

## MR. SHACKELFORD

September and October have raced by and we are driving quickly into November.

Red Ribbon Week was a great success despite the fires. The PTA did a great job in putting things together for the week and the students know how to say "NO" to drugs.

The first trimester will be winding down mid-December and report cards will be coming home the week of December 20. Our students are doing great!

As we move into the holiday seasons of eating and parties, I thought that I would devote a portion of this column to a topic that has been growing in importance at the school and in our classrooms: Namely the new law regarding wellness.

A little background is in order. The California State Legislature recently passed laws that affect the food that can be served to children at school, whether it is by our cafeteria or treats brought in by parents. IN a nutshell, it PROHIBITS any form of junk food, candy or carbonated drinks. As you may have recently read, studies have shown that 34% of American children are overweight, with 17% being classified as obese.

The wellness policy adopted by our district to support this law is available for your perusal on the District's website under: [http://www.iusd.org/board\\_of\\_education/board\\_policy/adminregs/ar3551.htm](http://www.iusd.org/board_of_education/board_policy/adminregs/ar3551.htm)

I am enclosing pertinent information entitled "Food and Beverages for Fun and Healthy Parties." This list will assist you in putting together healthy snacks if you are a room mother planning classroom parties or a parent wanting to bring in classroom treats. Keep in mind that if you bring in snacks outside the guidelines, teachers may not be able to give them out (examples: cake, cupcakes, cookies, donuts, pop, sugar drinks, candy, etc.).

The following page has a few suggestions as you begin to think about school party planning.

I have already witnessed room parents bringing in individual student snacks for Harvest parties, enclosed in separate Ziploc bags containing fruit chunks, grapes, and cut up vegetables that the kids loved! Perfect!

As we approach the Thanksgiving holiday we here at Stone Creek would like to express how thankful we are to have such active support from the parents and families that attend our school. Stone Creek is a great place to be a student and teacher, and the families and parents are a huge part in creating that atmosphere. We appreciate your support and input.

Happy Thanksgiving!



## CALENDAR REMINDERS

- 11/12 – No School – Veterans Day
- 11/13-12/3 – Families Forward Gift Drive
- 11/15 – Entertainment Book Fundraiser Begins
- 11/21 – PM Kinders Special Early Day (8-11:20)
- 11/22-11/23 – No School – Thanksgiving Holiday
- 11/27 – Pizza Day
  - Character Matters play – Morgan @ 10:45
- 11/28 – PTA Meeting @ 8:30
  - Grade 2 to Centennial Heritage Museum
- 11/29 – Make-up Picture Day
  - Entertainment Book Fundraiser Ends
- 11/30 – Character Matters play – Sperber @ 10:05
- 12/3-12/7 – Holiday Boutique @ MPR
- 12/3 – Grade 4 to Environmental Nature Center
- 12/5 – School Site Council Meeting – 2:45
  - Grade 5 to Environmental Nature Center
- 12/7 – END OF FIRST TRIMESTER
- 12/10 – Grade 4-6 Meet the Musicians Assembly
- 12/13 – Family Fundraiser Night – Ruby's
- 12/14 – First Trimester Awards Assembly
- 12/17 – Character Matters play – Long @ 9:00
  - Character Matters play - Sutton @ 10:30
- 12/19 – PTA Meeting @ 8:30
- 12/20 – Eagle Express/Principals Newsletter
  - Report Cards Home
- 12/21 – Minimum Day 1:15 Dismissal Grades 1-6
  - PM Kinders Special Early Day (8-11:20)
- 12/24-1/4 – No School - Winter Recess
- 1/8 – Classes Resume

**Food and Beverages**  
**for Fun and Healthy Parties**

At all school function (parties, celebrations, receptions, festivals, meetings, etc) healthful food options promotes student, staff and community wellness. Below are some examples of nutritious food and beverages which kids love and are easy to prepare.

- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, mangos, apples, etc.
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Cereal and low-fat milk
- Fruit leathers (all fruit no sugar added)
- Applesauce cups
- Frozen fruit juice pops with fruit juice or fruit as the first ingredient
- Trail mix (dried fruit and nuts) (**Be aware of nut allergies**)
- Peanut butter with apple wedges or celery sticks (**Be aware of nut allergies**)
- Fruit smoothies made with fat-free or low-fat milk
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party Mix of variety of cereals, nuts, pretzels, etc
- Baked chips with salsa and low-fat dips
- Pretzels or reduced fat crackers
- Low-fat muffins, granola bars, and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits.
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Low fat frozen yogurt, ice cream, sherbets
- Fat-free or low-fat pudding or Jello cups
- Popcorn (low-fat)
- Rice/popcorn cake topped peanut butter
- Low-fat and skim milk and soy milk fortified products
- Pure ice cold water
- 100% fruit or vegetable juice

**COMPUTER NEWS FLASH**  
**FROM MRS. HARLAN**

Did you know that now you can locate a book in the Stone Creek Library catalog from your home computer? Go to <http://destiny.iusd.org> . Click on *Stone Creek Elementary School* to see our library's homepage. From this page you can visit your classroom teacher's website, online textbooks, other library sites and many reference sites. Click on the *Catalog* tab to see the online book catalog. Search for a book by author, title, keyword, subject, series, or lexile. You can even search for a book from any other school library in the district. Younger students might enjoy the visual search option.

World Book Encyclopedia is also available online. The address is [www.worldbookonline.com](http://www.worldbookonline.com). The user login is **irvinewb**, and password is **reference**. Click on World Book Kids for primary students.

Save yourself time by placing your Scholastic book and interactive games orders online. Ask your teacher to post the latest catalog online and for login information. Visit <http://pcool.scholastic.com/parentordering/login.jsp>.

**STUDENT COUNCIL**

Congratulations to our newly-elected Student Council officers for 2007-2008! They are: President Reed Hamilton, Vice President Evan Mahoney, Secretary Hannah O'Connor, Treasurer Reagan Trussell, and Parliamentarian Lacey Smith.

**ANNE WANTS YOU TO KNOW**

**Lunchroom Employees Needed**

The Nutrition Service Department needs people to work in the lunchrooms in the Irvine Unified School District. Work close to home and short hours while your children are in school, and be paid at the same time. Contact the Nutrition Service Office (949-936-6520) for more information.

**Independent Study Contracts**

If your child is going to be out of school for a minimum of five days, please speak with your teacher or Rita Larios in the office about an independent study contract. Contracts must be set up prior to the first day of the extended absence.