



# The Superintendent's Update

January 23, 2012

## NEWS FROM KELLY

**Happy New Year!** 2012 has arrived and CUSD is as busy as ever. Below are just a few of the highlights of the many things happening around our District:

**Board Workshop Focused on Technology:** At our first 2012 Board Workshop, staff and community members alike were impressed with the technological innovations happening around the district. **Marilyn Rees, Ann McLean** and **Neal Dow** staff shared the Neo program they are piloting. **Pleasant Valley High School** science teacher **Ray Barber** shared several innovative techniques he uses in the classroom, including the virtual field trip. He also demonstrated how he records and posts his lessons so that even students that miss class do not have to miss the information. **Inspire** Instructor **Rachel Iufer** shared how she has "flipped" how she teaches, having students view lectures at home and utilize class time for supervised practice, allowing students to get help when they most need it. **Chico High** teacher **Mike Bruggeman** shared the amazing work being done by his Computer Assisted Drafting (CAD) students.

**School Calendar:** At our most recent January 18, 2012, CUSD Board Meeting, there was much discussion about the school calendar. After hearing from the members of the public that were present, the Board gave direction to staff to look at some additional options. Those options can be found on the following link:

<http://www.chicousd.org/Departments/Superintendents-Office/HOT-TOPICS/index.html>

**Congratulations to Jane Dolan:** Ms. Dolan was recently selected by CSEA Chapter 110 as their choice to serve on the CUSD Personnel Commission. Ms. Dolan's appointment was approved by the Board at their January 18, 2012, meeting and she will assume full duties in February. Welcome aboard Jane!

**Congratulations to CUSD Supporter Rory Rottschalk:** **Rory Rottschalk**, was recently named the Chico Chamber of Commerce Volunteer of the Year. This tops off an extraordinary year for Rory as he was also recognized by Rotary with the Paul Harris award and by CUSD with the December Superintendent's Award. A common face around CUSD, he first became involved as a student mentor at Rosedale Elementary. He now heads up a Community/District Leadership group called Team 10. He is also helping to develop and implement a community model for stewardship, work that has already brought him to the attention of leaders in our state capitol.

## REMEMBRANCES

**Kathy Haines:** Ms. Haines was an integral part of Chico High from 1964 until her retirement in 2000. She served as a PE teacher as well as girls' basketball coach, softball coach, and Athletic Director (1987-2000). Chico High was a big part of Kathy's life and she loved to reminisce about Chico High students and faculty. Kathy was also a driving force in interscholastic sports for girls in California. In the early 70's, when Title 9 was ushered in, Kathy was part of the statewide implementation of competitive interscholastic teams for girls. She was honored by the California

Interscholastic Federation for her significant involvement. Kathy served as CHS basketball coach (1973-1985), softball coach (1975-1998), as well as athletic director. Kathy was involved in athletics not only at CHS but within the Northern Section and CIF as well. Kathy was not one for a lot of words but her focus was working to improve and develop the players. Sadly, Kathy passed away after recent battles with cancer and complications from diabetes.

**Pat Wismer:** Ms. Wismer was a long-time Chico High English teacher and mentor to many of her fellow colleagues. Wiz, as many knew her, introduced her students to photography and graphic design, as well as being integral in honing students command of the English language and ability to think and communicate quickly and clearly. She was an institution at Chico High - a stern, but caring woman, who was full of opinion and loved a good debate. She passed peacefully, surrounded by her two cats, Muff and Tuff (Morning and Thunder are their proper names, as tribute to her favorite restaurant, here in Chico).

## NEWS FROM EDUCATIONAL SERVICES

**Secondary Staff Development:** Secondary Math teachers met Wednesday, January 4 at the CARD center to evaluate CUSD Essential Standards and Learning Targets by course. Teachers were able to explore Learning Targets from each site and attach each Learning Target to an Essential Standard. In addition, **Michelle Sanchez**, from the Butte County Office of Education, shared an overview of the new Common Core standards. Math teachers will get back together soon to build connections between the current Essential Standards and the Common Core.

