

# The Superintendent's Update



October 31, 2014



## NEGOTIATIONS UPDATE

The Chico Unified School District and the Chico Unified Teachers Association (CUTA) are currently engaged in bargaining for the 2014/2015 school year. While most surrounding districts are just beginning to bargain for this year, the District and CUTA have been negotiating since February 2014.

The District is pleased to see increased funding from the State this year. Unfortunately, the massive reduction in funding over the last several years has left the District with deficit spending. The District is just now returning to funding levels from the State that are close to what was received in the **2007/2008** school year. Based on the unaudited actual budget for the 2013/14 school year, the District is facing an annual deficit of approximately \$2.4 million dollars. This is without any increase in compensation to district employees.

Despite these circumstances, the District has brought forward numerous proposals and counter proposals for CUTA to consider. The District has offered each employee group funds that equate to approximately a 2% salary increase in ongoing funds to distribute as they see fit. Additionally the District has offered to increase the amount it pays for medical insurance from \$950/month to \$985/month.

In response, CUTA/CTA filed a charge against the District with the Public Employment Relations Board (PERB) which alleged that the District had not bargained in good faith. PERB has reviewed the allegations and has moved the case forward to the next formal step - the issuance of a Complaint.

The issuance of a Complaint does **not** mean that PERB has determined that the facts alleged in the charge are true.

- The next step is that PERB will bring the District and CUTA together, likely in January, to meet to see if we can mutually settle the matter.
- If we are not able to settle the matter at the conference noted above, PERB will hold a full evidentiary hearing before an administrative law judge. The administrative law judge will determine whether the facts in the charge are true and whether CUTA has a valid legal claim.

We remain hopeful that the CUSD and CUTA will find a mutually acceptable outcome to negotiations. If a hearing is required, however, the District is confident that PERB will determine that the District bargained in good faith.

The District's financial information as well as proposals from both CUTA and CUSD are available on the Chico Unified School District website @ <http://www.chicousd.org/Departments/Human-Resources/Negotiation-Updates/index.html>. We encourage you to read them and draw your own conclusions.



## NEWS FROM KELLY

**October Superintendent's Awards:** At the October 15, 2014, CUSD Board Meeting, two outstanding CUSD staff members were recognized for their contributions to Chico students and the Chico community. Mr. **Dave Foster**, sixth grade teacher at Shasta Elementary School was honored with the Certificated Staff award. Mr. **Bruce Besnard**, Principal at Shasta, shared with the audience examples of the positive school spirit and outstanding student learning environment created by Mr. Foster. In addition, Mr. **Joel Salberg**, Custodian at Emma Wilson Elementary School, was honored with the Classified Staff award. **Kim Rodgers**, Principal at Emma Wilson Elementary school, and **Dusty Copper**, Maintenance and Operations Supervisor, talked about the positive relationship Mr. Salberg has developed with both staff and students through his energetic involvement in the school's activities. THANK YOU and congratulations to Mr. Foster and Mr. Salberg!!



*Dave Foster*



*Joel Salberg*

**Little Chico Creek Kindergarten Students Perform at Board Meeting:** The kindergarten students at Little Chico Creek entertained the Board as well as the audience with their singing and dancing skills. Special appreciation goes out to **Margie Werner**, LCC Kindergarten teacher, for her outstanding work with these students. We were all impressed with the confidence, positive behavior, and incredible amount of learning demonstrated by the students. Way to go Ms. Werner and LCC K students!



**Sierra View Teacher Renai Barney Voted Best of Chico:** Congratulations to Sierra View Elementary school teacher **Renai Barney**! Renai was selected as one of Chico News & Review's Best of Chico Teachers!! <http://www.newsreview.com/chico/readers-picks-community/content?oid=15223420>

### **Erica Sheridan Honored:**



**Erica Sheridan**, Assistant Principal at Marsh Junior High School was honored at the October CUSD Leadership Team meeting for her outstanding work with and dedication to students and student learning. **Jack Danielson** presented her with the award on behalf of Golden Apple/Horace Mann Insurance companies. Congratulations Erica!



