

# Leonardo da Vinci eK-8 School

## Quarter Crusades Are Here!

For this week only, students are encouraged to bring their change to participate in our new technology fundraiser. Quarters added to their grade level jar will add points. All other change, from pennies to bills, will subtract points when placed in another grade's jar.

### Thinking About Middle School?

This Friday, beginning at 8 am anyone interested in the LdV Middle School program is invited to join us in room 34. MS teachers will present a snapshot of their curriculum, you will hear about our small learning community and have a chance to tour the campus and classrooms. Sixth grade students are also invited.

### SHOPAROO!!

What is it? An easy way to raise money for LdV from the shopping that you already do!

How do you get started? All you need is a smartphone!!! Check out the attached flyer with more info!!

### Mixed Bag Fundraiser Begins this WEEK!

Today, your child came home with a packet for our Mixed Bag Fundraiser. It will run for 2 weeks with orders DUE FRIDAY, FEBRUARY 14th. Please share the catalog with family and friends! This new spring catalog has a lot of amazing patterns and some wonderful

NEW products!! Not sure what Mixed Bag is? Then stop by the trophy case in the hall outside of the school office. We have a display with some of the unique products that are offered in the catalog. If you have any questions, please contact Laura Walter at [laura.q.walter@gmail.com](mailto:laura.q.walter@gmail.com). Don't forget that this fundraiser will help fund all the amazing enrichment programs that make LdV so special! Please participate and support LdV!

### French Twist Treats

Father daughter dance is February 21! Please volunteer to donate baked goods to help provide yummy treats for our dancing princesses and their escorts! Email [rosejelliott@gmail.com](mailto:rosejelliott@gmail.com) to sign up in advance. Remember you get an hour of parent volunteer time for baking!! Drop off any time Friday, February 21, at Diane's office. No nuts please.

### Nacho, Nachos...

Get your nachos on Fridays. The Science Club will be selling nachos on Fridays after school during January and February for \$2. All proceeds will go towards helping the Science Club travel to Florida.

### Pancake Breakfast ReDo

The Science Club will be hosting a Pancake Breakfast on Saturday, **February 8, 2014** from 9am-12pm in the LdV Cafeteria. Tickets are \$6; look for presale of tickets soon. All proceeds will go towards helping the Science Club travel to Florida.

### "Some Pig!"

LdV Library needs a few hardbacked excellent condition copies of "Charlotte's Web".

### SAVE THE DATE:

#### Mother & Son "Decades of Dance"

We're excited to announce the Mother & Son Dance will be taking place again this year! Guys, be prepared to take a step back in time with your mom (or other favorite lady in your life, aunt, grandmother, etc.) at this special event where we'll visit past decades starting with the 1950s and work our way back up to 2014!

When & Where: Friday, May 16th • 7pm - 9:30pm • LDV Auditorium

Highlights Include: Live DJ • Dancing • Sweet Treats • Fun Shop • Cool Prizes • Photo Shoot

PLUS...Come represent your favorite decade by dressing up for a chance to win a prize awarded to the "Best Dressed Mom/Son(s)"

Parents interested in helping can contact: Alexis Wasilchin at [alexisbartine@sbcglobal.net](mailto:alexisbartine@sbcglobal.net) or Christie Garcia at [christieg75@gmail.com](mailto:christieg75@gmail.com)

### Dolphins

Dolphin art by LdV 7th grader Katie R.

February 3, 2014  
Volume 20, Number 20

### Dates to Remember

- Feb 5**  
SSC 5:30 pm  
PTC 6:30 pm
- Feb 7**  
Middle School Visitation  
8 am room 34  
Middle School Dance
- Feb 8**  
Pancake Breakfast  
Learning Garden Workday
- Feb 10**  
No School
- Feb 13**  
100th day of school
- Feb 17**  
No School
- Feb 21**  
Father Daughter Dance
- Feb 21-28**  
Conferences  
1:30 pm Dismissal  
1-6th grade ONLY
- Feb 27**  
Principal's Coffee Chat  
8:30 am
- Feb 28**  
Dr Seuss' Birthday  
Read Around the School

Integrated Thematic Instruction Through Arts & Sciences

### The LDV GARDEN Committee is having a WORK PARTY, and you are INVITED!



**When?** Saturday, February 8th, 8 am - Noon

**Where?** In the school garden, next to the playground. Enter through the kindergarten playground, the soccer field, or drive your car the wrong way through the parking lot and park on the playground next to the garden.

**Attire?** Grubbies!

**Why?** Because it's almost Spring, and we need to prepare the new planting areas behind the 1st - 3rd classrooms. The work won't get done without your help!

**Who?** LdV families and friends. Children are welcome to accompany their helping parents. High School students can earn community service hours (bring your forms to sign).

**To Bring?** The garden has tools to share but you may want to bring your own (label your tools).

We will need extra wheelbarrows, shovels, sledgehammers, and garden rakes.

**What Else?** Refreshments provided, YUM! And special garden projects for kids, FUN!

**Questions?** Contact Jeri Clark, LDV Garden Coordinator, (916)541-3182 or [gratidgefamily@yahoo.com](mailto:gratidgefamily@yahoo.com)

Your school-related event could be featured here!

This newsletter is distributed every Monday of the school year. The submission deadline is 8:45 am on the last, non-holiday Thursday preceding distribution. Please email your articles to: [dsandsons@sbcglobal.net](mailto:dsandsons@sbcglobal.net). Events and services advertised in this newsletter are not necessarily endorsed by LdV PTC or SCUSD.

Published by the parents of Leonardo da Vinci eK-8

**Next Issue: Feb 11**  
**Deadline: Feb 6**

## PTC Motion

As per the PTC Bylaw section regarding funding requests over \$500 which are received after the school year budget has been approved, notice is hereby provided to all current and prospective members of the PTC that a vote will be taken at the meeting on February 5 on the following motion: *Allocate \$6500 from reserve funds, with an additional \$6500 provided and reimbursed by school tech committee fundraiser to kick-start the LdV technology initiative for the purchase of a Chromebook cart.*

Background: A request was received by the PTC to allocate \$13,000 to purchase 35 Chromebooks for school-wide use. In response, the PTC formed a committee to review the request and make a recommendation for the PTC to consider. As a result, the PTC is recommending this motion to fund the request, with half of the purchase to be repaid by fundraisers held by the school specifically to raise money for technology purposes.

If you are interested in participating in the discussion of this motion, please plan to attend the PTC meeting on February 5. The meeting is open for all to attend, but only members of the PTC may vote. (You may join the PTC at any time. Enrollment forms are in the front office and the cost is \$10 per individual, \$15 for family.)

## Parking Lot Closed

Due to traffic congestion and for the safety of our children, the front parking lot will be CLOSED from 8:30-9:15 am and 2:30-3:15 pm. Please park politely in the neighborhood or use the drop off/pick up route: Please be safe and patient in the drop off/pick up zones. We are all anxious to be on our way.

## Check Your Child's Schedule

The lunch and recess schedules for all grade levels are readily available on the school website ([leonardodavincischool.org](http://leonardodavincischool.org)). If you are picking your child up for an appointment, or bringing a lunch they left behind, it is easier and quicker to find them in class than on the playground. Please consider timing your trip around your child's schedule. Thank you.



*Da Vinci Players present...*

# The Tempest

*by William Shakespeare*

Leonardo da Vinci School  
4701 Joaquin Way  
Sacramento

March 4, 6, 7  
2014  
7pm  
Auditorium  
\$5.00 admission

Proceeds benefit middle school theatre education at LdV

## LdV Science Club

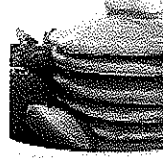
## Pancake Breakfast

*In the cafeteria*

**Saturday**

**February 8**

**9 AM—12 PM**



**Pancakes, beverage**

**sausage & fruit—\$6**

**Tickets on sale before and after school  
and in room 28**

**For the benefit of the middle school science club Florida trip**

## Author Day Order Form with Prices!!! and correct email address!

Each year LdV invites a children's author to visit the school and talk to the students about the writing process. This event, which usually involves assemblies and workshops, gives each student a chance to hear a published author share his or her own work, describe the creative process, and emphasize the importance of things like brainstorming, research, and revision.

