



AWESOME NEWS from ROOSEVELT

PTA NEWS

Roosevelt Elementary School

April 22, 2015

Para escuchar boletín en español: 869-3825 ex.89

Roosevelt Elementary School PTA is now on [Facebook](#). 199 People "Like" us

<http://www.sanleandro.k12.ca.us/roosevelt>

UPCOMING EVENTS

- April 22** – Early Dismissal & LGBTQ Alliance 7:00pm
- April 23** – Early Dismissal, Open House and Earthquake Drill
- April 23** – Dads' Club Spaghetti Feed
- April 24** – Auditions 3-4:30pm
- April 28** – AAPAG Meeting 7:00pm

- May 1** – Dress Rehearsal 3-4:30pm
- May 1** – Variety Show 7pm
- May 6** – Early Dismissal, Open House, Earthquake Drill and Coffee & Conversation
- May 9** – Spring Auction
- May 13** – All School Assembly 8:15am and Multi-Cultural Event
- May 14** – LGBTQS Mtg., 7pm
- May 20** – Volunteer Tea, 2:30 -3:30pm
- May 25** – Memorial Day No School
- May 26** – AAPAG Mtg., 7pm

VP'S MESSAGE

Dear Roosevelt Community,

Listen to your children. Do you actually hear what they are saying? Do you anticipate their words before they speak?

As soon as our children can talk, we need to tune our ears to their voice; the voice of the innocent – the voice of the future. Take the time to not only listen, but hear the words and meaning behind their words.

There is nothing more rewarding than clear communication with your children. Be thankful for every word. True unhindered communication can enrich your life and nourish the next generation in your own home.

They are speaking. We must listen and hear! Let's open our ears and our hearts to communicate and understand our children before they choose to stop speaking.

Lori King

PTA Executive Vice President

MENSAJE DEL VP

Hola Comunidad de Roosevelt,

Escuche a sus hijos . ¿Usted realmente escucha lo que están diciendo ? ¿Usted anticipa sus palabras antes de hablar ?

Tan pronto como nuestros hijos puedan hablar , tenemos que afinar nuestros oídos a su voz ; la voz de los inocentes - la voz del futuro . Tómese el tiempo para no sólo escuchar , sino escuchar las palabras y el significado detrás de sus palabras.

No hay nada más gratificante que una comunicación clara con sus hijos. Sea agradecido por cada palabra . La verdadera comunicación sin trabas puede enriquecer su vida y alimentar la próxima generación en su propia casa.

Ellos están hablando. Debemos escuchar y oír ! Vamos a abrir nuestros oídos y nuestros corazones para comunicarse y entender a nuestros hijos antes de que decidan dejar de hablar .

Lori King

Vicepresidente de PTA

家长会副主席的信息:

聆听你的孩子所说。你确实在听他们在说什么吗？你有没有在他们开口之前预期他们说些什么吗？

一旦我们的孩子开口说话，我们需要聆听他们的声音；那无辜的声音，未来的声音。不仅花时间听，还要聆听他们所说的背后的意思。

没有任何东西比和你的孩子清晰地交谈更有有效。感恩每一句话。真实的毫无隐藏的交谈可以丰富你的生活和滋养你自己家庭的下一代。

他们在讲话，我们必须聆听再聆听！我们要洗耳恭听，掏心掏肺地去和我们的孩子交流，理解他们，在孩子们选择闭口不谈之前。。

Dear Roosevelt Families,

April 23rd - Pasta Feed (5pm) & Open House (6:30pm - 7:30pm)
We hope you will join us tomorrow evening for Open House and the annual Pasta Feed (sponsored by the Dads' Club.) Open House is a wonderful opportunity for families to celebrate all the hard work and project our students have been designing on all year long. It is not the best time to have one-on-one conferences with teachers. If you would like to meet with your child's teacher, please feel free to send them an email or make an appointment at a later date.

We will have early dismissal on Open House day. TK/K 8:10 - 11:40, 1st - 5th gr 8:10 - 1:50.