## NEWS FROM EDUCATIONAL SERVICES

**Student Calendar:** We are in the last year of a three (3) year cycle of the student calendar. Therefore, we are beginning the process to build the student calendar for the next three years (2015/16, 2016/17, and 2017/18). We are seeking community input regarding the student calendar for these school years. We have developed a dedicated email address to help us obtain input on the calendar. That email address to provide input is: [schoolcalendar@chicousd.org](mailto:schoolcalendar@chicousd.org)

We will use this account to obtain community input regarding the development of the student calendar for the next three years. We encourage anyone with thoughts and ideas about the calendar to share so that we can look at options that reflect the desires of those affected.

The proposed timeline for the development and decision regarding student calendars is as follows:

- **October – December 2014:** Solicit, collect and analyze input from the community including but not limited to parents, employees, employee groups and students.
- **January 2015:** Staff will present options of the student calendar at the Board's regular meeting in January for the Board and the public to consider.
- **February 2015:** The student calendar will be on the regular Board meeting agenda for approval.

**Transitional Kindergarten:** Three of our Transitional Kindergarten (TK) classrooms are supported by a grant from First 5 Butte County. In turn we provide families with Strengthening Families support by addressing the five protective factors which are: 1) concrete support in times of need; 2) knowledge of parenting and child development; 3) parental resilience; 4) social and emotional competence of children; and 5) social connections. Chico Unified School District matches this support for additional TK classrooms. There are a total of 145 TK students in 7 classrooms. One classroom is a blended class that serves general education students and special need students together. All TK students enjoy an extended school day for their social-emotional development. There are Parent Resource Check-Out Libraries filled with manipulatives, story books, and resources on parenting and child-development for the families. TK targeted case managers link TK families to community and school resources. Events and activities are planned so the families can make social connections and get to know one another. The premise of the grant is all about strengthening families and parents and schools working together for student success! We are excited about some of the current data we summarized from the CUSD K baseline assessments because it shows that many students who were in CUSD TK last year are at the top of their class. The TK grads make up only 12% of the K population but the assessment data shows they comprise 37% of the top 100 and only 1% of the bottom 100. TK is providing a strong start to our youngest learners.

### **Information Technology Department**

**Chromebooks:** Chromebooks and carts have been delivered to the sites. Devices for the 7-12 grades are all working. The sites upgraded over the summer with a new network (Little Chico

Creek, Hooker Oak, Sierra View) are also up and running and we will have the remaining K-6 schools working sometime next week.

School	# Carts	Device per Cart	Total Devices
Marigold Elementary	2	35	70
Neal Dow Elementary	2	35	70
Sierra View Elementary	3	35	105
Pleasant Valley High	3	40	120
McManus Elementary	2	35	70
Shasta Elementary	2	35	105
AFC/Fair View High/CAL	2	40	80
Bidwell Jr. High	3	40	120
Little Chico Creek Elementary	2	35	70
Parkview Elementary	2	35	70
Chico High	3	40	120
Marsh Jr. High	3	40	120
Citrus Elementary	2	35	70
Emma Wilson Elementary	3	35	105
Hooker Oak	2	35	70
Rosedale Elementary	2	35	70
Chapman Elementary	2	35	70
Chico Jr. High	3	40	120

**Network and Wireless Updates:** The sites with new networking and all three high schools have been upgraded. Bidwell Jr.'s networking project to upgrade their fiber optic backbone and wireless will start soon. Shasta, Neal Dow, and Emma Wilson elementary schools will be next as part of the Measure E "QuickStart" Projects. Chapman, Rosedale, Parkview, and McManus elementary schools will also get new switching and wireless that will help get the Chromebook carts to optimal functioning.

**The Comcast Ethernet Network Services (ENS)** project to improve CUSD's Wide Area Network (WAN) is moving forward. This will give each of the CUSD school sites an additional network pathway to the District Office to help with network bandwidth and reliability. This should prevent interruptions in internet service.