This year, on **Friday, March 28**, we'll welcome Bay Area children's author Dashka Slater to LdV. Dashka's four picture books have won widespread praise for their inventive language and vivid imagery. A recipient of a Creative Writing Fellowship from the National Endowment for the Arts, Slater is also an award-winning journalist whose articles have appeared in such publications as Newsweek, Salon, the New York Times Magazine and Mother Jones. She is the Going Green columnist for Fit Pregnancy magazine and the author of a novel, *The Wishing Box*, which the Los Angeles Times named to its list of the year's best fiction in 2000.

So, in anticipation of this event, please note the book order form in this issue of the newsletter. We need to get the orders in well in advance in order to get the books delivered in time for the event. So take a look at Ms. Slater's website and order a book or two for your (young) children by the deadline on February 10.

**Volunteers are needed to help with this event:** please contact Patricia at [patricia.heinicke@sbcglobal.net](mailto:patricia.heinicke@sbcglobal.net)

## An Opportunity to Showcase Your Business or Talent

If you:

- \* Own or have connections to a food or beverage business, or are a talented chef in your own kitchen...
- \* Are an interior designer or have a flair for space planning and making spaces look cool...
- \* Are in the marketing/communications field...
- \* Are an entertainer or DJ...
- \* Enjoy planning unique events...
- \* Have a company you'd like to promote or showcase...

...You won't want to miss the opportunity to be a part of this year's biggest party!

Contact Kim Niemeyer at [niemeyers@comcast.net](mailto:niemeyers@comcast.net) or Gwynnae Byrd at [gwynnaeb@gmail.com](mailto:gwynnaeb@gmail.com) for more information on how to participate!

## New Days! Dolphin Store Open Monday & Thursday PM

The LdV Dolphin Store is open after school on Mondays and Thursdays (until 3:15 pm). The store has school supplies and healthy snacks for students.

## From the SCL (School Community Liaison)

**Tally Sheets:** Please turn sheets into your child's class or to the Volunteer Office at the end of the month.

**TB test results and Sex Offender Background check clearances:** Must be on file before working in the classroom. Fingerprinting must be cleared before driving on or chaperoning fieldtrips.

**Feel free to stop by** the garage door Mon-Fri 7am-3:30pm or email me at [diane-soule@scusd.edu](mailto:diane-soule@scusd.edu), or leave a message at 277-7034.

### Over Stuffed!

When the holidays are over and it's time for resolutions, you may be looking for somewhere to hide those leftover holiday candies. As always, your donation of leftover (or brand new) candy is always appreciated by the staff. Please bring donations to Diane's office and I will see it is properly distributed to thankful staff members.

**Thank you to those of you who have already dropped some off. I have been sharing every day with a much deserving staff.**

### LdV on the Web & Facebook

The weekly newsletter can be found on the **NEW LdV web site: [leonardodavincischool.org](http://leonardodavincischool.org)**. You may also download Tally Sheets in either Word or Excel. The files can be completed and emailed to [diane-soule@scusd.edu](mailto:diane-soule@scusd.edu). When you email a tally you will receive a reply. If you do not receive a reply it means your email was not received.

**Like Us on Facebook and stay up to date on LdV events! <https://www.facebook.com/LeonardodaVinciK8>**

Please Remember the FB page is purely informational and to support our school and it's culture. Please "like" us if you would like news about LdV, meeting reminders, and event updates.

### Déjà Vu?

If you read the newsletter weekly, some of the content may see familiar. Many parents choose to read the newsletter sporadically, and articles are run repeatedly so they can catch up. It may be frustrating for you (and me) but read carefully since pages might seem the same but rest assured no two issues are exactly alike!

## Can You Donate...

### A-a-choo!

The LdV budget is tight and supplies are dwindling. Please ask your teacher if there is something you can donate...like a box of tissues. Bless you!

### Medical Mayhem Assembly

Courtesy of Councilmember Jay Schenirer in conjunction with LdV PTC, Buck Busfield and the B Street Theater will be presenting: "Medical Mayhem" in the LdV gym on February 18, 2014. 4-8th grades 9:05-9:50 am, K-3rd grades 10-10:50 am

## From the Office

### Bring a Doctor's Note & Leave a Reason

If your child misses school for a visit to the Doctor or Dentist, please bring a school excuse note for their attendance. It does make a difference on a student's attendance report.

The attendance code for a Doctor's visit is "M" which is unlimited and without the doctor's note it is an "A". All students get 10 health absences "A" for the year, after that a doctor's note is required.

Many parents call the absence line and state that their child will be absent, but do not state the "REASON" please remember to so.

### Please Bring Your ID

If you are taking your child for early dismissal or are sending someone from your emergency card list, please note ID will be required. It is school policy to show proper ID before a student is released. It is for the safety of your child, please do not grouse at the staff who are keeping our children safe!

**Attendance News** Now you can simply dial 557-0389 and leave your child's absence information.  
**Wondering about attendance codes?** P = Personal absence – Education Code section 46014 is for: student's court appearance (requires verification), funeral services (one day, in state...three days, out of state; need verification such as a funeral program or name and address of the funeral home), parent's employment conference (requires prior principal approval), student is the custodial parent of a child who is ill or has a medical appointment during school hours. Observance of a religious holiday or ceremony (recommend 3 days advance notice to school).

**Did You Know...** When your child has chicken pox, a skin rash, lice or other infectious health challenges you need to follow up with the main office when your child returns to campus. A doctor's note that the child has been treated and is okay to be back among our other students after a rash or chicken pox is required by SCUSD health services.

**Fingerprinting Requirements:** Yes, you do need to be fingerprinted to go on a field trip... whether you are driving children or not. The District requires any adult who is not fingerprinted to be in sight of a certificated person at all times, but it is vital that teachers be free to watch their students, not the grown ups who are there to help. So fingerprint please!

**What Time Does Your Child Get to School?** School begins at 9 am. Unless your child attends a before school class or breakfast, our campus is not open until 8:30 am. Please do not leave children without adult supervision before 8:30 am.

**Where Do You Drop Off?** If you are dropping off in the back parking lot, are you stopping at the gate openings with your car and blocking the entrance for others (children and parents) who are walking into school? Please pay attention to where you stop, and especially as you pull away. Lots of humans use the parking lot and appreciate your full attention!

Please do not allow your children to walk through our parking lots! Small unaccompanied children are hard to see.

**How Do You Get Here?** If you are driving your children to school and come in from Freeport Blvd, do you know you are supposed to take a quick right and come to the school on Shielah Way, enter through the back gate and then drive away on Stacia Way. This keeps the traffic flowing and is easier on our neighbors. Thank you for going with the flow!

**Notice of Pesticide/Herbicide Use:** LdV is scheduled for service by SCUSD's Small Grass Crew weekly. The crew may or may not spray every Wednesday. If they do spray, they will post notice in the front lower window of the front door. A copy of SCUSD's Pest Management Program listing all chemicals applied to all sites is available in the front office.

**Attendance:** Students are allowed 10 excused (illness with a parent's excuse, death in immediate family, child's appearance in court) absences per the year. Each additional absence from illness must have a doctor's note to be cleared.

**Call In Sick and Tardy:** Please phone in your students' absences and tardies by calling 557-0389 and leave the child's name, room number, date of absence and reason for being out of school (i.e.: illness, doctor appointment, religious, out of town, death in family). Absence verification must be made daily.

You may also send your notification by email to [sally-uhlig@scusd.edu](mailto:sally-uhlig@scusd.edu). Unverified absences will result in truancies.

**Llamada para avisar de enfermedad o retraso:** Favor de llamar a 557-0389 para avisar que su hijo/a va a estar ausente o va a llegar tarde. Deje su nombre, el nombre de su hijo/a, el número del salón, el día de ausencia o retraso, y la razón ("está enfermo/a", "tiene una cita con el doctor", tiene un funeral familiar", etcetera es suficiente). Le pedimos que llame antes de las 10:00 de la mañana para evitar una ausencia sin excusa.

**Late to School?** Students who are over 30 minutes tardy must be accompanied to the main office by their parent or guardian to obtain a tardy slip. All tardies over 30 minutes must have a parent signature or an official doctors note. Three tardies over 30 minutes without such documentation will result in a truancy notice.

**Badges:** Every parent on campus must sign in to the main office. If you are working anywhere on campus get a "Volunteer" badge and sign in the Volunteer book. If you are visiting a classroom, please sign in the book under Mona Lisa and wear a "Visitor" badge. Please sign out in the appropriate book before leaving. These precautions are for the safety of everyone on campus.

