



**JOIN MOD IN SUPPORTING**

**Parkside Elementary PTA**

**Wednesday, April 18th • All Day**

**Bring in this flyer and MOD will donate 20%  
of your bill to support their great work!**



**MOD PIZZA • Foster City**

1297 Chess Dr, Suite B

Foster City, CA 94404

(650) 350-1530

Offer valid only on the date(s) and at the MOD location identified on this flyer. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer valid for dine in, take out or phone orders. Not valid for online orders. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>

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# 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  
APRIL 2018**

**San Mateo-Foster City School  
District child Nutrition services**

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

**Monday, April 16**

**Breakfast**  
Cereal  
Fruit  
100% Fruit Juice  
Choice of Milk

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

**Tuesday, April 17**

**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

**Wednesday, April 18**

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

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

**Thursday, April 19**

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

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

**Friday, April 20**

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

**Lunch**  
Cheese Pizza  
or  
Chicken Corn Dog

**Available Daily**

**Lunch Hot Entrée'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

**TIME TO BLOSSOM.**

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

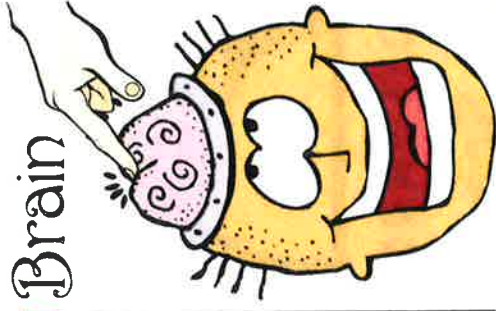
**Word  
of the  
Month**  
re·pon·si·bil·ity

- n. 1. moral or legal accountability
2. something for which one is responsible: duty, burden, obligation
3. reliability, trustworthiness

**EARTH DAY**  
April 22

# Brain Ticklers

Why does everyone feel so tired in April?



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

© 2014 Scholastic Teaching Resources

**Friday, April 27**

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

**Lunch**  
Cheese Pizza or Beef Cheeseburger

**Thursday, April 26**

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

**Lunch**  
Macaroni & Cheese or Beef Cheeseburger

**Wednesday, April 25**

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

**Lunch**  
Breaded Popcorn Chicken w/Orange Sauce over Rice or Beef Cheeseburger

**Tuesday, April 24**

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

**Lunch**  
Turkey Tacos or Beef Cheeseburger

**Monday, April 23**

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

**Lunch**  
Chicken Nuggets or Beef Cheeseburger

## OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.

WITH LIBERTY & JUSTICE FOR ALL

## BEAK EFFICIENCY.

The Toucan Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

### ANIMAL APPETITES

**Monday, April 30**

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

**Lunch**  
Cheese Filled Bread Sticks or Chicken Corn Dog

## APRIL BIRTHDAYS

Sciorse Roman (24) -- April 12  
Thomas Jefferson -- April 13  
Chance the Rapper (25) -- April 16  
William Shakespeare -- April 23  
Coretta Scott King -- April 27  
Duke Ellington -- April 29

Prepay On-line Breakfast Lunch \$1.50 \$2.50

mySchoolBucks.com

## WONDERS OF THE WORLD

### THE GREAT PYRAMID AT GIZA, EGYPT

When the Great Pyramid was built as a tomb for an Egyptian ruler around 2560 BC, it was easily the tallest man-made structure in the world at 481 feet high. Nearly 4,000 years later, it was still the world's tallest structure, until the completion of England's Lincoln Cathedral, which reached 525 feet into the sky in 1311. When the Washington Monument became the world's tallest at 555 feet more than 500 years later in 1884, it was still only about 100 feet taller than the Great Pyramid at Giza.



# City of Foster City & City of San Mateo Parks & Recreation Dept. Spring 2018 Camps COMMUNICATION ACADEMY



## Half Day Camps: Week of 4/2 - 4/6

### Essay Writing: Student Publication

Students learn to write a polished manuscript for final publication! This camp emphasizes the revision and editing process to finalize and perfect a piece of writing. Students will work on a single piece of publication-quality material under the instruction of an experienced teacher. Max of 12 students. **\*Material Fee: \$15**

| SM Code   | FC Code | Ages  | Time        | Dates       | Days | Fee*  |
|-----------|---------|-------|-------------|-------------|------|-------|
| 220232-A1 | 3SC03-A | 08-11 | 09:00-11:30 | 04/02-04/06 | M-F  | \$295 |

### Public Speaking: Student Leadership

Make your message heard! Student Leadership encourages children to develop skills in diplomatic speaking, student advocacy, research, and writing. Students learn how to dialogue with elected officials, draft advocacy letters, and create presentations for social media. Taught at age-appropriate level. Max of 12 students.