**Google Apps for Education (GAFE):** With the Chromebooks coming and every student having a GAFE account, the tools for teachers have never been better. The Library Media Teachers are a great resource and look for classes being offered with the new PD. A new product or application for teachers in the suite of GAFE is Google Classroom. More information can be

found at <http://goo.gl/W820Gc>. More students and teachers are using GAFE each week; following is an example of recent activity:



**Measure E – District Office Data Center Update – Installation of a New Data Rack:** Phase I is almost complete. Patterson Electric is finishing with moving the power box to its new location. Phase 2 will begin on October 28. This Phase includes delivery and installation of the up-to-date racking system for the District Office Data Center. Installation will take place in Room 8 of the District Office and out into the hallway. The entire project should be completed by the beginning of December.



## NEWS FROM BUSINESS SERVICES

**CHS Lincoln Hall Receives CHPS Certification:** Congratulations to Facilities staff and all those involved with the design and construction of the Lincoln Hall Building on the CHS campus. CUSD has received notice from the *Collaborative for High Performance Schools (CHPS)* that our new building has attained the verified CHPS status!

**Measure E Jr. High School Conversions:** On October 15, 2014, the Board of Education approved the schematic plans for the Measure E Jr. High Schools conversion projects to accommodate the incoming sixth graders in the 2016-17 school year.

**Laura Knauss** from Lionakis Architects presented the modernization plan for Bidwell Jr. High. The project includes:

- Redesign of the North Avenue campus edge to provide an identifiable safe and welcoming front entry
- Complete renovation of existing administration space to comply with program needs; including entry lobby and reception area, offices, counselors, conference spaces, workroom and staff restrooms
- Modernizing the existing multipurpose space including rebuilt student restrooms, new in-wall cafeteria tables, floor and wall finishes, paint and window shades
- Modernizing the existing library to include a new technology lab and resource space, office and storage spaces
- Modernizing the existing gymnasium to include new floor, wall and ceiling finishes
- Completing all technology infrastructure updates as stated in the District Technology Plan
- Replacing fire alarm panel and devices to District Standard

**Haley Gipe** from Darden Architects presented the schematic plan for Chico Jr. High. The project includes:

- Upgrading two existing science classrooms in the L wing into labs and prep area
- Renovating two existing classrooms in the N wing into a larger science lab with prep area and engineering alcove
- A new science building to include three science labs and prep area
- Completing all technology infrastructure updates as stated in the District Technology Plan
- Replacing fire alarm panel and devices to District Standard
- Modernizing restrooms, painting, fixing drinking fountains and adding water fill stations (bottle fillers)
- Reconfiguring drop off area and providing better access for pedestrians and bikes
- Providing additional parking

**Tim Dewitt** from Rainforth Grau Architects presented the schematic plan for Marsh Jr. High. The project includes:

- A new 6,550 sq. ft. Science building including four science labs with nine lab stations, prep room with storage, engineering alcove with roll-up doors to the outside
- Completing all technology infrastructure updates as stated in the District Technology Plan



### **Maintenance/Operations and Transportation**

**Par Courses:** Par Courses are being installed at Fair View High, Chico Jr. and Bidwell Jr. High schools. The first course was completed at Fair View. M&O team members **Dan Rice** and **Luke Steinberg** are heading up the project. M&O teamed with Career and Technology Education (CTE) teacher, **Matt McGuire**, to involve Fair View students in helping with the installation. The project took approximately seven days to complete. Both Dan and Luke were very complimentary on how well the students worked. The idea is to involve the students in all three installations. They will begin shortly on the Chico Jr. course, then finish with Bidwell.



**Transportation is Lighting up the Night:** Transportation was one of many CUSD entries in the Parade of Lights this year. Transportation team members and their families spent about two-and-a-half hours decorating the bus with lights, and approximately thirty people rode the bus through the parade. It was amazing to see how many people came out to watch the parade and how many cheered as the bus went by. We are also in the process of training five new school bus drivers. This will give us the ability to provide more buses for field trips.



