



La Mariposa Pawprint

Member of Camarillo PTA Council, Twelfth District PTA, California Congress of Parents, Teachers, Students, Inc. and the National Congress of Parents and Teachers

March 2010

La Mariposa School 4800 Corte Olivas, Camarillo, CA 93012 (805) 987-8333

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Riddle of the month:
What grows down as it grows up?



Principal's Message: Parking Lot Safety



My Principal's message for this month is neither provocative nor enlightening. It is, however, about an important topic that affects every member of the La Mariposa community.

On a daily basis, more than 800 people come on campus, including students, parents, staff, and visitors. Most of these people arrive by car, and therefore, come through the La Mariposa parking lot. Since the vast majority of the people on campus are children, it is vitally important that our parking lot is as safe as we can all make it.

Recently, a phone call was made to all LMS families asking them to stay out of the side parking lot, which is reserved for bus access. For the most part you have followed that request. For those who have changed their drop off and pick up routine- I thank you. For those who still occasionally pull in past the "Buses Only" sign, I hope you can alter your drop off and pick up habits.

As the Principal, my main concern is the safety of your children when they are at school. I also take personal responsibility for the safety of parents, grandparents, and any other person who comes to La Mariposa- even if it's only to drop off a student. I have noticed, and have had concerns shared by others regarding some unsafe practices taking place in the parking lot.

So, in response to these concerns, I ask that you follow these guidelines when using the LMS parking lot:

- * Obey the speed limit of 5 MPH
- * Never attempt to pass another car
- * Do not enter the lot through the exit
- * ALWAYS be patient (especially on Thursdays)
- * Be polite to other parents
- * Do not drop off students anywhere but near the flag pole
- * Do not ask your student to walk across the parking lot to get to you
- * Do not talk on your cell phone (it's the law!)
- * Follow staff directions when asked to pull forward
- * Remember that your child is watching you!



Thank you in advance for your safe driving and consideration toward others. It takes everyone working together to keep La Mariposa a safe place for kids to be!

Sincerely,
Jay Greenlinger
Principal

2nd Annual La Mariposa Dinner Dance

Saturday, March 13, 2010

The dinner dance is just 2 weeks away! We still have a few reservations left; turn in your RSVP so you don't miss out on this great event.

The most important reason to go to the event is **100% of the profits go directly to our kids at La Mariposa**. The funds will go towards Student Response Technology and Music Education. Student Response Technology is a broad term used to describe electronic devices that encourage interactive student participation. Music Education is something that has come up in all talks between teachers and parents; everyone agrees it is something we would love to have at our school. How great would it be to have a music teacher for our kids once a week???

The money will be raised from our live and silent auction. We have auction items in all price ranges. From movie tickets, restaurants, health and beauty baskets, hotel stays, gym memberships, local retail stores, photography sessions. Places for kids: Pump it Up, Jolly Jump, Coach Patty's Gym, and CAPA. We have tickets to sporting events: LA Kings ticket, Laker tickets. Everyone at one time needs to take their car in for service; we have GC from Camarillo Independent Auto Repair, and Hays Automotive.

We also have great unique items such as: MB2 raceway- a birthday party for 8 kids or 10 adults, Jim Hall Kart Racing, Ifly Hollywood, Boulderdash indoor rock climbing, private horseback riding lessons with Ferrante Ranch, custom woodworking from Coast Woodworking, plastic surgery consultation from Dr. Lynn Jeffers and Squashed grapes- \$150 GC where you get to make your own wine. Tickets to Disneyland for 4, LA Zoo, SB Zoo and the Ronald Reagan Library.

We will be having an opportunity drawing at the event. You can have a chance to win:

32" flat screen TV (donated by Best Buy Thousand Oaks)

Yellow gold necklace w/pearl and diamond pendant (donated by George Thompson Diamonds)

Pacifica Suites Hotel in Santa Barbara- a 2 night stay

If you cannot come to the dinner dance, you can still have a chance to bid on all our exciting auction items! We will be sending out a **bid by proxy**. It will be going home with your kids, so look for it the week before the event.

Not only are there auction items from businesses, but all our teachers have donated their time to the auction too. You can bid on ice cream sundaes for your child and teacher, pizza party, elegant lunch, root beer float party, tea party, sports lunch, teacher for a day, principal for a day..and much more. A great opportunity to have your child spend valuable time with their teacher!