Dr. Soraya Sablo Sutton
Principal

BOX TOPS

We are collecting box tops for education in every classroom to help our school. Each box top is worth 10 cents. Last year you helped collect over 10,000. The top three classrooms will receive a prize.

VOLUNTEER SPOT

Say Cheese! And Thank You to Awesome Spring Photo Helpers: **Isela Anaya, Maria Raymundo** and **Alexandria Kinsley.**

Upcoming Events – Helpers Wanted – Jump in Where You Can!

May 1 Variety Show <mailto:breannahatcher@yahoo.com>

May 9 Spring Auction <mailto:rooseveltauction15@gmail.com>

Auction Helpers Wanted: <http://vols.pt/y52dwC>

Yearbook News

YEARBOOKS ARE ON SALE for \$25 until the end of the school year. Submit cash/checks (payable to Roosevelt PTA) to teacher/office. Include student's name/teacher.

LAST CALL FOR PHOTOS! Wanted: Awesome Pics of: Community on the Green, Fall Festival, Art & Rhythm Night and Variety Show. **Thank You!** RYearbook2015@gmail.com

PTA MEETING NOTES

Teacher's Report

- Ms. Breedlove was there but did not have anything to report. Did have a question of why we have Spring Pictures. The photographer does donate time for picture wall and donates to auction.

Principal's Report

- SLED donated to Outdoor Ed \$750 and \$250 for library
- PBIS – positive behavior incentive program – kids may come home with a green ticket if caught being good.
- SBAC testing has started 4/16-5/19. Window is so long because of internet issues.
- Garden Day Sat. April 18th
- First United Credit Union fundraiser – each student who opens a saving account of \$25 or more, they will donate \$25 to Roosevelt.
- Girls Inc. Parent Communication Workshop – free - May 6th, 6-7:30
- Dia de los Ninos/libros – Thurs. April 30- book swap and soccer demo 1 p.m. – please bring gently used books
- Thursday April 30 Open House and Pasta Feed Dinner
- April 28 AAPAG meeting 6:30
- May 1 – Variety Show
- District and Parent Survey Results: Soraya gave a presentation which included our info along with other schools. For ex., library circulation rates (Roosevelt scored high), Compass learning being used at different grade levels, STAR reading data (Roosevelt has high scores and has made improvement), Discovery Ed Usage (Roosevelt using the most), students who qualify for GATE, and much more info.
- Our Roosevelt Parent Survey – some results – many parents think technology is important to education, but some think there is too much tech., most kids feel safe at Roosevelt, concerns about facilities were expressed, and much more.

Fundraising

- Bag orders are due tomorrow, April 17.
- A's fundraiser is happening
- Clothes bins will be put out
- Pennies still being counted

Treasurer's Report

- Feb and March Balance sheets were passed out. Ending Balance for Feb. was \$59,257.44 and March was \$59,833.22. Projections are looking solid. Checks 4085-4101 needed to be ratified. Heidi made a motion, Jennifer seconded. Approved. March checks 4102-4108 need to be ratified, Maria made a motion, Heidi seconded. Approved.
- Money came in for Outdoor Ed from Ms. Tronvig and SLED. We did not deplete all reserves, but hoping to not have this problem next year. Dad's Club paying for Marine Science Inst.

PTA BOARD 2015-2016 ELECTIONS

If you think you might be interested in an elected or appointed PTA position for the 2015-2016 school year, please contact Johanna Normart for more information at <mailto:andrewnormart@sbcglobal.net>.

The following were elected for 2015-2015 board

- President - Lisa nominated Johanna Normart, Heidi seconded. Approved.
- Exec. Vice President – Johanna nominated Dara Garcia, Lesley seconded. Approved.
- VP of Programs – Heidi nominated Jamie Barbieri, Tricia seconded. Approved.
- VP of Membership – Lorrie nominated Lesley Feikert, Melisa seconded. Approved.
- VP of volunteers – **OPEN**
- Treasurer – Lisa nominated Tricia Reichert, Lorrie seconded. Approved
- Financial Secretary – Tricia nominated Heidi Klopfer, Lorrie seconded. Approved.
- Recording Secretary – Johanna nominated Lisa Musselman, Heidi seconded. Approved.
- Corresponding Secretary – Johanna nominated Yvonne Day Rodriguez, Jennifer seconded. Approved.
- Parliamentarian – Johanna nominated Lesley Kamien, Lisa seconded. Approved.

