

The First Edition

Sierra Cascade Nutrition & Activity Consortium (SCNAC)

Tropical Fruit and Nut Snack
Mix

Ingredients:

- 1 Tablespoon butter
- 1/4 cup honey
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- 1/2 cup sliced almonds
- 3/4 cup dried tropical fruit bits
- 1/2 cup banana chips
- 1/4 cup raisins

Preparation:

1. Preheat oven to 350 F
2. Melt butter in a medium saucepan. Add honey, extract and cinnamon and mix well. Stir in oats.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for another 5 to 10 minutes.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

The Six Pillars of Character!

Fort Jones Elementary School needs your help in teaching and ensuring that our children know and understand the six pillars of character. People of good character tend to share common traits which are universally accepted as desirable. These traits can be taught and practiced in order to improve a persons character. Together we can encourage our children to exhibit the habits, behaviors and ways of thinking which lead to good character, positive behavior and sound judgment.

1. Trustworthiness

Trustworthiness is earned by building a good reputation and getting things done.

2. Respect

Respect is created by get-

ting along with people and solving problems together.

3. Responsibility

Responsibility is characterized by knowing what is expected, doing the right thing and taking control of yourself.

4. Fairness

Fairness is keeping an open perspective and knowing your own strengths and weaknesses.

5. Caring

Caring is being helpful to others and taking care of yourself.

6. Citizenship

Citizenship relates to participating fully and knowing right from wrong.

Important Dates February

3—Ski Day!

6—PTO Meeting, 3:00 in the staff room

10—Ski Day!

13—School Site Council Meeting, 3:15 in the staff room

14—Valentines Day

15—SVUSD Board Meeting, 7:00pm at SRHS

17—No School

20—No School

24—Second Grade Poetry Recital, 8:10am in the gymnasium

Etna Police Activity League Basketball

Etna Police Activity League (PAL) basketball begins Saturday, February 4, 2012 and ends March 10, 2012. Students in grades 1 through 6 are encouraged to participate.

Play will begin at 9:00am each Saturday and end at 11:00am. Learn skills and

drills to improve your basketball shooting, dribbling and passing abilities. Participants will have the opportunity to scrimmage and use the skills they are developing in game play. Please contact Maria at 467-3400 for further information and to register your children.

Etna PAL...

Bringing cops, kids and community together!

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Fort Jones Elementary School

Home of the Bulldogs



**sisnet.ssku.k12.ca.us/
~fortftp**

February is about more than Valentines Day!

- Children's Authors & Illustrators Week: 1-7
 - Boy Scout Anniversary Week: 3-9
 - International Coaching Week: 6-12
 - Jello Week: 6-12
 - National Green Week: 7-11
 - National School Counseling Week: 7-11
 - Random Acts of Kindness Week: 12-15
 - PTA Take Your Family to School Week: 13-19
 - International Friendship Week: 17-23
 - National Conference on Education: 17-19
 - National Future Farmers of America Week: 19-26
 - Learning Disabilities Week: 21-25
 - Peace Corps Week: 28-March 6
- Reference: <http://www.brownielocks.com/february.html>*

Reminders and Information for Parents and Students...

Let's go Skiing...

Laura Downey and Lisa Dean have organized this year's ski trips at the Mt. Shasta Ski Park. We appreciate their effort and your support of this aspect of our physical education program. We are scheduled to visit the Ski Park on Friday, February 3 and Friday, February 10. Parents will pick up their children at 11:00am after the morning academic time and drive safely to the Ski Park. Students will have afternoon lessons and lift tickets will be good for day and night skiing. Have fun!

Fourth Grade Writing Test

The state-mandated fourth grade writing test is scheduled for March 6, 2012. Please encourage your child to work hard this month during practice writing and review. Your help in encouraging your child to be well rested and prepared to try their best is appreciated.

Congratulations!

Congratulations to Mrs. Jenott's class for their excellent poetry recital. We enjoyed their poems and the wonderful costumes as well. This month we have Mrs. Smith's 2nd grade class reciting poetry on Friday, February 24 at 8:10am. Join us!

Attendance Reminder...

We appreciate your efforts at ensuring your children are in school and on time for the start of school. Please contact the school office if your child is sick. Consistent attendance is directly related to learning and also contributes to funding our school system. Your support in ensuring high attendance rates is critical for kids and schools.

Yearbooks Orders!

Fort Jones Elementary School yearbook orders are being taken now for \$10 each. Please see Patsy in the office or grab a form in the hallway.

Scott Valley Youth Baseball/ Softball

Registration forms for baseball/ softball are available at the FJES school office. Participants must be 8 years old on or before July 31, 2012. The registration deadline is February 24, 2012.

Scott Valley Tee Ball

Registration forms for tee ball are available at the FJES school office. Participants must be 5-8 years old on or before August 1, 2012. The registration deadline is Friday, March 2, 2012.