

Week 08 11/27/17



REGISTER NOW! Youth Basketball League

The Way Youth Sports Should Be™

Winter Basketball Sign-ups Open at Carlmont High & Burlingame High

Age Appropriate League That's Fun for Kids & Convenient for Parents!

- Organized programs for boys and girls ages 3-14.
- One day per week! Practice held before game.
- All skill levels welcome. No tryouts!
- Age appropriate instruction for each division.
- Volunteer Coaches background checked and certified.



SECURE YOUR SPOT

DO NOT BE WAIT-LISTED

SEASON STARTS 12/03/17

LATE FEES AFTER 11/03/17

Register Online:
www.i9sports.com
or Call: 650-362-8002



www.facebook.com/i9sports

Each location independently owned and operated.

Menus for December 2017

San Mateo-Foster City School District
Child Nutrition Services

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

OUR NATION'S HISTORY




Orville & Wilbur Wright

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, permanently changing the way people travel. Within 55 years, commercial jets were flying paying customers in the United States.

WITH LIBERTY & JUSTICE FOR ALL

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

Friday, December 1

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

Lunch
Cheese Pizza
or
BBQ Beef Mini Rib Sandwich

Friday, December 8

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

Lunch
Cheese Pizza
or
Chicken Corn Dog

Thursday, December 7

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

Lunch
Turkey Nachos
or
Chicken Corn Dog

Wed., December 6

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

Lunch
Breaded Popcorn Chicken
w/Orange Sauce
over Rice
or
Chicken Corn Dog

Tuesday, December 5

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

Lunch
Macaroni & Cheese
or
Chicken Corn Dog

Monday, December 4

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

Lunch
Chicken Nuggets
or
Chicken Corn Dog



LIVE · LEAD · LEARN
Elementary School

Shoot For The Stars
with School Lunch!

5 Star Meals Offered Daily

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

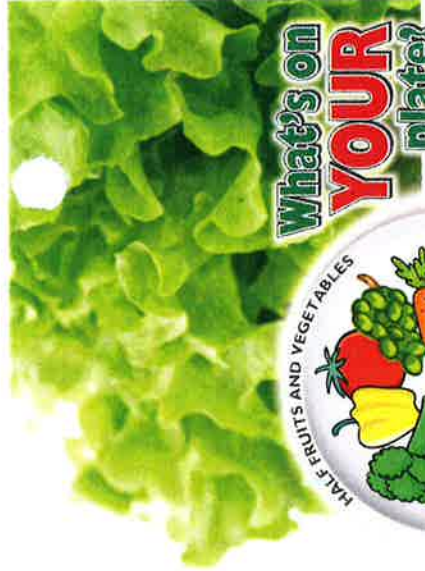


MAGIC STARS

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

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





Serves you right!

This month, let's look at VEGETABLES. MyPlate.gov advises us to eat at least 2-3 cups of veggies a day.

But what exactly makes a cup? Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 12 baby carrots or 2 medium regular carrots
- 1 bell pepper cut into strips
- 7 or 8 cherry tomatoes
- 1 medium potato or half a large sweet potato
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Friday, December 15

Breakfast

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

Lunch

- Cheese Pizza
- or
- BBQ Beef Mini Rib Sandwich

Thursday, December 14

Breakfast

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

Lunch

- Turkey & Gravy over Mashed Potatoes
- or
- BBQ Beef Mini Rib Sandwich

Wednesday, December 13

Breakfast

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

Lunch

- Breaded Chicken Patty on a Whole Grain Bun
- or
- BBQ Beef Mini Rib Sandwich

Tuesday, December 12

Breakfast

- Ultra Cinnamon Toast or Cereal
- Yogurt
- Fruit
- 100% Fruit Juice
- Choice of Milk

Lunch

- BBQ Chicken Drumstick with Texas Toast
- or
- BBQ Beef Mini Rib Sandwich

Monday, December 11

Breakfast

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

Lunch

- Cheese Filled Bread Sticks or
- BBQ Beef Mini Rib Sandwich



DECEMBER BIRTHDAYS

- Aaron Rogers (54) -- Dec. 2
- Charlie Puth (26) -- Dec. 2
- Eli Whitney -- Dec. 8
- Taylor Swift (28) -- Dec. 13
- LeBron James (33) -- Dec. 30
- Hemi Maitis -- Dec. 31



Prepay On-line!