**Allergy Alert** For the safety and consideration of our students with severe nut allergies we are striving to become a "nut free campus." Thank you for your support of our efforts.

## Open Enrollment News

Remember - New parents must attend a visitation in 2013-2014 for students to be eligible for a 2014-2015 wait list.

### Visitation Dates:

eK-6th grades remaining dates: February 21 and March 7 at 9:15 am. No reservation required.

Middle School Visitation date: February 7 at 8:15 am

Middle school applicants will be asked to provide a portfolio including: grades, attendance, behavior and a teacher letter of recommendation.

### Open Enrollment Dates:

For Kinder and 4th grade ONLY! February 18-March 7

For 7th grade ONLY! January 27-February 11  
www.scusd.edu/open-enrollment

**Our site based wait list** (grades 1, 2, 3, 5, 6, 8) is open. Forms available in the main office.

## Neighbor Concerns

Our main office has received a number of calls from neighborhood residents. Specifically, the general concerns are: driveways being blocked, cars parked the wrong way on the streets, speeding, driving over/through leaf piles and children running out into the street. Could we make an effort to be good neighbors?

## About the Newsletter

This newsletter is provided by the LdV PTC in conjunction with the LdV School Community Liaison. Please read it weekly in order to keep up with what is happening in our community. This is where you can get ideas about where and how to participate. This is also where you can announce any school related activities by submitting a short article about the event. Please be sure to include the date, time, and a contact name and number.

## Photos Wanted!!!!

So many events, so little time. I am currently looking for photos of the following events: Chinese Acrobats & Winter Faire. If you have any shots that you would like to share for the yearbook and/or the historian binder, please send me anything you have. Diane has created a box in her office called HISTORY. You can either drop a CD off in that box or email me directly at terrie\_hammad@hotmail.com. Thank you so much for your assistance. —Terrie Hammad, LdV Historian & Yearbook Coordinator

## School Cents Receipt Box

Are you forgetting to drop by Guest Services after you have shopped at Arden Fair Mall? Do you have a wallet full of receipts that could be logged in for points for the school? Not to worry. Put all of your Arden Fair Mall receipts from the last 90 days in an envelope with your child's name and room number and drop it in the box in Diane's office. I will log them in at Arden Fair Mall and return them to you. Turn around for properly labeled receipts will be 2 weeks. Any questions, contact Laura Walter at laura.q.walter@gmail.com

## President's Ponderings

February is here, and what was that I saw last week...? A little rain? I guess January did not want to go out completely dry after all! But a little rain couldn't dampen our spirits on Chinese New Year! A big thanks to Kate Ramos and her intrepid CIE crew for the 'Breakfast Around the World' last Friday. I hope your children enjoyed the treats and the celebration. Coming up this Saturday is another PTC Learning Garden work day, as well as the Science Club pancake breakfast. So come have some pancakes and help out in the garden!

February may be the shortest month of the year, but there are no shortage of activities and events, so be sure to keep your calendars handy for reference. In addition to the two Monday school holidays in the middle of the month, the 1st-6th grades will once again have shortened days for parent-teacher conferences at the end of the month. And you may recall that Valentine's Day is on the 14th (as is the middle-school dance), but the 13th also marks the 100th day of school, a milestone that we celebrate with a variety of activities. And don't forget the Father-Daughter Dance the following week. Finally we end the month, and the second trimester, with Dr. Seuss' birthday celebration (featuring an assembly and performance by the teachers) and Read-Around-the-School. With so much going on in such a short month you can also understand why we don't have something... There are no class meetings in February.

However we do have our monthly PTC meeting and it is coming up this Wednesday, Feb. 5th. Usual time in the usual place - 6:30 pm in the Library. Come hear what the PTC has planned for the spring. Also come and vote on the iLdV technology motion to purchase a cart of Google Chromebooks for the children to use. There are some exciting things happening at LdV on the technology front, from new network infrastructure being installed, to new computers being delivered to the classrooms. It feels to me like the momentum is building. Come help us decide how the PTC should participate.

Have a wonderful month and see you at school! Ciao! —David DeNuzzo - PTC President

## Accepting Nominations

The District is accepting nominations for the 2014 Classified Champions of the Year and 2014-2015 Teacher of the Year Award. We encourage you to nominate outstanding certificated and classified employees who perform at levels over and above their district duties and who deserves to be recognized as a top employee in our district.

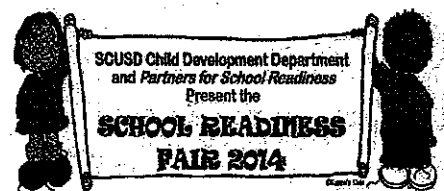
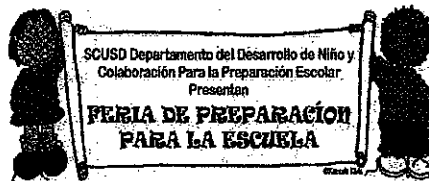
Please submit your nomination form by February 14, 2014 to the Human Resource Services Department, School Box 770.

Link to retrieve the Teacher of the Year Nomination form: <http://www.scusd.edu/iso-form/teacher-year-nomination-form>

Link to retrieve the Classified Champion of the Year Nomination form: <http://www.scusd.edu/iso-form/classified-employee-nomination-awards-classified-champion>

## Your Family Pet Belongs at Home

LdV is a pet free campus. For the safety (and cleanliness) of our community please leave any size pets at home (unless okayed by teacher for sharing). Thank you.



**SÁBADO  
8 DE MARZO  
2014**

**SERNA CENTER  
5735 47th Avenue**

**10:00 AM  
a  
2:00 PM**

Para información en español, llame a 643-7858

- GRATIS**
- ✓ Cheques del desarrollo y salud
  - ✓ Libros para niños gratis por su participación
  - ✓ Información de matriculación para el kindergarten
  - ✓ Información de inscripción para preescolar
  - ✓ Se aceptarán aplicaciones para la Academia de Pre-Kindergarten de Verano
  - ✓ Información de recursos comunitarios
  - ✓ Actividades para los niños
  - ✓ Exámenes dentales y aplicaciones de barniz de flúoruro
  - ✓ Información sobre cuidado de niños antes y después de escuela
  - ✓ Información sobre seguro médico y aplicaciones

Tray lo siguiente para inscribirse:

- Acta de nacimiento del niño
- El infante de vacunas



**SATURDAY  
MARCH 8**

**SERNA CENTER  
5735 47th Avenue  
(at the corner of Stockton and 47th)**

**10:00 AM  
to  
2:00 PM**

Call for more information:  
English - 643-7858  
Spanish - 643-7858  
Hmong - 643-7857

- FREE**
- ✓ Health and developmental screenings
  - ✓ Free children's book for participation
  - ✓ Kindergarten enrollment information
  - ✓ Preschool enrollment information
  - ✓ Accepting applications for Kindergarten Readiness Summer Academy
  - ✓ Community resources
  - ✓ Activities for the kids
  - ✓ Dental exams and tooth varnishing
  - ✓ Early childhood education and subsidized childcare information
  - ✓ Health insurance information and applications

Bring the following documents with you to the fair:

- Child's birth certificate
- Child's shot record





## Looking for Something to Do?

### You Be the Judge!

The PTC Science Committee is seeking volunteers to help with the Science Fair on April 4th. Volunteers are needed to help check in projects in the morning before school 8-9:30am, and to help judge the projects that evening from 6-9pm. No experience is necessary and pizza will be provided! Contact PTC Science Committee chair Celia Rosecrans at [cz.rosecrans@gmail.com](mailto:cz.rosecrans@gmail.com).

### Author Day Help

This year, on **Friday, March 28**, we'll welcome Bay Area children's author Dashka Slater to LdV. The LdV parent who has been coordinating our Author Day Events would like some help the day before and on the day of the event. Please contact Patricia at [patricia.heinicke@sbcglobal.net](mailto:patricia.heinicke@sbcglobal.net) if you can help with this great event for our budding young authors!

### Cook Something Up

Looking for a way to earn hours from the comfort of your home? The School Climate Team is in need of volunteers to help with 'Breakfast Snacks for Staff'.