**Vertical Articulation:** Junior High and High School English teachers planned and participated in a vertical articulation meeting on Wednesday, January 11 at Chico Junior. Spearheaded by Marsh Jr. High teacher **Kurt Rix**, the meeting brought 8<sup>th</sup> grade teachers together with 9<sup>th</sup> grade teachers to explore and discover strategies the two groups can utilize to make sure CUSD students are prepared for success in English when they get to Chico High, Inspire or Pleasant Valley. The teachers discussed utilizing common terms across English courses in the district, writing skills 8<sup>th</sup> grade teachers could address that transition well to high school writing and many more strategies to help CUSD students.

**The Third District-wide Staff Meeting** was held on January 11. English and Math teachers were asked to compare results from the Student Progress Assessment (SPA) the students took in November to the results from the original SPA test in August. The goal was to discover areas where teachers are having success and share the strategies that led to those successes with subject-alike teachers from around the district. Teachers in all other subject areas worked on tasks related to their subjects – learning targets, assessments, technology, etc.

**Charter Schools:** The district received Proposition 39 requests for facilities from Nord Country School, Forest Ranch Charter School, Wildflower Open Classroom and Sherwood Montessori in November. By law the district is required to make preliminary facilities offers to any charter school that requests space if that school can prove it will have 80 average daily attendance from students that would otherwise attend Chico Unified schools. The district must make the preliminary offers by February 1.

**California High School Exit Exam (CAHSEE):** Results are now in Aeries and Cruncher for the November CAHSEE. The next administration of the CAHSEE will be February 7 and 8, 2012, for all students in grade 10, and for students in grades 11 and 12 who have not yet passed. CAHSEE results may be found at [California High School Exit Exam \(CAHSEE\) Results](#).

**The California English Language Development Test (CELDT):** CELDT results came in and approximately 1,350 CELDT reports were mailed to parents this week. The CELDT data is available in Cruncher. It will be uploaded into Aeries when Aeries updates their file layout within a few weeks. The CELDT is given each year to students identified as English learners during July through October. Our CELDT examiners just finished annual CELDT testing. The CELDT has three purposes: (1) to identify students who are limited English proficient; (2) to determine the level of English language proficiency of students who are limited English proficient; and (3) to assess the progress of limited English proficient students in acquiring the skills of listening, reading, speaking, and writing in English. More about the CELDT program may be found at <http://www.cde.ca.gov/ta/tg/el/>.

**STAR Testing:** Annual training for STAR Site Coordinators will occur on February 15 in the Large Conference Room. The dates for the STAR Writing Test in grades 4 & 7 will be March 6 and 7, 2012. The STAR multiple-choice testing window will begin on April 16, 2012. The 2011 STAR test results were released on August 15 and may be found at <http://star.cde.ca.gov/star2011/>. An informational overview of all STATE TESTING PROGRAMS may be found at: Chart of California Assessment System

**Physical Fitness Testing:** The Physical Fitness test window begins February 1 for students in grades 5, 7 and 9. Jennifer Bevers and Mike Morris met with secondary PE teachers and 5<sup>th</sup> grade teachers who administer the state Physical Fitness test to introduce an electronic data collection option. One advantage of the electronic spreadsheet data system is that teachers can immediately determine student progress toward meeting healthy fitness standards. At least nine CUSD schools will be piloting the electronic spreadsheet data system this year.

**District-wide Student Progress Assessments:** The next administration of the Student Progress Assessments elementary and secondary is taking place from February 21 through March 2. Secondary teachers reviewed results at the January 11 district-wide meeting. Grades 2-11 were assessed in English and Math at the beginning of the school year to establish a baseline for measuring progress in the learning. An overview of the district's assessment system may be found at: [CUSD Assessment](#).

**Common Core Math Standards Math Professional Development:** K-12 teachers interested in the 2012 Teacher Leadership Academy, *Building a Bridge to the Common Core Standards* with the CSU, CHICO MATH PROJECT should visit [www.csuchico.edu/cmse](http://www.csuchico.edu/cmse) for more information. Kick-off is Saturday, March 10 (8:00-4:00), Summer Residential Institute June 11-21 (8:00-4:00), Follow-up Saturday, October 6 (Mount Lassen Math Council Conference).

## NEWS FROM BUSINESS SERVICES:

**Escape Online5 is LIVE!** The new automated business system is up and running. Payroll successfully completed their first payroll (albeit a small one) using Escape Online5, the new system. January end-of-month paychecks will be the first regular payroll generated using the new software. New technology has arrived! We are no longer manually calculating employee pay. While the vast majority of calculations were able to be replicated with automation, some employee situations are beyond computer logic and will require hand calculation. The payroll staff has been diligently reconciling payroll comparisons for every employee to ensure checks will be accurate. Remember, effective January 1, 2012, new payroll tax schedules go into effect so you may see some variances in your net pay.

