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Interim Principal, Jessica North
Rayni Quintel, Office Manager

BULLDOG BARK

Bulldog News!

Principal Corner

It is my pleasure to have this opportunity to help lead this school until Mr. O'Brien returns. Many of you know me as the reading room teacher, student leadership coordinator, and the crazy voice when school announcements are made. As I take on this new role, I am excited to be in classrooms, up on the playground, and in the cafeteria interacting with all of the students. Stanford is very near and dear to my heart; I only want to see it become the best it can be!

We have been implementing some new strategies this year to help build relationships between students, staff, and the community. Classes are starting their days with circle time in order to provide some time for students to have meaningful conversations around different topics. We have also had our first "recess rodeo", which was led by our very own campus supervisors to help implement safe rules and procedures on our playgrounds. Each class rotates through different areas on their playground and were reminded or taught the rules of that area by a campus supervisor. In addition to playground rules, teachers are reviewing our "PAWS" rules each week with a targeted focus area. Ask your child what the focus is for this week!

Lastly, I would like to introduce a new school counselor that will be splitting her time between Stanford and Ophir. Her name is Alia Ismail, and she is fabulous! Alia, Angie Merino, and I are working closely together to help Alia learn about our students and how she can best serve the needs of our campus.

In closing, I just want to put out some friendly reminders to parents. It is important to have your child get a tardy slip if they are late and when leaving early they must be signed out in the office. If you want to volunteer in your student classroom, please contact your teacher and fill out a volunteer form in the office. You will be notified by our district office when have been approved. In addition, we have a bus now, so parents may not park in the red zone in front of the office. If you have any questions please feel free to reach out to me, I am here to help!

Sincerely,

Jessica North, Interim Principal

"And remember - It's always a good day to be a bulldog!"

Important Dates:

February 2 - Minimum Day add on (Thursday) 1:15 dismissal

February 15 - Minimum Day 1:15 dismissal

February 17 & 20 - No School, Presidents Weekend

February 27- March 3 - Read Across America Week - Dr. Seuss' Birthday!

February 24 - End of Trimester 2 & PAWS Assembly

March 1 - Minimum Day 1:15 dismissal

March 3 - Report Cards go home

March 20 - CAASP testing begins

Parent Teacher Club News:

Hi, this is Gloria Lopez, President of the PTC. We are so excited to bring back The Spaghetti Feed and Silent Auction! It will take place on Thursday, March 16 from 5pm- 7pm in our school cafeteria. Starting March 1st tickets will be sold after school in front of the school office. Tickets are \$10 per plate or 4 for \$35. Tickets purchased at the door will increase to \$12 plate or 4 for \$40. Our awesome classrooms, office staff and campus supervisors will be donating fabulous one of a kind baskets to the silent auction. We hope all of our wonderful Stanford families come and enjoy good food and fun conversation. We cannot wait to see you all! All proceeds go directly back to supporting our amazing students.

Thank you for your support!

PTC



Why do we celebrate Presidents Day?

This Monday, February 20, 2023, marks what is now widely known as Presidents' Day. Originally established as a national holiday in 1885 in recognition of President George Washington. It is now popularly viewed as a day to **celebrate all US presidents, both past and present.**



Recipe of the Month- Egg and Sausage Casserole

Ingredients:

- 1 pound pork sausage
- 1 (8 ounce) package refrigerated crescent roll dough
- 8 eggs, beaten
- 2 cups shredded mozzarella cheese
- 2 cups shredded cheddar cheese
- 1 teaspoon dried oregano

Directions:

Step 1 Place sausage in a large, deep skillet. Cook over medium heat until evenly brown. Drain, crumble, and set aside.

Step 2 Preheat oven to 325 degrees. Lightly grease a 9x13 inch baking dish.

Step 3- Line bottom of the prepared baking dish with crescent roll dough and sprinkle with crumbled sausage. In a large bowl, mix beaten eggs, mozzarella, and cheddar cheese. Season the mixture with oregano and pour over the sausage and crescent rolls. **ENJOY!**



2nd Grade: Where Do We Live In This World?

