

distributed 2/28/2018



# U.S. Chess Mates



Currently holding classes in Antelope, Carmichael, Citrus Heights, Dublin, Fair Oaks, Folsom, Fremont, Livermore, Los Altos, Menlo Park, Milpitas, Morgan Hill, Mountain View, Newark, Palo Alto, Pleasanton, Redwood City, Roseville, Sacramento, San Jose, San Leandro, San Mateo, Saratoga, Sunnyvale, Union City and Woodside

### Class Details

**Day and time:**

Wednesdays 1:20-2:20pm

**Held At:** Fiesta Gardens Elem

**Start Date:** March 7, 2018

**End Date:** May 30, 2018

**Class Dates:**

**Mar:** 7, 14, 21, 28

**Apr:** 18, 25

**May:** 2, 9, 16, 23, 30

**Fee:**

11 weeks for \$143.00

*\*We accept cash, check, and credit*

*Financial scholarships are available.*

*Please call 510.648.2147*

**Online Registration**

1. Visit [www.uschessmates.com](http://www.uschessmates.com)
2. Click on "[on-line registration](#)"
3. Complete registration form
4. Make a payment online using the Online form or call us at 510.648.2147

# CHESS



### Academic Benefits:

- Focusing •Visualizing •Weighing Options
- Analyzing Concretely •Abstract Thinking
- Planning •Patience •Thinking Ahead
- Socializing •Logic •Risk vs Reward

**CHESS IS A GREAT WAY TO HAVE FUN!**

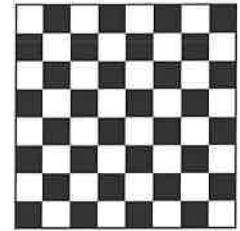
### Classroom Format

Classes will be held for one hour one day a week except on holidays and some minimum days

14 students per group! Groups can be broken up into six different skill levels:

- Pawn •Knight •Bishop
- Rook •Queen •King

All students will receive a weekly chess lesson, homework and a point sheet.



Please Visit

[www.uschessmates.com](http://www.uschessmates.com)

### Chess Class Participation Registration Form

All classes are held on your school campus. We accept cash, check or credit as a form of payment. All registrations will include a weekly chess lesson from a chess professional, homework, in class tournament games and a point sheet. We keep a 14:1 student teacher ratio, \$2,000,000 of insurance and all students will receive an award for participation in class. Chess classes run in trimesters from the start of the year to the end of the year. Financial scholarships are available to all who qualify. Please call 510.648.2147 or email [steve@uschessmates.com](mailto:steve@uschessmates.com)

**ALL STUDENTS MUST BE REGISTERED TO PARTICIPATE IN CLASS. NON REGISTERED STUDENTS WILL BE SENT TO THE OFFICE AFTER 3<sup>rd</sup> WEEK.**



## Fiesta Gardens Chess Class

Session 2: March 7, 2018 – May 30, 2018

Childs Name: \_\_\_\_\_ Grade \_\_\_\_\_

Parents Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please make all checks payable to U.S. Chess Mates and mail to  
1098 Melody Lane #201 Roseville, CA 95678

### Please sign for a Dismissal Option

1. My child has permission to walk home after attending chess class.

2. My child will go to after school care located at the school after chess class.

3. Keep my child in class until a parent or guardian arrives to pick them up.





# U.S. CHESS MATES

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# AJEDREZ



## Academic Benefits:

- Focusing •Visualizing •Weighing Options
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- Socializing •Logic •Risk vs Reward

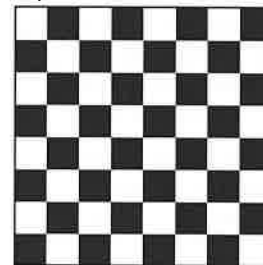
**CHESS IS A GREAT WAY TO HAVE FUN!**

## Formato Aula

Las clases se llevarán a cabo durante una hora un día a la semana, excepto en días festivos y algunos días mínimos

14 estudiantes por grupo! Los grupos pueden ser divididos en seis niveles diferentes:

- Hipoteca • Caballero
- Obispo • Torre • Reina • Rey



Please Visit  
[www.uschessmates.com](http://www.uschessmates.com)

## Ajedrez Formulario de Registro de Participación Clase

Todas las clases se llevan a cabo en el campus de la escuela. Aceptamos efectivo, cheque o de crédito como forma de pago. Todos los registros incluirán una lección semanal de ajedrez de UN juego de ajedrez profesional, las tareas, en los juegos Del torneo de clase y una hoja de puntos. Mantenemos una relación 14: 1 profesor estudiante, \$ 2.000.000 de los seguros y todos los estudiantes recibirán UN premio por la participación en clase. Clases de ajedrez se ejecutan en los trimestres desde el inicio Del año hasta el final Del año. Becas financieras están disponibles para todos los que califiquen. Por favor llame 510.648.2147 o por correo electrónico [steve@uschessmates.com](mailto:steve@uschessmates.com)

**ALL STUDENTS MUST BE REGISTERED TO PARTICIPATE IN CLASS. NON REGISTERED STUDENTS WILL BE SENT TO THE OFFICE AFTER 3<sup>rd</sup> WEEK.**

