

# SEA KING CONNECTION

Crown Valley Elementary School,  
A California Distinguished School



## HIGHLIGHTS

### NEW FORMAT . . . SAME INFORMATIVE NEWSLETTER!

We are trying out a new format for our newsletter this month. If you have any questions or comments, please email Kathy Leonard at [rkbjs@cox.net](mailto:rkbjs@cox.net).

### COIN DRIVE

The coin drive will be held February 1-5. Please support Crown Valley's annual PTA Coin Drive by sending in your loose change. All funds collected go directly towards PTA sponsored events and programs. If you have any questions, please contact Suzanne



### SPIRIT WEAR DAY EVERY FRIDAY

Wear your Spirit Wear every Friday to show your school spirit! Once a month, there will be a Mystery Friday. The class with the most students wearing their school shirts will get a small treat. Will it be your class?



**PTA MEETINGS**

Please join us the third  
Wednesday of each  
month in the  
School Library:

January 23 at 7:00 pm  
February 17 at 12:30 pm  
March 17 at 7:00 pm  
April 21 at 12:30 pm  
May 10 at 7:00 pm

- **Jan. 4:** School Re-sumes. Welcome Back!
- **Jan. 19-22:** Our 5th Graders will go to Science Camp in Crestline. Have a great time!
- **Jan. 20:** PTA Meeting at 1:00 in the Library.
- **Feb. 1-5:** Coin Drive. Please send in your spare change to support Crown Valley!
- **Feb. 12-15:** President's Day Holidays. No School.
- **Feb. 17:** PTA Meeting at 1:00 in the Library

Principal, Tony Bogle

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CVES: [www.cnves.capousd.ca.schoolloop.com](http://www.cnves.capousd.ca.schoolloop.com) CUSD: [www.capousd.ca.schoolloop.com](http://www.capousd.ca.schoolloop.com)

CVPTA: [www.crownvalleypta.com](http://www.crownvalleypta.com)

## **SCHOOL FUNDRAISERS**

**Box Tops for Education:** Collect your BOX TOPS for education everyday, all year long! Each box top is worth 10 cents! Turn in box tops to your teacher.

**Cartridges For Kids:** We are collecting used ink cartridges and old cell phones. Our school gets credit for recycling these items. Simply bring them to your teacher or the front office.

**Shopping:** There are several on-going fundraisers that benefit Crown Valley just by shopping!

1. Target Stores: Target will donate 1% of your purchase to our school. Use your Target card for purchases and indicate that you would like to benefit Crown Valley.
2. Albertson's: Albertson's will donate a percentage of purchases through Albertson's Community Partners. Log on to [www.albertsons.com](http://www.albertsons.com) and click on "community" to set up your rewards card to designate that your choice of schools to receive benefits is Crown Valley.
3. Ralph's: Ralph's will also donate a percentage of purchases. Go to Ralphs.Com; Click Services then Click on School Programs; Click on Community Contribution Learn More; Click on Participant Enroll and fill in required information; Crown Valley ID # OR NPO Number is 91113.
4. E-scrip: It's FREE, it's EASY, it's POWERFUL! Support Crown Valley and sign up with E-scrip. Go to [www.escrip.com](http://www.escrip.com) and enter our group ID#6493094.

## **SPECIAL EDUCATION LINKING FAMILIES (SELF)**

Please note the following conference:

Making Connections Conference

February 6, 2010 from 9:00 to 1:00 PM at San Juan Hills High School

This Conference is presented by Capistrano PTA and Special Education Linking Families (SELF). The mission of the conference is to educate parents with special needs children on topics that benefit their children, including behavior management and bullying.

If you have any questions, please contact Lee Ann Addison, SELF and Legislation Chair at 949-495-7126 or [Lee.Addison@cox.net](mailto:Lee.Addison@cox.net).

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## **EATING HEALTHY WITH CSA — AND BENEFIT CROWN VALLEY AT THE SAME TIME!**

In December, 2009, CVES PTA launched a CSA program which is an on-going year-round fund-raiser designed to help our school and our families.

**What does CSA mean?** CSA stands for Community Supported Agriculture. It connects eaters to real, *local* farmers with *seasonal* produce, and in our case, 100% *organic*.

**Who are these farmers?** CVES has teamed up with Farmer Donna of Morning Song Farm in Rainbow, CA (by Temecula). Donna's farm is CCOF Certified Organic and Registered Organic by the State of California.

**Why is seasonal and local important?** Provides optimal nutrition, supports the local economy and our precious resources, and minimizes the fossil fuels used in transport.

**Why is organic important?** Studies have proven that organic produce is more nutrient-rich than commercially grown produce. To be certified organic, a farm has to be chemical-free for a certain period of time, and requires record-keeping, oversight, annual inspections and audits.

**What's different about getting my organic produce from Morning Song Farm or the grocery store?** Produce from Morning Farm, in most cases, is harvested the day you receive it. Produce in a grocery store is often 14 days old and has, on average, traveled 1500 (unsustainable) miles, losing nutrition and flavor along the way.

**What does Morning song grow?** Morning Song Farm grows an amazing array of wonderful vegetables, herbs, and a variety of common and unusual subtropical fruits.

**How does it work?** Subscribers make a commitment to the farmer to purchase produce in a small or large size, weekly or biweekly for at least a quarter at a time. In this way, the farmer knows months ahead of time how many customers to plant for, and can cost-effectively take risks with unusual and heirloom produce.

**How does it help the school?** A portion of the subscription price goes back to the school.

**How can I participate or get more information?** Contact Linda Notti at [bindanotti@sbcglobal.net](mailto:bindanotti@sbcglobal.net) with CSA in the subject line.

