



The Superintendent's Update

August 26, 2011

NEWS FROM KELLY

Dear CUSD Staff,

Listed below are the CUSD Goals for the 2011-2012 School Year.

CHICO UNIFIED SCHOOL DISTRICT BOARD ADOPTED GOALS FOR 2011-2012 (Adopted April 9, 2011)

1. To provide every student with the opportunity to attain increasing levels of individual achievement that prepares them for success in the 21st Century
2. To provide a safe, healthy, and engaging environment for learning to take place
3. To build effective partnerships with our constituents
4. To monitor and adjust our district budget to ensure solvency and to ensure local control of our schools

We are making very positive progress toward our first and most important district goal of increasing student achievement as evidenced by our preliminary look at our state testing results. These results, which in their current unofficial state appear to be very positive, will be the topic of the next Superintendent's update.

While we still have much work to do, we have made considerable progress in providing safe, healthy, and engaging environments for students as evidenced by several new and upgraded facilities as well as site safe school plans.

Likewise, the building of effective school partnerships continues to be a work in progress as we reach out to our community to find ways that we can meet their needs while also asking for their support of our schools.

The stability of the District budget remains an ongoing battle due to the fact that our fiscal health is directly tied to the fiscal health of the State of California—which currently is not looking very healthy. However, as a result of some incredibly painful and difficult decisions, CUSD has achieved our goal of fiscal solvency; it is now our responsibility to ensure that we do not over-extend our resources in uncertain times and allow ourselves to fall back into a negative budget certification status.

The role of the District Office is to provide support to the schools so schools can provide the best service possible to our students and families. So that we are sure we are aware of the needs of the individual employees in the district, I am asking each employee to provide me with feedback about what we, as a district, might do to assist you in achieving the goals of the district as listed above. I am hopeful that your comments will include specific suggestions regarding how we, working together as a district, might improve the service to our students, parents and community. **I thank you in advance for taking your valuable time to share your thoughts and opinions.**

OPEN QUESTIONS TO CUSD COMMUNITY:

1. What is your position within CUSD?
2. What types of support are currently provided in the District that best enable you to do your job?
3. What types of support are most needed in the district in order to better allow you to do your job?
4. What specific issues would you like to see the district address during the 2011-2012 school year?

You may respond in several ways. For those individuals wishing to respond by email, you may either send your responses directly to me at kstaley@chicousd.org or to Marsha McLean at mmclean@chicousd.org. For those that do not have access to or feel comfortable using email, you may print a hard copy and send your responses via district mail.

I would very much appreciate it if office managers would print hard copies of the questions above for those individuals at each site that might not have email access. I sincerely appreciate your efforts on behalf of our district! Again, thank you for your time and dedication to our students.

Sincerely,

Kelly

NEWS FROM/ABOUT OUR EMPLOYEES

Vig Update: **Dave Scott** has been in close contact with **Bernard Vigallon**, retired Director of Alternative Education. Vig had his surgery on a tumor in one of his kidneys and is out of the hospital. Better yet, he received good news from the doctor: the procedure went well and the tumor had not metastasized. Vig is glad to be at home and very relieved to have a healthy future ahead. He asked that the good news be shared with District staff.

NEWS FROM OUR COMMUNITY PARTNERS

Fun Walk/Run Benefitting Student Literacy: The Sunrise Rotary Club of Chico has a long history of supporting literacy programs in Chico Unified. For many years they have provided dictionaries to all third graders in our area. They are now looking at a variety of ways to support literacy in the District. Doing this takes funding. The club is sponsoring a Fun Walk/Run on Saturday, August 27, 8:30 a.m. in Bidwell Park with proceeds going to promote literacy in area schools. Come join in the fun while also supporting our students!

Dog Parade & Chili Cook-Off: Looking for a day of fun? Plan to attend the Third Annual Dog Parade Contest and Chili Cook-Off on Sunday, September 18, 11:00 a.m.-4:00 p.m. at the Chico Elks Club. This fun-filled event is a fundraiser for CUSD Schools, raising money for art, music, sports, and sixth grade environmental camp. (See attached registration form.) **Dog Contestant Categories** include: Cutest Pug, Best Kisser, Prettiest Female, Handsomest Male, Cutest Puppy, Best Costume, Best Ball/Frisbee Catcher, Best Bark, Best Trick, and Best Owner Look-A-Like. **The cost** is \$5 per dog entry, includes owner or walker/handler; \$5 per adult; \$3 per child (age 4-18); and free for children under 4. **Lunch Options** will include: \$5 for a barbecued pulled pork plate; \$2 for Hot dogs; \$2 for Fattie's Pizza slices; \$1 for Cold drinks; \$.50 for chili tasting; and \$1-\$2 for desserts.

