

GOLDEN HILLS ELEMENTARY SCHOOL

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2400 Via Canela

Oroville, CA 95966

(530) 532-6000



Principal: Carol Brown

<http://goldenhills.palermoschools.org/>

February 2010

2010 Census

In February, a 2010 Census form will be mailed to every household. The amount of funding our school district receives from the Federal Government will be determined by our Census. Therefore, it is very important that the census in Palermo be accurate. Please be sure to fill out and return your Census Form. Please ask your neighbors to do the same. If you need help filling out your form, there will be a Questionnaire Assistance Center set up at Palermo School from 3/19/10 through 4/19/10 to assist you.

SCNAC
(Sierra Cascade
Nutrition & Activity
Consortium)



February- Grapefruit

February's Harvest of the Month featured produce is grapefruit. Grapefruit is a large citrus fruit that is categorized as blonde, pink or ruby. This tangy and sweet fruit is best during the winter and early spring time. They are easy to eat for breakfast. Just cut it horizontally and spoon it up right into your mouth! This month's featured books are How Groundhog's Garden Grew and Edible Schoolyard.

Power Up with Breakfast

Breakfast fuels your child's body with nutrients and energy that are vital for learning and playing throughout the day. Powering up with breakfast in the morning helps your child focus in school, get better test scores and remember what was learned. If time is the issue when it comes to eating breakfast, consider preparing breakfast the night before. Stock your kitchen with quick-to-fix breakfast foods such as cold cereal or oatmeal and top it with fresh fruit.

Univ. of CA Cooperative Extension



This month your child will continue to learn about the importance of the milk group foods and their role for developing a healthy body. Milk group foods build strong bones and teeth. Milk, yogurt and cheese are the best sources of calcium along with dark leafy green vegetables such as spinach and soy beans.

Is reduced-fat chocolate milk a recommended milk substitute for your child?

If your child will not drink plain milk and prefers soda or juice, chocolate milk is better than soda. Milk contains protein, vitamins, and minerals such as calcium, Vitamin D, and riboflavin-that soda does not contain. If chocolate milk is served instead of high-sugar drinks, then it is a good choice. Adding a small amount of chocolate to plain milk is a better choice than store bought chocolate milk. A fruit smoothie would be another great choice.

If you would like more information on nutrition and recipes, please contact the University of California Cooperative Extension office at 530-538-7201. Ask for Kristy Bresette-Bergson.

****TIP:** Low-fat and fat-free milk products have the same calcium and nutrients of full fat milk products, but with half the fat leading to a healthier lifestyle. Look for milk products that advertise low-fat, fat free, non fat, 1%, or 2% milk fat!



The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact local Food Stamp Program offices at 78 Table Mountain Blvd. Oroville, CA Ph# 538-7711 or 2445 Carmichael Dr. Chico, CA ph# 879-3479. This material was funded by USDA's Food Stamp Program.

OROVILLE UNION HIGH SCHOOL DISTRICT ADVISORY COMMITTEE

The Oroville Union High School District has formed a District Advisory Committee (DAC) that is investigating the possibility of restructuring Las Plumas High School and Oroville High School. All meetings are open to the public. All DAC agendas and minutes will be posted on the district's website (ouhsd.org). Meetings for February and March are:

- 2/3 Public presentation of the recommendations that will go to the Board for a public hearing on February 17, 2010 at the board meeting at 6:00pm at Prospect High School
- 2/17 Public hearing held on the DAC recommendations at the board meeting at 6:00pm at Prospect High School
- 3/3 Board takes action to accept or deny the DAC recommendation at the board meeting at 6:00pm at Prospect High School



- Feb. 5th: Donuts for Dad...Celebrate with us by eating breakfast with your child at 8:00 in the Golden Hills Eagle's Café
Adults: \$1.75; Children: \$1.25
- Feb. 8th- Feb. 11th: Intersession
No School!
- Feb. 12th Lincoln's Birthday
No School!
- Feb. 15th President's Day
No School!
- Feb. 16th: PTG Meeting in A3
- Feb. 18th: School Spelling Bee at 1:00
- March 5th: End of Second Trimester
- March 9th: Spring Pictures! ☺
- March 12th: Report Cards Go Home
- March 29th-April 3rd: Easter Break

California now offers "Healthy Families" complete health insurance for your children and teenagers.
For more information, call 1-800-880-5305