The following were appointed for 2015-2016

- Auditor – Nicole Hunter Maes
- Fundraising – Maria Parker Markison
- Clothing – Paula Hanson
- Purchasing Chair – Debbie Fitting
- Hospitality Chair – Shauna Olsen
- Family Outreach – Lesley Christiansen
- Historian – Mayela Cuevas
- Health - **OPEN**
- Web/Facebook - **OPEN**

AUCTION -

- Coming May 9. Tickets and Raffle forms available outside the office door.
- Pre-order Lei by April 24th
- Auction Items Needed!!
- Auction Donations still being accepted.
- Auction Helpers Wanted: <http://vols.pt/y52dwC>
- Voces Unidas is donating items to auction, and AAPAG is donating a pay-to-play.
- Questions: <mailto:RooseveltAuction15@gmail.com>

LOOKING FORWARD – Next month will be our last official PTA meeting. We will be talking about budget for next year so feel free to come with ideas.

MISC – other ideas for outdoor ed. Some feel it is not an “outdoor” experience. Ms. Lipka said teachers are happy with it. .

Important Board of Education Meeting

SLUSD invites the community to participate in providing feedback on the 2015-2016 Local Control Accountability Plan (LCAP) in order to learn about the district's goals, initiatives and funding priorities. A draft of the 2015-2016 LCAP will be available via the district website in early May. Please consider attending the June 2nd public hearing at the Board of Education meeting that evening at 7:00 pm at City Hall. At this 6/2 meeting, the public will be invited to provide feedback and comments. The final draft of the 2015-2016 will be adopted by the Board of Education on Tuesday, June 23rd at 7:00 pm at the Board of Education meeting at City Hall.

Monday, April 20th - Thursday, April 23rd

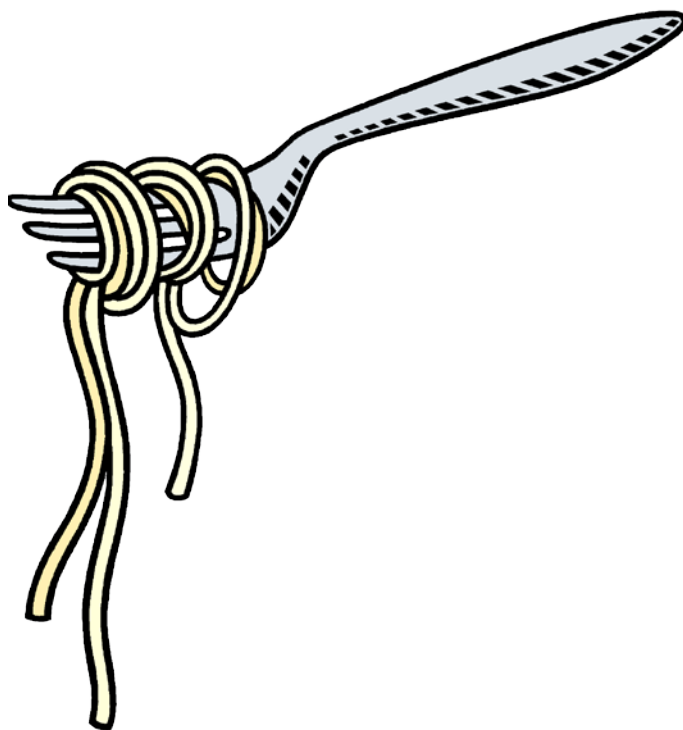
Every day after School & during Open House!



Roosevelt Elementary Pasta Feed

Join us for a great dinner!