This event takes place the Thursday morning following class meetings. It's our way of appreciating the staff for staying late to fill us in on our children's curriculum. Any finger-food goodie you bring is welcome. Our staff consist of 50. The more the merrier.

Our next 'Breakfast Snacks for Staff' is March 13th. Please email Stacie Lo @ [stacielo@live.com](mailto:stacielo@live.com).

### Grounds Clean Up

We are looking for parents of all abilities but would be grateful for anyone with masonry, carpentry or plumbing skills. Contact Ryan at [rymetta@mac.com](mailto:rymetta@mac.com) with questions.

### A New Kind of Spring Fling!

Our annual Spring Fling is getting a makeover, and we need your help to make it a spectacular success! We've already secured a new location (to be revealed soon!), and now we need creative minds to help with decorations, food, PR, and more! The more people who participate in planning, the less work each of us will have. Our goal is to make this a whole community event, not just for LdV parents.

If you are good at marketing/communications, or have connections with the food & beverage industry, this will be a great opportunity for you. Contact Kim Niemeyer @ [niemeyers@comcast.net](mailto:niemeyers@comcast.net), or Gwynnae Byrd @ [gwynnaeb@gmail.com](mailto:gwynnaeb@gmail.com), to get involved.

### Highlight Your Culture

Volunteers are needed to create interesting cultural displays for the CIE display case located in the main hall by the office. The case can be adopted by an individual, family, or group of friends to highlight a cultural of their choice. Choose a culture to highlight or a topic that celebrates our cultural diversity, then decide on the month and contact Anna Consulo at [Anna.Consulo@riteaid.com](mailto:Anna.Consulo@riteaid.com) or call 916-803-2170.

### Collate and Conversate

Seven hundred and thirty newsletters are collated and stapled every Monday morning. If you would like to help we would love your company and its worth at least an hour of volunteer time (one newsletter a week guarantees you at least 37 hours for the year). We begin at 8:30 am (no children please).

### Lunch Recess

Volunteers are always needed to help keep an eye on the playground and halls at lunch. Please see Campus Monitor Randy Reyes if you can help.

### Café da Vinci is Open!

Middle School students who have signed up for LdV Entrepreneurs have opened the Café. Adults who want to help should contact [diane-soule@scusd.edu](mailto:diane-soule@scusd.edu).

### Dolphin Yacht Club

Would you like to support the Dolphin Yacht Club? Help us make a splash in our first year at the Northern California Solar Regatta. 7th and 8th grade LdV students are building a full sized, solar powered boat to race against other middle and high school teams from all over Northern California.

#### Get your name on our solar boat!

We are hoping for donations of expertise (engineers, designers, videographers, etc); materials, and funds. Please contact Joe Scarpa if you want to help in this exciting project or want more information. [joe@jscarpa.com](mailto:joe@jscarpa.com) (please put "solar" in the subject line).

**Individual and Corporate Sponsorships** are available. Forms are on the website and in the front office.

## From the District

**Changes to Fingerprint Counter Days and Times of Operation - Fingerprint hours and days of operation are: 8-11am and 1-5 pm on Mon, Wed, Fri.**

**Common Core Workshops** - Workshops continue in January. Contact Dr Iris Taylor at [iris-taylor@scusd.edu](mailto:iris-taylor@scusd.edu) or 643-9120 for more information.

**Free TB Testing** - Tests taken this year will be "good" until 2017. Testing is done by the District at the Serna Center every other week from 3:30 to 5 pm. It's a two step process: given on Tuesday and read on Thursday. The schedule is on the website.

**Examen de tuberculosis (TB) gratis en la Serna Center** - Los exámenes hechos este año están válidos hasta el 2017. El distrito ofrece los exámenes cada otro martes entre las 3:30 y las 5:00 de tarde en el Serna Center (5735 47th Ave - al este de la autopista 99). Hay dos partes del examen - dan las inyecciones los martes y leen los resultados los jueves. Las fechas particulares de los exámenes están disponibles en nuestra oficina.

**Citizenship Classes** - at Jones Skills and Education Center 5451 Lemon Hill Ave. Classes every Tuesday from 3:30-6:30 pm.

### Looking at High School?

• **George Washington Carver School of Arts & Science Visitation Days:** Call 228-5760 to reserve your space on any of the following days - Feb 4, Mar 11 or April 8. Tours are 8:30-10 am. [www.carverartsandscience.org](http://www.carverartsandscience.org)

## From the Community

### Land Park Soccer Recruiting Volunteer Board Members:

Attention LdV parents, Land Park Soccer currently is looking for a few parent volunteers to fill some of our vacant board positions for the 2014 soccer season. In order for our soccer club to run effectively & efficiently we need volunteers to hold our board positions and to assist with our events from time to time. Presently LPSC has the following Board position open: Secretary, Assistant Manager, U12 Age Group Coordinator, Assistant Registrar, Assistant Field Coordinator. If you or know of someone in the community that would like to get involved with the club, please have them join us. The time commitment is typically 2 hours a month from Feb-June and maybe 4 hours a month July-November. For more information please contact Anthony Carrillo or Bruce Mattos.

Anthony Carrillo 916-833-6266

[Barcaban2011@comcast.net](mailto:Barcaban2011@comcast.net)

[BruceMattoslandparksoccer@gmail.com](mailto:BruceMattoslandparksoccer@gmail.com)

### Reminder!

Feb 21 & 24-28

1:30 pm Dismissal

1-6th grade ONLY



## Fund Raising News

### School Cents Program at Arden Fair

We are currently in 3rd place!! Let try to stay in the top 3! Don't forget to turn in your receipts from your holiday shopping. You can take them to the Customer Service Counter at Arden Fair or put them in the box in Diane's office. Check your receipt piles at home because they will take receipts from up to 90 days ago! If you turned in receipts to the box in Diane's office, you will be receiving those back this week. Thanks for supporting LdV!

### Looking for Ways to Complete Your Class Fund Dues?

We still have Z Best books available for sale at \$20 each. For each book you sell, the school gets \$10 and \$10 would go to credit your child's Class Fund dues. You can contact Laura Walter @ [laura.q.walter@gmail.com](mailto:laura.q.walter@gmail.com) or stop by Diane's office and check with her.

**Clip, Save, and Send In Box Tops & Labels for Education** Help the LdV PTC raise much needed funds and points for school-wide programs and events by submitting box tops and labels in a zip-top plastic bag or envelope with your student's classroom number on it and send it to school.

**Labels for Education** can be found on Campbells Soup, Pace, Pepperidge Farm, Glad products, and more. Go to [labelsforeducation.com](http://labelsforeducation.com) to see product lists and special offers. We use these labels for points that help us purchase balls and other playground equipment.

**Boxtops 4 Education** can earn money for LdV in three ways: **1. Shop and clip:** boxtops are found on General Mills cereal, Hanes apparel, Ziploc food storage, Arvey office supplies, Hefty bags and more; **2. Shop online:** boxtops can be earned shopping online for Lands End, Toys R Us, and more; **3. Earn Bonus points:** by going online to [boxtops4education.com](http://boxtops4education.com)

**Don't Forget to Use Your Something EXTRA Card...** Truly the easiest and cheapest fundraiser at LdV...it costs you nothing to remember to use your EXTRA card (registered to help LdV) when you shop at Raley's and Bel Air. You get points and groceries and we get cash, its a win-win!

**...and your Target card** Whenever you use a Target card (debit or credit), Target donates 1% of your purchase to the school of your choice. (Plus you get a 5% discount and free shipping online).

**It's Never Too Late for Magazines** You or your family and friends can order magazines throughout the year by shopping at the online site [www.gaschoolstore.com](http://www.gaschoolstore.com) and using our SCHOOL CODE 2692168. Late orders will not warrant prizes. Thanks for supporting LdV! Any questions or concerns, contact Laura Walter at [laura.q.walter@gmail.com](mailto:laura.q.walter@gmail.com)

**Employee Contribution Programs for LdV** Many companies offer employees a way to give donations to our school in their pay check. If giving money to our school in your pay check sounds like something that would work for you or someone you know, ask your work if they offer this option. Many of these programs are run through the United Way - our number is 4626.

**Thank You for Your Old Car...** Action Donation Services will take cars, boats or RVs and turn them into money for the school and possibly cash and a tax donation for you. Call toll free 866 244-8464 or go to [www.actiondonation.org](http://www.actiondonation.org) for your no obligation evaluation of your donation.