**Phone Hacking:** Over the past month, the CUSD phone system has been hacked several times. Hackers worm their way into voice mail boxes and then forward calls from that number. The cost of the calls they make can run into the thousands of dollars. We have been working with AT&T to help resolve this problem. One of the stop gaps was to block all International calls incoming and outgoing. We also have World Telecom and Surveillance from Redding (they originally installed our phone system) coming to see how they can help. The one thing everyone needs to do if you have a voicemail account with the district is to change your password. This should be done 2-3 times per year to help avoid hacking.

To make voicemail passcode change, please follow the instructions below:

- Call mailbox
- Once into mailbox press "3" ( User options)
- Press "3" again (change pass code)
- **PLEASE DO NOT USE YOUR EXTENSION NUMBER AS PASSCODE**
- Enter new pass code
- Enter new pass code again
- After it tells you the new pass code accepted you can hang up the phone

If you have any questions, please contact Nick Oman, Telecommunication Specialist at 891-3192, Option #1.



**Nutrition Services:** Nutrition Services has just finished with site manager meetings to discuss the upcoming winter menu. The Nutrition team rolled out new menu items to the managers and received feedback from them. All in all it was a great set of meetings and some good new entrees will be on our winter menu. We are in the midst of Turkey feast and we encourage all parents to come join us for a wonderful meal. Please contact your child's school site for the exact date and time. We look forward to seeing you there.



## NEWS FROM HUMAN RESOURCES

**CSEA, Chapter 110 Negotiations:** The District and CSEA, Chapter 110 negotiating teams met on October 14. The teams reviewed the outcome of the 2013/14 budget and its impact going forward. The teams do not have dates scheduled to meet at this time.

The District has offered a 2% ongoing to salary increase from \$950/month to \$985/month (approximately a .37% increase) the amount that it pays for full-time employee medical insurance premiums.



## NEWS FROM OUR SCHOOLS

### News from CHS Choir:

- Congratulations to the following Chico High School A Cappella Choir members who participated in the NVCC Honor Choir held at Bidwell Presbyterian Church and directed by Dr. David Scholz: [Andrea Frediani](#), [Emma Miller](#), [Sonia Damian-Siordia](#), [Marie Baumgartner](#), [Austin Seguine](#), [Owen Radey](#), and [Cora Miller](#). In addition, [Benton Miller](#) and [Jacob Graber](#), two members of Sac Street Boys and also members of the CHS A Cappella Choir, attended a one-day Barbershop Harmony workshop in Sacramento after the fires in Pollock Pines cancelled the weekend retreat where CHS would have had nine boys attending.

- The following students will be singing in the NCBCDA honor choir February 5-7, 2015, at CSU Chico: [Emma Miller](#), [Austin Seguine](#), [Adam Maness](#), [Andrea Frediani](#), [Benton Miller](#), [Sonia Damian-Siordia](#) and [Owen Radey](#). This brings together 150 students from all over Northern California with a guest director. The students learn their music at their respective schools, then come together for 2.5 days of intense rehearsal and end with a concert. .
- The CHS choirs will be having a Burger Hut (on Cohasset) TAKE OVER night on Wednesday, October 29 from 5:00-9:00 p.m. Please come out and support our choirs' efforts to get to Carnegie Hall.
- The CHS choirs will be having a Veteran's Day Concert on Monday, November 10 in the Williams Theater. We will be presenting two concerts, one at 4:00 p.m. and one at 7:00 p.m., to accommodate our guests. We will also be having a "Spaghetti Showdown" dinner and Cake Auction at 5:00 p.m. in the Lincoln Center. Veteran's Day Concert tickets can only be purchased at the door. Spaghetti Dinner tickets are ONLY pre-sold (\$15.00) and available from choir students or in D-2 at CHS.