Each classroom has made a basket for their class. Some examples are: Dodgers basket, kitchen theme, Catering Cooking Party, "Girls night out", spa basket, family reading, movie theme, master of the grill basket, and much much more!!!!

There will be give-aways throughout the night; you can win items just for coming to the event.

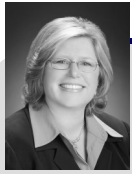
This is really a great night to have fun with our La Mariposa community of parents and teachers!

Thanks so much for helping to make the dinner dance a success.

Together we can make it happen!

Beth Sassower and Romy Henderson





A Word from our PTA President

My original draft of this month's President's letter was filled with information about our wonderful "online" resources. Having school knowledge at your fingertips through our website, www.lamariposatigers.org, empowers you to be an engaged and active participant in your children's education. However, there is something much more important to discuss at this time: **The California Budget (or lack thereof) and what it means for our school district.** I'll get back to our online resources next month.

Pleasant Valley School District held several Town Hall meetings earlier this month, I attended the one hosted by La Mariposa. While the information goes very quickly and there is a lot of it, each time I hear it I seem to grasp the depth of the situation more.

You can see a copy of the material that was handed out at the meetings by [clicking here](#) or by visiting www.pvsd.k12.ca.us. Look for the link under [The State Budget and Its Impact to Our District](#).

What you have to keep in mind is last year we went through this same process and most of the areas that could be cut, were indeed cut. The Board has done a very good job - with the input of parents, students, faculty and administrators, in not only cutting expenses, but in looking for other ways to increase income. The new Junior Kindergarten and Childcare programs being piloted on various campuses are the direct result of community input.

Unfortunately, it looks like the District will need to find approximately \$3.2 MILLION more dollars to cut. And when it comes right down to it...the only thing left are people and services. In discussions with the District they absolutely want to do everything possible to keep the cuts away from our children, but the task is a difficult one.

What can you do?

Stay Informed.

Visit the [District Website](#) for up to date details and figures.
Visit the [California PTA website](#).

Take advantage of the opportunities provided by the district to be involved in the solution.

[Email the District](#) if you have any ideas or suggestions. They want our help!

Support your La Mariposa Staff

Support your kids by supporting the PTA! Remember...we are the ones who make up the difference in the necessities for our children's educational experience. And don't forget...by supporting the PTA, you are supporting the California PTA who is YOUR CHILD'S ONLY VOICE IN SACRAMENTO! IF YOU HAVE NOT YET JOINED THE PTA...CLICK HERE AND JOIN NOW! WE NEED YOUR SUPPORT MORE THAN EVER!

The California PTA just announced its support of the **Local Control of Local Classrooms Funding Act**. Read more about this important initiative to amend the California Constitution [here](#).

Your Action Directory:

Volunteer on campus, contact [Kamala](#).

Support [Save Our Kids Music](#)

Support [Pleasant Valley Education Foundation](#)

Become a PTA member or add PTA memberships to your household. Click [here](#).

Learn about [CA State PTA](#) and their [advocacy programs](#).

[Tips on how to contact your elected official](#).

Contact [State Senator Tony Strickland](#)

Contact [State Assemblyman Audra Strickland](#)

WRITE TO YOUR LOCAL REPRESENTATIVES. Remind them that our children are this State's greatest asset and we must keep any further cuts away from our children!

California is the leader when it comes to our standards and in fact is the model for National efforts associated with those standards. Yet, we are almost in last place when it comes to the dollars we spend for each child in our educational system.

We all must do what we can to ensure our children continue to receive the high level of education here at La Mariposa that we have all grown accustomed to. **Burying your head in the sand will not make this situation go away...YOU HAVE TO STAY INFORMED AND BE INVOLVED AND SUPPORT THOSE THAT REPRESENT OUR CHILDREN.**

We have a great community here in Camarillo and we are very blessed to be able to enjoy all the abundance that our community, including our school community, have to offer. Thank you to all of you who support your children everyday..and to those that support beyond!

In closing, I would like to commend our School District Staff and our La Mariposa Staff for their diligence in these very difficult times. They remain focused on our children.

Kim Dawson, PTA President

Healthy Living

Are you passionate about healthy living and growing food with conscience?

April 13, 2010
6:00-8:00
La Mariposa MPR

FAMILY FOOD NIGHT & RECIPE EXCHANGE

Cooking Demos
Recipe Sampling
Interactive Kid's Cooking Zone
Mini Fresh Market
Door Prizes
...and more.

Please submit recipes and make your reservations for family night by March 26, 2010.