**\*Material Fee: \$15**

| SM Code   | FC Code | Ages  | Time        | Dates       | Days | Fee*  |
|-----------|---------|-------|-------------|-------------|------|-------|
| 220233-A1 | 3SC04-A | 08-11 | 12:30-03:00 | 04/02-04/06 | M-F  | \$295 |

TO REGISTER:

Foster City Recreation Dept.

San Mateo Recreation Dept.

ONLINE: [payment.fostercity.org](http://payment.fostercity.org)

ONLINE: [sanmateorec.org](http://sanmateorec.org)

FAX: (650) 345-1408

CALL: 650-522-7440, FAX: 650-522-7401

## Half Day Camps: Week of 4/9 - 4/13

### Essay Writing: Word Choice & Fluency

Students are guided by expert instructors to develop and communicate messages effectively using advanced writing skills. Literary devices such as metaphor and simile, vocabulary, and accurate word usage are applied to communicate ideas clearly through their writing. **\*Material Fee: \$15**

| SM Code   | FC Code | Ages  | Time        | Dates       | Days | Fee*  |
|-----------|---------|-------|-------------|-------------|------|-------|
| 220234-A1 | 3SC02-A | 08-11 | 09:00-11:30 | 04/09-04/13 | M-F  | \$295 |

### Public Speaking: Play Directing

Play Directing camps encourage team-management skills by teaching students how to direct for the stage and screen. Public speaking and management leadership combine in the challenging discipline of directing for television, movies, and commercials. Max of 12 students. **\*Material Fee: \$15**

| SM Code   | FC Code | Ages  | Time        | Dates       | Days | Fee*  |
|-----------|---------|-------|-------------|-------------|------|-------|
| 220235-A1 | 3SC05-A | 08-11 | 12:30-03:00 | 04/09-04/13 | M-F  | \$295 |

All camps are located at **Foster City William Walker Recreation Center.**

## Full Day Camps

| SM Code   | FC Code | First Camp            | & Second Camp          | Ages  | Days | Time        | Dates       | Fee   | Mat Fee |
|-----------|---------|-----------------------|------------------------|-------|------|-------------|-------------|-------|---------|
| 220230-A1 | 3SC06-A | Writing: Student Pub. | PS: Student Leadership | 08-11 | M-F  | 09:00-03:00 | 04/02-04/06 | \$525 | \$30    |
| 220230-B1 | 3SC06-B | Writing: Word Choice  | PS: Play Directing     | 08-11 | M-F  | 09:00-03:00 | 04/09-04/13 | \$525 | \$30    |

Register in-person or online:

Foster City Recreation Center  
650 Shell Blvd, Foster City, CA 94404  
650-286-3380

Register in-person or online:

Beresford Recreation Center  
2720 Alameda de las Pulgas, San Mateo, CA 94403  
650-522-7440

For information about the courses, contact:

COMMUNICATION ACADEMY  
7337 Bollinger Road, Suite E, Cupertino, CA 95014  
408-777-8876 • [www.communicationacademy.com](http://www.communicationacademy.com)

*This event/program is not sponsored by the San Mateo-Foster City School District.*





# City of Foster City & City of San Mateo Parks & Recreation Dept. Spring 2018 Classes COMMUNICATION ACADEMY



## Math Olympiad

Math Olympiad offers students the chance to shine in challenging competitions that demand excellent reasoning. Our Math Olympiad Series is designed to help students strengthen math intuition and strategies in problem solving. DIFFERENT TOPICS covered each quarter.

**Class Fee: 7-8Y \$195, 9-11Y \$205, Material Fee: \$15**

| SM Code   | FC Code  | Ages  | Time        | Dates*      | Days |
|-----------|----------|-------|-------------|-------------|------|
| 231118-C2 | 3MSP05-B | 07-08 | 10:45-11:45 | 04/14-06/16 | Sat  |
| 231118-C1 | 3MSP05-A | 09-11 | 09:30-10:30 | 04/14-06/16 | Sat  |

\*No class: 5/5, 6/2

## Junior Speakers: Storytelling

Improve your child's vocal delivery through storytelling! This course helps your child develop effective vocal variation, appropriate pitch, volume, and pace through creating and reciting their own story. This activity-based class incorporates continuous practice to encourage your child to become a confident and engaging speaker! Small class size and ongoing feedback from experienced instructors! **Class Fee: \$195, Material Fee: \$15**

| SM Code   | FC Code  | Ages  | Time        | Dates       | Days |
|-----------|----------|-------|-------------|-------------|------|
| 231117-E1 | 3MSP03-A | 07-08 | 05:30-06:30 | 04/19-06/07 | Thu  |

