

Kenwood School Newsletter

Principally Speaking

October 17, 2018

As our school year moves quickly toward the conclusion of our first trimester, I would like to remind all of our parents of two very important topics as we near the end of October.

Our annual Halloween Parade will take place on Wednesday, October 31st beginning at 9:00 a.m. All children are welcome to dress up in costume (though this is optional) for our brief parade around the primary playground. We ask that costumes remain appropriate to an elementary school environment and that any toys are meant to simulate a weapon be kept at home, please. If you have questions regarding your child's costume, please feel free to talk with his/her teacher prior to the day of the parade. We ask that children please bring a change of clothes to school so that they may change out of their costumes and have appropriate school clothes for the remainder of the day.

Secondly, our annual Kids' Campaign will be wrapping up at the conclusion of the month. If you have not had the chance to be a part of this important fund drive as yet, please consider making whatever contribution you are comfortable with, prior to the end of October. Please note that your contributions to the Kenwood Education Foundation support programs that we value for our children: teaching assistants in all classrooms, music, band, art, library, physical education and technology. Our goal is to reach 100% in terms of family participation, which would be of great assistance to the Foundation and to our school in seeking matching donations from grants and businesses. As always, thank you for your ongoing support!



Dogs on Campus

On school days, dogs are not permitted on campus between 8:00 a.m. and 4:00 p.m. without the permission of the principal or school office.

Thank you.



Picture retake day is on Thursday, October 25th. Please return the entire photo package on October 25th if you want your child to have his/her picture retaken. Thank you.

AT & T Mark the Spot App Information

A parent has brought to our attention that there is an app from AT&T called AT&T Mark the Spot that allows you to report cell dead zones, dropped calls, etc. Some people have reported success from using the app near Glen Ellen. It seems to work best if there is a concerted effort from a group of people. The links are below:

iPhone: <https://itunes.apple.com/us/app/at-t-mark-the-spot/id338307313?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.att.android.markthespot>

Windows phone: <http://www.windowsphone.com/en-us/store/app/at-t-mark-the-spot/8d16256d-d32a-4330->

Upcoming Events

- 10/17 Grades 1 & 2 to Tolay Regional Park, 8:40-1:15 p.m.
- 10/19 Grade 4 Field Trip to Sturgeon's Mill, 8:45-1:30
- 10/19 KSA Mother/Son Campfire at Sugarloaf State Park, 5:30-7:30 p.m.
- 10/25 Picture Retake Day
- 10/26 K and Grade 6 Field Trip to Santa Rosa Pumpkin Patch, 8:30-11:30
- 10/31 Halloween Parade 9:00 a.m.
- 11/12 Veterans Day Holiday: No School

Wednesday Dismissal Time: 1:30 p.m.

Attendance Line Phone Number: 341-0102

Thank you for donating to the KEF KIDS Campaign!

Courtney King and Ryan Korb

Cheryl Ghisla

Harry and Megan Seller

Cusick Family

Chris & Gabriela Tonelli

Bob Bales

Cutright Family

Coleman Family

Amy & David Seyms

Regina Rolland

David and Olga Komar

Miles Fender

Jodie Spanger

John and Krista Holden



Kenwood Harvest of the Month: PEARS

Health & Nutrition

The beauty of pears is more than just skin deep. Pears also possess these fine nutritional points:

- Low in calories
- Contain no fat, cholesterol or sodium
- A delicious source of energy (carbohydrates)
- High in fiber
- A good source of vitamin C
- Contain natural antioxidants



Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It also helps eliminate toxins from your digestive system.

Quick Snack Ideas

- **Wrapped Pears** - Wrap fresh Bartlett pear wedges with slices of cheese and salami or luncheon meats for a tasty treat.
- **Pear Snacks** - Cut unpeeled fresh Bartlett pears into wedges, dip one end in yogurt and dip in chopped toasted nuts, roasted sunflower seeds, or coconut.

Recipe: Pear-Pumpkin Oatmeal

Delicious and simple, this breakfast recipe is full of flavor, fiber and Vitamin A

Ingredients

- 1-2 Pears. Cored and chopped into bite sized pieces (peel or leave skin on).
- 2/3 cup pumpkin puree
- 1/2 tsp. pumpkin pie mix
- 2 cups quick cook oats
- 3 1/2 cups water
- Pinch salt
- Chopped nuts (pecans or walnuts work best for this recipe)

Directions

Combine water, salt, spices and canned pumpkin in a pot and heat to a boil. Stir in oats and pears and reduce heat to medium low; continue cooking for approximately 3 more minutes. Remove from heat and allow to sit for 2 minutes.

Just the Facts

- There are more than 3,000 varieties of pears worldwide. Ninety-eight percent of all pears grown in the United States are grown in California, Oregon, and Washington
- The Bartlett pear variety is America's favorite pear.
- Pears ripen better off the tree and from the inside out.
- Pears are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.



Kenwood School Garden Club Announces Market Sale



The Kenwood School Garden Club will be holding a Market Sale on Monday, October 22 from 2:30-3:30 p.m. at the picnic tables near the entrance at the front of the school.

Featured products include a variety of organically grown, freshly harvested heirloom tomatoes, carrots, and tomatillos.



wiseGEEK

KSA presents

MOTHER/SON



CAMPFIRE

THIS EVENT WILL BE HELD

FRIDAY, OCTOBER 19th, 5:30-7:30

SUGARLOAF STATE PARK

DINNER, FRIENDS, FUN & S'MORES