

PACIFIC VALLEY SCHOOL

Big Sur Unified School District

2015/2016

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FOOD ADVENTURERS OF THE "I TRIED IT!" CAMPAIGN



Above: Students who participated 100% in the Nutrition Program's I Tried It! Campaign tasted sixteen new foods during the month of January and became Food Adventurers. Left: One of the "try it" foods Dragon Fruit, grown in South East Asia is delicious and high in antioxidants.

Whether or not you believe wholeheartedly in William Cowper's famous quote "Variety is the very spice of life, that gives it all its flavor," when it comes to nutrition, these are words to live by. Studies have shown that eating a variety of foods has many positive health benefits.

Nutritionists and other experts agree that eating a variety of foods and trying new foods increases chances to obtain the required essential nutrients our bodies need to thrive. Additionally, eating a variety of food requires courage, creates an opportunity to try something new, keeps food from becoming boring, encourages growth and increases awareness of food choices. The United States Department of Agriculture (USDA) believes it is one way to "build a healthier lifestyle".

However, eating a variety of foods is not always easy for children, whose palates seem to be the pickiest when it comes to meal time. Public schools have a responsibility to serve meals that follow USDA guidelines and nutrition standards. At Pacific Valley School, our goal is not only to serve nutritious meals but to ensure students learn about and enjoy the benefits of good nutrition and healthy eating habits. How do we do that? Like most things when it comes to kids; we try to make it fun.

During the month of January, the Nutrition Program's "I Tried It!" Campaign gently encouraged students to explore one new healthy food every school day for a total of sixteen days. The only rules were that they had to try enough of the food to taste it and they did not have to like it. Foods were offered in simple form at lunch or breakfast. Students received stickers on a chart once they tried the food. The majority of students happily participated.

Those students who successfully completed 100% of the tasting requirements received a gift card to a smoothie bar and a

Food Adventurer certificate naming all of the foods they tried, which included; prickly pear, prunes, pesto, millet, goat milk, dragon fruit, tempeh, buckwheat, almond butter, shiitake mushrooms, green smoothie, sauerkraut, kale chips, pickled ginger and papaya.

Many of the foods students tried are now familiar menu items at school. Goat milk has become a popular dairy option. Home-made kale chips are being requested. Almond butter vs. peanut butter was a topic of discussion among elementary students and green smoothies are loved by almost everyone (even the students who doubted them). One student asked, "When are we going to do the campaign again? I get to eat delicious food and get rewarded for it. It's awesome".

Let's face it, an average person practically has to be a food expert to keep up with all of the latest information and trends about eating healthy. However, in order to get all of the nutrients you need, you can simply follow this one rule: Eat a variety of foods (in the proper portions) from the five different food groups. The groups include, fruits and vegetables, grains and cereals, dairy & calcium sources, meat & protein sources and good fats & oils.

We encourage you to try your own "I tried It!" campaign at home. Keep it healthy, simple and fun. Develop a reward system for yourself and your children for trying new foods. Try ideas like using only seasonal and local items or food of every color of the rainbow (another good rule to follow). Rewards may include going to a movie or letting your child create a dinner menu of choice. Small rewards can have big health benefits for everyone. For more information and ideas on this subject go to www.choosemyplate.gov, a website created by the Obama administration and the USDA.

MARK YOUR CALENDAR

2/16 - 3/10

Nutrition Program Survey 2016

Parents, Students, Staff & Friends of PV School, follow the link below to participate.

<https://www.surveymonkey.com/r/3Z5M9MQ>

WEDNESDAY 3/13

Dr. Seuss's Birthday

SUNDAY 3/13

Daylight Savings Begins

Turn clocks forward one hour at bedtime Saturday night.

TUESDAY 3/15

Birthday Celebrations

Sage & Tafay

THURSDAY 3/17

St. Patrick's Day

Wear something green.

FRI. 3/18 - MON. 3/28

SUNDAY 3/27 EASTER!

Spring Break - Enjoy

TUESDAY 3/29

School Resumes

THURSDAY 3/31

BSUSD Board Meeting 4:30pm



Quote of the Month

"Procrastination is the art of keeping up with yesterday." Unknown

GROUP EFFORT...



Above: Students share what Valentine's Day means to them during a card exchange. Answers ranged from "love" to "Hallmark Holiday" to "cardiology" to "doing nice things for the people you care about".

January and February are quieter months at Pacific Valley School (PVS), still, everyone has been very busy. Education is the top priority for students and staff. Here's a glimpse into what our core teachers have been doing.

