

Kenwood School Newsletter

Principally Speaking

October 23, 2019

Dear Parents,

I would like to remind all of our parents that students are not to be using a cell phone on campus without prior permission of the office or your child's teacher. Students with medical concerns that may require having a cell phone with him/her must be cleared through the office.



I have reminded all students in our upper grade classes that neither students nor adults on campus are permitted to take photos or videos of children without the prior permission of the child's parents. Please help us to enforce this safety issue by reiterating this conversation with your child (ren) at home.

As always, thank you for your support of our school as we do our best to provide a healthy and safe environment for all of our students.

Upcoming Events

10/24 Grade 3 Field Trip to Bouverie Preserve in Glen Ellen, 9:30-1:45

10/25 K & Grade 6 to SR Pumpkin Patch, 8:30-11:30

10/31 Halloween Parade, 9 a.m.

11/4-8 Food Drive Class Competition

11/4-15 Food Drive

11/5 Picture Retake Day

11/5 K Field Trip to RV Library, 9:40-11:30

11/6 School Site Council Meeting at 1:45 p.m. in the School Library

11/7 Rainbow Garden Field Trip to Sonoma County Wildlife Rescue Center, 8:35-11:00

11/7 Grade 5 Field Trip to Sugarloaf State Park, 9-2

11/11 Veterans Day—No School

11/18-11/22 Teacher/Parent Conferences, 1:30 p.m. Early Dismissal

11/25-29 Thanksgiving Break—No School

12/2 Kindergarten Extended Day Begins: Dismissal at 1:30 p.m.



Cougar Club News

One of our goals as a school community is to continue to try to implement programs and ideas that would be beneficial for our families. At the start of our current school year, we introduced before school child care at our Cougar Club to families who were interested in this program. Unfortunately, after a 10 week trial period, we do not have enough participants to justify the continuation of this program beyond Thursday, October 31st. I appreciate the efforts put forth by our Cougar Club Supervisor (Mrs. Koval) to introduce this program to our families.

November Contracts are out and ready to be completed. Please turn in by Friday, November 1st. Thank you!

Parent Notification:

Recently a case of head lice was found at our school in the second grade. Head lice are extremely small, brown, black or grayish-white insects. The eggs are attached to the hair follicle and look like a clear, tiny dewdrop. They usually are found in the back of the neck at the hairline and behind the ears. Eggs are attached very tightly and must be removed with a fine comb. If you would like more information about the process of looking for signs of lice and/or nits, please contact Suzanne in the school office at (707)833-2500.

Picture Retakes are on Tuesday, November 5, 2019.

If you would like your child's picture to be retaken, please bring your original package on Picture Retake Day.

Lost and Found Rack

Please check the Lost and Found Rack at the end of the main hallway. The rack is full of lost items.

Main Office: 833-2500
Attendance Line: 341-0102
Cougar Club: 833-4383
Rainbow Garden Preschool: 833-6551

Parent Reminder:

Wednesday

Dismissal Time is

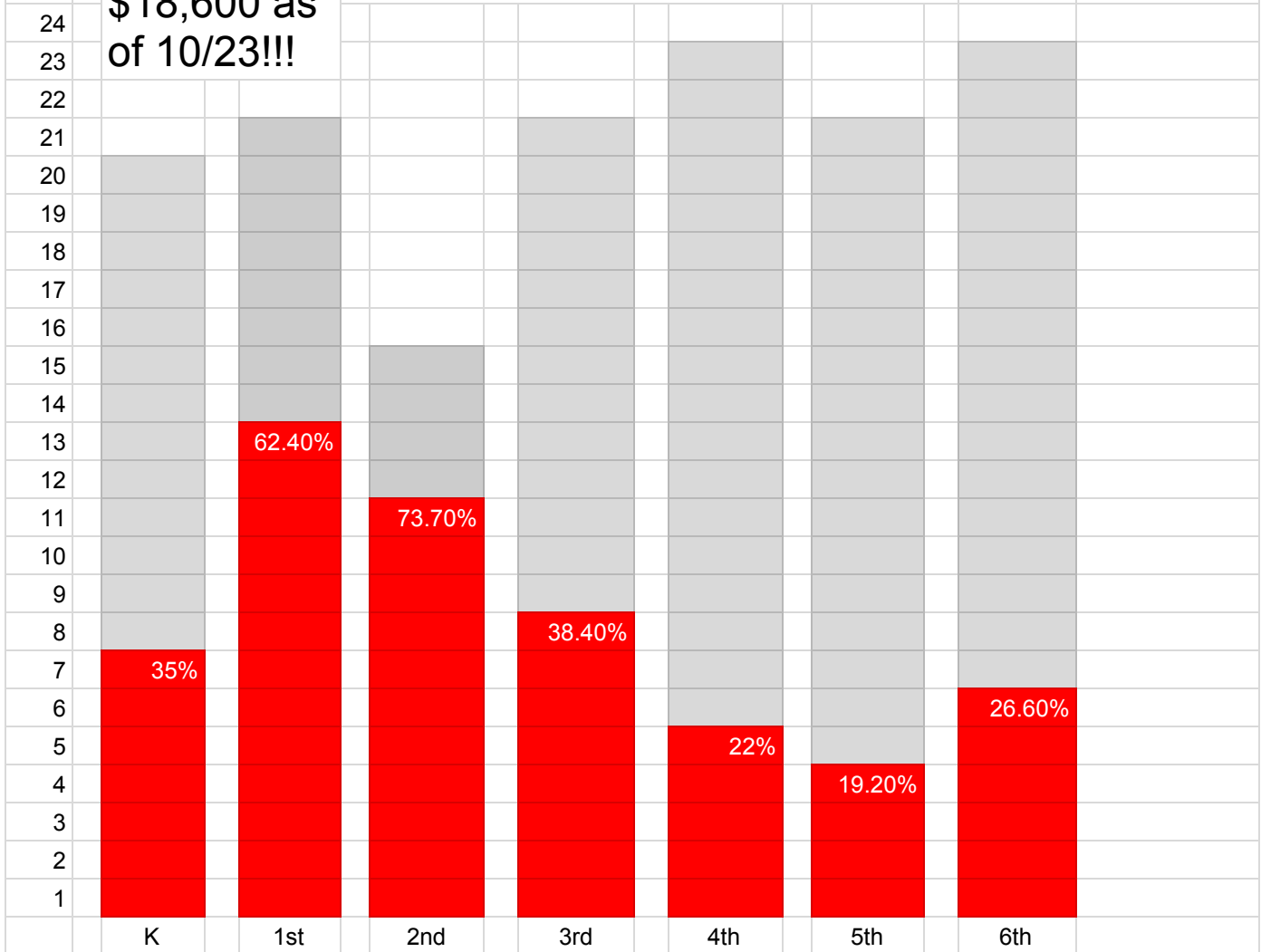
1:30pm

KIDS Campaign 2019-2020

Contest runs through Oct. 31st. The class with the highest % wins a pizza party!!

We'll host multiple parties if there is a tie!!

\$18,600 as of 10/23!!!



Thank you to our donors!

Karen Shields	Lopata Family	Pat Alexander	Schielein Builders
Seyms Family	Harry and Megan Seller	Maggie and Evan Howland	Peg Vancini
Elizabeth Brunner	Nazar Eljumaily	CJ and Regina Rolland	John and Jen Powell
Vadilene R. Silva	Will Ivancovich	Alex and Ann Peters	Connie and Jeff Stocks
Jeremy and Asia Jagdfeld	Travis Garret Tree Service	Robin and Doug Stoecker	Coleman Family
John and Krista Holden	Jon Akre and Sarah Gordon	Medak Family	Hamilton Family
Ryan Korb Courtney King	Ben and Julie Gulson	Christine Burlaga	Kimball Family
Cusick Family	Dean and Aby Bordigioni	Vogler Family/Wooden Spoon Kitchen	Javier and Christine Tenorio
Tom and Kellie Everidge	Lindquist Family	Stich Family	Thomas-Grant Family
Misty and Joe Platt	Brian and Ashley Cutright	Wyatt Family Dental Care	Ralitsa F. D'Orazi
Saxsenmeier Family	Eric and Candace Gilliland	Mike and Rebekah Brett	Dave and Olga Komar

Kenwood Harvest of the Month: Lettuce

This commonly eaten vegetable is full of vitamins, minerals and phytonutrients. Let us celebrate Lettuce!