Along with payroll, all other business (Accounts Payable, Purchase Orders, Employee Management, etc.) are also online live January 1. This new technology will be coming to each school site starting July 1. Stay tuned for implementation and training information. Starting July 1, 2012, NO MORE 5 PART PURCHASE ORDERS! Business will be done online with online approvals, going instantly to the purchasing department. Account access will also be available at the site level as well as reporting and reviewing budgets.

Thank you to **Pete Van Buskirk**, the conversion Project Manager and Guru who worked tirelessly through a swift and whirlwind implementation. Additional Thanks and Congratulations to the **Business Office, Payroll, Human Resources, and IT staff** for all their hard work, patience, and hours dedicated to getting this conversion done on time! Job well done to you all!

**The Butte Schools Self-funded Programs JPA** (your medical insurance administrator) periodically conducts informative Webinars on all sorts of enriching and healthy lifestyle topics. The list of upcoming Webinars is listed below. Registration is easy - just send an email to [bssp@bcoe.org](mailto:bssp@bcoe.org) and in the subject line request the specific Webinar or call the JPA at 532-5837. Please visit the BSSP website for other useful information about your health insurance at: <http://www.bcoe.org/bssp/>

Dear \_\_\_\_\_,

Donuts for breakfast, candy bar for lunch? Eating on the run? Does this sound familiar?

Join us for our free webinar on the benefits of nutrition and the importance of making informed food choices to develop and maintain sound eating habits. The workshop will review:

- What food your body needs for optimal health
- How to navigate foods and food marketing based on sound nutrition advice
- How to manage weight, energy and long term health with nutrition guidance
- The 2010 Dietary Guidelines issued by the USDA and HHA



It's not too early to register for our webinars -- just click on the dates below to register!

February 15: Identity Theft -- Prevention and Resolution

March 21: Communication Skills for the Workplace

April 18: Managing Your Money in Tight Times

May 16: Understanding Health Savings Accounts

June 20: Advanced Directives

**Maintenance and Operations (M&O)**: M&O was busy during the holiday break at Pleasant Valley High removing furniture from the 19 portable classrooms (I-Wing) in preparation for construction of the new classrooms. A group of five custodians (**Bea Pollesel, Jason Griffis, Jordon Gilbert, David Nemat-Naser, David Philips**), and **Jerry Hoyt** of M&O began unloading the furniture from the 19 classrooms. We would like to thank the teachers involved in these moves for their cooperation. They were very professional in helping us accomplish our goal of emptying

the rooms in the six days we had. Special thanks to **John Carver, Renee Spaggiari, and Steve Bouttote** and the **PV custodial staff**, for months of planning and getting the move organized.

While that was going on, other M&O team members were preparing rooms T-1 and T-2, (the portables moved from Hooker Oak to PV), for classes beginning on Monday, January 2. This took total collaboration of all our trade groups to get accomplished. Again, thanks to all involved for a job well done.

**HVAC News:** Coming in February, Air Care Plus, a comprehensive energy efficiency HVAC company, will be checking all the HVAC units in the district. Partnered with PG&E, the Air Care Plus program provides a no-cost diagnostic tune-up service to commercial customers who want to save money, improve HVAC system performance, and reduce their impact on the environment. On average, customers save approximately 2,200kWh annually per unit. This translates to about a \$340 per unit savings a year. The program is funded by California utility customers and administrated by PG&E under the auspices of the California Public Utilities Commission. PG&E commercial electrical customers with HVAC packaged or split systems between three and sixty tons are eligible for the program. After their initial diagnosis, Air Care Plus will return this summer and team up with our HVAC techs to fine tune the efficiency of our HVAC units. Thanks to Tino Nava, our PG&E Business Customer Field Representative, for helping to facilitate this service.

**Information Services--Aeries Teacher and Parent/Student Portal:** The look and feel of Aeries used by parents, students and teachers will be changing. Aeries will be unifying the interfaces so there is similarity between the administrative portal and the teacher/parent/student portal. This will give teachers more information from Aeries and it will help staff and IT support the system as the interfaces will be the same look and feel. The parent/student portal may come this spring with the teacher portal being upgraded this summer.