Roosevelt School Multipurpose Room
Thursday, April 23, 2015
5:00 PM to 6:15 PM



All you can eat *Catered by Luke's Grill*

Fettuccine with Alfredo Sauce	Garden Salad with Italian Dressing
Spaghetti with Meat Sauce	Buttered & Garlic French Bread
Cookies for Dessert	Lemonade & Water

\$5 per Person, \$20 per family, <3 Years Free

Sponsored by the Roosevelt Dads' Club

ROOSEVELT TIMES

Op Ed: Trouble With Recess

Dear Editors:

Have you ever noticed children begging for recess, and then just sitting around in the classroom in front of screens?

There are two related issues that I would like to bring to attention. One, kids at our school need to get off screens, and get active! Secondly, I believe that kids shouldn't stay cooped up in the classroom, and go outside, get some fresh air! I admit, I am often one of those kids sitting in the classroom. I think that it would be easier for me to choose to play outside if sitting in the classroom wasn't an option. Some teachers use recess time to get their work done, but it seems hard when there are so many kids talking in the classroom.

I understand that teachers enjoy spending time with their students in their classrooms. I also understand that some students don't enjoy playing playground games like foursquare, tag, and basketball. It seems almost perfect, the classroom being open for anyone who is bored, or wants to use the Internet.

Here are some solutions. Teachers, you have a teacher's lounge. If you have a laptop, you can go and work there. Lock your classroom, and get your students outside. I really appreciated the HERO program, a program in which a person would come and bring equipment, play with us, and encourage us to be active. They provided all sorts of toys that kids might find interesting! Some teachers believed that they could not use the HERO program because it was causing conflicts between students during class time.

Students should get outside and get active, at recess and everyday!

Adela
San Leandro, CA

ABOUT

Ms. Valdivia's 2014-15 5th grade class at Roosevelt Elementary is making a newspaper for project based learning.

They have been working all school year on elements of a newspaper, like writing articles, photography, and getting ads.

Contact the editors with feedback, story ideas, or advice at roosevelteditors@gmail.com.

READ MORE!

This is just a sample. *Roosevelt Times* is not just opinion pieces. Visit us online to read all sorts of stories including:

- Current events
- Travel
- Sports
- Fashion
- Recipes
- Puzzles
- Advice
- Reviews of games, movies, restaurants, music, and more!

READ MORE NEWS AT <http://rooseveltnewspaper.blogspot.com/>

Roosevelt Variety Show 2015

Friday, May 1, 2015

AUDITIONS: Friday, April 24th 3:00-4:30 PM,

DRESS REHEARSAL: Friday, May 1st 3:00-4:30 PM

SHOW: Friday, May 1st starts at 7:00 PM

Dear Parents,

The purpose of the annual variety show is to give students a chance to share their talents in a supportive environment and to develop positive self-esteem. It is very important for you to be supportive by helping them prepare for this event. The time you spend doing this will be evident in your child's performance and in the enjoyment of the activity.

PARENTS AND STUDENTS PLEASE NOTE

- 2 minutes per act limit.
- Attendance at the audition and dress rehearsal is required.
- Each performer is responsible for their props.
- All music (in CD form) must be brought to the audition on April 24 -- must be kid appropriate.
- Students may perform in one act only (unless they are in an assemble).
- Questions? Contact: BreannaHatcher@yahoo.com

Bring signed permission slip to the auditions on Friday, April 24th at 3:00 PM in the multi-purpose room or bring it to the office prior to Friday.

STUDENT NAME: _____

TEACHER: _____ **GRADE:** _____

PARENT NAME: _____ **PHONE NUMBER:** _____

TYPE OF PERFORMANCE: Solo Duo Group

Group/Duo Other Members Names(s) _____

Each member must have a signed permission slip.

Type of Act: Instrumental Dance Vocal Other

My child and I have read the information above and understand the requirements of participation in the variety show. He/She has my permission to participate.

Parent/Guardian Signature: _____

Student Signature: _____

The San Leandro Public Library presents...



El día de los niños/El día de los libros Children's Day/ Book Day

.....
Sábado, 25 de abril, 2015 - 11am a 1:30pm

Saturday, April 25, 2015 - 11am to 1:30pm

**Biblioteca de San Leandro/San Leandro Main Library
300 Estudillo Ave. 577-3960**

.....