EAT RIGHT, RIGHT HERE, RIGHT NOW
Focus on Feeding Your Family Local, Seasonal, Fresh Produce

Recipes can be submitted in the following categories and will be included in La Mariposa's 1st school cookbook:
 - I Can Do It Myself: Recipes Created for Kids, By Kids
 - The Lunch Box: Picking a lunch with food ingredients your grandmother would recognize and your kid can pronounce.
 - The One Pot Meal: Whether it's a breakfast smoothie or stew for dinner, healthy can be easy and done with little mess.
 - Cook Now, Eat Later: Meals that can be prepped ahead of time for a quick week night meal on the run.
 - Fresh Desserts: Incorporating Fresh Produce in your sweet treats.

For recipe guidelines and event details or go to www.LaMariposaTigers.org

We know that working in a garden together creates a deep and unique sense of community. We also feel that our students can best learn the CA science standards through authentic experiences.

La Mariposa already has many great gardening activities in place. The goal of this group-consisting of parents, teachers, school staff, and local growers- is to set a *vision and plan* for increasing the opportunities our students have for gardening and growing food. I am particularly pleased to welcome Phil McGrath, of McGrath Family Farms, to La Mariposa.

The first meeting of the Garden Committee is set for **Monday, March 8th, from 3:30-5:00 in the La Mariposa Library**. Please feel free to invite any parent, colleague, or friend, who you think would be a positive addition to this group. ****We are particularly interested if you know someone involved in a local restaurant that is known for using seasonal, local (and ideally, organic) foods.**

Save These Dates in April

- 2 Kindergarten Tour
- 5-16 Pennies for Patients
- 7 Walk or Wheel Wednesday
- 8 Spirit Wear Sale
- 13 Family Food Night
- 15 Volunteer Tea
- 16 Razzle Bam Boom Assembly
- 19 NO SCHOOL
- 20-23 Kindergarten Plays
- 26-5/10 STAR testing

Tae Kwon Do Thursdays in March: 4th, 11th, 18th, and 25th.

March

| | | | |
|-----|---|--------|--|
| 1-5 | Women in History | 14 | Turn Clocks Forward |
| 3 | Walk or Wheel Wednesday | | |
| 3 | Kindergarten Tour 1:15 | 16 | PTA Meeting |
| 4-5 | First Grade Plays | 22-25 | 2nd Grade Plays |
| 8 | Kindergarten New Student Registration | 23 | Family Life-Parent Viewing Dos Caminos School 5:30-7:30 pm |
| 8 | Garden Committee Mtg. Library 3:30-5:00 | 23 | Family Food Night Reservations and Recipes due |
| 12 | End of Second Trimester | | |
| 12 | Local Author at Camarillo Library | 26-4/2 | Spring Break NO SCHOOL! |
| 13 | Dinner Dance | | |

Special Saturdays at 10 am in the Camarillo Library Community Room

March 6 Local author Kathleen Contreras

will read her bilingual book and share a popular Mexican game called Loteria-a fun game for the whole family!

This bilingual story shows the importance of family and of reading, while also emphasizing the rewards of passing along cultural traditions. Beautiful illustrations portray the moving story of Bela and her grandma, who love to tell stories, braid hair, and play loteria with the family: "Our stories, like our braids, bind us forever."



I'm a great believer in luck, and I find the harder I work, the more I have of it.

Thomas Jefferson

"Luck is what happens when preparation meets opportunity."

Roman Philosopher



Kindergarten Tours Become a Monthly Event

Judging by the great turn out we had at our Kindergarten Tours in February, it seems the word is out on La Mariposa. More than 50 families came out in the pouring rain to check out the campus and La Mariposa Family. Mr. Greenlinger along with a handful of PTA members were on hand to answer questions and welcome the new families to our school. In response to the overwhelming interest in La Mariposa, Mr. Greenlinger has add kindergarten tours the first Friday of each month starting in March at 1:15. If you have friends or family interested in attending our school, he'd be happy to answer questions and show them around at the monthly Kindergarten Tours.



LA MARIPOSA

7 Ways to Make Your Own Good Luck

Adapted from September 13th, 2007 by [Steve Kaufmann](#)

1) Be adventurous but do not bet the farm.

Every thing that I achieved came from taking risks. But in all cases, I could afford to lose. I was not going to be exiled if I lost. I followed my gut feel, but I knew that I could cope with failure.

2) Start by trusting people.