Lettuce is a cool-weather loving crop that provides a lot of nutrition without the added calories. Its high water and fiber content aid the digestive process and it is also an excellent source of:

- Vitamin K (bone and brain health)
- Vitamin A (powerful antioxidant)
- FOLATE (B Vitamin important for cell growth and metabolism)
- Antioxidants that protect against cell damage and various disease



Snack Ideas

- **Lettuce boats** - use lettuces such as romaine or little gems and get creative with fillings like tuna salad or taco mix.
- **Give sandwiches** extra crunch (and nutrients) by garnishing with lettuce leaves.
- **Salad**- add chop veggies, cooked beans or grains and protein for a complete meal that is filling and full of nutrition.

Recipe: Favorite Vinaigrette

This recipe is simple enough that kids can make it and flavorful enough that the whole family can enjoy. When kids have ownership of the food being served they are more likely to eat those foods and try new things.

Ingredients



- Clove garlic, peeled and smashed
- 1 tsp honey
- 1/2 tsp salt and pepper to taste
- 2 tbsp balsamic vinegar
- 1 tbsp apple cider vinegar
- 1/4 cup olive oil

Add all ingredients **except oil** to a small mason jar, cover tightly and shake well.

Just the Facts

- 3.8 million tonnes of lettuce is grown in the USA each year with 71% of being grown in California
- The 5 types of lettuce include: Crisp, Romaine, Leaf, butter and stem lettuce. There is also a variety grown for seed that produces into a cooking oil used in other countries. Each type has many varieties.

November 2019 Kenwood School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Full Price: \$4.00 Lunch Reduced: \$1.00 Salad Bar Only: \$3.00 Adult Lunch: \$5.00 Adult Salad Bar: \$4.00 Milk: \$.50				1
				Chow Mein Chinese Noodle & Vegetable Stir-Fry -Potstickers -Salad Bar & Fruit
4	5	6	7	8
Cuban Sandwich w/ham, pickles, Swiss cheese & mustard -Fruit Salad -Salad Bar & Fruit	Taco Bar -Soft shell tortillas -Meat/Veg option -Rice & toppings -Salad Bar & Fruit	Cheese Burgers w/roasted potatoes Optional toppings -Salad Bar & Fruit	Breakfast for Lunch -French Toast -Breakfast Meat -Granola & Yogurt -Salad Bar & Fruit	Pork Adobo w/rice Slow-Cooked Garlic Pork -Seasonal Vegetable -Salad Bar & Fruit
11	12	13	14	15
No School - Veterans Day 	Cheese Enchiladas Tortilla topped w/red sauce -Chips & Salsa -Salad Bar	Roasted Turkey with Cornbread Stuffing -Green beans -Salad Bar & Fruit	Spaghetti w/Meatballs Or Vegetarian Marinara -Garlic Bread -Salad Bar & Fruit	Cheese Tortellini w/pesto sauce -Garlic Bread -Salad Bar & Fruit
8	19	20	21	22
Meatball Sandwich or Veggie Sandwich -w/Marinara -Caesar pasta salad -Salad Bar & Fruit	Cheese Quesadillas -Rice -Guacamole -Chips & Salsa -Salad Bar & Fruit	Chicken Tikka Garlic, Tomatoes, & Indian Spices w/ steamed rice -Seasonal Vegetable -Salad Bar & Fruit	Breakfast for Lunch -Waffles -Breakfast meat -Granola & yogurt -Salad Bar & Fruit	Hot Dogs w/optional toppings -Roasted Potatoes -Salad Bar & Fruit
25	26	27	28	29
No School	Thanksgiving	Break	Happy Thanksgiving! 	No School