**Enjoy Día at the Main Library
with FREE activities that
celebrate reading!**

- 11:15am: Bilingual Puppet Show
- 12:00pm: Music with Mariela Herrera
- 12:30-1:30pm: Crafts and games
- Receive a FREE book!

**Disfruta el Día en
la Biblioteca con actividades
GRATIS que celebran la lectura!**

- 11:15am: show de marionetas— bilingües!
- 12:00pm: música con Mariela Herrera
- 12:30-1:30pm: Manualidades y juegos
- Recibe un libro GRATIS!



Aladdin

Come Celebrate
27 Years
of Bancroft Musical Theatre!

PASTA DINNER & SILENT AUCTION
SATURDAY APRIL 25 6-9PM

TICKETS

\$10 each admission
or \$35 for a family

LOCATION

Bancroft Middle School Gym
1150 Bancroft Avenue,
San Leandro, CA 94577

Don't miss out on the...

- Sneak preview of the BMT production of Aladdin
 - Kids only raffle
- Outdoor showing of the movie Aladdin on a giant inflatable screen

Ticket includes pasta dinner, silent auction and entertainment
Soda, dessert, and movie snacks sold separately

For more information or to purchase tickets,
contact Debbie Fitting at d.fitting@comcast.net

Girls Incorporated
Of Alameda County
Pathways
Counseling Center

510 - 16th St.
Oakland, CA
Tel: 510 357-5515
Fax: 510 318-5396
www.girlsinc-alameda.org



FREE

FAMILY COMMUNICATION WORKSHOP

Improve your relationship with your child:

- Create open communication between you and your child
- Learn to listen and be heard in your family
- Increase your understanding of your child's feelings

When: Wed., May 6th from 6:00-7:30 PM

Where: Roosevelt Elementary School

A LIGHT SNACK WILL BE PROVIDED

Leaders: Marriage and Family Therapy Interns with Pathways Counseling Center/Girls Incorporated of Alameda County

- **All parents are welcome**
- **Pre-registration required**
- **Childcare will be provided**

For additional information talk with Michelle Horton (510) 357-5515 ext. 501

Family Communication Workshop is being provided by Pathways Counseling Center (Mental Health Component of Girls Incorporated of Alameda County) and funded by Alameda County Social Services Agency, Alameda County Probation Department, City of San Leandro, San Leandro Unified School District.



Gratis

Taller de Comunicación familiar En Español e Ingles

Mejore su relación con sus hijos:

- Crea una comunicación abierta entre su hijo(a) y usted
- Aprenda a escuchar y ser escuchado en su familia
- Aumente su entendimiento de los sentimientos de su hijo(a)

Cuando: Miercoles 6th de Mayo de 6:00-7:30 PM

Dónde: Roosevelt Elementary School

Habrá bocados ligeros para comer.

Líderes: Psicoterapeuta licenciada de parejas y familias

- **Padres Solteros son bienvenidos**
- **Preinscripción es requerida**
- **CUIDADO DE LOS NIÑOS SERA PROVEIDO**

Más información hable con Michelle Horton (510) 357-5515 ext 501

Los Talleres Familiares de comunicación están siendo proporcionados por el Centro de Consejería Pathways (Componente de Salud Mental de Girls Incorporated del Condado de Alameda), y están financiados por la Agencia de Servicios Sociales del Condado de Alameda, el Departamento de Libertad Condicional del Condado de Alameda, la Ciudad de San Leandro, y El Distrito Escolar Unificado de San Leandro.

Girls Incorporated
Of Alameda County
Pathways
Counseling Center

510 16th Street
Oakland, CA. 94612
Tel: 510 357-5515
Fax: 510 318-5396
www.girlsinc-alameda.org



Parent Communication Workshop Registration Form

Please give the entire registration form to Michelle Horton (box in front office) or classroom teacher.

Please complete the questions below, to assist us in tracking the families we serve. Your information will be kept confidential.

Parent/Guardian Name _____

Street Address: _____ City: _____ State: _____

Number of Parent(s) Attending Phone

Demographic Information (Parent)

Parent gender (Male/Female) _____ Age(s) _____

Ethnicity/ Race _____

Primary Language Spoken at Home _____

Spanish and English interpretation will be provided for parent communication workshop.