**Other Online Shopping** If you shop on-line for gifts, or even everyday purchases from merchants like Apple, Cabela's, Old Navy, Lands End, Barnes & Noble, and Staples, we need your help! Box Tops for Education has a Marketplace, which is basically a portal to all the places you probably already go to buy books, clothing, toys, electronics and even flowers online. Take the extra step and go to [www.boxtops4education.com](http://www.boxtops4education.com) first and register to support LdV. Merchants donate anywhere from 1-10% of your total sale to the school, it is easy as that and doesn't cost you a penny.

### Shopping Online for Business or Personal Needs?

#### Shop Amazon through the LdV Link and Support our School!

Simply click on the LdV Amazon link then continue with your shopping.

#### Directions:

1. Go to our website: [leonardodavincischool.org](http://leonardodavincischool.org) or the LdV Facebook page
2. Click on the Amazon link
3. Log in to your Amazon account just like you normally would
4. Complete your purchase

It's just that easy and LdV will earn up to 8% on all of your Amazon.com purchases!

## Computer Classes

### Spanish & English Speaking Parents

Meet on Tuesdays, 9:45-10:35 am and Thursdays 11:40 am-12:30 pm in the LdV computer lab for help with Zangle and other computer needs. Contact Mrs Garcia at 585-6020 with questions.

### What's Happening After School?

**After School Art** lessons with Leslie Colby: "great things to make and build" - sculpture, paper maché, painting & more. Tuesdays from 3:15-4:45 pm \$12 per class. Contact Leslie at 502-1227

**On Stage / Off Stage** Questions? Contact [cynthia.speakman@gmail.com](mailto:cynthia.speakman@gmail.com) or 916-502-0336 with questions.

**LdV Ballet Folklorico Club** for boys & girls K-8 grade. The group will perform at LdV's annual Cinco de Mayo Festival. Contact Mrs. Garcia (916)585-6020 or pick up a registration form (front office)

**Spanish Immersion Classes for Kids** New Classes of different levels start every month. Pick up a form in the front office or contact Mrs. Garcia (916)585-6020 for info.

**Beginning or Advanced Orchestra** program meet this Monday or Tuesday afternoon in room from 3:15pm - 4:05pm in Room 1. Meet our new LdV Orchestra Teacher, Mrs. Pamela Buck, and learn how orchestra classes will work at LdV! No experience required!

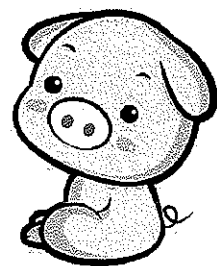
**Kid Tuff Empowering Program** helps build character, visual alertness and mental and physical toughness in all children. Three month program is \$75. Forms in front office. Contact Nora Finch 601-9076 for information

### Early Engineers

#### Word of the Week

Our new pillar is TRUSTWORTHINESS  
Chances are, many people depend on you. Whether you remember birthdays, make school lunches, work hard, or stay with a sick family member, others can count on you. They trust you when you keep your promises and do your duty. This week, you can share with your child the importance of DEPENDABLE behavior (our character word of the week).  
"People may doubt what you say, but they will always believe what you do."  
—Unknown

There's a rumor going 'round that I will be kissing a pig... we'll see. If Quarter Crusades raises \$5 per LdV student in one short week, I just may be...





**FROM  
THE LDV  
GARDEN**  
To Your Table



We have beautiful Swiss chard growing in the LDV learning garden that was planted by our Tuesday afternoon Girl Scout troop! Here's a fun way to enjoy this healthy treat!

Alexis Wasilchin

### Swiss Chard Bundles with Tomato and Fresh Mozzarella

Martha Stewart - serves 4

- 12 large Swiss chard leaves
- 12 quarter-inch-thick slices of tomato (about 2 tomatoes)
- 12 quarter-inch-thick slices fresh mozzarella (about  $\frac{1}{4}$  lb)
- Course salt and pepper
- Extra virgin olive oil, for drizzling and brushing

Line a baking sheet with paper towels. Bring a large pot of salted water to a boil. Add one chard leaf at a time to boiling water, and blanch for 10 seconds. Place each leaf in ice bath to cool. Transfer to prepared baking sheet to drain.

Place blanched leaf facedown on a work surface. Cut out thickest part of stalk up about  $\frac{1}{3}$  the length of the leaf. Place a tomato in the center of the leaf; top with a slice of Mozzarella. Sprinkle with salt and pepper, and drizzle with olive oil. Fold bottom of the leaf over contents. Fold in sides. Fold leaf over to completely enclose contents. Repeat with remaining ingredients.

Heat a grill pan (or a grill) over medium heat. Brush lightly with oil. Grill packs until lightly charred and heated through, about 2 minutes per side. Drizzle with olive oil. Serve immediately.

Our LDV Learning Garden is supported by our PTC!

**AUTHOR DAY: Children's author Dashka Slater will visit LdV on Friday, March 28, 2014. Order books for your kids now!**



Dear Parents,

Acclaimed author Dashka Slater will be visiting our school on March 28. If you would like to purchase pre-autographed books, personalized for your child(ren), please fill out and return this form, along with full payment, by Monday, Febr. 10. Make your check out to Dashka Slater. You and your kids can preview Dashka's work by visiting [www.dashkaslater.com](http://www.dashkaslater.com).



Titles	Quantity	Price Each	Price Total
<p><b><i>Dangerously Ever After</i></b>  Dashka, please autograph this book to:  Name: _____</p>		\$16.99	
<p><b><i>Baby Shoes</i></b>  Dashka, please autograph this book to:  Name: _____</p>		Hardback edition \$16.95	
		Board book edition \$7.95	
<p><b><i>Firefighters in the Dark</i></b>  Dashka, please autograph this book to:  Name: _____</p>		\$16.00	
<b>Total</b>			

Please return this form to the Front Office no later than Monday, February 10, 2014. For more information and answers to your questions, please contact LdV parent Patricia Heinicke at 916.930.0348 or [patricia.heinicke@sbcglobal.net](mailto:patricia.heinicke@sbcglobal.net).





## Leonardo da Vinci School eK-8

Minimum hours required for each family per school year:  
one child-40 hours; two children-45 hours; three or more children-50 hours  
Parent participation for late-entry students will be pro-rated

**All hours (on & off campus) must be recorded on the monthly Tally Sheet** and must be documented by: signing in and out (on campus in the front office, at a class or committee meeting, or with the supervisor of a work event); OR a blue verification card (available in the front office) signed by the teacher, class manager, or person overseeing your work hours. Blue verification cards must be attached to the corresponding Tally Sheet (verification cards turned in separately will not be counted); OR the authorized signature line on the Tally Sheet must be signed by the teacher, class manager or person overseeing your work hours.

- 20 hours must be completed by January 31<sup>st</sup> of the current school year.
- All parent hours must be completed and documented by May 15 of the current school year.
- Parents are strongly encouraged to attend all class meetings.

### **TALLY SHEETS: keep a copy of your Tally Sheets at home for your own reference**

- One Tally Sheet per family per month unless there are two households where the child(ren) live.
- Tally Sheets are sent home monthly with the weekly PTC newsletter. (They are also available in the front office).
- Tallies are due the 5<sup>th</sup> of the following month, and no later than two months following participation.
- Updates of parent hours will be given out three or four times per school year. Families are expected to find ways to get their hours, but if you need help, please feel free to contact the School Community Liaison (SCL).
- In addition to your family, work fulfilling the hour commitment may be done by any person over 18 who does not have children enrolled at LdV. No person can be paid or compensated to perform parent hours.

### **IN-CLASS PARTICIPATION**

- Volunteers working in the classroom will be required to attend a training session.
- In-class volunteers must have a current TB (negative) test on file with the SCL. Tests are "good" for four years. A current, cleared SCUSD Sex Offender Check Authorization or fingerprints on file with the district.
- If you are unable to work in the classroom during your designated time, YOU must arrange for a substitute and inform the teacher or class manager.
- Do not bring siblings to class when you are working.
- Field trip drivers must have a current TB (negative) test on file with the SCL and fingerprints on file with the district.

