



# Principal's Page

[www.chicagoparkschool.com](http://www.chicagoparkschool.com)

**Volume 12 Issue 03**

**September 20, 2013**

## **GARDEN CART VOLUNTEER NEEDED**

If you can spare a bit of time on Friday mornings during harvest time, we are in need of a parent volunteer to assist with our community garden cart. To find out more, please contact Mr. Zeisler in the school office.

## **LASSEN NAT'L PARK FIELD TRIP**

On September 11-13, the 6<sup>th</sup>-8<sup>th</sup> grade students embarked on a science adventure to Lassen National Park to enhance their studies on plate tectonics. The trip was a huge success, possibly paving the way for more outings in future years. A big thank you to staff members Mrs. Kohler, Mr. Ellis, Mrs. Fields, and Mrs. Winquest, for all their efforts leading up to and during the trip. Thanks also to the entire wonderful parent chaperones who donated the transportation and their time. We couldn't have done it without them!

## **HEALTHY SANDWICH IDEAS**

Sandwiches are always a popular choice for school lunch. Remember that meats, eggs, and dairy products are perishable, so be sure to use a freezer pack to keep them cold. Use breads, tortillas, or pita that are made from whole grains. Each sandwich should have a healthy protein source along with healthy toppings. Some ideas are:

- Tuna sandwich wrap with light mayonnaise, lettuce, and tomatoes
- Egg salad sandwich on whole grain bread
- Peanut butter sandwich with 100% fruit spread (for a different twist, wrap it in a tortilla)
- Lean sliced deli meat with light mayonnaise, mustard, and a slice of cheese tucked inside pita bread.

Enjoy!

## **CPS T-SHIRTS, SWEATSHIRTS, ETC**

We are ready to put together another offering of Chicago Park School attire. Dayna Wheeler has once again volunteered to spearhead the ordering process, but she needs some help. If you have any time to work with her on this school spirit building project, please let us know in the office as soon as possible.

## **PROGRESS REPORTS**

Progress Reports for six-week grades are being mailed home today for students in the 4<sup>th</sup> – 8<sup>th</sup> grades with a C- or below in one or more subjects. To keep up to date with all of your child's grades you may go to <https://homeaccess.njuhsd.com/homeaccess/>. If you have questions regarding Home Access or need a new password, please call the school office at the 346-2153. Please contact the office or your child's teacher if you would like to schedule a teacher/parent conference.

## **NO GLASS ON CAMPUS PLEASE**

Please do not send glass containers to school with your children. Accidents that leave broken glass present a safety hazard for everyone. We appreciate your cooperation.

## **CLASSICAL MUSIC PROGRAM**

Week of: Sept. 23-27

Composer: Beethoven

Piece: Simple Symphony No. 6 "Pastoral" 3. Allegro

Week of: Sept. 30-Oct 04

Composer: Byrd

Piece: Qui Passe

## **SEPTEMBER CALENDAR**

24—Cross Country @ Magnolia 4:15

Girls' Bball v. Yuba River @ Home 5:30

24-26 – Parent/Teacher Conference

Minimum Day (1<sup>st</sup> - 8<sup>th</sup> dismissal 12:30)

27 – Student of the Month 8:45

## **OCTOBER CALENDAR**

01 – Girls' Bball v Clear Creek @ Home 4:15

03 – Girls' Bball v Mt. St Mary's @ RS 4:30

04 – Girls' Bball v RS @ Home 5:30

08 – Cross Country @ Western Gate Park 4:00

08-10 – Girls' Bball Tournament Time and Place: TBA

10 – Board Meeting 4:30

11 – Cross Country @ NU 3:30

14-18 – Fall Break No School

24 – Picture Retakes

25 – Student of the Month 8:45

31 – Trunk or Treat 2:00

**Next Principal's Page – September 30, 2013**

**Article Deadline – October 04, 2013**