NEWS FROM EDUCATIONAL SERVICES:

What Are These New Tests? As a District, we anxiously await getting the results of the STAR tests each August so we can analyze the results and determine how to best help our students succeed. We have been studying the models used by districts enjoying immense success in the area of student achievement. The common link between all of these districts is a constructive assessment plan that allows teachers to analyze the standards their students are mastering and the standards that students are struggling to learn. We analyzed our practice as a district and discovered we need to build a better assessment plan to help our staff realize where the learning gaps are and give them a chance to build strategies to close these gaps throughout the school year. The new assessment plan delivers the same STAR-style test to the students three times a year. The first test will help teachers see which standards their students may have mastered before entering their class. The remaining two tests allow teachers to see which standards students have mastered and which ones the students are still struggling with, which gives teachers a chance to address students' needs before they take the state-mandated STAR test. This gives our students the best chance to achieve success on the state standards.

Tdap Clinic: A Tdap clinic for CUSD students in grades 7-12 will be offered on Monday, August 29, 3:00 p.m. to 6:00 p.m. in the Large Conference Room at the District Office. This is a no-cost clinic which will be staffed by the CUSD School Nurses with assistance from the Butte County Department of Public Health. The vaccine will be provided on a first-come first serve basis.

Need Supplies, Materials, or Books for Your Classroom? Check out [Donors Choose](#). This national site allows teachers to register for a specific classroom need—anything from iPads to pedometers to pencils to musical instruments. Teachers write up the request, and donors from across the country can choose to contribute part or all of the cost. Currently, there are 10 requests posted from Chico schools, some of which have been met. The trick is to keep the dollar amount low, and make your pitch interesting: the site claims that 80% of projects with a

dollar amount lower than \$400 have been funded. To get started, go to www.donorschoose.org. If you want help in writing up your project, contact Liz Metzger (emetzger@chicousd.org).

Annie B Fundraising Drive: There are several programs/school sites in CUSD that are participating in the Annie B Fundraising Drive. If you make a tax-deductible donation between **August 1 and September 30** to a specific fund, the amount of dollars received will be matched by the Annie B Funds. Please visit the [North Valley Community Foundation](http://NorthValleyCommunityFoundation.org) website for a list of specific funds. Contributions can be sent to:

**Annie B Drive
North Valley Community Foundation
3120 Cohasset Road, Suite 8
Chico, CA 95973**

On behalf of our students, thank you for your consideration!

Grants and Categorical Programs Update--Math Grant in the Works: **Katy Early**, **Robert Preston**, and **Beth Sarcona** are working with **Chris Yakes** from Chico State and with **Liz Metzger** on a math partnership grant. This grant would provide three years of professional development in mathematics to CUSD teachers in grades 3-7, increasing their mathematical content knowledge as well as their ability to effectively teach math. This grant would replicate a program that has been running for the past three years. If you are interested in reserving a spot (should the grant be funded), contact Katy Early at kearly@csuchico.edu

Speaking of Grants: Congratulations to **Sue Delgado**, Chico High vocal music instructor, who recently received a TARGET field trip grant of \$2,000. This grant will allow her to take her music students on field trips to enrich their appreciation of music.

Annual Revision of District Educational Plans Underway: Each year, the district updates its LEA (Local Educational Agency) plan, which outlines how it will meet the needs of all students. The updated plan is scheduled to be posted on the website in the next four weeks. At the same time, **Tina Keene** and **Terri Crawford** have taken the lead on updating the district Title III plan, which specifically addresses the needs of English learners. This plan will be updated and also posted by the end of August.

Oakdale prepares for WASC accreditation: Oakdale's 7-12 grade program is preparing for an accreditation by the Western Association of Schools and Colleges (WASC). Teachers **Kevin Dolan** and **Nancy Hian**, along with **Rhonda Odum**, **David McKay**, **Don Williams**, and **Liz Metzger**, are preparing the initial visit/self-study report, to be submitted by September 30. Staff is hoping for a fall visit from WASC.

