



The Superintendent's Update

May 24, 2012

NEWS FROM KELLY

Class of 2012: Congratulations to the graduating seniors from **Chico High School**, **Fair View High School**, **Inspire School of the Arts & Sciences**, and **Pleasant Valley High School**! Fair View kicked off graduation ceremony season with great emotion and celebration as they honored **93** graduates at their ceremony held this year at Neighborhood Church. Thank you FVHS Principal **Dave McKay** and the FVHS staff for their amazing work year long that resulted in such a positive outcome for these students. Inspire School of Arts and Sciences held their first graduation ceremony ever at Laxson Auditorium where they honored their **46** graduates. The student talent was on full display throughout the graduation ceremony that featured dance, prose, and comedy, as well as choral and instrumental performances. Each student walked into the auditorium to their music from their favorite song and a highlight of the evening was a performance by founding—and now retiring—teacher **Ron Pope**. Chico High School graduated **375** seniors in the stadium at Chico State. Their evening, which began with a welcome in each language represented on the Chico High Campus, also featured music and remembrances as students celebrated the end of their K-12 education. Pleasant Valley High School celebrated the completion of 13 years of schooling in their own Asgard Stadium which was filled with exuberant students and very proud parents and family members. The staff led the **475** graduates into the stadium and it was clear that while the students were eager to walk across the stage into the next part of their life, they were very appreciative of all the staff and community did for them during their years at PVHS.

Following are pictures from the Special Education Graduation Ceremony held at the CARD Center on Thursday, May 17. **Dennis Schultz** (left) teaches at Chico High and is shown with student **Lily Bodney** and **Bill Haley** (right) teaches at Pleasant Valley and is shown with student **Samuel Scherbert**.



With another school year behind us, I would like to thank all CUSD teachers and staff for their ongoing commitment to our students. The students would not reach this educational milestone without the strong academic foundation built in their early years of school which was then built upon in their intermediate and secondary years. Staff—teachers, counselors, custodians,

administrators, bus drivers, grounds crew, coaches, instructional aides, office staff, health staff, cafeteria staff and many, many others provided not only academic assistance but social and emotional support as our students progress through our schools. And finally, thank you to our community, whose support truly makes the difference between good and great for our students.

Masonic Lodge Recognitions: The Masonic Lodge held their 2012 Teacher and Classified Awards Night and Dessert on May 17 at the Chico Masonic Family Center. Masonic members **Darrel Hunter** presided as the Worshipful Master and **Steve Catterall** served as Master of Ceremonies. I was honored to be able to announce the award winners, who were each then introduced by their site principal. **Pedro Caldera** introduced the phenomenal Chico Junior High School math teacher **Sue Kamrar**, who we also learned is not only math teacher extraordinaire, but also a marathon runner and triathlete. **Kim Rodgers** introduced Emma Wilson legend **Joan McCormick**. Joan, an outgoing and exuberant teacher who is respected by all who know her and even those who do not, is retiring this year after 19 years in CUSD, but we did get a promise out of her to visit and volunteer in the schools often. **Jennifer Rossovich**, an incredible teacher at Hooker Oak Elementary School, was introduced by Principal **Sue Hegedus**. Jennifer who teaches Kindergarten, is recognized across the District as an instructional leader in the primary grades. The Classified Award was given to **Mary Sours**, Office Assistant at Chico High School. Mary needs no introduction as I am pretty sure there is no one left in the District that Mary has not already met—and charmed. She is the face that welcomes you as you enter Chico High School and her southern hospitality calms even the most upset individuals. Congratulations to Sue, Joan, Jennifer, and Mary!



Administrative Retirements and Assignments: June brings the official retirement of three Chico Unified Management Association (CUMA) members and while we are happy for them, they leave some huge leadership shoes to fill. Each of these individuals has made a lasting and positive impact on our district and will be greatly missed—it is truly an amazing “graduating class for 2012”.