Breakfast **\$1.50**

Lunch **\$2.50**

mySchoolBucks.com

Thursday, December 21

Breakfast

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

Lunch

- Cheese Pizza
- or
- Chicken Corn Dog

Wednesday, December 20

Breakfast

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

Lunch

- Bean and Cheese Burrito
- or
- Chicken Corn Dog

Tuesday, December 19

Breakfast

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

Lunch

- Macaroni & Cheese
- or
- Chicken Corn Dog

Monday, December 18

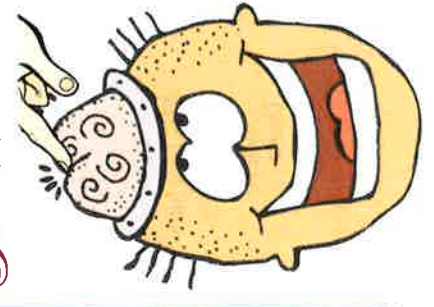
Breakfast

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

Lunch

- Chicken Nuggets
- or
- Chicken Corn Dog

Brain



Ticklers

Imagine yourself in a dark room. How do you get out?

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

www.usa2010.gov

HELP!

We need folks like you to work in Child Nutrition Services. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Call Barbara for more information 650-312-7392

Winter Break Lessons

Join us for a special week of group swim lessons during the Winter Break.

T-TH 1/2-1/4 Seahorses (L2) 4:00-4:30pm \$37/43

T-TH 1/2-1/4 Marlins (L3) 4:00-4:30pm \$37/43

T-TH 1/2-1/4 Marlins (L3) 4:30-5:00pm \$37/43

T-TH 1/2-1/4 Stingrays (L4) 4:00-4:30pm \$37/43

Baby+One=WE!

Baby+One=WE is a fun and interactive class for babies age 6 months to 2 years. Instructors utilize song and dance in culmination with aquatic activities to build a strong foundation for swimming.

W 1/10- 1/31 11:00- 11:30am \$49/57

W 2/7- 2/28 11:00- 11:30am \$49/57

W 3/7- 3/28 11:00- 11:30am \$49/57

Try It Day!

For one day only come and try a group swim lesson with one of our qualified swim instructors free of charge. Spaces are limited, so please call to register in advance.

Saturday 3/24

Sting Rays (L4)	11- 11:30am
Sharks (L5)	11- 11:30am
Guppy/Seahorses (L1+L2)	11:30- 12:00pm
Baby + One	12:00-12:30pm
Marlins (L3)	12:00-12:30pm

Family Fun Day

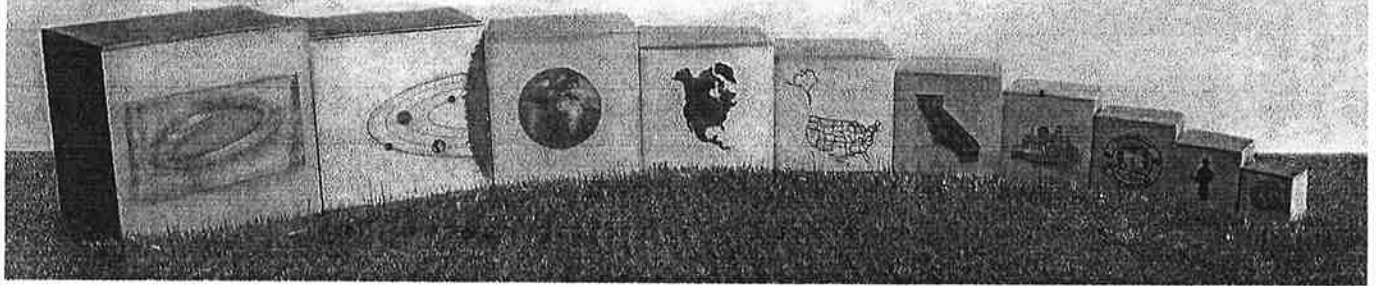
Saturday 2/4 1-3pm

**Entrance: \$5 members
\$10 non-members**

Come and enjoy a fun and relaxing afternoon with the whole family at Highlands pool! Stay out of the cold under our cozy dome and enjoy life-guard led water games. Have Fun! Make Friends! Play Games! Win Prizes!