Opportunity for Science Training: CSU Chico and the Gateway Science Museum is planning a workshop to acquaint teachers with the new Education and the Environment (EEI) curriculum. The EEI is an environment-based curriculum approved by the California State Board of Education which is intended to teach select existing History-Social Science and Science standards while emphasizing our relationship to the environment and how humans interact with natural systems. This initial workshop is planned to acquaint teachers in grades 3, 4 and 5 with the curriculum and with the lesson plans and resources that have already been developed to

teach it. View the curriculum units (for grades K-12) at <http://www.calepa.ca.gov/Education/EEI/Curriculum/Default.htm#CurriculumUnits>. If you would like to be contacted when the workshop date is finalized, contact Liz Metzger (emetzger@chicousd.org).

Charter Opens: The newest CUSD authorized charter school, Wildflower Open Classroom, will open its doors to students on Tuesday, August 30. Wildflower is located on the campus of CUSD's John McManus Elementary School. This marks the first time a traditional and charter elementary school will share a campus in CUSD. CUSD was mandated by Proposition 39 to provide a facility for Wildflower. CUSD, McManus and Wildflower are working hard to minimize the impact of sharing the campus on students to assure success for all.

Testing

California High School Exit Exam (CAHSEE): CAHSEE results were released this week and may be found at [California High School Exit Exam \(CAHSEE\) Results](#). The next administration of the high school exit exam will be held on **October 4 and 5, 2011**, for grade 12 students and adults who have not yet passed the exam. The Chico Unified district pass rate for students taking the test for the first time in grade 10 continues to exceed the county and state passing rate.

CELDT Testing: The California English Language Development Test (CELDT) test is given each year to students identified as English learners during July through October. Schools sites are conducting annual CELDT testing through October. CELDT test examiner trainings took place in May and August with teachers from school sites trained by CUSD teacher/CELDT trainers **Tina Keene and Terri Crawford** to administer the state CELDT test to English Learners. 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 Test Results: Individual student results from the spring 2011 STAR tests have been sent to parent/guardians. If you did not receive your student's STAR score report, please contact Louise Workman at 891-3000 x171. 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/>.

2010–11 Accountability Progress Reporting (APR): California's integrated accountability system reports both the state Academic Performance Index (API) and the federal Adequate Yearly Progress (AYP) and Program Improvement (PI). The following reports are scheduled to be released on August 31 at <http://www.cde.ca.gov/ta/ac/ar/>:

- * 2011 Growth Academic Performance Index (API) Reports
- * 2011 Adequate Yearly Progress (AYP) Reports
- * 2011–12 Program Improvement (PI) Reports

NEWS FROM BUSINESS SERVICES:

The Business Office is looking forward to a great school year. Throughout the school year we will be working toward streamlining processes, providing more site discretion, and having a bigger presence on school site campuses. The first step toward this goal is the implementation of a new Business System. The Board approved a contract with Escape Technologies in March 2011, a new business software program that will bring innovative, state-of-the art technology to CUSD. The biggest, most visible change will be online Purchase Orders...no more typewriters! The new system should be live January 2012. **Pete VanBuskirk** in the Business Office has been given the grand task of Project Manager and has kept this conversion on task and on target. Good job Pete! All the business, payroll, human resources, and technology staff are working hard converting from a manual process into an automated system. We look forward to the "GO LIVE" date. School sites will be brought online in phases with all schools online by June 2012. With the final conversion only months away there is a lot to get done, updates will keep coming.

Nutrition Services: Nutrition services kicked off the school year with a welcome back lunch for all department team members to work on this year's goals. As a department we are focusing on customer service, relationships and food consistency across the board. We have had very positive numbers the first two weeks both breakfast and lunch participation is up at all schools. We are currently exploring a pilot breakfast in the classroom program that would feed every student a free breakfast every day in the classroom. These programs have had some great success in other districts across the country. Some of the positive outcomes are better attendance, test scores as well as attention spans. Our new catering program was kicked off with the leadership lunch at PVHS as well as numerous events at the school sites. We have also rolled out our SB compliant cupcakes for classroom parties. We are also working on new menu items and are ready to start testing the items in food focus groups at the sites.