- **Scott Jones** started with the district in October of 1981 as Director of Fiscal Services, a position he has now filled for 31 years. His expertise and knowledge is going to be severely missed, but as long as his wife continues teaching Kindergarten at Neal Dow,

we will at least know how to find him! As if it isn't enough that we are losing Scott, we are also losing his work partner of the past 23 years.

- **Diane Martin**, Accounting Technician, is also retiring. Many of you know Diane for her accounting expertise in everything from account coding, school funds, Standardized Account Code Structure knowledge, grants and special program funding, school impact fees, and the list goes on. Diane has been a jack of all trades in the Business Service's Department. Her dedication to serving our schools, staff, and parents with her knowledge, and always with a smile, will be sorely missed. In the new chapter of her life, Diane Martin has recently become Diane Jewett, relocated to Bangor on a beautiful ranch, and will continue to pursue her passion of dancing and traveling as well. We wish her the best in her retirement!
- **Larry Spini** has worked for Chico Unified School District for over 33 years. He began in 1979 as a part time Assistant Principal for Adult Education, and then became a Math teacher at Chico Junior. He went back into administration in 1990 as an Assistant Principal at Rosedale Elementary School and in 1992 became Principal at Jay Partridge. For the past 12 years, he has served as the beloved Principal at Shasta Elementary School, a fact that became abundantly clear at this year's Grandparents Day.
- **Mary Anderson** began as a Clerical Substitute in November 1995 and since then has held positions in both the Business Services department and the Superintendent's office. She has been a tremendous asset to our district for 17 years. I personally cannot thank her enough as she guided me through the first year in the Superintendent's office.

As we begin the difficult task of filling some very large shoes, I am happy to announce some of the administrative recommendations that will go forward to the Board at their June meeting. Please keep in mind that the positions are recommendations only at this point and are not official until approved by the CUSD Board.

- Principal, Shasta Elementary School: **Bruce Besnard**
- Principal, McManus Elementary School: **Ted Sullivan**
- Principal, Rosedale Elementary School: **Tim Cariss** (*approved by 5/16/12 CUSD Board Meeting*)
- Assistant Principal, Bidwell Junior High School: **Laurie DeBock**
- Director, Fiscal Services: **Pete Van Buskirk** (*approved by 5/16/12 CUSD Board Meeting*)
- Assistant Principal (under supervision of principal Ted Sullivan), Chapman Elementary School: *TBD*
- Administrative Aide to the Superintendent: *TBD*

Please join me in wishing a happy retirement to Scott, Diane, Larry and Mary while also welcoming Bruce, Ted, Tim, Laurie, and Pete to their new positions!

CUSD Staff and Students Win Butte County Behavioral Health Awards: Chico Unified won several of the awards presented by the Butte County Behavioral Health Prevention Unit at their 19th Annual Awards Banquet held last month at the Center for the Arts. In fact, the Community Organization of the Year was won by CUSD for its role in the Athlete Committed program. Other awards included:

- Protégé of the Year: BJHS Student **Sarah Alconero**
- Mentor of the Year: PVHS Student **Evan Luke**
- Impact Mentoring Site of the Year: PVHS mentoring Bidwell Junior High School
- Youth Nexus Member of the Year: **Bradley Duquette**
- Community Organization of the Year: Chico Unified School District
- Chico Community Person of the Year: CUSD Director of Student Services, **Dave Scott**
- Club Live Officer of the Year: CJHS Student **Selena Bush**
- Administrator of the Year: PVHS Principal **David McKay**
- School Climate Project of the Year: PVHS
- Friday Night Live Member of the Year: FVHS Student **Andrea Lopez**
- Friday Night Live Officer of the Year: CHS Student **Jane Anderson**
- Friday Night Live Advisor of the Year: FVHS Advisor **Nancy Medina**
- Friday Night Live Chapter of the Year: Fair View High School

CUSD would like to thank Butte County Behavioral Health for the recognition, but more importantly, for the outstanding work they do on a daily basis to improve the lives of youth in Butte County through their Butte Youth Now, Friday Night Live, Club Live, Impact Mentoring, Youth Nexus, Strengthening Families, Athlete Committed, Parent Committed, Merchant Committed and other programs.