Grade and Age of Child/Children at Roosevelt: _____

Is your child receiving services through Pathways Counseling Center? Yes No

For additional information contact Michelle Horton at (510) 357-5515 ext. 501

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Taller para Padres formulario de inscripción

Por favor completé la form de registro y regresé la forma al maestr o de su hijo/hija o en el buzón de Michelle Horton que se encuentra en la oficina principal.

Por favor, complete las siguientes preguntas, para que nos ayuden en el seguimiento de las familias a las que servimos. Su información se mantendrá confidencial.

Padres/Guardian

Nombre _____

Direccion:

Dirección: _____ Ciudad: _____ Estado: _____

Información Demográfica (Padre/a)

Sexo (Femenino/ Masculino) _____

Edad _____

Etnicidad / Raza _____

Primer idioma hablado en el hogar _____

Este taller se ofrece en Español e Inglés.

El grado y la edad de su hijo/hija que va a Roosevelt _____

Su hijo/a esta recibiendo servicios traves de Pathways Counseling Center? Si No

Contacte a Michelle Horton, (510) 357-5515 ext. 510, para Infomacion adicioanal que tenga

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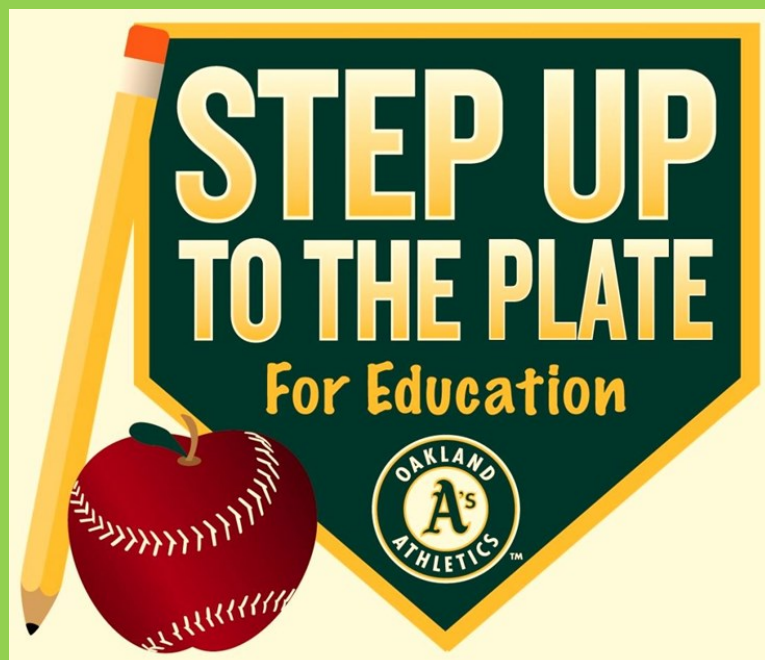


Roosevelt Elementary Step Up to the Plate for Education

Roosevelt Elementary students, parents, and their friends and families can purchase tickets for select 2015 Oakland A's games. **A portion of each ticket sold will go directly back to the school.**

To purchase tickets, visit the link below:

www.athletics.com/Roosevelt





Roosevelt Elementary School students, parents, and their friends and families can purchase Field Level seats for \$25 and Plaza Outfield seats for \$15 for select 2015 Oakland A's games.

A portion of each ticket sold will go directly back to the school.

For more ticket information please contact Nick Walko at (510) 563-2352 or nwalko@athletics.com.

