

February 2010



Important Dates

Feb. 15-19 Winter Break (President's Week)- No School

Feb. 24 College Day!

Feb. 25 Tech Museum Fieldtrip

After-School All-Stars Schedule

3:00-3:15 - Snack
 3:15-3:30 - Program Warm-ups
 3:30-4:30 - Learning Lounge
 4:30-5:00 - Sports & Fitness/
 Extended Learning Lounge/
 Sports practice/Cheer
 5:00-6:00 - Enrichment

Kindergarten/1st

3:00-3:25 - Sign In/Snack
 3:25-4:25 - Learning Lounge
 (15 minutes story time/silent reading, 45 minutes Home-work)
 4:30-5:00 - Sports & Fitness
 5:00-5:45 - Enrichment
 5:45-6:00 - Sign Out

H.B.C.U.'s are What's In!

What is an HBCU? HBCU stands for a Historical Black College or University; which each of the staff has chosen one for their Learning Lounge, for the months of January and February. Of the nationwide HBCU's our All-Stars staff here at Sherman Oaks we've chosen: North Carolina's A&T for Mr. Magaji, the Tuskegee Tigers for Mrs. Sheridan, Howard University for Miss Romero, and finally Xavier University for Mr. Garcia.

As Black History Month is upon us, we will be looking a little more into these schools, how they made- and make a difference, and why they are important to us. This would also be a wonderful opportunity to take as families, to explore with them the significance of Black History Month; but even more so, the importance of Civil Rights!

Make a St. Valentine's Smoothie

Slice up strawberries, plums and apples. Then put in a blender and add ice. Another idea is to freeze the fruits after cutting them up and then putting them into the blender so little or no ice is needed. Other fruits to add include cherries, raspberries and watermelon. To get some vegetables into the drink, put in tomatoes (get rid of the seeds) and carrots as well. If adding a significant amount of vegetables, it might be nice to add some honey or sugar for the kids. Another option is to add some plain yoghurt to the drink as well. It's a great way to add some nutrition to your Valentines Day!

Fit 4 Learning

As many of you know, the students participate in a healthy and educational Friday event called Fit 4 Learning. The students rotate through various aspects of health, fitness, and nutrition. Last month, we celebrated our first Fit 4 Learning winning-team -party- Vans! They were fortunate enough to celebrate with a cereal party! Cereal? Of course- Because breakfast is the most important meal of the day! Remember to encourage your children to eat well. It makes you feel good and it tastes good too!