Athlete Committed Program: On Saturday, May 5, 2012, sixteen dedicated athletes from Pleasant Valley and Chico High attended the Athlete Committed Youth Leader Training sponsored by Butte County Behavioral Health. Not only did these athletes give up their Saturday to attend the training, some of them had been at a competition the day before and did not get home until midnight. Butte County Behavioral Health was very impressed with our student athletes adding that they “absolutely represent the Athlete Committed Program philosophy, principles and vision! They were eager to share experiences, give testimonials, and brainstorm ideas for future expansion. They were willing to explore how to handle difficult situations and they even practiced presenting some of the Athlete Committed chemical health presentation slides”. Thank you to these student athletes for taking on this leadership role and a huge thank you to **Danelle Campbell, Ryan Gulbrandsen, Jeremy Wilson, Amanda Montgomery**, and the **staff at Butte County Behavioral Health** for their dedication to this program and our students county wide.

Superintendent's Award for May: Congratulations to **Jack Danielson** who was awarded the Superintendent's Award at the May 16, 2012, CUSD Board meeting. Mr. Danielson has been instrumental in rewarding students across the District for improved attendance. In addition, he has started staff recognition programs to reinforce the importance of the role of the educator in our community. Thank you Mr. Danielson for all you do for the students and staff in Chico Unified School District—you are appreciated!

Citrus School Celebrates 75th Anniversary: On May 10, Citrus Elementary School held a community ceremony to mark the 75th anniversary of their school. The ceremony included community service projects presented by every class at Citrus School, a fashion show highlighting the last 75 years of fashion, as well as tours and times to reminisce with teachers, administrators, students and staff who have attended or worked at Citrus over the past 75 years. Thank you Citrus for the wonderful memories and a fun afternoon!

Special Olympics: Butte County hosted the Special Olympics for our area on Friday, May 4, 2012. Most CUSD schools had staff and students participating and what a heart-warming day it was to see our students as the center of such positive play and interaction. Thank you to all of our staff members who worked to ensure their students could attend and huge kudos to our students who participated—they were all winners! Wonderful pictures are posted on our website under What's New @ <http://www.chicousd.org/General-Info/Whats-New/index.html>.

Thank You Chico Rotary: Mike Weissenborn and I were given the opportunity recently to address the Chico Rotary Club regarding the facilities being built by CUSD. As I looked around the room, I could not find a single Rotarian that had not given--whether it be time, labor, items, or dollars—to our District. Below is just a small sample of the benefits that CUSD receives from our local Rotary club.

Chico Rotary supports student scholarships, staff internships, Interact Clubs, Camp Royal, Educator of the Year recognition, Speech competitions, shopping sprees for needy students, and Hooked on Fishing. Last year each Rotary Team adopted an elementary school and did school projects and tutoring for their school. **Jack Sterling** gives a percentage of breakfasts at **Moms** and burgers at the **Bear** back to schools, **Tim O'Connel** hosts birdhouse building, and **Brian Bowen** donated a car to a student with perfect attendance. **Tom Dauterman** and **Bob Evans** spearheaded support for welding programs across the District; **Les Herring** and **Bill Chance** saved the CHS Ag program from staffing cuts, and **Will Bono** has taught Ag students how to drill water wells. **Rory Rottschalk** has done just amazing work with mentorship at Rosedale, and we have seen endless support of athletics and arts. The support Rotary and our community provides our schools is endless and often without even the asking. On behalf of all of our staff and students, thank you Chico Rotary and the Chico Community for caring about us!