**Information for Low-Income Families about Computers and Internet:** Computers for Classrooms has an ongoing program for low-income families that wish to purchase a computer and broadband internet service. For \$125.00 a family can get a Windows 7 based system with Microsoft Office 2007. This system comes with a mouse and keyboard as well as an LCD monitor. Families can also qualify to purchase low-cost broadband internet for \$9.95 a month with no set up fee. For more information contact Computers for Classrooms at: (530) 895-4175 or visit their website at <http://www.computersforclassrooms.org>



**Printing to the copy machines (MFP) from Your Computer:** When you print to one of the copiers a new pop-up screen will appear on your computer. This is called the **uniFLOW client** and it will allow you to choose which cost center to use for your print job. Click on the desired cost center to choose it. In the example below a cost center is circled in red.

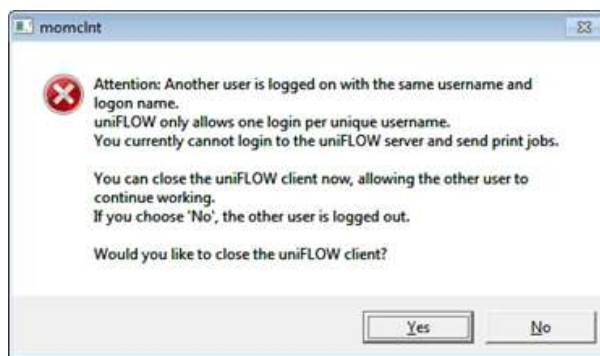




After you click on the desired cost center it will then show up at the bottom of the uniFLOW pop-up (see below). Click on the OK button to finish and print.



**Attention: Another User is logged on:** If you log into more than one computer (i.e. your desktop computer and a computer in the library or lab) or if your computer is equipped with more than one network interface (such as wired cable connection and wireless on a laptop), we have had many reports of the following pop-up happening (**Note:** In most cases you want to choose “No” on this screen.):



**Nutrition Services:** Nutrition Services has food focus groups scheduled at each of the secondary sites to help determine the items that will go on the new menu that starts February 17. The objective of the group is to have a diverse group of students that would not interact on a daily basis. They will taste 20 new entrée items and as a group will work through the likes and dislikes of each product. They will also be instrumental in assisting Nutrition Services on how we can better serve our guests every day for breakfast and lunch. The objective for us is the

students will be our advertisement as they discuss the upcoming changes with their peers. The food focus groups become a great tool for the students as they are encouraged to share ideas and work as a group to problem solve real life situations.

**Summer Meal Program:** Nutrition Services is in the beginning stages of organizing a Summer Meal Program. The program will start right after school is out for the summer and run through the last Friday before school resumes for the 2012-13 school year. The program offers a free breakfast and lunch to any child under the age of 18 years old. It is a wonderful program that allows us to remain an active part of the community throughout the summer.

**Healthy Tamale Fundraiser:** As overweight and obesity rates continue to rise, it is imperative that families make their health a priority. In 2009, nearly one-third of California Latinos were categorized as obese. The obesity rate was 12% higher among Latinos than all other California adults. *Network for a Healthy California (Network)* and Let's Move! Chico strive to create innovative partnerships that empower low-income communities to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet-related chronic diseases.



Let's Move! Chico in collaboration with Rosedale PTA hosted a successful Healthy Tamale Fundraiser on Thursday, December 15. Rosedale mothers, Rosedale Parent Liaison **Ana Nava** along with the Let's Move! Chico Coalition Organizer and CNAP Dietitian, **Carol Lams** made healthy tamales by replacing lard with grape seed oil, canola and adding spinach, at the Tacos Cortez Community Kitchen. The nutrition lesson for the mothers was to understand how small changes to their traditional cooking styles can have a large impact on health. This event not only helped raise school site dollars, it provided health education for some of our Latino families and allowed healthy food items at their Winter Celebration for the Rosedale families. All 300 tamales sold out in minutes. Thank you to the Rosedale mothers and **Tacos Cortez** for allowing the use of their kitchen in an effort to prepare safe and healthy food items for this event! And Thank you Carol Lams!

