



Principal's Page

www.chicagoparksschool.org

Volume 11 Issue 02

September 07, 2012

PARENT CHECK-IN

In case you missed my talk at Back to School Night, I am asking all parents to sign-in when visiting our campus. In addition, if you would like to do a classroom visitation, you are always welcome, but please schedule it in advance through the office rather than just show up in the classroom. That way the teacher will understand the nature of your visit and there will be no interruption of teaching time.

HELPFUL TIPS TO GET CALCIUM

For breakfast:

- Try a breakfast smoothie using frozen fruit, yogurt and milk
- Eat cereal with milk

For lunch:

- Put cheese on sandwich
- Eat yogurt
- Dip veggies in a yogurt dip
- Snack on a cheese stick

For dinner:

- Top a baked potato with yogurt or shredded cheese
- Serve pasta with a milk-based sauce
- Vegetable salad topped with beans and shredded cheese
- Bean and cheese burritos or tacos

Best tip of all:

- Be a good role model by eating healthy and make sure you are getting the calcium you need.

NURTURED HEART

Continually confront your children with their successfulness. Noticing the things your children are doing (no matter how small or inconsequential they appear) that breed success, need to be commented on and reinforced all the time. This will go a long way in setting up the development of positive habits in life.

VOLUNTEER HELP

In our last Principal's Page we asked for volunteer help in three specific areas: a copy person, a webmaster, and help in our community garden. The response was wonderful! We now have a copy person, Sharlene Wilcox and Diane Bernhardt will be managing our website. We have several interested garden helpers who will soon be trained to maintain our garden area and provide nutritious fruit and vegetable snacks to our children once a week.

SCHOOL SPIRIT

Our sports program is in full swing starting with Cross Country and Girls' Basketball. The meet/game dates and times are listed on the calendar at the end of this Principal's Page. We encourage families to come to show their school spirit and cheer on our student athletes. Please remember, when attending games that we are school of character and good sportsmanship is a must. When you attend a meet/game please be respectful to the referees and clap for all athletes who try hard, even if they are not on our team.

PTA CORNER

The PTA is looking for volunteers to help with the following:

Boxtops: Looking for a parent or two to help with collecting and redeeming box tops.

Volunteer hours: 1-2 hours a month.

eScrip: Looking for 2-3 parents to help sign up parents for eScrip. Duties would include sending out reminders via principal newsletter and Friday folders, registering parents and family members with eScrip and grocery cards. Volunteer hours: 2-3 hours month depending on # of volunteers involved

PTA Website: Looking for a volunteer to update and maintain the PTA website. Duties would include updating calendar events, posting PTA meeting minutes etc. Volunteer hours: 1-2 hours a month.

Contact Cyndi Peach for more information @ 530-575-2155

CLASSICAL MUSIC PROGRAM

Week of: Sept. 10 – 14

Composer: Debussy

Piece: Deux arabesques No. 2 Allegretto Scherzando

Week of: Sept. 17 – 21

Composer: Britten

Piece: Simple Symphony 2. Playful Pizzicato

SEPTEMBER CALENDAR

- 10 – Girls' Bball vs MSM @ Home 4:00
- 11 – Cross Country @ Lyman Gilmore 4:00
- 12 – Girls' Bball vs YRC @ Home 4:00
- 13 – Board Meeting 4:30
- 17 – Girls' Bball vs CC @ Home 5:15
- 18 – Cross Country @ Magnolia 4:00
- 19 – Girls' Bball vs RS @ Home 5:15
- 20 – Cross Country @ Loomis 4:00
- 24 – Girls' Bball vs GVC @ Home 4:00
- 26 – Girls' Bball vs MSM @ Home 5:15
- 27 – Cross Country @ Colfax 4:00
- 29 – PTA Fundraiser @ Montoliva 6:30

OCTOBER CALENDAR



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- 01 – Girls' Bball vs YRC @ Home 4:00
- 02 – Cross Country @ Empire Mine 3:45
- 03 – Girls' Bball vs RS @ Ready Springs 5:15
- 04 – Cross Country @ Gateway Park 4:00
- 08 – Girls' Bball vs CC @ Home 4:00
- 09 – Cross Country @ Wiemar Hills 4:00
- 11 – Board Meeting 4:30
- 11-12 – Girls' Bball Tournament @ NU TBA