**** Please note tickets are limited and based on availability. The deadline to purchase tickets for this special fundraising program is Thursday, April 30.***

****Anyone wishing to sit together during a game. You must purchase ALL tickets at the same time.**

Playing	Date	Time
Athletics vs Seattle Mariners	Saturday, April 11	1:05 PM
Athletics vs Houston Astros	Friday, April 24	7:05 PM
Athletics vs Chicago White Sox	Friday, May 15	7:05 PM
Athletics vs Texas Rangers	Tuesday, June 9	7:05 PM
Athletics vs Toronto Blue Jays	Wednesday, July 22	7:05 PM
Athletics vs Houston Astros	Friday, August 7	7:05 PM

Should you have any fundraising questions please contact:

Maria Markison – PTA Fundraising Chair

AlohaMama1071@gmail.com – (510)569-2156

St. James School Age Program



Activities we provide:

- Arts & crafts
- Wii Fun
- Snacks
- Share Day
- Homework Club
- Movie days
- Van Transport
- OPEN DURING SCHOOL BREAKS
- Sports Activities and much more...

- SPACE IS LIMITED SO REGISTER TODAY!!!

SUMMER PROGRAM STARTS JUNE 15TH & FALL PROGRAM STARTS AUGUST 24TH

WE ARE OPEN YEAR ROUND!!!

OPEN MONDAY TO FRIDAY 7AM- 6PM

We are located at 993 Estudillo Ave. School Age entrance is on Joaquin Ave.

Please Call or E-Mail School Age Supervisor Trish Wood for more information at:
510-895-9596 ext.2 or Luvlots78@gmail.com

School Website:Stjameschristianschools.com

Thank you for all you do!!!

The Roosevelt Staff

Would like to cordially invite you to

The Volunteer Tea

Where: Multipurpose Room

When: Wednesday, May 20th, 2015

Time: 2:30 pm - 3:30 pm

Please RSVP by Friday, May 15th, 2015

****Child care will be provided****



Name: _____

Child's Teacher: _____

_____ *Yes, I am attending*

_____ *No, I can not attend*

_____ *Yes, I need child care. # of children* _____

Roosevelt School

Remember this year with a full-color **YEARBOOK!**



AWESOME ROOSEVELT YEARBOOK!

Regular Order Price of: \$25

Cash or Checks Accepted. Please make Checks Payable to: Roosevelt PTA

Order Your Copy Today!

Please enclose correct payment (\$25) and return bottom portion to school (Classroom or Office).

Adjunte pago correcto y volver parte inferior a la escuela (aula o en la Oficina).

Payable to: Roosevelt PTA • For: **YEARBOOK!**

Student Name(s) _____

Nombre del estudiante

Teacher Name(s) _____

Nombre del maestro

Grade / Room Number _____

Total \$ _____

DAVIS STREET @ ROOSEVELT SCHOOL

SUMMER PROGRAM 2015

We are offering affordable 1 week sessions for our summer program starting June 15th. The cost per session is \$160 per week which includes tickets for the field trip and transportation.

Ages : 4 years 9 months to 12 years

Hours of operation is 6:45 am - 6:00 pm

In addition to field trips, we will be doing:

- Arts and Crafts Projects
- Recreational games
- Impromptu neighborhood outings
- Cooking Projects

Space is limited this year. Early registration is recommended and payment is required as follows:



<u>SESSION #</u>	<u>PAYMENT DUE</u>
Sessions 1 and/or 2	May 26th
Session 3 and/or 4	June 9th
Session 5 and/or 6	June 23rd
Session 7 and/or 8	July 14th
Sessions 9	July 25th

From more information or want to sign up for the program you can stop by Davis Street @ Roosevelt, 951 Dowling Street, San Leandro and pick up a packet.

<p>Session 1 Week of June 15-19 Field Trip: Boomers</p>	<p>Session 2 Week of June 22-26 Field Trip: Movie -Inside out</p>	<p>Session 3 Week of June 29-July 3 Field Trip: Special Guest</p>
<p>Session 4 Week of July 6-10 Field Trip: Soccer Golf</p>	<p>Session 5 Week of July 13-17 Field Trip: Movie - Minions</p>	<p>Session 6 Week of July 20-24 Field Trip: San Jose Tech Museum</p>
<p>Session 7 Week of July 27-31 Field Trip: TBA</p>	<p>Session 8 Week of August 3-7 Field Trip: Six Flags or Great America</p>	<p>Session 9 Week of August 10-14 Field Trip: Party in the Park</p>