NEWS FROM HUMAN RESOURCES:

Negotiations

CSEA, Chapter 110: The teams met on May 6 and July 20. A meeting was scheduled for August 17 but was cancelled at the last minute due to a family emergency for a critical member of the Chapter's team. There is a great deal of work to do given that the entire contract is open. We have been making good progress and have had very productive sessions.

Chico Unified Teachers' Association (CUTA): The teams met on Tuesday, May 10, June 7, June 21 and August 24. The single issue open is that regarding the changes to the Red Plan (medical insurance) that were implemented by the JPA for the current school year.

In August 2009 the following language was added to the collective bargaining agreement between the District and CUTA:

ARTICLE 9

HEALTH AND WELFARE BENEFITS

9.1 Coverage

No later than November 1, 2009, and extending through June 30, 2012, all unit members employed full or part time for the regular school year, along with eligible dependents and eligible retirees as defined herein, will be eligible for medical coverage as established and available through the BSSP-JPA Red Plan. Should the Red Plan no longer be available, CUTA and CUSD agree to immediately negotiate the impact and effect of such changes to provide an agreed upon plan.

Two CUTA bargaining subcommittee members shall be able to attend all BSSP-JPA meetings. Substitute costs and travel expenses shall be charged to bargaining. The District representative to the BSSP-JPA shall consult with CUTA's representatives to the BSSP-JPA prior to voting on any action items that may modify coverage. If the JPA-BSSP modifies coverage of the Red Plan CUTA and CUSD agree to immediately negotiate the impact and effect of such changes.

In March 2011, the JPA made modifications to the Red Plan that increased some out of pocket costs. CUSD did not vote in favor of the changes that were implemented by the JPA. The JPA also implemented some changes that reduced costs such as allowing all children less than 26 years of age of eligible members to be fully covered under the provided health, vision and dental insurance programs and by allowing some screening tests to be fully covered that in the past were out-of-pocket costs.

The teams have been at the table since May discussing the impacts and effects of the changes and discussing possible options to mitigate such. While the District is in better financial condition than it has been for years, we continue to spend more than we take in due to the lack of ANY cost of living increase from the State. As a result, we are living off our savings (fund balance) which, at the current pace, will be at or near zero in the next three years. We also have the very real possibility that the current State budget will not produce the income that was projected by the legislature. That will trigger further cuts to the State budget, including education. It would be irresponsible of the District to spend more of its "savings" that is needed to see us through the next few years especially given the real possibility of further cuts.

The CUTA bargaining team has expressed the point of view that the District (in the contract language cited above) guaranteed the Red Plan exactly as it existed in the 2009/10 school year to all CUTA members through the 2011/12 school year. The District's point of view is that it agreed to fully pay the premiums for the Red Plan through the 2011/12 school year and that it would negotiate the impacts and effects of changes to the plan, which we will do.

The employees of the District currently enjoy fully paid health, vision and dental insurance that is at a very high level relative to school employees in other districts and employees in other industries. We have worked hard to put all of the employees on a level playing field by offering the same health care benefits to CUTA, CSEA and CUMA members.

Through the course of the negotiations since May 10, CUTA has offered two proposals, both of which have significant costs to the District. On August 24 the District provided a counter proposal that described the current fiscal issues and offered to work with CUTA to find ways to save money within the existing collective bargaining agreement so that the savings could be directed toward the medical benefits issue. Since then, CUTA has filed for impasse. If approved for impasse by the Public Employment Relations Board (PERB) the next step is that a mediator would be assigned to help the parties resolve the issue.

NEWS FROM SCHOOL SITES:

CHS Music: **Sue Delgado**, Chico High Vocal Music, applied for and received a TARGET grant of \$2,000.00 to take her music students on field trips to enrich their appreciation of music. Since 1946, TARGET has given 5% of their income to the communities they serve, equaling more than \$3 million every week.