## Fiesta Gardens Elementary Chess Class

Session 1: March 7, 2018 – May 30, 2018

Childs Name: \_\_\_\_\_ Grade \_\_\_\_\_

Parents Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please make all checks payable to U.S. Chess Mates and mail to  
1098 Melody Lane #201 Roseville, CA 95678

For more info on classes and local Chess tournaments please visit [www.uschessmates.com](http://www.uschessmates.com)

## Por favor firmar para una Opción Despido

1. Mi hijo tiene permiso para caminar a casa después de asistir a la clase de ajedrez.

2. Mi hijo será llevado a después de la escuela ubicada en la escuela después de las clases de ajedrez..

3. Mantener a mi hijo en clase hasta que un padre o tutor llegue a recogerlos.



Office Use: Amount Paid \_\_\_\_\_ (cash) (check# \_\_\_\_\_) Code: \_\_\_\_\_

(address) (class list) (point sheet)

*distributed 2/28/18*

# The Children's Annex

# Spring Break

April 2-13, 2018

**STEAM**  
science • technology • engineering • art • math

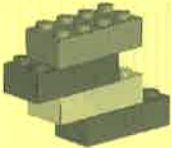


## \*\*TK – 5<sup>TH</sup> GRADE CAMP \*\*

The fun starts here with your friends at  
The Children's Annex Spring Break STEAM Camp!!

Our TK through 5<sup>th</sup> grade camps give students the opportunity to experience, discover and explore a variety of activities! Our camps focus on weekly themes with related art projects, games, and a fun field trip.

The Children's Annex offers morning and afternoon snack.



**Camp Hours:** 7 am – 6 pm  
**Fee:** \$300 per week

**Camp Locations:** Fiesta Gardens Annex 1001 Bermuda Dr. San Mateo  
Meadow Heights Annex 2619 Dolores St. San Mateo

**Week 1) April 2-6, 2018 Fee: \$300**

**Field trip: Hiller Aviation Museum in San Carlos**

**Week 2) April 9-13, 2018 Fee: \$300**

**Field trip: Chabot Space & Science Center, Oakland**

**Register Online Today! [www.smfcsd.net](http://www.smfcsd.net)**



**Sibling Discount:** First child full price. \$30 off each additional child when enrolled in the same week.  
**Employee Discount:** \$30 off each child.



Spaces are limited. Enrollment is on a first come first serve basis. Registration open until filled or before the start of each camp week.  
Cancellations: There will be a \$25 charge for drops and we must have a 2 week in advance notification prior to the camp start date in order to process your request. No shows and drops without a 2 week written notification will be charged the full week of camp.

San Mateo Foster City School District | 1170 Chess Drive, Foster City, CA 94404 | [rfenroy@smfcsd.net](mailto:rfenroy@smfcsd.net) | 650-312-7230

# The Children's Annex

## Campamento de Primavera

Abril 2-13, 2018

**STEAM**  
science • technology • engineering • art • math



**\*\*CAMAPAMENTO para TK – 5° GRADO \*\***

¡La diversión comienza con tus amigos en The Children's Annex!

Nuestros campamentos ofrecen a los estudiantes la oportunidad de experimentar, descubrir y explorar una variedad de actividades. Nuestros campamentos se enfocan en temas semanales con proyectos de arte, excursiones relacionadas y mucho más.



The Children's Annex ofrece bocadillos en la mañana y en la tarde.  
Los estudiantes deben traer su almuerzo diariamente.



**Horario:** 7 a.m. a 6 p.m  
**Costo:** \$300 per week  
**Lugar:** Annex de Fiesta Gardens Annex 1001 Bermuda Dr, San Mateo  
Annex de Meadow Heights Annex 2619 Dolores St. San Mateo

**Semana 1) 2 al 6 de abril, 2018 Costo: \$300**  
**Excursión: Hiller Aviation Museum In San Carlos**

**Semana 2) 9 a 13 de abril, 2018 Costo: \$300**  
**Excursión: Chabot Space & Science Center, Oakland**

Para inscribirse, por favor visite nuestra página web! [www.smfcsd.net](http://www.smfcsd.net)

Descuento de hermanos: Cuota completa para el primer niño(a), descuento de \$30 en la cuota de cada niño adicional inscrito en la misma semana.  
Descuento de empleados: \$30 menos por hijo(a)

Cupo limitado. La inscripción es por orden de llegada. ¡Inscríbase hoy!  
Política de cancelación: Habrá un cobro de \$25 por cancelar y necesitamos un aviso por correo electrónico 2 semanas antes del comienzo del campamento. De no asistir o no dar el aviso previo de 2 semanas por escrito, se cobrará la semana completa.



LIVE · LEAD · LEARN

# Elementary School

Shoot For The Stars  
with School Lunch!