The Sunrise Rotary Club sponsored awards and provided a lunch for all students who read one million words this year. Following (on the left) is a picture of **Laurie DeBock** and **Susie Sorenson** (president of the Sunrise Rotary Club of Chico) with the winners of the most improved reader awards at McManus School. On the right is a picture of the primary winners with **Mark Breault** (incoming president of the Sunrise Rotary Club of Chico).



NEWS FROM EDUCATIONAL SERVICES

Oakdale Receives WASC Accreditation: The Oakdale Secondary School was notified by WASC that it received an initial three-year accreditation. This is the best initial accreditation status that WASC assigns to schools. The WASC visiting team visited Oakdale on the Fair View Campus in February and visited with teachers **Kevin Dolan** and **Nancy Hian**, as well as administrators **David McKay** and **John Bohannon**. Congratulations to the Oakdale team for their hard work and dedication.

Wildflower Charter School Finds a New Home: Wildflower Open Classroom, a CUSD authorized charter school, has announced it will leave the McManus campus in favor of a private facility at 2412 Cohasset Road. Wildflower shared space with McManus Elementary this year. The schools worked well to ensure a smooth transition for the students at both schools.

New Teacher Orientation: For the first time in many years, CUSD finds itself in a position to hire a decent size group of new teachers for the 2012-2013 school year. Many of the openings have surfaced because of retirements. To help our new teachers be successful, we will have a new teacher training program on August 9, 10, 13 & 14 at Marsh Junior High School. During this training, new teachers will learn about CUSD's dedication to the Professional Learning Community (PLC) process, CUSD Essential standards and curriculum, Learning Targets, SMART Goals, District practices and services, and the variety of computer systems the district uses to support our students. CUSD will follow up the initial training with monthly meetings in an effort to continually support our new teachers.

NEWS FROM FACILITIES:

Chapman Elementary School Carport System: The construction of the carport mounted solar system at Chapman Elementary School is planned to kick-off next Tuesday, May 29. A large portion of the parking lot will be fenced off for the project; however, a number of parking spaces will be available at the north end of the lot as well as the ADA spaces.

Measure A - Phase 3 Projects

- **Chico High School Lincoln Hall & Fitness Laboratory:** On Wednesday, May 30 Lincoln Hall will be fenced off in preparation for the asbestos abatement that will start on June 4. The building will remain fenced until the completion of the construction of a new Lincoln Hall.
- **Fair View High School Construction Academy:** We anticipate Division of the State Architect approval of the project in the next few weeks. The project is expected to break ground in July of 2012. The project consists of a new construction shop and covered work area to be located on the south west edge of the campus.
- **Inspire School of Arts & Sciences:** Over the summer, two 48x40 portable classrooms and one portable restroom will be added to the CHS campus to accommodate Inspire for the 2012-2013 school year.
- **Pleasant Valley High School New Classroom Building:** Site demolition will continue on the PVHS campus in preparation for the new building to be constructed during the month of June. We anticipate construction of the new building to start mid-July.

NEWS FROM INFORMATION TECHNOLOGY:

WARNING!!! BACKUP Local Files: Summer Computer Work at Sites: Summer is here and this is just a friendly reminder to make sure that your valuable data is backed up to our servers, and that you have a copy offline somewhere else. We are going to be replace quite a number of computers (currently over 500) over the summer. If you have data / programs on your computer that are not part of the district standards, you need to make sure that you have copies saved for when you get back in August. Please let your IT staff know if you have any questions or concerns. Thanks and have a great summer.

Teacher/Parent/Student Web Portals: As we have been announcing for the last several months, Eagle Software has developed a new portal system for teachers, parents, and students. This new system is based on the Aeries.net code-base and provides a more extensive and streamlined feature set for these users. More areas of the system are now options so they may be visible to parents and teachers. Also, the teacher gradebook has been redesigned to handle both elementary and secondary standards-based grade reporting. We will be working with Aeries on **Tuesday, May 29** to perform the upgrade.