Neal Dow Chess: The first meeting of the Neal Dow Chess Team/Club was held and sixty kids showed up. Given the immense interest, the plan is to establish a chess club AND a chess team. The chess team will meet mandatorily on Wednesdays at lunch, and the chess club will meet voluntarily on Thursdays at lunch. Following is a link to the chess club web page: <http://web.me.com/oberlander/homework/chess.html>

CUSD IN THE NEWS

Enterprise Record

[Chico school district to consider revoking Green School charter](#)

[Chico Green School faces potential charter revocation](#)

[Denied: Green School's charter revoked](#)

[Green School loses court ruling: Doomed institution tries to ...](#)

[Editorial: Hits and misses](#)

[Looking to the future: Chico High plans renovation of old school ...](#)

Chico News & Review

[Charter school, interrupted](#)

KHSL

[Confusion over Whooping Cough Vaccine](#)

[Future of Chico Green School After Charter Revocation](#)

[Chico Green School vows to fight on, aims to appeal](#)

Other

[Enrollment Declines at Chico Unified Schools](#)

"Brown Act at Heart of Green School Charter Battle"

A judge today may rule on whether CUSD can proceed with revocation.

<http://www.chicosol.org/>

15 Minutes/Chico News and Review

This article was published on [08.11.11](#).

A busload of knowledge

Charlotte Miller

By [Dane Stivers](#)

Charlotte Ann Miller loves her kids—all 60-something of them. She's been driving a K-12 school bus for nearly 30 years now, and, with a huge smile on her face, Miller said she believes transporting students to and from school during the academic year keeps her young. Initially coming to Chico from Escondido 37 years ago, Miller began training to become a bus driver while working two other jobs and raising two kids simultaneously. She started out as a part-time substitute driver, eventually getting hired permanently by Chico Unified School District in 1988. Today, Miller primarily drives the Route 8 bus, transporting her Chico and Pleasant Valley High School and Bidwell Junior High students to and from school.



What is unique about this job?

I've found that you acquire this love for the kids. Regardless if they're the trouble-maker types or the quiet ones or the rambunctious ones, you end up looking forward to seeing them each day. You don't get that special bond from other jobs. I have a lot of people ask me, you know, "How do you deal with those screaming kids?" But I look forward to it ... I love my kids. They keep me young. Most people can't believe I'm 60!

Have there been any instances that made you realize how special this job was?

Oh yeah. I've run into plenty of my kids over the years who are grown up now, but still remember, "Oh hey, you were my bus driver!" I remember one time one of my rambunctious kids on the bus, he graduated and moved on, but I saw him working at the store. I told him I was his bus driver from grade school. His eyes lit up—he remembered who I was, and it was really good to see him and see that he turned out OK after all. Also, I always say "hello" and "goodbye" to the kids. One brother and sister used to never say "hi" to me, they were just very quiet and reserved, but I continued greeting them. Well now, with the sister already graduating, they hug me and everything. Their personality has changed, and I like to think I helped them.

What are you looking forward to in the next couple months?

I'm looking forward to next Wednesday when school starts. I think bus drivers are a dying profession because it's not mandatory anymore. It's really a privilege for us to drive them to school. In this economy, with fuel prices as high as they are, it's crazy how few buses are driving around. Have you seen in front of PV in the mornings? It's like a zoo, with accidents waiting to happen. I'm looking forward to keeping this whole bus thing going!

Sunrise Rotary Run

Starts at 8:30 am
Bidwell Park One Mile Rec Area

WHERE: One Mile Recreation area of Bidwell Park

WHEN: Saturday August 27th, 2011

TIME: Run begins at 8:30 am

COURSE DESCRIPTION: The 5K course begins and ends at the One Mile Recreation area of Bidwell Park

ENTRY FEE:

Registration:
Adults: \$25
Children: \$10 (5-15 yrs old)

REGISTRATION:

There are 3 easy ways to register:

- 1) Visit Fleet Feet Sports in Downtown Chico. You can pay with cash or check.
- 2) Mail your completed form with payment to: Sunrise Rotary Club, PO Box 32, Chico, CA 95927.
- 3) Register online at:
www.signmeup.com/77927

PACKET PICKUP: Packet pickup will be held at Fleet Feet on Friday, August 26th from 10am to 6pm or at the race on race day from 7:30 to 8:15.

****PLEASE NOTE:** Shirts are guaranteed ONLY for participants that sign up on or before August 16th. Registrations received AFTER August 16th will receive shirts on a first come, first serve basis at packet pickup.

AID STATION: One aid station will be set up at the ½ way point along the course. Water will also be available at the finish area.

AWARDS: The awards ceremony will be held near the finish area at 9:30. Awards will be given to the top winner of each age group.