951 DOWLING BLVD.
SAN LEANDRO, CA 94577
510-777-9317



www.davisstreet.org
510-777-9317
License # 013415253

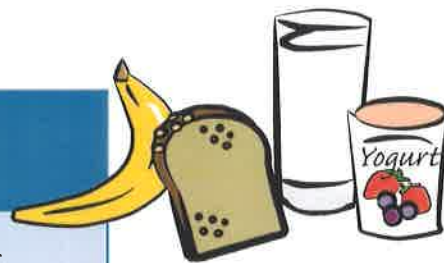
Parents ... Get Straight A's With a Healthy Breakfast

Your Child's Attention, Attendance and Academic Achievement Improve With Breakfast

Healthy Eating
Made Easier®

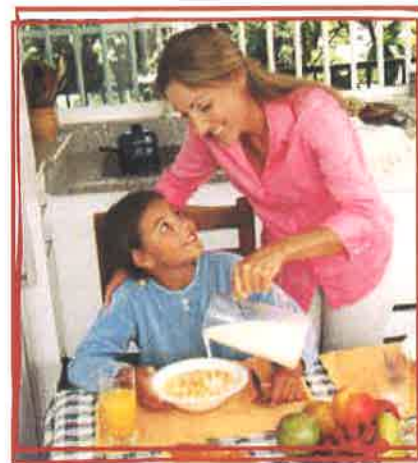
The proven benefits of breakfast for your child include:

- ✦ Better overall nutrition and healthy body weight
- ✦ Fewer absences and reduced tardiness
- ✦ Higher scores on achievement tests



Helpful hints for busy parents

- **Get off to a good start**
Make sure your child has time for breakfast at home or take advantage of the School Breakfast Program if your school operates one. School meals are not only convenient but also an inexpensive and healthy option.
- **Keep breakfast simple**
Have items available in your kitchen that can easily be put together in the morning: cereal, milk, toast or bagels, cheese, fruit and yogurt.
- **Join your child for breakfast**
Be a positive role model—eat breakfast yourself and share breakfast with your child when you can.



Did You Know?

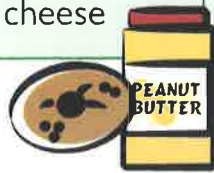
- ✦ Breakfast is the most important meal of the day.
- ✦ Any child who skips or does not have access to breakfast can suffer learning and health problems.
- ✦ Eating breakfast gets rid of hunger symptoms such as being tired or sleepy, getting headaches or becoming cranky.

Quick and easy ideas for breakfast ...

Cereal and low-fat milk



Toasted bagel with cream cheese



Toast with peanut butter

Fruit smoothie (blend fruit with milk or yogurt)

Cereal bar with fruit and a yogurt

Hard-cooked egg and whole-grain toast



DAIRY COUNCIL
of CALIFORNIA®
Healthy Eating Made Easier™

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Help Your Family Make Breakfast a Priority and Meet Your Nutrient Needs



Healthy Breakfast Foods:

Make half your grains whole. Choose whole-grain foods often, such as oatmeal or whole-wheat bread, bagels or cereal.

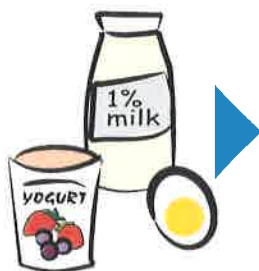
Get your calcium-rich foods. To build strong bones choose low-fat or fat-free milk, and cheeses or yogurt for breakfast.

Focus on fruits. Eat them at breakfast on top of cereal or add them to a yogurt smoothie.

Go lean with protein. Add peanut butter to toast or try a “breakfast” bean and cheese burrito.

How much does your child need from each of the food groups every day?

Age	Milk	Vegetables	Fruits	Grains	Meats + Beans
2-8	2-2½ cups	1-2 cups	1-1½ cups	3-5 ounces	2-5 ounces
9-11	3 cups	2-3 cups	1½-2 cups	5-7 ounces	5-6 ounces



Serve a breakfast that includes a good source of protein such as cheese, egg, milk or peanut butter. Serve two other food groups to fill in the rest of the meal, such as whole-grain toast or cereal with fruit.