5 Star Meals Offered Daily

- ★ Protein
- ★ Grain
- ★ Fruit
- ★ Vegetable
- ★ Milk



## MAGIC STARS

- ★ ½ Cup of Fruit
- ★ ½ Cup of Vegetable

A complete meal must have 3 or more stars  
1 STAR must be a Magic Star



# Menus for March 2018

San Mateo-Foster City School District Child Nutrition Services

This institution is an equal opportunity provider. Menus are subject to change.

**Thursday, March 1**

**Breakfast**  
Fresh Baked Muffin or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Chicken Drumstick on Loaded Mashed Potatoes or  
Chicken Corn Dog

**Friday, March 2**

**Breakfast**  
Mini French Toast or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza or  
Chicken Corn Dog

**Thursday, March 8**

**Breakfast**  
Fresh Baked Muffin or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Spaghetti & Beef Meatballs or  
Chicken Corn Dog

**Friday, March 9**

**Breakfast**  
Mini Waffle or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza or  
Chicken Corn Dog

**Wednesday, March 7**

**Breakfast**  
Cinnamon Glazed Pancake or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Turkey Pepperoni Stuffed Sandwich or  
Chicken Corn Dog

**Tuesday, March 6**

**Breakfast**  
Breakfast Bar or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Chicken Patty on a Whole Grain Bun or  
Chicken Corn Dog

**Monday, March 5**

**Breakfast**  
Banana Bread or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
French Toast Sticks  
Beef Sausage Patty or  
Chicken Corn Dog

**AVAILABLE DAILY**

**Lunch Hot Entree's or Yogurt Basket (Yogurt, String Cheese and Crackers) or WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)**

**Fruit and Vegetable**

**Choice of Fat Free Chocolate or 1% White Milk**

Menu subject to change

## EGG-CELLENT.

Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

**WELLNESS IS A WAY OF LIFE!**

distributed 2/28/18

**Don't forget to set your clocks forward one hour on Sunday, March 11!**



<b>Monday, March 12</b> <b>Breakfast</b> Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Monday, March 13</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Monday, March 14</b> <b>Breakfast</b> Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Breaded Popcorn Chicken w/ Orange Sauce over Rice or Beef Cheeseburger	<b>Monday, March 15</b> <b>Breakfast</b> Banana Bread or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Cheese Filled Bread Sticks or Chicken Corn Dog	<b>Monday, March 16</b> <b>Breakfast</b> Mini French Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Cheese Pizza or Beef Cheeseburger	<b>Tuesday, March 13</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Turkey Nachos or Beef Cheeseburger	<b>Tuesday, March 14</b> <b>Breakfast</b> Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Breaded Chicken Patty on a Whole Grain Bun or Chicken Corn Dog	<b>Tuesday, March 15</b> <b>Breakfast</b> Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Macaroni & Cheese or Beef Cheeseburger	<b>Tuesday, March 16</b> <b>Breakfast</b> Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Spaghetti & Beef Meatballs or Chicken Corn Dog	<b>Tuesday, March 17</b> <b>Breakfast</b> Mini Pancakes or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Beef Cheeseburger	<b>Tuesday, March 18</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 19</b> <b>Breakfast</b> Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Breaded Chicken Drumstick with Texas Toast or Chicken Corn Dog	<b>Tuesday, March 20</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Turkey Nachos or Beef Cheeseburger	<b>Tuesday, March 21</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 22</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 23</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 24</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 25</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 26</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 27</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 28</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 29</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 30</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger	<b>Tuesday, March 31</b> <b>Breakfast</b> Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk <b>Lunch</b> Chicken Nuggets or Beef Cheeseburger
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# Brain Ticklers

Where did the leprechaun stay when he went on vacation after St. Patrick's Day?

(Fold the page upside down and read it in a mirror for the answer!)

Fun!

Together, they add up to FUN!

Last day of classes: Friday, March 30

Classes resume: Monday, April 16

Prepay On-line!

## MARCH BIRTHDAYS

Justin Breber (25) -- March 1  
 Dr. Seuss (Ted Geisel) -- March 2  
 Harriet Tubman -- March 10  
 Big Sean (29) -- March 25  
 Lady Gaga (31) -- March 28  
 Cesar Chavez -- March 31

Breakfast \$1.50  
 Lunch \$2.50

mySchoolBucks.com

# WARRIORS BASKETBALL CAMP

*distributed 2/28/18*

POWERED BY



UNDER ARMOUR.



## Girls Skills Clinic (Girls Ages 7-15)

March 10, 2018

10:00 AM – 2:00 PM

Rakuten Performance Center, Oakland

## Spring Break Session VI (Ages 7-15)

April 2 – 6, 2018

9:00 AM – 3:00 PM

San Mateo High School, San Mateo

In addition to high quality instruction, each camper receives a reversible camp jersey, headband, certificate and more!!!

*Many of our sessions include ticket options for Warriors home games!*

This program or event is not sponsored by the San Mateo-Foster City school district.

**ONLINE REGISTRATION AVAILABLE AT [WARRIORS.COM/CAMPS](http://WARRIORS.COM/CAMPS)**

510.986.5310 — [CAMPS@WARRIORS.COM](mailto:CAMPS@WARRIORS.COM) — INSTAGRAM: @WARRIORSCAMP — FACEBOOK: @GSWCAMP