AGE GROUPS

Children: 5-10 & 11-15
Adults: 16-20 & 21-35 & 36-50
50-65 & 66+

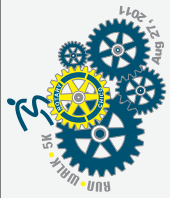
TIMING: The finish line will close at 10:00 am. Anyone finishing after that time is not guaranteed an official time.

BENEFICIARY: Proceeds from the 2011 Sunrise Rotary Run / Walk will be used to support literacy projects for students in Chico. The Rotary motto, "Service Above Self", guides the actions of our club as we strive to feed the hungry, fight disease, assist the handicapped and elderly, combat illiteracy and fund scholarships. For more info, visit: rotarychicosunrise.org

MORE INFO: For more information, please contact Susie Sorenson, ssorenson@matson-isom.com or call (530) 891-6474.

2011 Sunrise Rotary Run Entry Form

First Name	Last Name	Age on Race Day	Male / Female
Address		City / State / Zip	Phone
Email Address		Signature	
Date		Date	

<p>Mail signed and completed form with check made payable to:</p> <p>Sunrise Rotary Club, PO Box 32 Chico, CA 95927</p>	 <p>Shirt Size: (please circle one) Adult: S M L XL Youth: S M L</p>	<p>Additional t-shirts can be purchased for \$15 each if ordered two weeks before the event.</p> <p>Shirt Size: (please circle one) Adult: S M L XL Youth: S M L</p>
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Waiver: In consideration of your acceptance of this entry, I, indenting to be legally bound hereby for myself, my heirs, executor and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with this race: Fleet Feet Chico, LLC, Fleet Feet Flyers, the City of Chico, The Chico Sunrise Rotary Club, sponsors, and organizations; and assign for any and all injuries suffered by me while traveling to or from or while competing in the Sunrise Rotary Run / Walk, being held Saturday August 27th, 2011. I further attest that I am physically fit and have trained for this event.

Sunrise Rotary Run / Walk

5K August 27 2011



ENLOE
MEDICAL CENTER



Lifescapes T.E. Layne, M.D.
Landscape Company Family Practice

 **Matson and Isom**
Certified Public Accountant

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PRODUCTS, INC.



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Chico, CA 95928
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Sports


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EAGLE
Security Systems

SERVING ALL
NEWTON
FUNERAL HOMES
Bracewell
CREMATION, MAUSOLEUM & FUNERAL SERVICES


Rabobank

M
Technology
Consulting

Proceeds will support youth literacy programs throughout Chico

Where: Bidwell Park, 1 Mile

When: 8:30AM

Cost: \$25 Adults, \$10 Kids

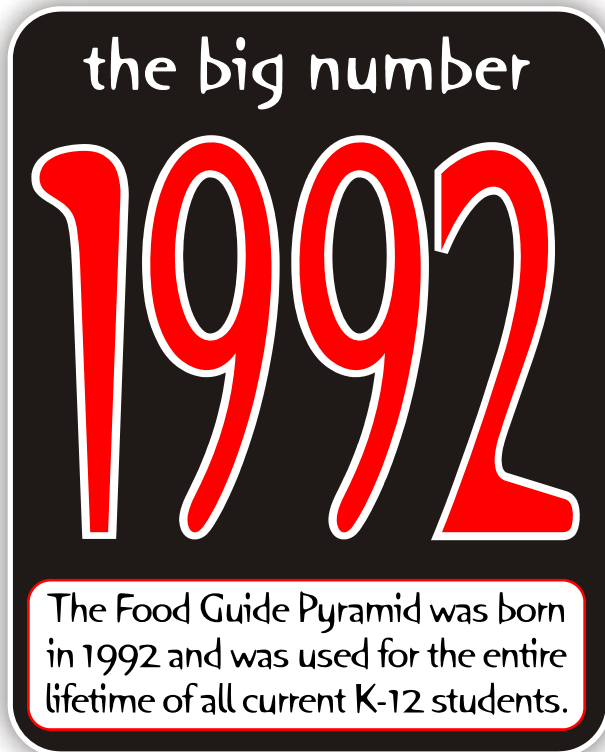
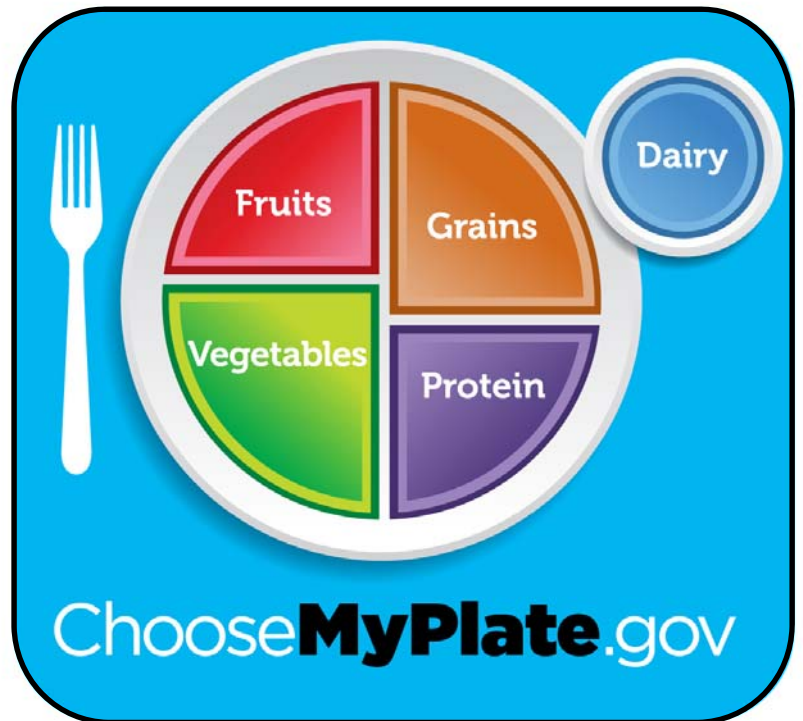
Registration:

Visit Fleet Feet Sports in Downtown Chico

Online: signmeup.com/77927

A NEW SHAPE.

Say goodbye to the Pyramid and hello to the plate! The new **MyPlate** graphic is easier to understand -- **it's a simple matter of proportions**. Fill your plate with at least half **fruits and vegetables**, a little more than a quarter **grains** (mostly whole grains), and a little less than a quarter **lean protein** foods, with perhaps a little **dairy** on the side.



Try to follow these general guidelines, too:

- ✓ Enjoy what you eat, but eat less of it!
- ✓ Avoid really big portions of food
- ✓ Eat whole grains as much as possible
- ✓ Drink milk that's fat-free or low-fat (1%)
- ✓ Choose foods with lower sodium numbers
- ✓ Drink water instead of soda or other sugary drinks

If you **divide your plate like MyPlate** and follow these other guidelines, **you'll be eating healthy!**

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

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource by our Nutrition Services Department.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"A NEW SHAPE"

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!

SPINACH

Spinach is brimming with vitamins, minerals, and other good stuff. And a spinach salad with hard-boiled egg, bacon, mushrooms, a sprinkle of feta cheese, and a dressing of olive oil and balsamic vinegar is a perfect (and perfectly tasty!) MyPlate meal.



LEARN EASIER



New research indicates that eating fruits and veggies can help keep the brain sharp and may even reduce the mental decline often associated with aging. Want to be smarter, and for longer? Follow MyPlate's advice and load up on plant foods!

PLAY HARDER

Your body prefers to use carbohydrates for energy when you exercise. Whole grains, veggies, and fruits are loaded with complex carbs, so those are the best foods to get you started and keep you going!



LIVE HEALTHIER

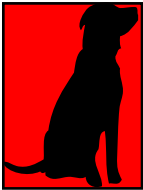


The new MyPlate graphic advises filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – **WHAT** you eat isn't the only thing that makes your diet healthy. The **SIZE** of the plate and the **AMOUNT** of food you put on it are important, too. To put it another way, **PROPORTIONS** (the way you divide your plate up) and **PORTIONS** (the total amount of food on your plate) both matter, especially when you consider how average portion sizes have gotten bigger and bigger over the years. Enjoy what you eat, but don't overdo it.

MyPlate is OurPlate, too.

The philosophy of the MyPlate graphic is part of the new nutrition standards that we'll be following in our schools, too. We're cutting back on sodium, offering only low-fat and fat-free milk, using more whole grains, and serving more fresh produce. We're also looking to emphasize a variety of colorful green and orange fruits and veggies and offer fewer starchy vegetables. We're all in this together. As families like yours try to eat healthier as often as possible, we'll try to support and reinforce that kind of healthy eating in our facilities, too.