**WELLNESS CORNER**, by Linda Notti NTP, CMT

**Are You in the Majority?**

If your New Year's Resolution has anything to do with health...you're in the majority. Whether you've resolved to lose weight, feel healthier, have more energy or start an exercise program, it all begins with how you're nourishing yourself from a nutritional standpoint...it all begins with food. Let's get started with 3 simple steps...yes, keep it simple!

**Set some Goals:** You're unlikely to get where you want to go if you don't know where going. Long-term goals with guideposts along the way will keep you focused on what you really want. Begin with the end in mind - what is it that you want to achieve?

**Make a Plan:** The old adage is true...If you fail to plan, you're planning to fail. You must not forget this step, especially when you're focusing on nutrition. Start with your year in focus and break it into manageable pieces - quarterly, then monthly, then weekly, then what your daily focus has to be. Some ideas to think about while you're planning:

**Eat Right:** Diets don't work, unless they pass the longevity test. Fad diets may help you lose weight in the short term, but won't sustain you in the long-term. Include plenty of fresh, organic veggies and fruits, hormone-free, antibiotic free protein sources including fresh-caught fish, body-friendly fats such as avocados, olive oil, coconut oil and butter. If you binge on fast/junk food, know that your body is just looking for real nutrition, which these foods can't provide. Give your body what it needs.

**Supplement:** Including a broad-spectrum, food-based supplement is a good idea to cover all nutritional needs.

**Hydrate:** Necessary to cleanse the system, bring nutrients to the tissues, digestion, brain function and so much more. The rule of thumb is to drink half your body weight in ounces per day: If you weigh 120 lbs, you should be drinking at least 60 oz of filtered or spring water every day...more if you engage in strenuous workout, are stressed, and/or drink dehydrating liquids (coffee, pop, etc.)

**Sleep:** Get between 7 and 8 hours of restful sleep per night - 10 to 12 is optimal for growing children. The body does much work in the way of cleansing and revitalizing while sleeping.

**Relax:** Take time out each day to just relax, get out of your head (and to-do list!) and just be present with yourself and/or your family.

**Breath:** What do conscious breathing, yoga and meditation have in common? They all focus on the breath and serve to calm and re-center (and so much more) - include one or all in your daily routine.

**Get Moving:** Get some form of exercise in at least thirty minutes, three times per week.

**Be Mindful of your Thoughts:** Keep your thoughts on what you want, not on what you don't want. Focus on how you'll feel when you've reached your goal, as if you've already attained it. "Thoughts are things", be mindful of yours.

**Forgive Yourself:** If you stray from your goals for a moment or a day, forgive yourself, get over it, and begin again. Beating yourself up is just the ego's way to stay in a *learned* comfort zone. Learn a new and better zone...you're worth it.




**Take Action:** This is the crucial step that many fail to take! While spending enough time in the planning stage is important, don't get stuck there or you'll be forever getting ready to get ready. Just take the first step, and then another, and so on. It is said that it takes 21 days to make or break a habit. Take a 21 day challenge for yourself and see what you're capable of...and enjoy the journey!

Check out the **Eating Healthy with CSA** corner in this newsletter for a fine resource to help you on your way to better health. Much success to you in whatever you've resolved to accomplish in 2010!

Linda Notti is a Crown Valley Elementary parent of 2 Daughters. She is a Nutritional Therapy Practitioner, Massage Therapist, Life Coach, and L.E.A.N Coach. Linda uses a synergistic approach and teaches holistic wellness on all levels...body, mind, and spirit. For questions, comments or more information, you may contact Linda at [lindanotti@sbcglobal.net](mailto:lindanotti@sbcglobal.net)

This information is presented for educational purposes only. Use your judgment and check with your health-care provider if you're dealing with specific health issues, allergies, or diagnosed conditions that this information may not be suited for. As always, take the lead role in your health and wellness.

## January/February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 January</b> HAPPY NEW YEAR	2
3	4 School Resumes	5	6	7	8 Spirit Wear Day	9
10	11	12	13	14	15 Spirit Wear Day	16
17	18 Martin Luther King, Jr. Day NO SCHOOL	19 5th Grade Science Camp	20 PTA MEETING 7:00 p.m. in the Library	21	22 Spirit Wear Day	23
24	25	26	27	28	29 Spirit Wear Day	30
31	<b>1 February</b> COIN DRIVE	2	3	4	5 Spirit Wear Day	6
7	8	9	10	11	12 Lincoln Day NO SCHOOL 	13
14 	15 Washington Day NO SCHOOL 	16	17 PTA MEETING 12:30 p.m. in the Library	18	19 Spirit Wear Day	20
21	22	23	24	25	26 Spirit Wear Day	27
28						

### 2009-2010 Daily Schedule



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	<u>K-Early</u>	<u>K-Late</u>	<u>1st</u>	<u>2nd/3rd</u>	<u>4th/5th</u>
<b><u>M,T,W,F</u></b>					
Start	7:45	9:30	7:45	7:45	7:45
Recess	10:07-10:37	10:07-10:37	9:30-9:50	9:30-9:50	9:55-10:15
Lunch	n/a	n/a	11:00-11:40	11:25-12:05	11:50-12:30
Recess	n/a	n/a	12:50-1:10	12:50-1:10	n/a
Dismissal	11:15	1:00	2:05	2:05	2:05
<b><u>Thursday</u></b>					
Start	7:45	9:15	7:45	7:45	7:45
Recess	10:07-10:37	10:07-10:37	9:30-9:50	9:30-9:50	9:55-10:12
Lunch	n/a	n/a	11:00-11:40	11:25-12:05	11:50-12:30