

Stone Lake Elementary

A California Distinguished School

Hawker's Herald

Telephone 916-683-4096

Fax 916-683-4098



Dr. Bindy Grewal
Principal
BGrewal@egusd.net

APRIL, 2011

Melissa Chin
Vice Principal
MChin@egusd.net

Our wonderful PTO has done so much for our children at Stone Lake. In addition to their regular jobs, they have dedicated countless hours to do what's best for children. Due to their hard work we have been able to hire a Librarian, provide agendas and homework folders, school wide assemblies, classroom supplies, Reading Counts opportunities, copies, paper, etc. to name a few. If you see one of them, please extend a "thank you" as we couldn't have done it without them! Thank you to Jennifer Ferraiuolo, Joanne Bovee (Co-Pres.), Denise Okamoto Fong (V.P.), Lisa Petersen (Sec.), Juanita Baier (Trea.), Shelly Takaha, Shari Shintaku (A Track Rep.), Patti Tilby (B Track Rep.), Christy Lee (C Track Rep.), and Nancy Lee (D Track Rep.)

Have you had an opportunity to checkout our new website? Please take a moment to do so as it is new and improved:
<http://blogs.egusd.net/stonelake/>

As we start thinking about the new school year, please understand that we will not be taking specific teacher requests.

Congratulations to our Science Faire finalists!
1st place Daniel Chambers, Jeremy Daneluk, & Brian Wong
2nd place Tony Dailly
3rd place Connor Gill
All participants put together beautiful displays!

Way to go Stone Lake Writing Contest Winners!
K-Jason Huang
1st-Bella Caulboy
2nd-Benjamin Wong
3rd-Diego Gamboa
4th-Jade Guerrero
6th-Christine Strong
A big thank you to all that participated! Good luck to our 3rd and 6th grade winners as they move to the District level competition.

Stone Lake girl's basketball team came in first place in the district championship.
Stone Lake boy's basketball team came in fourth place in the district consolation championship.
Team work goes a long way!

Important Dates



- April 4 **MINIMUM DAY-TRACK CHANGE**
ALL KINDER EARLY 8:00-11:31
GRADES 1-6 8:15-12:30
- April 5 3:00-Volleyball game Elliott Ranch vs Stone Lake-MP room
- April 6 8:30-2nd grade B track B St. Theater field trip
2:30-Talent Show rehearsal-MP room
- April 7 3:00-Volleyball game Union House vs Stone Lake-MP room
- April 12 3:00-Volleyball game John Reith vs Stone Lake at Reith Elem.
3:00-PTO Meeting - Library
STAR TESTING GRADES 2-6
APRIL 12-28, Tracks C & D
- April 13 Jog-a-Thon a.m.
- April 14 7:00 am-5:00 pm 6th grade C & D track
Marin Headlands field trip
3:00-Volleyball game Morse vs Stone Lake-MP room
- April 15 6:00-PTO Talent Show-MP room
- April 29 8:30-2nd grade C & D track
Grandparents Day-MP room
10:15-6th grade A & C track Franklin High School theater field trip
- May 3rd **MINIMUM DAY-TRACK CHANGE**
ALL KINDER EARLY 8:00-11:31
GRADES 1-6 8:15-12:30

Schoolwide Theme
Responsibility

Ask Anne & Lisa

The Ask Anne & Lisa column featuring District Dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D., appears in EGUSD school newsletters and is designed to help families build healthy lifestyles. You can email questions to Anne & Lisa at Communication@egusd.net.

This month, instead of answering a question, we would like to share with you 20 Ways to Enjoy More Fruits, Vegetables, Whole Grains and Dairy. These tips are from the American Dietetics Association in recognition of National Nutrition Month®.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almond.
11. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
12. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
13. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
14. Stock up: Fill your fridge with raw vegetables and fruits —“nature’s fast food”—cleaned, fresh and ready to eat.
15. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
16. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
17. “Grate” complement: Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
18. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon
19. Make you main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.

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National Nutrition Month® 2011