You can also call 891-3026-322 or email [sdelgado@chicousd.org](mailto:sdelgado@chicousd.org) for more information on any of these events. Thank you for your support! Sue Delgado, Director, Chico High Choir

**Cranberry Beans Anyone?** Neighbors and regular school supporters noticed that things were different this summer at the Henshaw Avenue Farm. [Ronnie Cockrell](#), FFA adviser, said it is good farm practice to keep crops in a rotation. For the past several years students have grown cranberry beans on part of the land and pumpkins on the other. Each year they flip-flopped the crop. But last year the student growers noticed a decline in the pumpkin yield and quality. They were told by Seeds by Design that they had better give it a break. The entire student farm was planted with beans, which were harvested in late September. They will plant a cover crop of vetch this year, which is known to add nitrogen to the soil. If you have not tried the cranberry beans, you should. They are sold dry and are often used in crock pots and for chili. With a big bean crop this year, the students are selling most of them in bulk to a wholesale company. Nutrition Services will serve the beans in the cafeteria, plus other school districts, including Shasta Unified and Hamilton Unified. You can support the student farmers by purchasing the beans, which are packaged in small burlap sacks, through the school and at Zucchini and Vine for \$6.00.

**PVHS Students and Staff** collected 224 blankets during a "Warmth for Weed" blanket drive. The blankets were delivered by hand to the residents of Weed, California that lost their homes and everything they had to the Boles Fire. PVHS students and staff deserve a HUGE thank you for their generosity, thoughtfulness and kindness. *Thank you ~ Janet Topete-Tallerico and Tony Tallerico*

**PVHS pARTnership for the FUTURE:** The Community Advisory Board for **pARTnership for the FUTURE** met on September 25 for an overview of the \$20,000 grant awarded to [Nancy Ritcher](#), [Linda Elliott](#), and [Reta Rickmers](#) to create curriculum and activities that unite students, parents, and the community in art experiences that help students use their strengths as a bridge to the future. The grant was awarded by California Teachers Association Institute for Teaching, a non-political division of CTA, and administrated by Chico Unified Teachers Association. The group of students, parents, and community members, along with the teacher-librarian and two art teachers from Pleasant Valley High School met to exchange ideas and opportunities for collaborative work between PVHS art students and the Chico Area Community. An array of suggestions and opportunities were contributed by our very talented and committed community members. Collaboration opportunities included gallery exhibition design, working with monca (museum of Northern California Art), students shadowing an art professor for a day, and more! Advisory Board members were eager to offer suggestions for students' exploration into the local art world and beyond, including setting up catalogs of their art along with their e-portfolios, visiting the BFA Gallery at CSUC, and exploring scholarship resources. The board will meet



again in March to review progress, exchange ideas, and expand opportunities for PVHS art students in a **pARTnership for the FUTURE**.



(front row, L to R) CSUC professor **Cris Guenter**, PV student **Austin McBeen**, parent **Gin McBeen**, Chico Art Center Gallery Director **Klint Kettell**, and CSUC art education professor **Teresa Cotner**, (back row, L to R) PV art teacher and team lead **Nancy Ritcher**, PV library media teacher and team member **Linda Elliott**, PV art teacher and team member **Reta Rickmers**, parent **Karin Willhoit**, former Butte College ceramics instructor **Idie Adams**, parent **Jas Mann**, BCOE VAPA Services **Nancy Silva**, and former CSUC faculty and University Gallery Director **Jason Tannen**. Not pictured: student **Amelia Zepeda**.

**Cal Band Visits PVHS:** Things were exciting at PVHS! The UC Berkeley “Cal” Band joined PVHS students in creating some fun music, including the fight song. Thank you to PVHS music teacher Ryan Heimlich for organizing this exciting day. To hear a small sample of the day, use the following link:

<https://www.facebook.com/video.php?v=10203946422194389&l=5779238131210962193>



**Clifford Makes an Appearance at the Little Chico Creek Book Fair:** **Amy Evans** sent the following pictures from the Little Chico Creek (LCC) Book Fair. The one in the Clifford costume is her daughter, 22 now, and an LCC graduate. When her daughter is not posing as Clifford, she attends the nursing program at CSUC. This was on her bucket list to be a mascot or something; so she was one happy camper to do it for LCC. As you can see the students loved it!