NEWS FROM NUTRITION SERVICES:

The Nutrition Services department is finishing up a great school year full of many successes (i.e., district-wide turkey feast, new menus at all grade levels, continued increased participation, and the supper and summer programs). The nutrition team members have been faced with new challenges all year, and I would like to commend the entire team for embracing the challenges and making the year such a success. As we move into the summer program we will be starting a pilot composting program. We will work closely with a local company to take our compostable trash and turn it into a reusable product. The long-term goal would be for each school to participate; imagine the impact on the amount of trash we send to the landfills! I look forward to next school year and the opportunity to offer nutrition choices to our students. – *Vince Enserro*

NEWS FROM SCHOOL SITES:

McManus “Kindergarten Chemistry”: For the second year in a row, McManus kindergartners had a fun filled day of experiments and hands on science stations at Champion Christian High School. Activities focused on science concepts such as: bubbles, magnetism, sound, light and a hover craft (see pictures below). Kindergarten teachers, *Kristen Briggs and Diane Deadmond*, expressed what an awesome experience it was for their students. Champion Christian science teacher, *Sue Kindrick*, is the coordinator for the event and her high school students planned, organized and led the kindergartners through the various scientific stations. McManus continues to be thankful for the many community partnerships that benefit our students.



Chapman Thanks to Local Chef Alex Cilensek: *John Bohannon* and *Ted Sullivan* presented *Chefs Alex Cilensek* and *Kathryn Jackson* with **Let's Move! Chico Excellence in Partnership** Certificates for their **Chefs Move in School** efforts over the last year at Chapman Elementary. They have been visiting three different classrooms every Tuesday for the entire school year doing cooking demonstrations and teaching nutrition basics. The most recent cooking lesson was making whole wheat pasta (local organic wheat from *Dave Miller* of Miller Bread), boiled with greens from their school garden, and then tossed with a local olive oil and just a pinch of salt. Last month, they took the students on a field trip to Tin Roof Bakery. The students watched the bread making process and were thrilled to see the large bread slicer.

Additionally, **Lark Vickers**, Chapman teacher, wrote the following expression of thanks to **Chef Alex**: "Tonight was a huge success. I can't thank you enough for all you did with our kids this year. I have participated in many nutrition programs over the years, but never one like Chefs Move to School. It was about so much more than what is good for your body. You taught the kids about what cooking and eating does for the soul. They may not know it now, but they will remember things later in life that will make eating much more than sustenance. Color, texture, manners, preparation, less waste, growing and eating locally, safety, and sharing food with the ones you love are what come to mind and I know I will think of more after I send this! Many parents had very nice things to say. A parent told me she always knew when you came to school, because when she came home she had things to share about your visits. I was serious about wanting to help next year, especially at Chapman. It's a very special place and you both made a very big impression on our school family, kids and adults included. If you want an official letter of reference on real paper, I'd be happy to send one any place you want...including Ms. Michelle Obama! Many, many thanks! - *Most sincerely, Lark Vickers*"

Thank you to Chef Alex for all he has done for our students and schools and thank you to Lark for taking the time to share our appreciation!



CHS Wrestler to Attend Cal Baptist: CHS Wrestler **Mark Jorgensen** signed a National Letter of Intent to Wrestle for Cal Baptist in the fall. Cal Baptist is located in Riverside, California and is currently transitioning to Division II. Mark is considering majoring in Nursing while attending Cal Baptist. Congrats to Mark as well as to his coach, **Keith Rollins**!