School Meals
We serve education every day™



The Third Annual

DOG PARADE CONTEST & CHILI COOK-OFF!

Sunday, September 18th, 2011

Chico Elks Backyard - Under The Trees, 11 am - 3 pm

EVENT DETAILS:

A fundraiser for CUSD Schools, raising money for Art, Music, Sports, and 6th Grade Environmental Camp.

DOG CONTEST BEGINS: 12:00pm sharp.

DOG CONTESTANT CATEGORIES: Cutest Pug, Best Kisser, Prettiest Female, Handsomest Male, Cutest Puppy, Best Costume, Best Ball/Frisbee Catcher, Best Bark, Best Trick, Best Owner Look-A-Like.

COST: \$5 per dog entry, includes owner or walker/handler. Adults - \$5.

Children (\$3 age 4-18) (Free under 4)

LUNCH OPTIONS: Barbecued pulled pork plate \$5, hot dogs \$2, Fattie’s Pizza slices \$2, cold drinks \$1, chili tasting \$0.50, desserts \$1-\$2.

REGISTRATION:

If you register and pay on-line, show up no later than 11:45 and pick up your contest card. The card will include directions on where to prepare for the parade. If you pay for food tickets and raffle tickets on-line; your ticket packet will be waiting with your contest card. If you register on-line but do not pay on-line, get in line to pay and buy your food and raffle tickets. If you do not register in advance, you must register at the event no later that 11:30 on the day of the contest (September 18). There will be booths assigned for each registration situation.

Online registration is available at www.chicoelks.com (scroll down to Dog Parade Contest Registration on right-hand side of page). Otherwise, complete this form by hand and sign the release, and fax to 530-898-1649, or have your child return this completed form to his or her “home” teacher.

FILL-OUT FORM

My Dog’s Name: _____

My Dog’s Breed: _____

My Dog’s Age: _____

My Dog’s Weight: _____

Male or Female: _____

I would like to enter my dog in (limit two parade events):

Event 1: _____ (example: handsomest male)

Event 2: _____

My Dog’s Special Talent: _____

CONTESTANT CATEGORIES
Cutest Pug, Best Kisser, Prettiest Female, Handsomest Male, Cutest Puppy, Best Costume, Best Ball/ Frisbee Catcher, Best Bark, Best Trick, Best Owner Look-A-Like.

Interesting information your would like to share about your dog: _____

Owner’s Name: _____

Handler’s Name (if applicable): _____

Email: _____

Cell Phone: _____

Home Phone: _____

Address: _____

City: _____

ZIP: _____

RELEASE

I hereby participate in the above event(s) at my own risk. I further warrant that any dog that I bring to this event is free from any communicable disease. I certify that I am the actual owner of the dog(s) that I have registered, or that I am the duly authorized agent of the actual owner. In consideration of the acceptance of my registration I (we) have read, understand, and agree to abide by the rules and regulations of the Dog Parade Contest. In consideration of the acceptance of my entry(ies) and of the holding of this event and the opportunity to have the dog(s) judged and to win prizes, certificates, or trophies, I (we) agree to hold the event-giving organizations, their members, directors, officers, agents, owner and/or lessor of the premises and any provider of services that are necessary to hold this event and any employees or volunteers of the aforementioned parties, and any judge, judging at this event, harmless from any claim for loss or injury which may be alleged to have been caused directly or indirectly to any person or thing by the act of my dog(s) while in or about the event premises or grounds or near any entrance thereto, and I (we) presonally assume all responsibility and liability for such claim; and I (we) further agree to hold the aforementioned parties harmless from any claim for loss, injury or damage to the dog(s). Additionally, I (we) hereby assume the sole responsibility for and agree to indemnify, defend and save the aforementioned parties harmless from any and all loss and expense (including legal fees) by reason of the liability imposed by law upon any of the aforementioned parties for damage because of bodily injuries, including death at any time resulting there from, sustained by any person or persons, including myself (ourselves), or on account of damage to property, arising out of or in consequence of my (our) participation in this event, however such, injuries, death, or property damage may have been caused or may be alleged to have been caused by the negligence of the aforementioned parties or any of their employees, agents, or any other persons.

Signature: _____ Date: _____