

GOLDEN HILLS ELEMENTARY SCHOOL

2400 Via Canela

Oroville, CA 95966

(530) 532-6000



Principal: Carol Brown

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

October 2009

Message from the Principal

I consider this newsletter an important means of communication between the school and the parents. I often hear that parents aren't aware of upcoming events, events that have already happened, or other information; although it has been stated in the newsletter. Please help me teach your child/children to be responsible in providing you with the monthly newsletters. One idea is, as an incentive, set up a special family event (such as, watching a movie together, making sundaes, or reading a book together) every time your child remembers to hand you the newsletter.

You can expect a school newsletter to come home in English and Spanish at the beginning of each month. Another newsletter called Firm, Fair & Consistent will come home in the middle of the month, also in English and Spanish. If you do not see a newsletter come home, please feel free to pick one up in the school office.

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 " Please check out Golden Hills' website by going to <http://goldenhills.palermoschools.org/> "
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 " This address will always be found at the top of each newsletter. We hope you enjoy the website! "
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SCNAC (Sierra Cascade Nutrition & Activity Consortium)

October- Zucchini

October's Harvest of the Month featured produce is Zucchini. Zucchini can be eaten raw or cooked – you can even eat the skin. Try zucchini bread, dip zucchini sticks in a low fat dip, grill vegetable shish kabobs or add raw zucchini to a green salad for a tasty green treat. This month's featured books are *I heard it from Alice Zucchini* and *Earth*.

Healthy Halloween Tip: Remind your kids that candy is a sometimes food and should be eaten in moderation. Set a candy limit that will help prevent stomach aches and dental cavities. Some Healthy Treat alternatives include string cheese, trail mix, peanuts in the shell, cheese and crackers, vegetables and dip, baked pumpkin seeds, dried fruits and nuts and pretzels. Non food items like stickers and crayons are also great ideas.

RED RIBBON WEEK ACTIVITIES

Monday: Shade Out Drugs -- Wear your shades to school and wear red clothes
Tuesday: Sock it to Drugs -- Wear crazy socks to school
Wednesday: Team Up Against Drugs -- Wear sports team shirts
Thursday: Drugs and Eagles Don't Mix -- Opposite/Mismatched Day
Friday: Doing Drugs is Crazy – Wear your Halloween costumes or just dress CRAZY!!!!

DID YOU KNOW?.....

Signing your child out of school early 5 min. everyday is equivalent to missing 15 days of school...10 minutes daily is equivalent to missing 30 days of school...15 minutes daily is equivalent to 45 days!

Even signing your child out early 5 minutes just once a week means your child is missing the equivalent of 3.16 days!

Please try to schedule doctor and dentist appointments during our school breaks or during non-school hours. We value your child's education!



- **Oct. 1: 6:00pm - Accountability Report to the Board...Parents are welcome to attend. We will discuss last year's STAR scores and this year's plan to continue increasing student scores.**
- **Oct. 5-Oct.9: INTERCESSION...No School**
- **Oct. 15: We will be participating in The Great CA ShakeOut by having an Earthquake Drill at 10:15am.**
- **Oct. 26 – 30: Red Ribbon Week (See activities listed)**
- **Oct. 30: Halloween Parade 9:00am– Wear your costume to school for the parade. Bring regular clothes to change into. DO NOT bring costume accessories that must be carried. No weapons...No gory makeup, like blood.**
- **Nov. 6: End of 1st Trimester**
- **Nov. 16 thru 20: Parent Conference Week—School ends at 1:15 each day.**

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