**KUDOs to the Transportation Department:** The California Highway Patrol awarded Chico Unified School District a Certificate of Achievement for

**10 Consecutive Satisfactory Ratings  
Since DECEMBER 3, 1993**

*There is established in the California Vehicle Code a biennial motor carrier safety compliance inspection program to be conducted by the California Highway Patrol. That program, known as the Biennial Inspection of Terminals (BIT) Program, requires all motor carriers operating trucks from terminals located in California to undergo an inspection of each operational terminal to rate their compliance with applicable laws and regulations relating to motor carrier safety.*

*This is to certify that this terminal has achieved consecutive satisfactory safety compliance ratings as indicated above. The California Highway Patrol congratulates this terminal on this meritorious achievement and recognizes the commitment to highway safety demonstrated by the personnel responsible for the operation of this terminal.*

#### NEWS FROM HUMAN RESOURCES:

**CSEA, Chapter 110 Negotiations:** The District and CSEA, Chapter 110 negotiations teams met on January 10. The District provided a response to the Chapter's most recent proposal. Later in the day, the Chapter provided a comprehensive proposal that merged previous proposals and added some new issues. We continue to discuss issues such as the assignment of overtime, personal necessity days, vacation time and holidays. The new issues were a request from the Chapter for one-time lump sum reimbursement for all members on a pro rata basis for changes in health care coverage and for changes in the procedures for processing grievances. The teams scheduled their next meeting for January 31 but the District has requested to reschedule that meeting due to a conflict.

**Chico Unified Teachers' Association (CUTA) Negotiations:** The current agreement between the CUTA and the District states, in part, that;

*"Not later than February 1, the CUTA and the District shall exchange their initial proposals for the next school year(s). The proposals shall be presented to the Governing Board at the next meeting of the Board."*

The District is in the process of gathering input to complete our initial proposal. We will have that ready to share with CUTA in the next two weeks.

The CUTA and CUSD negotiations teams will meet on Tuesday, January 24 to review "obsolete" language in the collective bargaining agreement and determine what to do with such language.

**Spring Break 2012:** Spring break for this school year will occur **MARCH 19-23, 2012!!!!**

**2012-2015 Student Calendar:** At the January 18 meeting of the Board of Education, there was a great deal of discussion about the options for the student calendar for the next three (3) years.



Parents, staff and students spoke to the Board expressing their preferences. These options can be found at:

[www.chicousd.org/Departments/Superintendents-Office/HOT-TOPICS/index.html](http://www.chicousd.org/Departments/Superintendents-Office/HOT-TOPICS/index.html)

The Board took no action as this was a “discussion only” item on the agenda. This topic will come back to the Board at their meeting on February 15 as an action item. It is anticipated that they will vote on and select the student calendar at that meeting.

The Board remains very interested in receiving feedback from parents, students and staff on this topic. We recognize that our school calendar affects students, staff, parents and the community. We want thoughts and ideas from a wide variety of people in order to provide the best possible schedule for all our students. Stakeholders are asked to provide input regarding what they like about the current calendar and/or to suggest improvements for the new proposal. To express your opinion, please email CUSD at:

**[schoolcalendar@chicousd.org](mailto:schoolcalendar@chicousd.org)**

For more information please contact: Bob Feaster 891-3000 x142

#### NEWS FROM SCHOOL SITES:

**ROP CAD Engineering:** Eight ROP students in **Mr. Bruggeman's** CAD Engineering class recently teamed up with Russell, Gallaway Associates, Inc. on a project for Sierra Nevada. The students are working on a solid model CAD project for the new Sierra Nevada water treatment facility. They have met with Matt Gallaway and project engineers from Sierra Nevada to help design models of the new facility. The computer models will be made into actual scale models produced on one of two rapid prototypers the engineering students have available to them in the CHS lab. Recently, Mr. Gallaway arranged for all eight of the students to visit the job site and meet with the engineers. The students were given a specialized tour that included a visit inside a chiller room, the construction site of the future water treatment facility, as well as the opportunity to see the undersides of the fermenting tanks. The processes of reusing resources, from capturing steam to giving spent grains to the local farms, were also explained to the students, with emphasis of recapturing energy to be reused in many forms. Mr. Gallaway intends on having the students build models for other new expansions he is already designing for Sierra Nevada.