Congrats to PVHS ACE-LIFE program: PVHS ACE-LIFE program Advisor **Laura Dietle** and several of her students were featured in the Kids in Action segment of KNVR and KHSL interacting with the Chico Fire Department. **Marie Fickert**, the public spokeswoman for the fire department, was very complimentary about Laura and her students. Congratulations to Laura for coordinating this event and for her role in such an positive program! See the Kids In Action: ACE-LIFE Academy – YouTube @:

http://www.youtube.com/watch?v=rU8kbstQ2go&safety_mode=true&persist_safety_mode=1&safe=active

PVHS Art Students Win Mayor Awards: PVHS Art Teacher **Nancy Ritcher** has shared that one of her Photo I students, **Jaylee Waddell**, was awarded the 2012 Mayor's Awards for Achievement in the Arts for Youth! Jaylee put together an impressive electronic portfolio of her work, including an artist's statement describing her intent and process. Other PV art students receiving the award, include **Maddy Cowee**, an art student in **Reta Rickmer's** class, and **PoHo Lo** (Honorable Mention) a student in **Liz Mosher's** class. See the Press Release at the end of this Update.

PVHS Art Studio Students Donation: On May 14 PVHS Art Studio students presented a check for Heifer International to buy farm animals and training for small farmers around the world to help end hunger and poverty. The students' acrylic paintings and prints were displayed at Beatniks Coffee House during two weeks in April for purchase. Participating students were **Justin Jones**, **Savannah Gosselin**, **Andrea Chatfield**, **Corinne Schneider**, **Suellen Rowilson** (Heifer Volunteer) **Reta Rickmers** (Art Studio teacher), and students **Courtney Tyler** and **Hannah Bugnacki** (left to right).



PVHS Japanese Student Wins Scholarship: Junior **Anna Lee** will be traveling to Japan this summer with The Japan Foundation through a very generous grant. In order to apply, Anna had to take the National Japanese Exam (on which she ranked in the 91st percentile in the state), conduct a Skype interview in Japanese with a program coordinator, and complete an application with an essay. It is a great opportunity for her and for PVHS. This scholarship/grant is a memorial program to commemorate the work of two American JET teachers who lost their lives in the tsunami last year. Anna will have a chance to work with Japanese high school students on cross cultural projects and to visit the Tohoku area to see the reconstruction efforts first -hand. She will participate in Japanese language lessons, introductions to Japanese culture and society such as geography, kimono, taiko drums, teen slang, anime, manga, high school visits, field trips to Kyoto, Osaka and Tohoku area (Miyagi or Iwate) and a homestay in Osaka. The Japan Foundation will pay for accommodations, airfare, food, and admission fees in Japan and during orientation in Los Angeles.

PVHS Students Visit Shakespeare Festival: PVHS had another incredibly successful trip to the Ashland Shakespeare Festival. Over 70 PV students, parents, teachers, and student teachers attended *Romeo and Juliet* and *Medea/Macbeth/Cinderella*, an unusual and brilliant combination of three plays, as well as an educational Prologue. The students studied two of these works and were enthusiastic about seeing them in action. PVHS is proud of how the students represented themselves and our school—kudos PVHS and thank you to PVHS English Teacher **Amy Besnard** for coordinating the trip.



Teachers Connect-Create-Collude: Over 25 High School Teachers were able to “Connect-Create-Collude” at a workshop focused on the Wonderful World of Web 2.0! CUSD high school teachers were provided the opportunity to attend an after school workshop presented by **Gale Morgan** and **Linda Elliott**, CUSD Teacher-Librarians, at either PVHS or CHS. They had fun learning new computer skills to use in their classrooms. Some of the applications were:



- **Wordle** - (quick, fun way to create word clouds -- students can work with vocabulary, summarize main words to determine a thesis in a very visual way)
- **Toondoo**- - students can create cartoons to storyboard, create a new ending to a story, synthesize information and present in a totally different way to demonstrate learning
- **Symbaloo** - students collaborate with each other and collect and organize websites.
- **Animoto** - in less than 5 minutes, students can use photos and create a video set to music. Great way to engage your students AND for students to use for presentations.