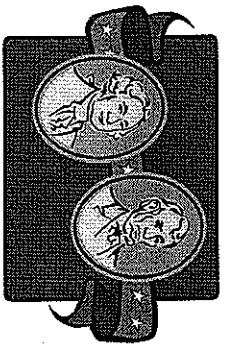
### **HOURS ARE GIVEN FOR THE FOLLOWING ACTIVITIES:**

At-home work for class	Length of time worked (signed blue card or authorized signature on tally sheet)
In-class work	Length of time worked (sign in front office)
Babysitting	Length of time worked – 20 hours maximum per school year (signed blue card or authorized signature on Tally Sheet). Must be for children of other families who are performing work at LdV and approved in advance by SCL
Back to School Night	Length of attendance (sign in at classroom)
Class Meeting	Length of meeting (sign in at classroom)
Committee Meeting	Length of meeting (sign in at meeting) SSC (School Site Council), PTC (Parent Teacher Council) and its subcommittees: <i>Arts, Science &amp; Tech, CIE, Sports, Ways &amp; Means</i>
Field Trips (day)	Length of trip (sign in, or authorized signature on Tally Sheet or Authorization card)
Field Trip (overnight)	Length of trip including sleeping hours (sign in, or authorized signature on Tally Sheet or blue card)
Food Preparation	Length of time worked – maximum 10 hours per school year – one hour per 2 dozen cookies, 1.5 hours per cake (authorized signature on Tally Sheet or blue card)
Library	Length of time worked (sign in front office)
Other on-site programs	Length of time worked – maximum 20 hours (sign in, or authorized signature on Tally Sheet or blue card) <i>Childcare Center, Indian Education, Very Special Arts</i>
PTC Newsletter	Length of time worked (sign in front office)
Parent Training	Length of attendance (sign in front office)
Pet Care	Out of class – maximum 5 hours except vacation care 10 hours maximum (signed verification card)
Special Events	Length of time worked (sign in)
Telephoning/Typing	Length of time worked (authorized signature on Tally Sheet or blue card)
Yard/Cafeteria	Length of time worked (sign in front office)

### **HOURS ARE NOT GIVEN FOR THE FOLLOWING ACTIVITIES:**

Winter Faire (unless you work), Morning Sing, Open House, classroom observations, Parent Teacher Conferences, student performances (unless you are a volunteer), money spent on supplies, donations, store purchased food or drink.

If you are unsure which activities qualify for parent hours, call the SCL at 277-7034 or email [diane-soule@scusd.edu](mailto:diane-soule@scusd.edu).



# February 2014

Sun

Mon




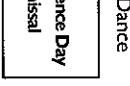
Tue

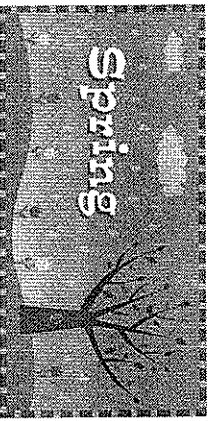
Wed

Thu

Fri

Sat

K-6 grade Open Enrollment Dates: Feb 18- Mar 7 Walk in dates: Mar 5, 6, 7					1 Basketball ALL STAR game 8 am- 4 pm Barbeque!
2 dependable 	3 <b>No School</b> Lincoln's Birthday	4 5 FT 7th grade 5:30 pm SSC 6:30 pm PTC /LIB	6 13 FT 4th gr Colonial Day 5th gr 100th Day	7 Middle School Open Enrollment Visitation 8:15 am Middle School Dance 6:30-8 pm	8 Garden Work Day 8am-noon <b>PANCAKE          BREAKFAST</b> 9-noon 
9 trustworthy	10 <b>No School</b> Lincoln's Birthday	11 12 FT rm 7 6th gr FT Greek Architecture Walk	14 FT rm 8 	15	22
16 promise	17 <b>No School</b> President's Day	18 B Street Theater Medical Mayhem Assembly 4-8 grades 9-9:50 K-3rd 10-10:50	19 FT rm 6 20 FT rm 5 Black History Month Assembly	21 FT ek eK-6 gr Visitation 9:15 Father Daughter Dance <div style="border: 1px solid black; padding: 5px; width: fit-content;">           1-6 grade Conference Day            1:30 pm dismissal         </div>	28 End of Trimester Dr. Seuss' Birthday Read Around the School 
23 loyalty	24	25	26 <b>1-6 grade Conference Days 1:30 pm dismissal—Feb 21, 24-28</b>	27 8:30 am Parent Coffee Chat	



# March 2014 tentative

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2							
courage		MS Play	4th & 7th Grade STAR Writing Test	5:30 pm SSC 6:30 pm PTC /LIB	6	7	8
9	Did you change your clocks? integrity			12 Class Meetings 5 pm ek 6-7 pm K, 4-6 grades 6:30-7:30 pm 1-3 grades 7-8 pm 7&8 grades	13 9:15 am ELAC 5 pm OnStage perf K-3rd gr	14 FT rm 11 1st gr Bubble Day 9-11:30	15
16 Learning Garden Work Day Barn-noon					20 RIF Books for ek-3rd grade Spring Orchestra Concert 6:30 pm AUD	21 1st gr IMAX FT 9-noon	22
patience					27 8:30 am Parent Coffee Chat	28 Author's Day	29
23							
justice							
30							
equality							

LDV'S 8<sup>TH</sup> ANNUAL  
FATHER-DAUGHTER  
DANCE

French Twist



Friday, February 21<sup>st</sup>, 2014  
7:00p.m. – 10:00p.m.  
LdV Auditorium

LDV'S 8<sup>TH</sup> ANNUAL  
FATHER - DAUGHTER DANCE

French Twist



An Early Kindergarten thru 8<sup>th</sup> Grade Event  
(Current LdV Students Only)

Friday, February 21<sup>st</sup>, 2014  
7:00p.m. – 10:00p.m.  
LdV Auditorium

\$20.00 per father (or favorite father figure) with all accompanying daughters

Student's  
Name: \_\_\_\_\_

Room # /  
Teacher: \_\_\_\_\_

Number of Daughters Attending: \_\_\_\_\_

Ticket Price: \_\_\_\_\_ \$20.00

Quantity of Corsages Ordered: \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

~ Please make all checks payable to LdV PTC 7<sup>th</sup> Grade ~

Ticket #: \_\_\_\_\_ Amt Pd Cash: \$ \_\_\_\_\_ Amt Pd Check: \$ \_\_\_\_\_ Check #: \_\_\_\_\_





# LdV Parents

## Fundraising is a Snap with Shoparoo

Do you want to help raise money for your LdV, but just don't have the time or money required to support typical fundraising programs? Wouldn't you prefer an easier, hassle-free approach to fundraising? If so, then Shoparoo is here to help!

It's harder than ever for busy moms and dads to find the time and money required to support bake sales, sell wrapping paper or coordinate school auctions. What you need is a way to contribute to your school, but without the hassle and extra work. That's where Shoparoo comes in.

## What is Shoparoo?

**Shoparoo** is a **FREE iPhone and Android app** that turns pictures of your shopping receipts into donations to the school or charity of your choice. It's quick, easy, and convenient – shop anywhere you want, buy whatever you normally buy. Just take a quick moment to snap a quick picture of your receipt and voila, you've made an instant cash donation to the school of your choice.

That's it – no clipping, collecting, following up, mailing or guilt for asking someone to buy something they don't want!

