

GOLDEN HILLS ELEMENTARY SCHOOL

2400 Via Canela

Oroville, CA 95966

(530) 532-6000



Principal: Carol Brown

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

November 2009

Message from the Principal

We have already completed one trimester of school this year! The teachers at Golden Hills are looking forward to parent conferences 11/16 through 11/20. Parent/Teacher Conferences are a chance for you to find out how your child is doing in school and to find ways to better meet your child's educational needs. Please work with your child's teacher to find a good time to meet! This is very important in your child's education! We're hoping for 100% parental attendance!

SCHOOL SITE COUNCIL

The following people are the members of the 2009-2010 School Site Council:

President: Ronda Rodriguez, Parent
Vice President: Diane Waite-Boswell, Parent
Secretary: Anna Johnson, Teacher
Additional Members:
Carol Brown, Principal
Ruthie Allen, Parent
Melissa Rosales, Parent
Jan Sykes, Teacher
Carla Wiemers, Other Staff Member

Thanks for volunteering your time!



JOG-A-THON

Just a reminder....turn in your jog-a-thon money! REMEMBER...If we collect \$5000 schoolwide, Mrs. Brown will work all day on the roof of the bathroom (It's the only flat roof we have.). ALSO...if your class collects \$600 you can throw a pie in your teachers face. So hurry and get those pledges turned in.

SCNAC

(Sierra Cascade Nutrition & Activity Consortium)

November- Peppers

Peppers are November's Harvest of the Month featured produce. Did you know that peppers also contain 200%-300% more vitamin C than citrus fruits? Spice it your favorite dishes like quesadillas, stir fry's, spaghetti, pizza and salads by adding some sweet or hot peppers. This month's featured books are *The International Cookbook for Kids* and *Alexander the Great Vegetable Feud*.

Healthy Eating for the Holiday-

Make sure the only one stuffed this holiday is the turkey! Here are a few tips to have a healthy and satisfying holiday meal. 1) Don't arrive on an empty stomach 2) Offer to bring a healthy dish like broccoli coleslaw or tossed salad 3) Avoid excess snacks and wait for the main meal 4) Take small portions - moderation is key 5) Eat slowly and enjoy the meal 6) Leave the table when you are done.



THANKSGIVING LUNCH

Please join us for a Thanksgiving Lunch on November 20th, between 11:45 and 12:35. If you arrive between 11:45 and 12:00, please collect your child at his/her classroom and let your child escort you to the cafeteria. ENJOY!



- Nov. 6: End of 1st Trimester
- Nov. 12: School Assembly...Levi BarGil Dance Assembly: Preventing violence at schools through Dance.
- Nov. 16 thru 20: Parent Conference Week—School ends at 1:15 each day.
- Nov. 20: Thanksgiving Lunch at 11:45 in the Golden Hills Cafeteria
- Nov. 23 – 27: NO SCHOOL (Intersession and Thanksgiving Holidays)
- Dec. 1: School Site Council...3:00 in GH Conference Room

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