Response was very positive and plans are to offer half-hour workshops after school and at lunchtime in Fall 2012 on a regular basis at CHS and PVHS. If interested, contact **Linda Elliott** or **Gale Morgan** via email so they can add you to their list.

NEWS FROM OUR COMMUNITY

Letter from Rosedale Volunteer Tutor: I had my last session of the semester with my student today. We read a chapter or more of the Hunger Games which is a tough book for a fifth grader. I donated all my books on homophones and homonyms to Victor's home room teacher **Sherri Lowe**. She was happy to have them. I got Victor a nice book on physical science to read over the summer. It's an encyclopedia on all things to do with the physical environment. I also got him a more advanced dictionary and told him to give his old one to his younger brother. His class had a little celebration yesterday to recognize the reclassification of several students and my student was one of those reclassified. He took a STAR reading test today and he is now reading at grade level. He went from reading at grade level 2.5 to grade level 5.6 over the course of the year. Recently he has been improving a grade level per month. He didn't know what his score was until I told him he had done really well on his last test. He was happy, but kind of ticked, as he wanted to do a 5.9 or better. I like his attitude and competitiveness. I'll check in with my student next September when the next school year starts. We will be replacing several of our computers with new, more powerful models this summer. I don't think my student has a computer at home, so I plan to give one of our old machines to his family so he can do

computing and internet research. This will become more important as he advances in school. Thanks for all you do for Rosedale. --*Stephen A. Gonsalves*

Former Student Shares Appreciation: Dear Mrs. Rickmers, Hope all is well and that you are enjoying the end of the school year. I just wanted to e-mail you and thank you for all that you taught me in those two years that I was in your art classes! I learned so much from you and because of that I have decided to major in Art History at UC Santa Barbara. After two years of junior college at Butte I transferred to UCSB and decided to major in something that I truly love and have a great interest in and I have you to thank for so much of it! The classes I have taken so far within art history have been very educational and I have learned so much and has given me the opportunity to visit the LACMA in LA as well. I thought I would just send an e-mail saying hello and thanking you for all that you taught me! -- *Shawn Moore (PVHS Class of 2009)*

CUSD IN THE NEWS

Enterprise Record

[Sacramento teacher named interim Butte superintendent](#)

[Lack of musicians leading to demise of PVHS marching band](#)

[10 am update: Oroville man sought for carjacking, stabbing; Chico ...](#)

[Citrus School to mark 75th anniversary](#)

[Citrus sixth-graders ride Chico streets to honor school, help others and learn](#)

[Three high school projects win Chico Unified School District ...](#)

[Snapshots: Art for a causes - Staff Reports](#)

[Glasses for eclipse viewing available; events planned](#)

[Letter: CUSD does a fine job](#)

[Windy farewell for Chico High class of 2012](#)

Chico News & Review

[Catching up with chef Enserro](#)

KHSL

[Budget Woes Could lead To Shorter School Year](#)

Other

[Continuation schools close in some rural districts](#)

[Music program suspension leaves hole in education for Chico ...](#)

[The SAGA: Pv loses valuable music culture](#)

[The SAGA: STAR testing: a self-defeating system](#)

SNACK WELL?

Americans love snacks. And a lot of Americans are overweight. Connection? **You think?!** Our favorite snack foods tend to be loaded with **empty calories** from solid fats and added sugar. And we don't just eat snacks as treats -- a third of all of our daily calories, on average, come from **candy, chips, soda, pastries, and other junky snack foods**. Without even considering the snacks that kids eat, the average adult American man consumes 923 empty snack calories a day, and the average adult American woman eats 624. And a 30-year-old man who

is 6 feet tall and



weighs 185 pounds only needs about 2200 calories for the entire day if he is moderately active. **That doesn't leave much room for healthier stuff.**

Luckily, there are convenient, portable, readily available snack foods we can all eat to our hearts' content and still stay healthy: **can you say fresh fruit?**

the big number

168

Since 1977, kids' intake of snack calories has gone up by 168 calories a day, or 60,000 calories per year

**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 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!

"SNACK WELL?"