**Get started today!**

**Go to your phones app store and Download Shoparoo!**



**SESSION LENGTH:**  
**-1 MONTH \$30**  
**-3 MONTHS \$75**

**PLEASE ATTACH PAYMENT AND SUBMIT THIS FORM TO THE KID TUFF BOX IN DIANE'S OFFICE. CHECKS PAYABLE TO KING KRAV MAGA. (CHILDS NAME ETC.)**

**SESSIONS ARE CURRENTLY HELD IN THE CAFETERIA.**  
**WEDNESDAY K-2ND GRADE 3:15 - 4**  
**THURSDAY 3-8TH GRADE 3:15 - 4**

**SESSION DATES:**

**2ND SESSION**

**JAN 29 - APRIL 23, 2014**

**(NO KID TUFF APRIL 16/17 DUE TO SPRING BREAK)**

**3RD SESSION**

**APRIL 30 - JUNE 11**

**(COST FOR THIS LAST SESSION OF THE YEAR IS \$40)**

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**KID TUFF EMPOWERMENT AFTER SCHOOL PROGRAM**

**( THE KID TUFF PROGRAM USES VARIOUS DEVELOPMENTAL SKILL AND CORE GOAL BUILDING BLOCKS TO HELP BUILD CHARACTER, VISUAL ALERTNESS AS WELL AS MENTAL AND PHYSICAL TOUGHNESS IN ALL CHILDREN )**

**SESSION 1:**

- \*STRANGER AND SITUATIONAL AWARENESS**
- \*BASIC CONFIDENCE BUILDING DRILLS**
- \*IDENTIFYING DANGER GAMES**

**SESSION 2:**

- \*BASIC STANCE MOVEMENTS**
- \*BASIC HAND/EYE COORDINATION GAMES**
- \*AWARENESS AND ENDURANCE DRILLS**

**SESSION 3:**

- \*BASIC EYE AND HAND DEFENSES**
- \*REAL LIFE DIVERSION SKILLS**
- \*ENDURANCE CHALLENGE**

**KID TUFF EMPOWERMENT ASSESSMENTS:**

- \*LEVEL 1 ASSESSMENT EARNS A "WHITE BELT".**



# KING KRAV MAGA REGISTRATION

CHILD NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ SCHOOL DISTRICT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

ALLERGIES/MEDICATIONS: \_\_\_\_\_

PHYSICAL LIMITATIONS: \_\_\_\_\_

I HAVE ENCLOSED A CHECK IN THE AMOUNT OF \$ \_\_\_\_\_  
PAYABLE TO KING KRAV MAGA ATTACH AND SUBMIT WITH  
THIS FORM TO DIANE'S OFFICE.

WHO WILL BE PICKING YOUR CHILD UP? \_\_\_\_\_

DOES YOUR CHILD ATTEND CHILDREN'S CENTER OR 4TH R  
CENTER? Y / N WHICH ONE ? \_\_\_\_\_

(IF YES, PLEASE INFORM THAT PROGRAM DIRECTOR)



# KING KRAV MMA

## RELEASE FORM

I \_\_\_\_\_ HEREBY ALLOW MY CHILD  
\_\_\_\_\_ THE FOLLOWING 90 DAY KID  
TUFF PROGRAM BETWEEN THE TIMES OF \_\_\_\_\_ AND \_\_\_\_\_.  
I COMPLETELY UNDERSTAND THAT IT WILL BE MY SOLE  
RESPONSIBILITY TO DROP OFF AND PICK UP EACH AND EVERY  
DAY, NO LATER THAN \_\_\_\_\_ PM.

**\*ALL REQUIRED FORMS CAN BE PICKED UP IN THE FRONT  
OFFICE WITH DIANE.**

**FOR ANY QUESTIONS OR CONCERNS ABOUT THE KID TUFF  
PROGRAM PLEASE CONTACT THE HEAD INSTRUCTOR  
CHRIS WILSON (916) 585 - 1803**

**\*THE SACRAMENTO CITY UNIFIED SCHOOL DISTRICT IS NOT A  
SPONSOR, ENDORSER, OR OTHERWISE ASSOCIATED WITH THE  
ABOVE COMPANY / PROGRAM.**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SWIM SYNCH SMILE

## **Synchronized Swimming Clinic SACRAMENTO CENTRAL YMCA**

Jump into synchronized swimming with professional coaching from Sac Synchro. For 28 years Sac Synchro has been developing skilled and dedicated synchronized swimmers in the Sacramento Community. The Y is happy to partner with Sac Synchro to bring you this exciting clinic that will emphasize basic synchronized swimming skills while learning about teamwork and confidence. Participants must be able to swim 25 yards (1 length of pool) unassisted.

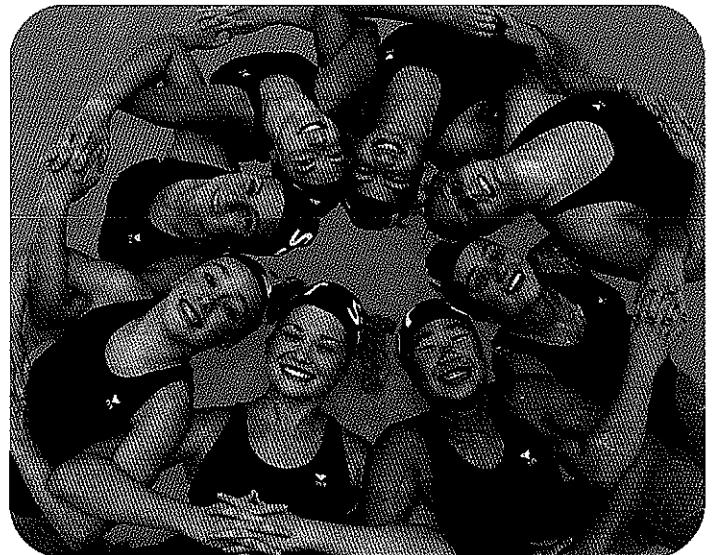
- No synchronized swimming experience necessary

**WHO:** Girls, 5-12 years of age

**DATES:** Every other Saturday 2/15, 3/1,  
3/15 and 3/22 3pm-4pm

**LOCATION:** Sacramento Central YMCA Indoor  
Pool  
2021 W Street, Sacramento

**COST\*:** \$65 YMCA Members  
\$85 non-members



**[ymcasuperiorcal.org](http://ymcasuperiorcal.org)**

**SACRAMENTO CENTRAL YMCA**  
2021 W Street, Sacramento CA 95818  
P 916.452.9622 E [mrosewood@ymcasuperiorcal.org](mailto:mrosewood@ymcasuperiorcal.org)

The Sacramento City Unified School District is not a sponsor, endorser or otherwise associated with the above. Permit Number W-204



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET IN THE GAME

## Winter Youth Water Polo League SACRAMENTO CENTRAL YMCA

Winter doesn't have to mean time out of the pool. With one practice a week, and scrimmages every Friday, you will learn to tread water, shoot, and navigate the game all while having fun in an indoor heated pool! Participants must be able to swim 25 yards (1 length of pool) unassisted.

- No water polo experience necessary
- Bring a friend for free to your 1st practice

**WHO:** 7-12 years of age, Co-ed

**PRACTICE:** Mon, Tue, Wed, or Thurs,\* 7pm-8pm  
February 3 - March 28  
*\*choose practice night at time of registration*

**GAMES:** Fridays - 7:00pm, Feb 14 - Mar 28

**LOCATION:** Sacramento Central YMCA Indoor Pool  
2021 W Street, Sacramento

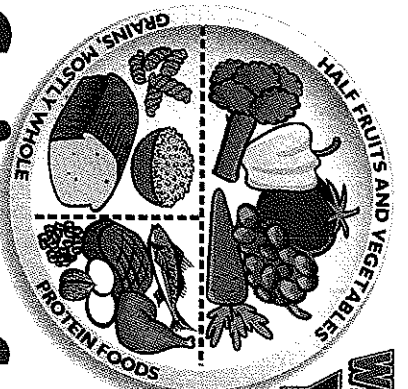
**COST\*:** \$92 YMCA Members  
\$122 non-members  
*\*Includes swim cap and t-shirt*



[ymcasuperiorcal.org](http://ymcasuperiorcal.org)

SACRAMENTO CENTRAL YMCA  
2021 W Street, Sacramento CA 95818  
P 916.452.9622 E [mrosewood@ymcasuperiorcal.org](mailto:mrosewood@ymcasuperiorcal.org)

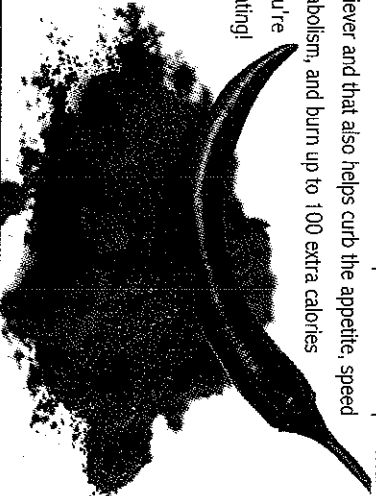




# What's on YOUR plate?

# Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you're done eating!



