

# Kenwood School Newsletter

## Principally Speaking

November 7, 2018

Dear Parents,

I would like to share with you a temporary change in our schedule that our staff has discussed previously, and have decided to try out for a two week period this year, beginning on Monday, November 26 through Friday, December 7<sup>th</sup>.

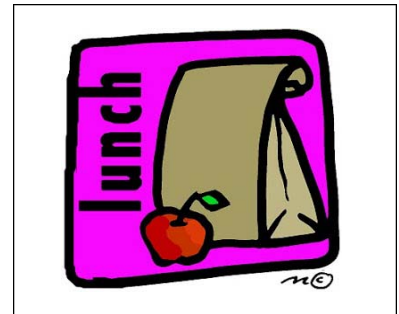
We will be switching our usual lunch recess routine during this two week trial period. Students in grades 1-6 will begin the noon period with a 25 minute recess break, to be followed by a designated lunch period that will begin at 12:25 and continue until the students return to class at 12:45.

I have read the research on this scheduling “shift,” as well as consulting with a local school in Santa Rosa that has made this a permanent change in their schedule. It is our goal to determine whether a “*recess before lunch*” schedule better serves the overall needs of our students.

The research I have read notes that “Recess before lunch can boost students’ appetites and make them more likely to eat the foods they need to fuel the rest of their day. Recess before lunch also offers students the opportunity to wind down from physical activity rather than speed through their meal in order to have more time to play. Lastly, by increasing consumption of selected fruits and vegetables, recess before lunch can decrease cafeteria waste because more of the fruits and vegetables that students take are actually eaten.”

After this two week trial period, the staff (teachers, instructional assistants, school chef, and support staff) in consultation with students and parents, will evaluate this “experiment” and determine whether we feel this would be a beneficial change in the long term for our students.

If you have any questions regarding this temporary schedule change with our lunch period, please feel free to contact me or your child’s teacher. As always, thank you for your support.



### **Lost and Found:**

Many items have been placed on the “Lost and Found” rack at the end of the main hallway. During Thanksgiving Break, all remaining items will be donated to a local charity.



**November Contracts are out and ready to be completed! You can find them at Cougar Club, The Front Office and online at [www.kenwoodschool.org](http://www.kenwoodschool.org). Contracts were due FRIDAY, November 2nd.**

## Upcoming Events

- 11/8 Board of Trustees Meeting, School Library, 4 p.m.  
11/12 Veterans Day Holiday: No School  
11/19-11/23 Thanksgiving Break: No School  
11/26 Kindergarten Extended Day Begins with New Dismissal Time of 1:30 p.m.  
12/4 8:30-1:30 Grade 5 to Sugarloaf State Park  
12/10 Grade 1 Field Trip to Luther Burbank Center, 8:30-11:15 a.m.

Wednesday Dismissal Time: 1:30 p.m.

Attendance Line Phone Number: 341-0102

## Parent/Teacher Conferences

11/7

11/13, 11/14, 11/15, 11/16

Early Dismissal at 1:30 p.m.

## Thank you for donating to the KEF KIDS Campaign!

Courtney King and Ryan Korb	Peg Vancini	Rebekah & Mike Brett
Cheryl Ghisla	Connie and Jeff Stocks	Yolanda Montijo
Harry and Megan Seller	Tina and Joe Saxsenmeier	& Frank Kofsuke
Cusick Family	Mia Davidson	Damon & Sally Doss
Chris & Gabriela Tonelli	Matt and Lisa Clawson	Bastian & Mira Schoell
Bob Bales	Jeremy and Asia Jagdfeld	Javier & Christine Tenorio
Cutright Family	Jonathan Akre and Sarah Gordon	Wooden Spoon Kitchen
Coleman Family	Charlie and Peggy Ensley	Stoecker Family
Amy & David Seyms	Travis Garrett Tree Service	Myles McMonigle
Regina Rolland	Jennifer Palladini	Alania Lindquist
David and Olga Komar	Abigail Peterson	
Miles Fender	Val Phelan	
Jodie Spanger	Rebecca & Marcus Porrino	
John and Krista Holden	Pat Alexander	

Hi families!

Kenwood School is putting on a canned food drive for the month of November. There will be three barrels outside the office. We will be welcoming anything non-perishable, but no glass. The event will end on November 30th. If you are stumped about what to bring, look at the Shopping Guide down below! Thank you!

Sincerely,  
Lillian Lindquist  
Student Council Vice-President

## Annual Food & Funds Drive - Shopping Guide -

Tuna and canned meats, peanut butter, low sodium soups and stews, whole grain rice, pasta, and oats, dry beans, low sugar cereal, canned fruits and vegetables, low sugar granola bars.

**- NO GLASS PLEASE -**

**To donate funds, visit [refb.org](http://refb.org).**



(707) 523-7900 | [refb.org](http://refb.org)  
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