Another very large project is with the Butte County Office of Governance. They placed a 15 million dollar Request For Proposal (RFP) for a project in Butte County to facilitate our public bus system. Chico High ROP (which includes students from Pleasant Valley High School as well) was included in the RFP. **Andy Newsum**, the Director decided he wanted the ROP students to be a part of this entire project so he requested that the awarded architect must participate with the ROP students. He provided funding in the grant to assure this would happen. Since then **Mike Bruggeman** has had architects from all over California visiting his classroom and meeting the ROP students. They have all been very excited and cooperative about working with the ROP students. ROP students have seen some very cool projects, including the entire new design of the light rail project from San Francisco to San Jose. They were shown the entire Revit design of the new Oakland station. Eventually, TLCD Architects of Santa Rosa was awarded the projects. On Thursday, January 19, three senior ROP students will begin Web Cast seminars with **Guy Messick** and TLCD. Guy has set up a system in his network to include the students on all web cast design meetings. The students will be given tasks to complete as part of the overall project. Guy will visit the students and personally check on their progress once per month. We are very thankful to people like Matt Gallaway, Andy Newsum and all our local industry partners for taking the risk to include our high school students on real world projects. These projects have excited students and increased the interests of all Architecture students at both of our local high schools.

**CHS Literary Magazine (*Seven Eights Under Water*) has been recognized by Columbia University's 2012 Crown Award!** A total of 1,351 newspapers, magazines and yearbooks published during the 2010-2011 academic year were eligible for judging in the 2012 Crown Awards Program. The grand total of all Crowns to be presented in 2012 consists of 56 magazines, 56 newspapers and 92 yearbooks. The print entries were judged at Columbia University on December 17-19, 2011. The online entries will be judged in January 2012. Scholastic Crown Award finalists will be presented with either a Gold or Silver Crown Award during CSPA's 88th Annual Convention. The CSPA is an international student press association uniting student journalists and faculty advisers at schools and colleges through educational conferences, idea exchanges and award programs. Owned by Columbia University since 1925 and operated as a program associated with its Graduate School of Journalism, the Association offers three major services: 1—annual competitions and awards for members, including the Crown Awards, 2—planning two conventions (one national, one regional) and a week-long summer workshop at Columbia, plus 3—small press publishing activities to support magazine articles published as part of its website and one to two books per year. Gold Crowns have been awarded annually since 1982, and Silver Crowns have been given since 1984. Edmund J. Sullivan, executive director of the CSPA, will present plaques to those winners attending the Convention. Remaining awards will be mailed beginning March 26. CHS Literary Magazing advisor Laura Carey is hoping to take as many students as possible to the spring conference in New York this year. Last year they took four students, and the experience was deeply educational and inspiring for all involved. This year they have an additional 30 students who are putting together a new online features magazine, *Currents*, and a TV news broadcast, *Sonar TV*, as well as the stage production of spoken word, *The Underwater Cafe*, and the radio show and podcast, *Underwater Air*. Already this year the editors have interviewed Vanessa Diffenbaugh who wrote *The Language of Flowers*, famous slam poet George Watsky, and the fabulous David Sedaris who only granted one interview when he visited Chico, and that was to the CHS Associate Editor. (Mr. Sedaris was so impressed by our magazine, and the students he met after his performance, that he donated \$500 to *Seven-Eighths Under Water*!)

**Beginning Japanese:** CARD is offering an afterschool Beginning Japanese language and culture class to all 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade students beginning the end of January. The class will be taught by a Chico State student in the language department under the guidance of the Language Chair and will be located on the **Marigold Elementary** site. Additionally, **Bidwell Jr. High** will offer Japanese through the BLAST program and **Pleasant Valley High School** currently offers Japanese. This class is the perfect entry level language class that will give children an advantage when they choose to continue at the Jr. High and High School levels.