**Parade of Lights:** Several of our schools participated in this year's Parade of Lights:

**Neal Dow** joined the Parade of Lights to share their school pride and to let the Chico community know they are celebrating their 50th Anniversary. Students, parents, teachers, the dance club, and former Principal **Marilyn Rees** joined them during the parade. Neal Dow had an impressive number of people that joined in and walked or rode in the parade. Neal Dow would like to thank Azad's Martial Arts Studio for sponsoring our entry fees, Dragon Graphics for creating and donating the fantastic banner students carried to lead our group and the Moreland family for lending and driving their truck and trailer that the Kindergarteners and parents were able to ride.



**McManus** had a wonderful time participating in this year's Parade of Lights and students, families, and staff are looking forward to next year's parade!

**Citrus:** The preliminary results indicate that Citrus came in 2<sup>nd</sup> place in the youth division and 10<sup>th</sup> place out of all participants. They had over 80 parents, students and staff at the parade on Saturday night and over 60 helpers decorating the float on Saturday morning.



**Little Chico Creek:**



**Citrus Spooky Science Night:** Citrus held its first Spooky Science Night and Trick or Treat on Wednesday, October 29. They partnered with Chico State Hands on Science Lab for the Spooky Science Experiments and staff and volunteers decorated the classroom doors for Trick or Treating.

**Reading at McManus:** Paige Bush's class received the "Word Warrior Flag" for doing the most reading this month....this was donated by the Chico Sunrise Rotary Club.



**Shasta hosted its annual Kindergarten Safety Faire.** Fifth grade students in Mrs. Voss's class work together to create stations to demonstrate safe behavior as a guide for our kindergarteners. Stops along the journey include trick-or-treating safety, crosswalk safety, looking both ways before crossing the street, traffic signal awareness and a tour of a fire truck. Each station involves a short skit and provides an interactive experience for the kindergarteners that will help keep them safe. The event provides an opportunity for our students to work collaboratively in groups to create and deliver a message in a fun, informational way. They enjoy being teachers for a day and take a lot of pride and ownership for the event.



Many elementary schools had fun on October 30. Please see pictures at the end of this update.



## CUSD IN THE NEWS

[Chico school panel asked to move on junior high projects](#)

[Chico school board moves forward on conversion of junior highs to middle schools](#)

[Cranberry beans on sale by local student farmers](#)

[Race gathers supporters for work with special needs kids, honors Jesse Kohen](#)



## Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

### **"It's just a little treat": the harm in using food to reward children**

Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but also should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times.

Since few studies have been conducted on the effect of using food rewards on children's long-term eating habits, **the best policy is not to use food to reward children for good behavior or academic performance. At minimum, children should not be rewarded using foods of poor nutritional quality.** (Note: classroom parties are covered by this policy.)

### **The value of rewarding children (with non-food rewards)**

As teachers know, classroom rewards can be an effective way to encourage positive behavior. Children, like everyone, alter their actions based on short-term anticipated consequences. When trying to foster a new behavior, it is important to reward a child consistently each time he or she does the desired behavior. Once the behavior has become an established habit, rewards can be given every now and then to encourage the child to maintain the preferred behavior.

The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward. Eventually, self-motivation will be sufficient to induce them to perform the desired behavior, and outside reinforcement will no longer be necessary.

### **Physical activity and food should not be linked to punishment**

Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Another counter-productive punishment is forcing children to do physical activity such as running laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children. The U.S. Department of Agriculture prohibits withholding

meals as a punishment for any child enrolled in a school participating in the school meal programs.<sup>1</sup>

## Examples of beneficial (and inexpensive) rewards for children<sup>2</sup>

### Social rewards

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person.

### Recognition

- ① Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., “Great job”)
- ① Recognizing a child’s achievement on the school-wide morning announcements and/or the school’s website
- ① A photo recognition board in a prominent location in the school
- ① A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment
- ① A note from the teacher to the student commending his or her achievement

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<sup>1</sup> U.S. Department of Agriculture (USDA). *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*. Alexandria, VA: USDA, 1988.

<sup>2</sup> Some examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension), 2004. Accessed at < <http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>> on November 8, 2004.

## Privileges

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with a teacher or principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing a child to choose an extra recess activity for the class on his/her birthday.