Learn more at [www.CHOOSemyPLATE.gov](http://www.CHOOSemyPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Thursday, February 27**

**Breakfast**  
Pillsbury Triple Berry French Toast

**Lunch**  
Salisbury Steak & Gravy  
Or  
Fernando's Cheese & Bean Whole Grain Burrito w/Taco Sauce

**Side:** Idahoan Mashed Potatoes  
Goldfish Pretzels

**Monday, February 17**

**PRESIDENTS DAY**

**NO SCHOOL TODAY**

**Tuesday, February 18**

**Breakfast**  
Apple Cinnamon Texas Toast  
**Lunch**  
**NEW!** Tyson Chicken Tenders Filets Or Savory Jennie O' Roasted Turkey Breast w/Turkey Gravy

**Side:** Idahoan Mashed Potatoes  
Whole Grain Roll & Jelly

**Thursday, February 20**

**Breakfast**  
Chicken Tortilla Crispito Wrap w/Salsa

**Lunch**  
House Baked Whole Grain Crust Wedge Pizza, Pepperoni Or Cheese

**Side:** Hot Corn Kernels

**Friday, February 21**

**Breakfast**  
Sunnyfresh French Toast Sticks

**Lunch**  
Rainbow Trout Melt on Whole Grain Bun w/Tartar Sauce Or Mozzarella Cheesy Bread Stick

**Side:** Campbell's Mega Noodle Soup

**NUTRITION 101**

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

**AT A STAY/NO RSELF FOR PARENTS**

**Monday, February 24**

**Breakfast**  
Pillsbury Blueberry Mini Waffles

**Lunch**  
Mandarin Orange Chicken Or Artisan Style Whole Grain French Bread Cheese Pizza

**Side:** Hawaiian Style Whole Grain Brown Rice

**Tuesday, February 25**

**Breakfast**  
Turkey Sausage Breakfast Bagel

**Lunch**  
**NEW!** Tyson Chicken Tenders Filets Or Sweet Baby Ray's BBQ Roasted Chicken

**Side:** Whole Grain Roll & Jelly  
Green Beans

**Wed., February 19**

**Breakfast**  
Bacon Scramble Square

**Lunch**  
Zesty Chicken Patty Sandwich on Whole Grain Bun Or BBQ Beef Rib-B-Q on Whole Grain Hoagie Roll

**Side:** Baked Potato Spuds

**Wed., February 26**

**Breakfast**  
Sunrise Pork Sausage Sandwich

**Lunch**  
Bow Tie Pasta w/Beef Marinara Sauce Or Cheeseburger on a Whole Grain Bun

**Side:** Baked Potato Spuds

**FLOO POWDER!**

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

- 1** Wash your hands frequently.
- 2** Cover up when you sneeze or cough.
- 3** If you do get sick, stay home.

**Friday, February 28**

**Breakfast**  
Pillsbury Mini Cinni Buns

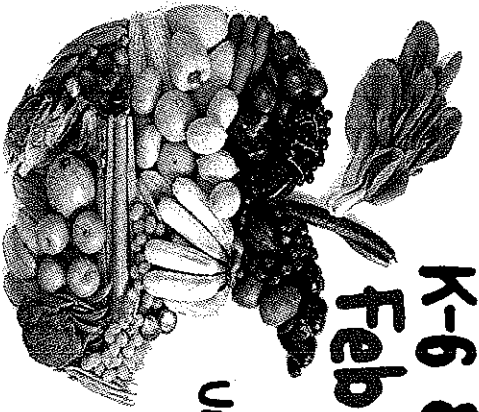
**Lunch**  
Crispy Breadcr Baked Chicken Or Trout Treasure Shapes

**Side:** Whole Grain Biscuit & Jelly  
Hot Corn Kernels

**SMOOCH!**

Every complete meal we serve comes with your choice of milk!

# K-6 & K-8 Menus February 2014



**Sacramento City  
Unified School District  
Nutrition Services**  
Brenda Padilla, MS, Director

This institution is an equal opportunity provider and employer. Menus subject to change.

Monday, February 3

**Breakfast**  
Pillsbury Blueberry Mini  
Waffles

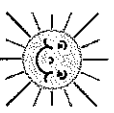
**Lunch**  
Mandarin Orange Chicken  
Or  
Artisan Style Whole Grain  
French Bread Cheese Pizza

**Side:** Hawaiian Style Whole  
Grain Brown Rice

## Daily Options for Breakfast

**Entrees:**  
#1-General Mill's  
Whole Grain  
Cereal Choices or  
#2-Daily Choice,  
(listed on the menu)

**And /Or**  
Breakfast Fruits Bar,  
Milk, Grahm Crackers



Tuesday, February 4

**Breakfast**  
Turkey Sausage Breakfast  
Bagel



Tyson Chicken Tender Filets  
Or  
Sweet Baby Ray's BBQ  
Roasted Chicken

**Side:** Whole Grain Roll  
& jelly  
Green Beans

**SIMPLE, SAFE  
& SECURE**

**LUNCH**  
\$2.00

**EZSchoolPay.com**  
Pay for meals  
on-line at  
[EZSchoolPay.com!](http://EZSchoolPay.com)

Wednesday, February 5

**Breakfast**  
Sunrise Pork Sausage  
Sandwich

**Lunch**  
Bow Tie Pasta w/ Beef  
Marinara Sauce  
Or  
Cheeseburger on a  
Whole Grain Bun

**Side:** Baked Potato Spuds

Thursday, February 6

**Breakfast**  
Pillsbury Triple Berry French  
Toast

**Lunch**  
Salisbury Steak & Gravy  
Or  
Fernando's Cheese & Bean  
Whole Grain Burrito w/Taco  
Sauce

**Side:** Idahoan Mashed  
Potatoes  
Goldfish Pretzels

**Available Daily**

Lunches include Garden Salad Bar & Milk—Non or Low-Fat, Unflavored

**Entree Choices:**  
Meatless: Both w/ Mozzarella Stick  
#1-Vegan Sunbutter & Jelly Sandwich  
#2 Yogurt Meal  
Other Hot lunch entrees:  
#3 (see monthly non-cheese options)  
#4 House-Made (see daily menu)  
Menu is Subject to Change

Wednesday, February 12

**Breakfast**  
Pancake Pork Sausage Wrap

**Lunch**  
Spicy Sichuan Chicken  
Or  
Beefy Manwich on Whole  
Grain Bun

**Side:** Hawaiian Style  
Whole Grain Brown Rice  
& Green Beans

Thursday, February 13

**Breakfast**  
Chicken Tortilla Crispito  
Wrap w/salsa

**Lunch**  
Popcorn Chicken Chunks  
w/ Lite Ranch or BBQ Dip  
Or  
House Baked Whole Grain  
Crust Wedge Cheese Pizza

**Side:** Hot Corn Kernels

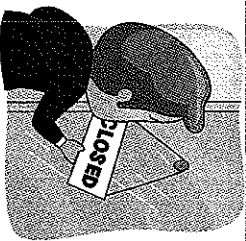
Friday, February 14

**Breakfast**  
Twin Quiches (Turkey  
Sausage, Egg & Cheese)

**Lunch**  
Kettle Cooked Saucy Beef &  
Cheese Taco w/ Taco Sauce  
Or  
**Hot Off the Grill!**  
Grilled Cheese Sandwich

**Side:** Campbell's Tomato  
Soup  
Whole Grain Tortilla Chip

Monday, February 10



**NO  
SCHOOL  
Today**

Tuesday, February 11

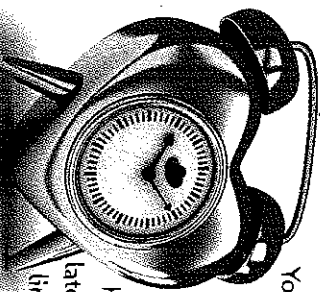
**Breakfast**  
Italian Turkey Sausage  
Breakfast Square



Tyson Chicken Tender Filets  
Or  
Don Lee Farms Whole Grain  
Crusted Corn Doggy

**Side:** Potato Smiles

## TRUST YOUR HEART.



Your heart knows: **WHAT TIME** you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**



Swans are one of the few animals that will mate for life!  
*Happy Valentine's Day!*

# KISS ME

MISS DIANE



Watch Miss Diane kiss a REAL LIVE PIG! All we have to do is meet our goal of \$5.00 per student!

## \$5.00

Dig through your pockets, lift up those couch cushions, ask grandma for her penny jar...

All proceeds will be used for school site technology needs, including a cart of Google Chromebooks.

The contest takes place every day at lunch and Kinder recess. The winner will be announced on Tuesday, Feb. 10th

# Quarter Crusades