Having a sense of place and belonging is very important. In second grade we are learning about maps and where we live. We have learned that we live in the city of Oroville, the county of Butte, the state of California, the country of the United States of America, on the continent of North America, and that it is in the Northern Hemisphere of the planet Earth. We are learning how to read a map and about the directions on a compass rose. We have been using a combination of Google Earth, songs, books, and worksheets to help us learn. We will soon be making relief maps of our area to show what we have learned through art and hands-on activities. Learning about our world is really fun!

Excessive Tardies and Early Outs.

It is the responsibility of the parents to make sure their student is punctual to school. Students must understand the importance of punctuality and how it connects to their future working lives. Habitual tardiness and early pickups seriously disrupts the educational process of the student and other students in the classroom.

Lost and Found

Coats and sweatshirts are overflowing in the lost and found in our cafeteria. Unclaimed clothing will be donated at the end of the month. Please come and check it out!



Problem Solving

Act Respectfully

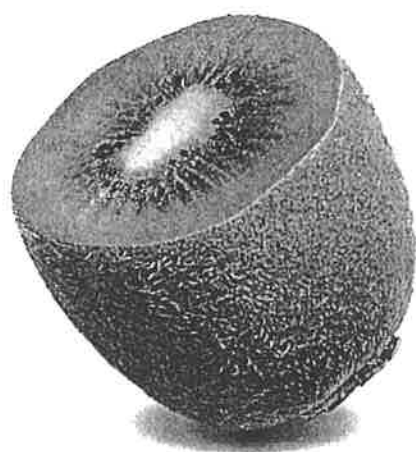
Work and Play Responsibly

Stay Safe

We are Stanford Avenue, to our school we will be true, and we try to keep the rules.

Harvest of the Month

Network for a Healthy California



Nutrition Facts

Serving Size: ½ cup kiwifruit, sliced (90g)

Calories 55 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 11%

Sugars 8g

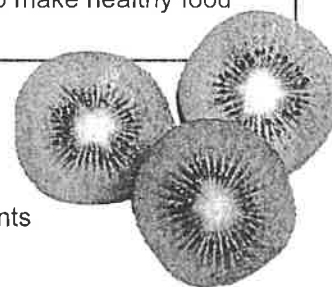
Protein 1g

Vitamin A 2% Calcium 3%

Vitamin C 139% Iron 2%

Health and Learning Success Go Hand-In-Hand

Supporting the health of students is essential for academic achievement. Eating nutrient-rich fruits and vegetables improves academic performance and increases cognitive functioning in undernourished children. *Harvest of the Month* connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.



Exploring California Kiwis: Taste Testing

What You Will Need:

- One whole and one peeled and sliced kiwi per two students
- Pencil and paper

Activity:

- Each student makes two columns on a sheet of paper, labeled whole and sliced. Create five rows and label: texture, look, smell, feel, sound, and taste.
- Feel the outside of the whole kiwi and record observations.
- Follow with the sliced kiwis and record observations.
- Compare and contrast the two columns.

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39–42.

Cooking in Class: Kiwi Spears

Makes 30 tastes at 1 small spear each

Ingredients:

- 10-12 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced
- Sturdy plastic straws, cut in half, or stir sticks
- Paper plates or napkins

1. Thread two slices each of kiwi, tangerine, and banana, in an alternating pattern, onto straws.

2. Serve one spear on a plate to each student.

Nutrition information per serving:

Calories 53, Carbohydrate 13 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Kiwis

A ½ cup of sliced kiwis is:

- An excellent source of vitamin C* and vitamin K.
- A good source of fiber.
- A source of potassium, folate, beta-carotene, lutein, and zeaxanthin.
- One of the most nutrient-dense fruits.**

*Learn more about vitamin C on page 2.

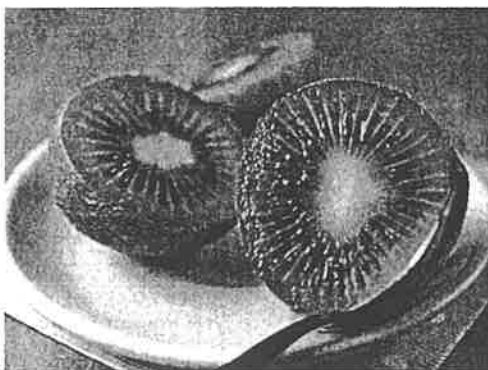
**Refer to *Just the Facts* on page 2 for more information.