## Rewards for a class

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE, or reading time
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together
- "Free choice" time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- A field trip

## School supplies

- Pencils: colored, with logos, or other decorations
- Pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk (e.g., sidewalk chalk)
- Markers
- Coloring books

- ① Rulers
- ① Glitter
- ① Pencil sharpeners, grips, or boxes

### Sports equipment and athletic gear

- ① Paddleballs
- ① Frisbees
- ① Water bottles
- ① NERF balls

### Toys/trinkets

- ① Stickers
- ① Yo-yos
- ① Rubber balls
- ① Finger puppets
- ① Stuffed animals
- ① Plastic or rubber figurines
- ① Toy cars, trucks, helicopters, or airplanes
- ① Plastic sliding puzzles or other puzzle games
- ① Slinkies
- ① Gliders
- ① Magnifying glasses

### Fashion wear

- ① Temporary tattoos
- ① Hair accessories (barrettes, elastics, or ribbons)
- ① Bracelets, rings, necklaces
- ① Sunglasses

### Miscellaneous

- ① Key chains
- ① Flashlights
- ① Cups
- ① Magnets
- ① Crazy straws

- ① Gift certificate to the school store


- ① Hula hoop
- ① Head and wrist sweat bands
- ① Jump rope

- ① Spinning tops
- ① Marbles
- ① Jacks
- ① Playing cards
- ① Stretchy animals
- ① Silly putty
- ① Bubble fluid with wand
- ① Balloons
- ① Capsules that become sponges/figures when placed in water
- ① Inflatable toys (balls, animals)
- ① Small dolls or action figures

- ① Eyeglasses with nose disguise
- ① Hat or cap
- ① T-shirt
- ① Sneaker bumper stickers
- ① Shoe laces

- ① Backscratchers
- ① A plant, or seeds and pot for growing a plant
- ① Books



 **A token or point system**, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

- ① Gift certificate to a bookstore or sporting goods store
- ① Movie pass or rental gift certificate
- ① Ticket to sporting event
- ① Puzzle
- ① Book
- ① Stuffed animal
- ① Magazine subscription
- ① Board game
- ① Step counter (pedometer)
- ① Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated.

A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.

**Information brought to you Nutrition Services and your Wellness Committee for Chico Unified School District in conjunction with Center for Science in the Public Interest**

For more information, visit [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/) or contact the Center for Science in the Public Interest at <[nutritionpolicy@cspinet.org](mailto:nutritionpolicy@cspinet.org)>.



## Art Studio @ PV Newsletter 10/13/2014

We have a wonderful group of Art Studio students this year. They are a delight! Please take a minute to read below about the events so far and things planned for the future. Please contact me if I can answer any questions or address any concerns. Reta Rickmers, [rickmers@chicousd.org](mailto:rickmers@chicousd.org)

### Calendar of Events

#### Past Events:

**September 18<sup>th</sup>:** Marigold Buddies to 6<sup>th</sup> period

**September 19<sup>th</sup>:** CSUC field trip

**September 20<sup>th</sup>:** Pastels in the Plaza, downtown Chico

**September 25<sup>th</sup>:** Art Community Advisory Board Meeting

**September 30<sup>th</sup>:** Pastels in the Quad at PVHS. Over 95 PV students participated. Art Studio students advertised and organized the event, as well as participated in it.



*Marigold Buddies*



*CSUC Field Trip*



*Art Community Advisory Board*

#### Upcoming Events:

**Thursday, November 6<sup>th</sup>:** Fall Prelude: Art Studio 1 and 2 art exhibit and reception in the PV Library from 11:50 to 12:30. It will be catered by PV culinary class. Parents are enthusiastically invited to attend!

**Family Fun Night:** November 17<sup>th</sup>, 6 pm, PV Library, catered by PV culinary class. All families of all ages are invited to make art together! A representative from Crayola will supply materials for some of the art stations!

#### Some of our “**Artist**”, **Art Service Learning Projects**:

- Organized Pastels in the Quad
- Designed the Almond Bowl T-shirts for 2014
- Created a poster for the school play, Euripides
- Created a poster for the IB Music concert Benefit
- Created a new display for Art Studio in the outside case at PV

Our exciting field trip to San Francisco is scheduled for February. More to come on that later.

