 7PM. All students K through 6 will be performing and should arrive no later than 6:30 to prepare for the performance. This should be a great event!

## **Student Council News**

**Canned Food Drive** – we are collecting canned and non-perishable boxed food items until December 16<sup>th</sup>. These items will be donated to the Jesus Center. Please leave items with Terry in the office or send them to class with your student. Take this time to discuss with students the importance of giving rather than receiving during this holiday season.

**December Spirit Day** - The Spirit Day for December will be Pajama Day. The date for

Pajama Day is Friday December 16. Show your Fabulous Fox Pride by coming to school in your coziest and cutest PJs.

**Jog-A-Thon** – Student Council is looking for parent volunteers to help organize a Jog-A-Thon fundraising this spring. Please contact Ms. Jimmerson, the Student Council advisor, if you can help out on this one.

## **Looking for Lumber**

We are so fortunate and grateful for all the community support we receive. Four garden boxes were recently donated to help with our gardening classes. We also have some used redwood decking coming for building some more boxes. We could use even more material as well as volunteers to build the boxes from the donated lumber. Gardeners and folks who know how to design and build irrigation systems are also needed. Please support our effort to create a beautiful and edible space for our students to experience the joy of gardening. Contact Terry in the school office to join in the fun.

## **Eat Right When Money is Tight**

OPT for Healthy Living is offering free healthy eating classes at their 1311 Mangrove Avenue location. On Thursday, December 15 from 6-7PM the class will be making Asian Barley and Mandarin Salad – yum! Call 345-3678 for more details.

## **Healthy Snacks**

An important component of our Wellness Program is to promote healthy snacks. It may seem that providing fresh fruits and vegetables is more costly than pre-made snacks, but often that is not the case. According to *The U.S. Department of Agriculture*, the average cost of a serving of fruit or vegetables is 25 cents per serving. Contrast that with a single serve bag of

potato chips (.69) or a candy bar (.80), which provides only 'empty calories'. Fresh fruit and vegetables contain the nutrients children need such as fiber, vitamins A & C, all of which help lower the risk of heart disease, high blood pressure and cancer.

The Internet is a good source for finding healthy snack ideas. Here are some you may want to check out:

<http://www.optforhealthyliving.org/nodes/re-cipes/> (local organization)

[http://www.cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.html](http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.html)

<http://www.fns.usda.gov/cnd/>

### Heard Around Campus

It is all about apples in Kindergarten! They will be taste testing apples, comparing different varieties and graphing the results. Then there will be apple art with stamps made from apples. They will also make a wormy apple math book and learn about adjectives and our senses as they write poems that describe apples.

Our first and second grade classes got a hoot out of dissecting owl pellets in science lab. Ask your student what kinds of things they found! Next they are finishing with fairy tales by writing "switched up" stories,

writing friendly letters, fairy tale art and doing fairy tale science activities. In preparation for multi-cultural night they will learn about their class countries and make holiday crafts and gifts.

Ms. Matoes' third and fourth graders are looking forward to new literature circle books by Jean Craighead George. Holiday crafts and arts will be explored along with learning about their chosen country for multicultural night. Wonder which country that will be? Come on the 15<sup>th</sup> and find out!

Students in Ms. Jimmerson's fifth/sixth grade class can tell you what a ziggurat is – in fact they can build one. They are learning all about ancient Egypt and are excited to visit the Schreder Planetarium to see Stars of the Pharaoh this month. Look for PowerPoint presentations, picture books, games and reader's theater skits incorporating ancient civilizations coming home soon.

### Ms. Matoes' Class Still in First

The attendance race is heating up! Ms. Jimmerson's 5<sup>th</sup>/6<sup>th</sup> grade class jumped into second place with a strong spurt of good attendance. Ms. Matoes' 3<sup>rd</sup>/4<sup>th</sup> grade class is holding on tight in first position, for now. Can your class catch them? See chart below.