You will only achieve your goals with the help of others: friends and family, and colleagues. If you are suspicious by nature, or if you like to do everything yourself, your chances of getting lucky are diminished. Because it's usually others that bring you luck.

3) Play your strong cards.

Make sure you identify your specific skills, aptitudes, and knowledge and use them wherever you can. This will increase you chances of getting lucky.

4) Give more than you take.

If you want to attract lucky people, be prepared to give. You need to go the extra mile for others without worrying too much about keeping score. In my experience the old saying "what goes around comes around" is definitely true in business and in life, and "it" comes around when you least expect it, believe me.

5) Get and stay fit.

I am not referring to only to physical fitness. I mean your overall mental, physical and psychological well being. Eat right and stay active. Keep learning and improving yourself. Look on the bright side. Believe in your chances of success, even in the face of difficulties. Health and energy will bring you luck, and the strength to rebound from reverses.

6) Be a good communicator.

You have to communicate who you are and what you want. Work on your language skills. I mean your use of words, your ability to speak and write clearly and simply but forcefully.

7) Be true to your craft and trade.

An accountant can write a good business plan and do the ROI analysis, but is unlikely to make a good shoemaker. Every start-up, every enterprise, every venture, is based on a craft or specialized field of knowledge. Be true to the Hippocratic Oath of your chosen field of activity. People will know if you are for real and then you will start to get lucky.

Thank You!

A HUGE THANK YOU goes out to
all our La Mariposa volunteers:

The La Mariposa PTA would like to thank our volunteers:

Danielle Jansen and her helper, Ami Marchlik for organizing our After School Enrichment Program.
Kathy Gonzales for organizing our eWaste Event and teaching the PVSD staff ZUMBA!
Cindy Laudato, Stacy Lythgoe, and their welcoming committee for creating a warm presence and our kindergarten informational meetings.
Keiko Chun and her army of volunteers for making CAO happen at La Mariposa...and also Nina Ruhland for holding weekly speech meetings for our speech kids!
Maryanne Ketchum for organizing our 100th Day Sock collection and the Student Leadership for counting all those socks!
Diana Goodson and Mrs. Pearson for organizing Jump Rope for Heart.
To our financial officers April Marsh, Pam MacCallum, and Derrek Michaelson for cutting checks, collecting money, and making sure the books are perfect.
Thank you for all your time and dedication...there must be an end to the rainbow, because we've found our pot of gold in you!

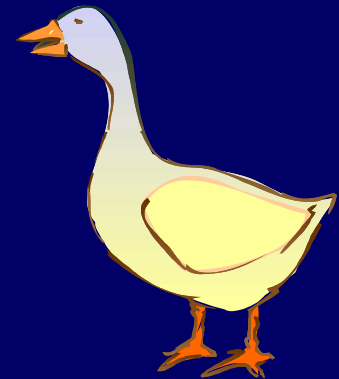
La Mariposa couldn't be the school it is with out all of our volunteers.

Growing Green

Paperless Progress

We have saved **43,065** sheets of paper (or nearly **5 trees**) and **\$1362**.

We even introduced our first online registration with Science Night making the whole process completely paperless.



A goose



Jump Rope For Heart

Our Jump rope for Heart event happened on Friday the 12th of February. All grades participated and had a great time!

Mrs. Cassie Blauert and Ms. Diana Goodson helped the students warm up and some even got a heart healthy quiz! Each student received a Thank you sticker from the American Heart Association.

We have a four way tie for the longest jumping time: in Mrs. Pearson's class -- Corey and Shing (I am not sure of last names) and in Mrs. Sadowsky's class -- Lauren and Natalia they all jumped for 4min. 40 seconds! Congratulations to them all!

Our next closest time was set by Karlee Blauert of 3min and 20secs! This time was also kept up by Mrs. Linda Goodcase!

Even some teachers stretched and jumped! We also had a guest join us, Mr. Victor Sykes, he showed us all how it looks to jump rope really really fast! Mr. Sykes is from the Get Fit Boxing gym here in Old Town Camarillo.

La Mariposa 100th Day of School Sock Drive 1854 Pairs!

La Mariposa School, with the help of it's parents, students and teachers, collected 1854 pairs of new socks. They will be delivered to Children and Family Services of Ventura County and distributed to children in need. LaMariposa collected socks as part of their 100th Day of School. This is the sixth year that our school has held this sock drive, and as long as there are children in need, we will continue to do all that we can to help.