Class Locations

### San Mateo Beresford Community Center

- Thursday & Friday classes

### Foster City William Walker

- Saturday classes

## AMC 8

Courses introduce students to a challenging array of competition level math problems. Our series explores a new math topic and/or problem solving strategy each week and expands critical reasoning skills. Topics can include logic and set theory, algebra, geometry, number theory, probability, and statistics. **Class Fee: \$205, Material Fee: \$15**

| SM Code   | FC Code  | Ages  | Time        | Dates*      | Days |
|-----------|----------|-------|-------------|-------------|------|
| 231133-A1 | 3MSP04-A | 11-14 | 01:15-02:15 | 04/14-06/16 | Sat  |

\*No class: 5/5, 6/2

## Public Speaking: Expository

What is crucial to success in school and beyond? Good communication! Expository drills the essentials of clear effective presentation. Students create a speech on a topic of their choice and learn to manage nervousness develop research/organizational skills and communicate effectively. Most importantly students gain confidence. Detailed feedback, professional coaches! Final speeches recorded. **Class Fee: \$205, Material Fee: \$25**

| SM Code   | FC Code  | Ages  | Time        | Dates*      | Days |
|-----------|----------|-------|-------------|-------------|------|
| 231110-A1 | 3MSP02-A | 09-11 | 05:15-06:15 | 04/20-06/08 | Fri  |
| 231110-A2 | 3MSP02-B | 11-14 | 02:30-03:30 | 04/14-06/16 | Sat  |

\*No class: 5/5, 6/2



## Common Core Writing: Narrative

Tackle that Common Core test with confidence! Directed writing strategies and preparation teaches six skills of effective writing: organization, voice, content, clarity, grammar/mechanics and sentence fluency. Includes a strong grammar and reading comprehension component. Experienced educators, detailed feedback! **Class Fee: 7-8Y \$195, 9-14Y \$205, Material Fee: \$25**

| SM Code   | FC Code  | Ages  | Time        | Dates*      | Days |
|-----------|----------|-------|-------------|-------------|------|
| 231115-A1 | 3MSP01-A | 07-08 | 04:15-05:15 | 04/19-06/07 | Thu  |
| 231115-A2 | 3MSP01-B | 09-11 | 04:00-05:00 | 04/20-06/08 | Fri  |
| 231115-A3 | 3MSP01-C | 11-14 | 03:45-04:45 | 04/14-06/16 | Sat  |

\*No class: 5/5, 6/2

HOW TO REGISTER

### Foster City Recreation Dept.

FAX: (650) 345-1408

MAIL or IN-PERSON: Foster City Recreation Center

### San Mateo Recreation Dept.

ONLINE: [sanmateorec.org](http://sanmateorec.org)

CALL: 650-522-7440; FAX: 650-522-7401

## COMBO CLASSES

| SM Code   | FC Code  | First Class         | & Second Class      | Ages  | Days | Time        | Dates*      | Fee   | Mat Fee |
|-----------|----------|---------------------|---------------------|-------|------|-------------|-------------|-------|---------|
| 231117-A1 | 3MSP07-A | Common Core Writing | Junior Speakers     | 07-08 | Thu  | 04:15-06:30 | 04/19-06/07 | \$345 | \$40    |
| 231110-C1 | 3MSP06-A | Common Core Writing | Public Speaking     | 09-11 | Fri  | 04:00-06:15 | 04/20-06/08 | \$365 | \$50    |
| 231110-D1 | 3MSP08-A | AMC 8               | Public Speaking     | 11-14 | Sat  | 01:15-03:30 | 04/14-06/16 | \$365 | \$40    |
| 231110-C2 | 3MSP06-B | Public Speaking     | Common Core Writing | 11-14 | Sat  | 02:30-04:45 | 04/14-06/16 | \$365 | \$50    |

### Register in-person or online:

Foster City Recreation Center

650 Shell Blvd, Foster City, CA 94404

650-286-3380

### Register in-person or online:

Beresford Recreation Center

2720 Alameda de las Pulgas, San Mateo, CA 94403

650-522-7440


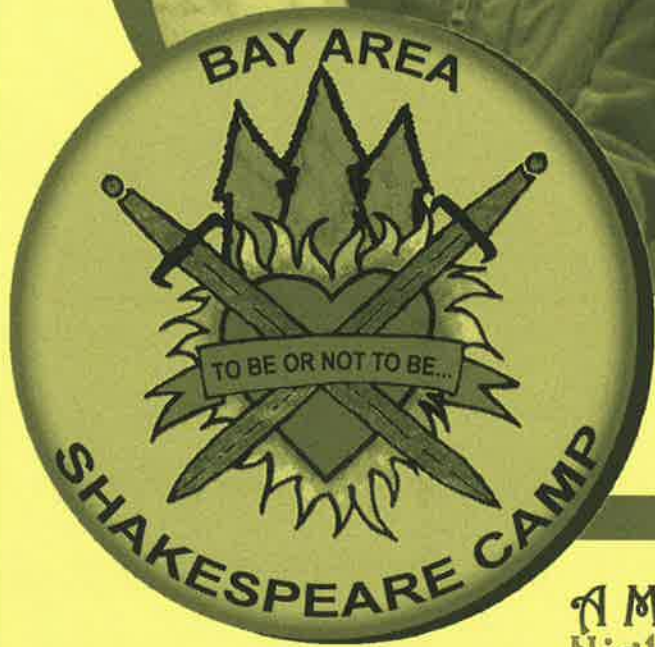
For information about the courses, contact:

**COMMUNICATION ACADEMY**

7337 Bollinger Road, Suite E, Cupertino, CA 95014

408-777-8876 • [www.communicationacademy.com](http://www.communicationacademy.com)

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## DISCOVER, PLAY & ACT SHAKESPEARE'S WORKS!

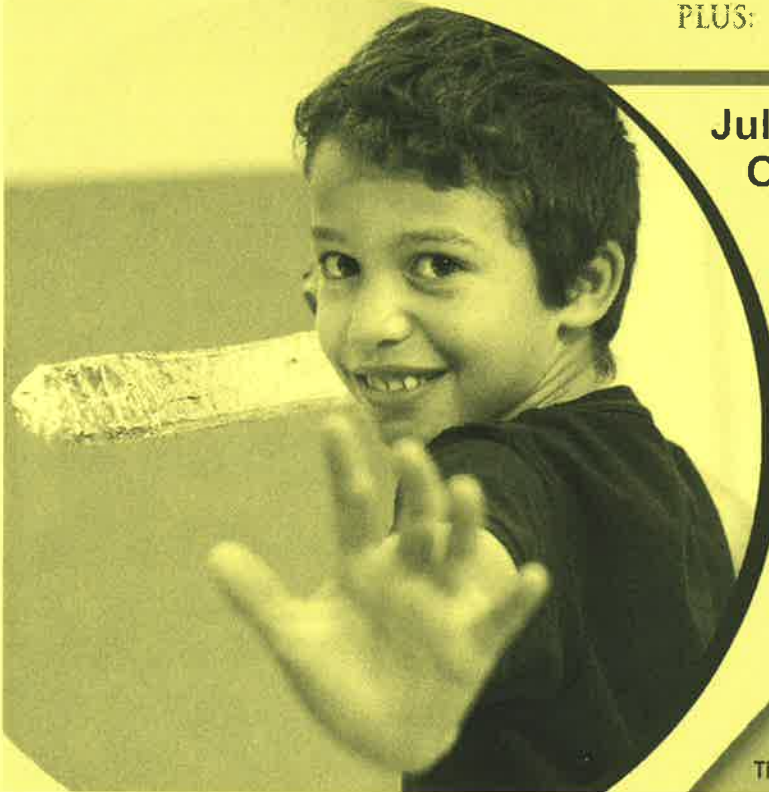
PLAYERS CAMPS - AGES 7-13

*A Midsummer  
Night's Dream*

*Comedy of  
Errors*

**PYRAMUS  
& THISBE**

PLUS: *LOVE'S LABOUR'S LOST* (UPSTART CROWS  
AGES 12-18)



July 9-20, Weekdays, 9am-3pm  
Optional aftercare until 5:30 pm

SHAKESPEARE PLAYERS (ages 7-13)  
and UPSTART CROWS (ages 12-18)  
meet at Odyssey School,  
201 Polhemus Road, San Mateo

Scripts, materials and supplies for the  
performance *all included* for \$635!  
Need-based scholarship assistance available.

[sfshakes.org](http://sfshakes.org) • 415-558-0888



This program is not sponsored by the San Mateo - Foster City School District

# Parkside Montessori Mindfulness for Parents

Thursday, May 3<sup>rd</sup>, 6:30-8:00pm, Parkside LGI



## What is Mindfulness?

Mindfulness is curiosity, kindness, noticing, acceptance, and being in the moment. Mindfulness is paying attention to your present experience, observing your thoughts and feelings without judgement.

## Why learn Mindfulness?

Mindfulness helps us connect with ourselves. It can also help us calm down when we are angry, sad, frustrated or dealing with any intense emotion. The practices of Mindfulness give us a gap between the experience and the reaction, which often allows for a more wise choice to be made. Mindfulness also helps with focus and attention. Current neuroscience research has proven that Mindfulness practices help with greater internal balance, improved resilience and an increase of positive emotions.

Local educator, Erin McCoy, will present information about the practices and neuroscience of Mindfulness. She will also lead us in various Mindfulness exercises, which can then be used at home with the whole family!

- **6:30 – 7:00pm: Light dinner, childcare drop off, socializing**
- **7:00 – 8:00pm: Mindfulness presentation to parents**

Let's slow down and single-task together in a safe environment with the goal of building-up our resilience and inner-peace.