As a fundraiser, students are currently selling raffle tickets to win a free car. Tickets are \$20. All tickets and money must be turned in by Friday, October 17<sup>th</sup>.



No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. An American kid can easily accumulate **5,000 - 10,000 calories worth of candy** in that bag and eat the equivalent of **3 entire cups of sugar!** Of course, if it were only one night a year, we could look the other way, but, on average, **kids eat 100 pounds of sugar annually** (that's more than a lot of kids weigh!) and **get 10-15% of their calories just from soda and fruit juice**, not to mention cereal, pastries, and all the many other sources of added sugar all around us. So for those who feel they **MUST** collect candy, **pick out a couple of favorite pieces and then toss or donate the rest.**

the big number

**4**

October 31 is just one day of 365, or .27% of the entire year, but 4% of all candy consumption occurs on that day.

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

**WELLNESS IS A WAY OF LIFE!™**

*USDA is an equal opportunity provider and employer.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"TRICK"

## 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!

### BANANA

Some sweet treats have nutritional value, too. Peel a few bananas and put them on popsicle sticks. Freeze and drizzle with a little dark chocolate. Yum!



## LEARN EASIER

Schools report that when kids have school on the day after October 31, absences and tardiness soar, visits to the health room for stomach aches increase, and concentration and productivity suffer as well. Yet another connection between eating well and doing well in school!



## PLAY HARDER

Need another reason to go easy on the sweet stuff? A 100-pound kid would have to play 14.5 hours of full court basketball to burn off a 7,000 calorie candy binge. We're in favor of playing harder, but that's a little ridiculous!



## LIVE HEALTHIER

Kids are at their cutest this time of year, but they can also be at their most vulnerable: they're more than twice as likely to be hit by a car on October 31 than on any other day of the year. Adults can help in two ways. First, supervise your own kids closely and make sure they are carrying flashlights and wearing reflective tape or stickers. Second, watch out for other kids -- drive with extreme caution on the big day, especially from 5:30 p.m. to 9:30 p.m.



### First things First



### BREAKFAST @SCHOOL



Featuring Healthy Fruits & Grains!

School Meals We serve education every day™

Over the last three school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, beginning this year, all the grains we serve will be "whole-grain rich," which means they will contain more than 50% whole grains.



**DON'T 4GET!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



School Meals We serve education every day™

CHICO HIGH CHORAL DEPARTMENT  
PRESENTS A

VETERAN'S DAY  
AMERICANA  
CONCERT

MONDAY  
NOVEMBER 10, 2014  
7:00 P.M.

WILLIAMS THEATER  
CHICO HIGH CAMPUS

FREE TO VETERANS  
\$7.00 FOR ALL OTHERS

McManus



Neal Dow



Emma Wilson Fall Festival





**Emma Wilson's Red Ribbon Week Festivities.** Emma's Red Ribbon Week was put together by parents, **Katie Cook** and **Joannie Meyer**. Along with these two wonderful ladies, we had three sixth grade students that lead our parade, **Candice Wainschel, Zack O'Connor, and Allison Richelieu**. The primary students received visits from Clifford to their classrooms. The intermediate grades attended an assembly about staying drug free. The entire school participated in a Red Ribbon Week Parade around our campus.



**The CUSD Bridge to Kindergarten** team participated in the First 5 Grantee Faire on Friday, October 31 in Oroville. The Faire is intended to showcase grantee programs to the First 5 Commission:

*"Thank you all so much for your energetic participation in today's Grantee Faire. Staff greatly enjoyed working with all of you in creating and sharing the Faire with our First 5 Commissioners. We have already heard wonderful feedback regarding how much Commissioners learned about each of your programs and how much they enjoyed meeting each of you."*

Those in attendance were (fr) **Shawneese Heath, Frances Stallman, Pauline Daugherty, Sheng Vang,** (b row)**Brian Kehoe, Laura Manning, Sheri Zeno and Ge Thao Lor**