Camarillo Academic Olympics

What are the Camarillo Academic Olympics?

As the opening of the Vancouver 2010 Winter Olympics approached, schools throughout the Pleasant Valley School District held their own Olympics, but this one focusing on academic achievement.

Many people do not know that the Camarillo Academic Olympics began 30 years ago as a community grassroots project, spearheaded by one Camarillo citizen who wanted to recognize younger scholars for their developing academic abilities and talents at the same time the world was recognizing athletic abilities. Held every two years, the CAO has now gained city-wide support to the extent that over 2,100 students have participated so far this year.

The CAO is open to all students in the 4th-8th grades. Students may voluntarily compete in up to three of ten subjects, ranging from Math and Science to Art and Creative Writing. The competition begins in the classroom, with typically 50% to 70% of students participating in at least one subject. This year, La Mariposa Elementary had the greatest student total of elementary schools participating, with 192 fourth and fifth graders signed up, and an almost 80% participation rate.

La Mariposa CAO Site Coordinator Keiko Chun says she was excited to be heading up the continuing program in which the largest number of the school's students participate. "Furthermore, she added, "it's really uplifting to be part of such a positive experience for so many, and know that we are so strongly supported by the Principal and teachers at this school."

The first round of the CAO competition was held Feb. 9-11, and ribbon awards for each of the 10 subjects were given to the top three competitors in each classroom. The top three scores in each category determined the overall school winners. These students will now go on to represent La Mariposa school at the City Preliminary competition which will be held on February 24-26th at the Boys & Girls Club of Camarillo:

Math: Jason Flittie, Annabel Kim, Alexia Lee

Science: Jack Ruhland, Jason Flittie, Alexander Li

English Grammar: Michelle Liu, Helen Zhang, Srividya Maganti

US History: Adam Sanderson

Geography: Alexander Li, Jack Ruhland, Adam Sanderson

California History: Justin Lieb, Alexander Li, Jack Ruhland, Alex Rodriguez

Current Events: Naveed Tavasoli

Art: Claire Sheller, Margaret Thorne, Caitlin Orozco

Creative Writing: Athena Quddus, Ariana Espinosa, Andrea Espinosa

Speech: Asha Nahas, Bella Pantoja, Olivia Saad, Brynneleigh Bowman



Thirteen La Mariposa students competed in the Speech Tournament portion of the Camarillo Academic Olympics on Thursday, February 11th.

Both 4th and 5th graders were required to find and memorize a story lasting no more than three minutes. The students who signed up for the Storytelling competition have been working and practicing since before the winter break. They have been meeting every week to hone their public speaking skills, and to work on such details as posture, vocal clarity, inflection, poise, expression, and gestures. The three competitors who received the top judges marks will now be eligible to compete in the CAO semi-finals, which are scheduled for February 24th and 25th at the Camarillo Boys and Girls Club.

One of the CAO Speech judges, Karyn Pepperman, had praise for the La Mariposa students. "I've also judged speech tournaments at the middle-school level, and many of the performances that I saw at La Mariposa are easily on a par with those I've seen there."

"I am so proud of all the students," concurred CAO Speech Coach Nina Ruhland. "Everyone has made a tremendous effort and has been working very hard. I've seen an incredible amount of progress since we began our practice sessions. It's a shame that only three competitors can go on to the semi-finals, because there were just so many more who had wonderful, winning performances. All the students should have gained a tremendous amount of self-confidence from their hard work, and realize that their public speaking skills will take them far in life."





Play For Life

Here are some of the activities going on now:

Do you have a passion for REAL FOOD?!!

La Mariposa is planning our first Family Food Night and recipe book. If you are interested in joining our committee please contact [Kamala](#).

Introduce your child to Marital Arts?

TaeKwonDo Thursdays are back in March. The Martial Arts build confidence, discipline, positive attitudes, respect, and physical acuity. This program is **FREE** for all La Mariposa students AND parents. [Read more...](#)

Local Events

There are many events going on at any given time in Ventura County. [Active.com](#) is great place to find local events and most raise money for non-profit organizations. Putting an event on your calendar helps you stick to an exercise routine and gives you something to strive for. Here are some great local events coming up in the next few months:

[Baby Joey Run/Walk for Life - to SIDS families - 3/13](#)

Come and join us again on this 2nd Annual Baby Joey's SIDS Run for Life. A day full of fun, games, raffle prizes, food and entertainment. BRING YOUR FAMILY!!!