**Shasta Updates:** A lot was accomplished at Shasta over the winter break. Projectors were mounted on the ceilings of all classrooms to be used with Elmo or lap top computers. **Zack Kaye** completed his Eagle Scout Project which included removing the old flag pole and installing a beautiful new one. He and his team also installed three new benches. These items will each have a plaque to honor four teachers that retired last year including: **Ann Finney, Chris Gobba, Diana Aldridge and Kathy Kelly.**

**McManus Thanks Mom's Restaurant and Chico Sunrise Rotary:** McManus was the lucky recipient of two VERY generous donations this month: **Chico Sunrise Rotary** applied for and received a literacy grant which they awarded to McManus Elementary. The total funds between the grant and the club match are **\$4,410!** This money will be used to buy new books for our library and incentives for our AR reading program which promotes and encourages students to read both at school and home. In addition, the Sunrise Rotary Literacy project for McManus this year includes: funding for "Chico Reads" member volunteers tutoring at McManus, giving a children's' book to their guest speakers each week that they donate to our McManus library, and 3rd grade dictionary distribution this spring. Each month **Mom's Restaurant** 'adopts' a Chico School in an effort to foster the relationship between their business and the community by encouraging the educational development of Chico youth. In this program students are awarded a 'Mom's' bookmark for every 5 books they read which can be redeemed for a free kid's meal. Furthermore they feature an item known as the 3+2+2 meal. Every time a guest orders this item, they donate \$2 to a local school. McManus was the featured school for the month of December and received a donation check for **\$1,040!!** THANK YOU **Chico Sunrise Rotary** and **Mom's Restaurant** for your generosity!!

## CUSD IN THE NEWS

### Enterprise Record

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### News and Review

[It's parliamentary, sort of](#)

# DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Sure, volunteers can have a tremendous positive impact on their community and their fellow human beings. But the benefits are by no means a one-way street. Serving as a volunteer has been shown to improve



the big number

26

The percentage of Americans who volunteer has held steady around 26% for the last five years.

self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. Plus volunteering builds community by bringing people together who might not otherwise ever come in contact with one another, forging a crucial network of connections between volunteers, their neighbors, and community organizations. And volunteering is a great family activity and a fantastic way for parents to model positive behavior for kids and show them firsthand how they can make a difference in the world. For these reasons and many more, volunteer service is a wellness win-win!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our District Nutrition Services Department. Check out [www.chicousd.org](http://www.chicousd.org) and click on the Nutrition Services Department for more information.*



# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"DO IT FOR YOU, TOO"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

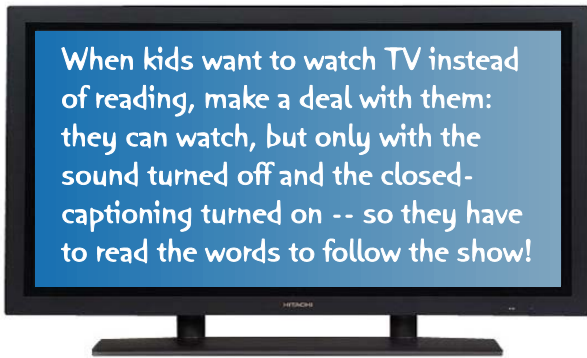
### COUSCOUS

Many kids have never heard of this tiny, round pasta, much less tried it. Couscous tastes like other pasta varieties, but it's most often served as a side dish (like rice) or with beef, fish, or veggie stew spooned over it, because it's so good at soaking up sauce and juices.



## LEARN EASIER

When kids want to watch TV instead of reading, make a deal with them: they can watch, but only with the sound turned off and the closed-captioning turned on -- so they have to read the words to follow the show!



## PLAY HARDER

Too tired to exercise after a hard day of school or work? Well, exercise is exactly what you need to pep up! A quick, vigorous walk or half an hour on an exercise bike is a powerful pick-me-up that will actually give you MORE energy for the rest of the day.



## LIVE HEALTHIER

Whether you live in a warm or cold part of the country, there's far less daylight in winter than summer -- and that can have a profound effect on our health and well-being. Some people even suffer from a condition



known as "seasonal affective disorder," which can cause severe anxiety, sadness, and fatigue. One good practice to avoid or lessen winter blues is to get outside for at least a little bit of time each day. Stretch, walk, play with the dog -- maybe even indulge in a friendly snowball fight to get the blood pumping!

## What goes up keeps going up.

With apologies to Sir Isaac Newton and the laws of physics, we're here to tell you that gravity does not apply to healthy eating. When kids "eat up," their health goes up, their energy goes up, and their grades go up, too. Because when kids regularly eat balanced, nutritious meals, they pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, including free and reduced-price meals for families who qualify. Convenient, economical, healthy School Meals. Eat up!

**School Meals**  
*We serve education every day™*

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