Champion Sources of Vitamin C*:

- Bell peppers
- Broccoli
- Citrus fruits
- Cantaloupe
- Cauliflower
- Kiwifruit
- Mustard greens
- Strawberries

*Champion sources provide a good or excellent source of vitamin C.

Source: www.nal.usda.gov/fnic/foodcomp/search (NDB No: 09148)



KIWIFRUIT

What is Vitamin C?

- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.
- It also helps keep the body from bruising and helps build the tissue that holds muscles and bones together.
- Vitamin C is also known as ascorbic acid and helps the body absorb the iron found in foods.
- It is only found in plants.
- Vitamin C is a powerful antioxidant. These nutrients help protect cells from damage that can increase your risk for certain diseases, such as cancer.
- Vitamin C strengthens your immune system. However, research has not shown that high doses of vitamin C can prevent or cure the common cold.

For more information, visit:
www.eatright.org

How Do Kiwis Grow?

Kiwis grow on large, tender vines that can reach a height of 15 to 30 feet. The vine's shoots are thickly covered with reddish hairs and its large, heart-shaped leaves grow from six to nine inches long and up to eight inches wide. Due to the weakness of their vines, kiwis are commercially grown on sturdy support structures. From November to February, kiwi vines are dormant and must chill for about 600 to 850 hours at temperatures below 45 F. Vines are pruned during this time to help maintain production and regulate next season's crop yield and fruit size.

Budbreak in California generally occurs in mid to late March, depending on the growing location and weather conditions. By the time shoots have grown four to six inches long, all parts of the flower have been formed. The flower parts continue to expand until bloom, which usually starts in May.

Kiwi plants are dioecious, meaning individual plants are male or female. Only female plants bear fruit and only when pollinated by a male plant. They are typically planted in a vineyard at a ratio of about eight females to one male. Growers bring in bees during bloom so that the bees can move the pollen from the male to the female vines.

Following pollination, the fruit grows rapidly for the first 60 days and then slows until harvest. In California, where growing season temperatures are typically warm, 90 to 105 F, and summer rainfall is nonexistent, supplemental irrigation is necessary to achieve optimum kiwi growth and production. Peak water use on a hot summer day is about 10,000 gallons per acre.

Harvest begins in late September, with the majority of fruit harvested during October and early November.



Botanical Facts

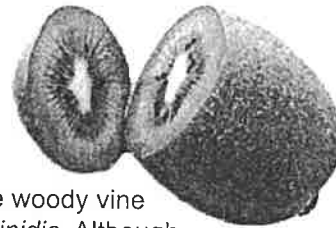
Pronunciation: kē'wē-frōōt

Spanish name: kiwifruit or kiwi

Family: Actinidiaceae

Genus: *Actinidia*

Species: *A. deliciosa*



The kiwifruit is the edible fruit of the woody vine *Actinidia deliciosa* of the genus *Actinidia*. Although native to China, *A. deliciosa* spread to New Zealand in the early 20th century. Those who tasted the fruit thought it had a gooseberry flavor and began to call it the "Chinese Gooseberry." The fruit finally received its current name in 1959 when it was became a popular commercial product and an export company from New Zealand named it after the national bird, the kiwi.

In North America, it is commonly known as "kiwi," but it is marketed to the rest of the world as "kiwifruit." There are 400 varieties of kiwis, but Hayward is the most popular variety in the United States.

For more information, visit:
www.kiwifruit.org

Just the Facts

- Kiwis are one of the most nutrient-dense of all fruits.*
- Kiwis grow on vines that can be as high as 30 feet.
- Kiwis are actually a berry.
- The skin of a kiwi is edible. Try eating it whole like an apple!
- Kiwis contain an enzyme that acts as a natural meat tenderizer.

*The 1997 study examined the 27 most commonly eaten fruits and found kiwis to be the most nutrient-dense followed by papayas, mangos, and oranges.

For more information, visit:
www.calharvest.com/kinutr1.html

How Much Do I Need?

A ½ cup of sliced kiwis is about one medium kiwi. This is about the same as one cupped handful. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Visit www.choosemyplate.gov to have students determine how many cups each of fruits and vegetables they need to eat every day. Have students write down their goals and track their food choices for all food groups using the MyPyramid Worksheet*.

*Download worksheet from
http://teamnutrition.usda.gov/resources/mpk_worksheet.pdf

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.