[Camarillo Kiwanis 32nd Annual 5/10k Run - 4/10](#)

Registration starts at 6:30am ~ 5k starts at 7:30am 3.1 miles through the central Camarillo area. 10k starts at 8:00am through the scenic Camarillo heights area. Aid stations at the 3 mile and 5 mile mark. Interval times at the 1, 3, and 5, mile marks for the 10K and at the 1 and 2 mile marks for the 5k.

[Gold Coast Ride for Literacy \(Bike\) - 10 mile family ride and individual rides 30-100 miles - 4/17](#)

The 10 mile family ride follows the Ojai bicycle path to Foster Park.

[NCTC/NVBC MudRun - 5/15 - Port Hueneme Naval Base MTRV Mud Pits](#)

Sorry kids--it's time for your parents to play in the mud!

This challenging and unique event will start with a 2 mile run beginning at the Naval Construction Training Center Headquarters and will finish with a romp through the challenging and sometimes deep mud and obstacles at the MTRV Mud Pits. All competitors will be timed via timing chip. Boots and/or sneakers are recommended for this event. This event is a point to point run and all athletes will be returned to the starting area via Navy Utility Vehicles.



[Camarillo Duathlon - Sprint or Olympic - 5/23](#)

Sprint.... 1.5 mile run / 10 mile bike / 1.5 mile runOlympic course.... 3 mile run / 20 mile bike / 3 mile run.... All flat and blazing fast! This is a great way for beginners to get a taste of multi sport or veterans to tune up for bigger events.

Network for a Healthy California



Harvest of the Month

March

Health and Learning Success Go Hand-in-Hand

In March we celebrate both National Nutrition Month and National School Breakfast Week. Studies show that children who eat breakfast do better in school. With spring testing just around the corner, it is important that your child eats healthy and gets regular activity. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

spinach



Produce Tips

- Fresh spinach is usually found loose or bagged. It is also canned or frozen.
- Select leaves that are green and crisp. Avoid leaves that are limp, damaged or spotted.
- Leaves should be cleaned well, patted dry and then stored loosely in an open bag in the refrigerator vegetable tray (about 40 F).
- If stored properly, fresh spinach should last three or four days in the refrigerator.

SPINACH DIP

Ingredients:
(Makes 10 servings at ¼ cup each)

- 1 (10-ounce) package of frozen chopped spinach, thawed**
- ½ cup mild white onion, finely chopped**
- 2 cloves garlic, finely chopped**
- 1 cup raw red pepper, finely chopped**
- ½ cup lowfat sour cream**
- ½ cup lowfat mayonnaise**
- ½ teaspoon salt**
- 5 cups assorted, colorful raw vegetables for dipping**

1. Squeeze water out of spinach.
2. Place into a mixing bowl and add all remaining ingredients.
3. Let the dip sit at room temperature for a half-hour to let the flavors mix.
4. Stir again before serving. This dip will stay good for up to one week when covered and kept in the refrigerator.

Adapted from: www.dole5aday.com

Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball or play a game of tag.
 - Encourage your child to walk the dog (or your neighbor's dog) each day after school. Make this a routine to do together.
 - Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust or vacuum.
- For more physical activity ideas, visit:
www.kidnetic.com
www.verbnow.com

Nutrition Facts

Serving Size 1 cup, raw leaves
(30g)

Amount per Serving

Calories 7 Calories from Fat 1

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 24mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 1g

Vitamin A 56% Calcium 3%

Vitamin C 14% Iron 5%

Source: www.nutritiondata.com

Healthy Help

- National School Breakfast Week takes place in March. Breakfast is the most important meal of the day. It gives the body and mind much needed nutrition and energy.
- Help your child during spring testing by providing a healthy breakfast. Ask your child's teacher about National School Breakfast Week activities or call the school for details.
- Start the day with a glass of 100 percent fruit or vegetable juice. Slice a potassium-rich banana over cereal or sprinkle raisins over fiber-filled oatmeal.

Helping Your Kids Eat Healthy

- Use fresh spinach to make a tasty salad.
- Add chopped spinach to lasagna and soup.
- Stir-fry spinach. Add garlic, onion and chopped red bell peppers for a colorful dish.
- For raw spinach, a serving is one cup for children and two cups for adults.
- For cooked spinach, a serving is one-half cup for children and one cup for adults. (When cooked, spinach shrinks a lot.)

For more ideas, visit:

www.cachampionsforchange.net

www.leafy-greens.org