Teacher Dave: Dave is a long-time PVS science, music and art teacher who will often steer his lesson plans to help serve the spontaneous inquiries of students. He has recently been using the school's garden as a classroom for science and art for Kindergarten through third grade students. Dave has also been conducting "Great Bridge Engineering Contests" with all grade levels as students use the laws of physics to build their strongest and most artistic bridges (using mostly popsicle sticks). So far, the strongest bridge, made by 5th grader Athena, withstood 44.5 pounds of pressure before giving way.

Teacher Karen: There is always a cool twist to Karen's lessons which middle and high school students say "...make learning really fun". Her current lesson plan includes a Common-Core Curriculum based Zombie Apocalypse collaborating with the Center for Disease Control and a cartographer at Camp Roberts to teach social studies, geography and English. Karen has been teaching at Pacific Valley School for years and has no problem diving into current trends in education.

Teacher Gail: She's back! Gail is an expert (25 years) at teaching K-3rd grades. After retiring a few years ago and mentoring for the last two, Gail thought her teaching career was fulfilled. However, after a recent change in staffing, Gail jumped back into a full-time K-3 teaching position for the second half of this year and we are lucky to have her. Gail always begins the school day with traditional nursery rhyme songs. Then, students work very hard to acquire foundational reading, writing and math skills that they need to flourish in the coming years.

Teacher Gael: Gael has long been teaching math and history at PVS to the upper grade levels. He often teaches in one-on-one situations which allows his lessons to be focused and centered on a student's particular strengths and weaknesses. Though Gael mostly keeps to himself, sometimes he can be spotted relaxing in the sun on the lawn at recess. The youngest students often gather around him like in Gulliver's Travels, seemingly fascinated by his height.

Teacher Carl: Carl has taught at PVS in the past and currently teaches a variety of subjects to different grade levels. Carl has an old-school approach and is most passionate about history. His versatility and adaptability have been a big help this year.

Sarah: Sarah heads up the preschool program under the guidance of the K-3 teacher. She currently teaches two days a week and has three students. Sarah is passionate about her job and enjoys teaching many basic skills including preparing the youngest students for kindergarten.

Teacher Aides & Substitutes: Our multi-grade classrooms wouldn't be complete without the teacher's aides who help educate our students on a regular basis. Gordon, Lisa G., Lisa E., D.Z., student aides, and others who step in from time to time like parents, all help make the school successful.

Not all students learn alike. Going outdoors, introducing tangible items, singing songs, and being innovative and current are all ways to help every child learn. It also keeps teaching interesting. From pre-school to high school, one thing is certain, at Pacific Valley School, education is a group effort.

Photos: Teacher aides are an important part of our multi-grade classrooms. Top; Lisa often works with fourth graders in Karen's class and below; Gordon enjoys introducing tangible things, like real money to teach first grade students important lessons in mathematics.



STUDENT SPOTLIGHT



Above: Fifth grade student Athena is the singer in a band called Catch Phrase. Catch Phrase is part of Music Motive's (SLO) Rock Lab program.

Athena, a fifth grade student, has always loved to sing. Lucky for her, a program called Rock Lab created by Music Motive out of San Luis Obispo, offers band lessons for young children who want to perform. Her three-member band is called Catch Phrase and recently had its first debut performance in San Luis Obispo. Their instructor, Noah Shark Robertson, is a skilled musician who owns his own record label and has traveled the world performing. Catch Phrase has more performances scheduled in the future. You can visit www.musicmotive.com to learn more about their great programs.

IMPORTANT ANNOUNCEMENT

Parent Notice of Potential Release of Student Information

February 18, 2016

The California Department of Education ("CDE") is currently engaged in litigation with two non-profit associations comprised of parents and guardians of children with disabilities. The plaintiffs in that litigation have requested numerous documents, as well as student data collected and stored by CDE, which may include personally identifiable student information.

To comply with the Family Educational Rights and Privacy Act ("FERPA"), CDE has been ordered, among other things, to inform parents and students of the disclosure of such information. CDE has requested that school districts and SELPAs post the following link to CDE's website: www.cde.ca.gov/morganhillcase. The link provides a Notice and Objection form to allow parents to object, by April 1, 2016, to the disclosure of personally identifiable information related to their children.

Please understand that the district is not a party to the litigation and is not required to disclose any student information, nor does it intend to do so. For more information, please contact CDE directly at (916) 319-0800.