For more information or to register visit: registration.highlandsrec.ca.gov

PARKSIDE MONTESSORI



Direct Donations Holiday Giving

Greetings Parkside Families,

As we near the end of the 2017 calendar year, we would like to update you on our Direct Donation fundraising progress, and offer our thanks to all who have already donated to the Parkside PTA.

So far, we have received payments and pledges totaling \$47,395.00, putting us **72% of the way towards our goal of \$66,000**. **44% of our families have donated**, and our goal remains 100% participation by the end of the school year.

Donations received thus far have supported numerous worthwhile investments, including:

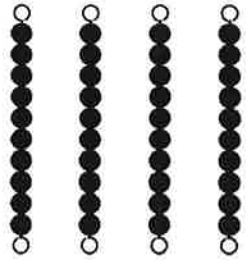
- Our invaluable classroom aides, whose assistance enables teachers to focus on individual and small group instruction
- New PE materials, such as balls, jump ropes, cones, and more! We all have seen Coach Anthony out there in the mornings and during events such as Historical Halloween, playing with the kids, leading them in dance routines, and encouraging and modeling healthy, active behavior.
- Curriculum and supplies for Art in Action
- Field trips and assembly payments for the spring
- Classroom supplies as needed by each teacher

During this season of giving, we are calling on all families who have not yet made a direct donation to please consider doing so, and to look into any corporate matching options that your employer may offer. We also encourage you to ask your extended family and friends to support Parkside by donating to our PTA. As a reminder, all donations are 100% tax-deductible. Submit your donation before December 31, 2017, if you want the donation to count towards this tax year.

Donations of every amount are greatly appreciated and every dollar contributes to our children's education. Thank you so much for your generosity and continued support of our school and children.

Warm regards,
Parkside PTA

Donations of any amount are welcome and move us toward our goal.
For more information, and to donate online, visit: www.parksidepta.com



**P U B L I C
M O N T E S S O R I
S I N C E 1 9 7 5**

**SAN MATEO-FOSTER CITY
SCHOOL DISTRICT**

Parent Education & Parkside PTA Meeting

Tuesday, December 12th

Parkside Elementary School LGI

Light Dinner and Child Care will be provided.

Parent Education Topic ~ 6:30-7:30pm

Montessori In The Home

Experienced Montessori teacher Kristi McAlister will share her experience and insights as an educator and parent on how to bring the principals of the Montessori philosophy into the home, and how to be a more mindful parent. Preparing the home environment to allow children to do more for themselves while engaging children in all aspects of daily life, will help prepare them to be responsible, respectful and independent as they go out into the world.

Parkside PTA Meeting ~ 7:30-8:30pm

All parents are encouraged to attend to:

- Hear about Parkside events & activities from parents & staff
- Participate in discussions and decisions regarding the PTA budget, school and teacher support, event planning, strategic topics, etc.
- Get to know other Parkside parents & earn a volunteer hour!

Earn volunteer hours for attending the Parent Ed and/or PTA Mtg.

Parkside Elementary

FUNDRAISER

CREATE BURGERS. CREATE FUNDS.



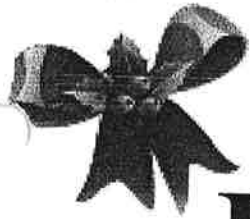
Wednesday December 6

Give this flyer to your server and The Counter will donate 15%
of your bill to your cause

the

COUNTER
CUSTOM BURGERS

41 W. Hillsdale Blvd



Parkside Elementary PTA

Invites you to our
Holiday Shopping Night

at

Talbot's

TOYLAND

SERVING THE PENINSULA SINCE 1953



Friday Evening

December 8th. 7pm-9pm

*Adults
Only!*

10% of all purchases are returned to our school as a donation.
Talbot's Cyclery is not participating in this event.

After November 20th, you can pre-shop and Talbot's Toyland will be happy to hold your purchase for payment during the shopping night.

Talbot's Toyland offers free gift wrap, UPS shipping, local delivery and they will hide your purchases for pickup at a later date.

This is an adult shopping event. Please be courteous to your fellow shoppers and arrange for child care. Refreshments will be served.

Talbot's Toyland is located at 445 South B Street in Downtown San Mateo.