

Fame Public Charter School Newsletter

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Principal's News- Welcome Back

Welcome back! On behalf of the Administration, Teachers and Staff, I would like to extend our warmest greetings to you all. We are very excited about our new school year and hope that you are as well.

First of all, I would like to take a moment to thank all the parents who were present at our Parent-Orientation night. We found the evening to be very encouraging and hope that your commitment and support continue throughout the year.

Also, I would like to thank all the parents and students who are making every effort to arrive to school on time. Promptness is a very important factor in fostering a child's academic development. All students should be at school at 8:30 a.m.

Finally, I am looking forward to working with all of you this year and I am sure together we can make a difference.

Krista Kastriotis, Principal

Back to School Night

Calendar Update

Parents please note that Back to School Night was rescheduled for **Thursday- September 21, 2006.**

Time: 6:00-7:00 PM

Location: FAME San Leandro

Parents are invited to visit their child or children's classroom and meet their teacher(s). This evening is intended for Parents to become more familiar with our school program and teachers.

We hope that you can join us and help support your child's education.

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Keeping our School Clean

We would like to bring to the attention of our students and parents the problem we are having with litter. Almost daily our teachers and administrators are cleaning up the litter that is left behind by students. We have made endless efforts to remind, model and explain the importance of a clean school campus. However, we have seen very little progress.

Studies have shown that students will take more pride in their school when it is kept clean. However, it seems like our students need to be more proactive

in cleaning up after themselves, in order to make this a reality at our campus.

We would like to request parents to coach and train their children to clean up after they are done eating. Also, remind your child that it is not acceptable to throw wrappers and empty juice containers on the school playground.

Remember, this isn't just our school, it's your school!

Upcoming Events

- ◆ Back to School Night
- ◆ Spirit Day
- ◆ School Portraits

Packing a Nutritious and Safe Lunch

Anyone who has been in the marketplace lately knows that notebook paper, folders and crayons are flying off the shelf. The back to school time of year also brings with it a need for reviewing some food safety and nutrition tips for your children's "brown bag" lunches and after-school snacks.

To be sure food safety is the main ingredient of school lunches or snacks, keep cold foods below 40 degrees Fahrenheit. Put cold liquid foods in a previously chilled vacuum bottle. Use an ice pack or gel freezer pack to keep solid foods cold. Freeze boxed juices or drinks in a plastic bottle the night before; then put the frozen drink in with the other foods.

Use chilled ingredients to make sandwiches.

Freeze sandwiches made with simple ingredients such as peanut butter and sliced meat or poultry. The sandwich will thaw by mealtime, but remain cold enough to prevent growth of bacteria that cause foodborne illnesses.

Don't freeze sandwiches containing ingredients like mayonnaise or mayonnaise-like dressings, because freezing causes oil and water to separate. This can make bread soggy. Instead, buy single-serving packets of mayonnaise and dressings, or put these in separate containers. Butter and stick margarine don't separate when frozen.

Maintain hot foods at 140 degrees F or higher. Use a vacuum bottle to maintain the temperature of hot liquid foods such as soups or stews. Put boiling water in the bottle for several minutes before adding hot foods.

Always throw away leftover lunch or snack food items that might have gotten too hot. Remember the saying, "when in doubt, throw it out."

Also, thoroughly clean lunch boxes; wash your

hands well in hot soapy water between preparations of different types of food; and use clean utensils and work surfaces.

Letting your children help you prepare their school lunches or after-school snacks has several advantages. It gives children opportunities to think about the nutritional qualities and healthfulness of the foods they eat. Helping you choose and prepare foods also boosts their self-confidence and makes them feel comfortable working in the kitchen. They might even want to help you pack their lunches or snacks, thereby learning more about food safety.

Since children agree to the food choices for their lunches or snacks, you have the opportunity to introduce new foods. In addition, you have the peace of mind that they're eating what they want and not trading with friends, who might have less nutritional lunches.

Remember to take into account your children's overall eating pattern when preparing foods; one meal or snack won't break the nutritional bandwagon. Generally, a lunch should contain about one-third of the day's nutrients and calories. Offer a variety of foods including two servings of fruits or vegetables and two of bread and grains, as well as some protein and low-fat milk or other dairy product



Build a Reading Station!

Help your young reader create a space where you can explore books together!

- Find a spot where you won't be bothered by the TV or too much noise.
- Collect boxes that are large enough to hold piles of your books. Cover the boxes with paper and decorate them. Use different artwork to make boxes for different types of books, such as:
 - Stars and spaceships for stories about outer space
 - Wizard hat and broom for favorite fantasies
 - Cats, horses, or wild beasts for books about animals
- Add a comfy seat — old pillows or a folded sleeping bag will make it extra cozy!
- If you have a tape player/recorder keep it close by. Use it to listen to books on tape, or record stories that you read or imagined and play them back.
- Make a writer's box filled with paper, pencils, and art supplies that you can use to make your own books.
- Invite a parent or friends to your Reading Station and read together!



5 Ways to Team Up With Your Child's Teacher

1. Attend open-house events to learn about class goals and policies
2. Keep in touch through email, notes, phone calls, and conferences
3. Ask what level books your child should be reading and know the titles she's reading for class
4. Read teacher-recommended titles with your child at home to reinforce key skills and words
5. Get involved by joining a parent association or volunteer in the classroom

Daily Reading Fun

Spread books all around the house -- even outdoors! Put nature titles on the front porch; leave a book featuring a favorite character on top of the TV.



Beyond Books

Help your child set up a wall calendar for the school year. Teach her how to write homework due dates and other important information like test dates on certain days. Don't forget to provide stickers for birthdays and holidays.



Calendar Reminders

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Tuesday, September 19

FAME Board Meeting Newark Office 6:15 PM

Thursday, September 21

Back to School Night, San Leandro 6:00 PM

Wednesday, September 27

Student Spirit Day

Monday, October 9

Lifetouch Fall Portraits

Monday-Tuesday October 23-4

No School, Holiday

Helping Children
Grow and Learn!

We're on the Web!
www.famecharter.org