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!

SWEET BELL PEPPERS

For a great healthy snack, try pepper strips. They're colorful, crunchy, and sweet -- and they're very nutritious, without fat, sugar, salt, or a lot of calories!



LEARN EASIER

Research shows that candy, snack cakes, cookies, and other sugary snacks can make your body feel sick, almost like it is fighting a virus, which may interfere with learning. Healthy snacks promote healthy learning!



PLAY HARDER



Excess snacking and television watching are directly related. Maybe our TV's should have a nutrition label. Or maybe we should turn the TV off, get outside, and get more active!

LIVE HEALTHIER

Fresh fruits and vegetables are by no means the only tasty snacks that are good for you, too. Popcorn is a wonderfully nutritious, fiber-rich treat that's loaded with complex whole-grain carbohydrates. Pop your own, so you won't get any of the added chemicals and other mysterious ingredients of pre-popped or microwave popcorn. Plus, then you can control the salt and butter -- a little of each goes a long way. Add



a dash of grated parmesan cheese for a gourmet touch. Air-popped popcorn is healthiest -- about 30 calories per cup, before any add-ons -- but even oil-popped corn has only 55 calories per cup.

Meanwhile, we just keep getting healthier.

A lot of kids' choices for snacks and other meals have gotten less healthy over the years, but the meals at school continue to get better for kids. Beginning in the 2012-2013 school year, the amount of fruits and vegetables we serve in our lunches will go up from 1/2-3/4 cup of fruit and vegetables combined to 3/4-1 cup of veggies and 1/2-1 cup of fruit every single day. That's more than double the healthful fruits and veggies with every lunch! Plus, we'll feature the healthiest dark green and red/orange fruits and veggies more often, and at least half of all grains will be healthful whole grains. We're on your side!

School Meals
We serve education every day™



NEWS RELEASE
City of Chico
www.ci.chico.ca.us

May 18, 2012

PRESENTATION OF MAYOR'S YOUTH ARTS AWARDS

Presentation - June 5, 2012 at 6:30 p.m.

Mayor Ann Schwab will present four Mayor's Awards for Achievement in the Arts for Youth and three Honorable Mention Certificate on Tuesday, June 5, 2012, at 6:30 p.m. The event will take place at the beginning of the regular City Council meeting in the Council Chamber at 421 Main Street.

Those selected for the Mayor's Awards for Achievement in the Arts for Youth are: Jaylee Waddell, Pleasant Valley High School; Maddy Cowee, Pleasant Valley High School; Jenny Zhu, Pleasant Valley High School; and a team including Julia McCarthy, Blue Oak School, Georgina Quinn, Chico Junior High School, and Sophie Zukoski, Blue Oak School who produced a film.

Certificates of Honorable Mention will be presented to PoHo Lo, Pleasant Valley High School; Andrea Lopez, Fairview High School; and Maya Sousa, Chico Junior High School.

The City of Chico Arts Commission created this new award to recognize young artists, grades 7-12, for their achievements in any art discipline and media including visual arts, theatre, dance, literary arts, and new media. .

Nominations were submitted to the Commission by teachers, parents, mentors, relatives, or guardians. This special youth award was created as a means for the Arts Commission to recognize young people in the community who excel in the arts. A Commission sub-committee reviewed art work submitted as part of the application process and made recommendations to the full Commission. In reviewing the nominations and determining its final recommendations, the

sub-committee considered the artist-nominee's degree of technique and execution of his/her chosen discipline, the level of innovation and risk taking, and demonstration of dedication and discipline.

The award recipients were selected and recommended to the Mayor by the City Arts Commission at its April 25, 2012 meeting.

The public is invited to attend the presentation of awards and certificates. For further information, telephone Mary Gardner, Art Projects Coordinator at 896-7214 or email mgardner@ci.chico.ca.us.