



# THE EHRHARDT EAGLE'S NEST

Volume 19 Edition 7  
April 4, 2011

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**Mrs. Robin Riley, Principal**  
**Dr. Felicia Rodoni, Program Admin.**

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## Announcements – Reminders - Updates

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- John Ehrhardt Clothing Drive (April 11-14), sponsored by student council
  - Students who are on intra-district transfer agreements must complete a renewal form. Forms are due to the office by May 6, 2011, and were sent out this week.
  - Orders for John Ehrhardt Elementary 2010-2011 Year Books are still being taken – they are \$20.00 each and money can be turned into the office. The last day to purchase a yearbook will be Friday, April 8<sup>th</sup>. If you would like to submit pictures to the yearbook send them to [Jeeyearbook.com](http://Jeeyearbook.com).
  - Spring Break begins Friday April, 15 and goes through Friday, April 29.
  - Minimum Day Thursday, April 14. Dismissal is 12:35 for 1<sup>st</sup> through 6<sup>th</sup> grade, 11:30 for all kindergarten.
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## New Pertussis (Whooping Cough) Booster Shot Law for Incoming 7<sup>th</sup> through 12<sup>th</sup> graders

A new California law now requires that all students entering 7<sup>th</sup> through 12<sup>th</sup> grade in the 2011-2012 school year provide schools proof that they have received an adolescent pertussis (whooping cough) booster shot (Tdap) prior to starting school. **Students will not be able to attend school in 2011-2012 until they show proof of the booster shot.**

The new law was enacted following a widespread pertussis epidemic in 2010. Pertussis is a serious disease that causes coughing fits that can last for months. It can also be deadly for infants.

Once your student receives the Tdap booster shot, bring the written proof to the front office of your student's current school. If your student has already received the Tdap booster shot, please bring a copy of the written proof to your student's current school.

The Elk Grove Unified School District is urging parents of current 6<sup>th</sup> through 11<sup>th</sup> graders to get the booster shot now to avoid the back-to-school rush this summer. Please note that the tetanus-diphtheria booster shot (Td) does not meet the requirement of the law. Students must have the Tdap booster to meet the requirements of the new law.

California law allows parents/guardians to exempt their child from the pertussis booster (Tdap) immunization for two reasons: (1) medical (by way of letter from physician) or (2) personal beliefs. The law does not allow parents/guardians to elect an exemption out of convenience. The exemption form is available at the school and must be completed at the school of attendance). If you have questions, contact the Nurse or Health Records Assistant at the school.

After the 2011-2012 school year, only students entering 7<sup>th</sup> grade will need to show proof of having received the adolescent pertussis booster shot.

For additional information, please find attached a Frequently Asked Questions document from the California Department of Public Health.

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## Science Fair Site Winners Announced

First Grade:	1 <sup>st</sup> Place	Katherine Rodriguez
Second Grade:	1 <sup>st</sup> Place (To District)	Brianna Hass
	2 <sup>nd</sup> Place	Ethan Regalado
	3 <sup>rd</sup> Place	Ethan Schwierzke

Fourth Grade:	1 <sup>st</sup> Place (To District)	Hailee Haas
	2 <sup>nd</sup> Place	Sai Kambampati
	3 <sup>rd</sup> Place	Areeb Ahmed
Fifth Grade:	1 <sup>st</sup> Place (To District)	Jack Gothberg
	2 <sup>nd</sup> Place	Parker Lupercio
	3 <sup>rd</sup> Place	Jada Lim
	3 <sup>rd</sup> Place	Benjamin Rodriguez

Thank you to all of the participants.  
A big hand of applause to Mr. Gatejen from Franklin High School for judging!

## A Huge Congratulations to Brianna Haas who took 2<sup>nd</sup> Place in the district science fair competition- way to represent Ehrhardt!!!!

### SUPERSTAX SUPER NEWS!!!

16 Ehrhardt Superstax students competed in the [Sacramento All-City Sport Stack Tournament](#) on February 26. All of them did very well, and every one of our stackers placed in the top 6 spots in their age division! Many of them also set a personal best stack time.

**5 students took first place:** Kate Maligad (9 yr old division), and the 11 yr old **Hyperstax** relay team of Kelsey Brown, Mazzie Davies, Beatrice Lai, & Kevin Yu.

Altogether, our club won a total of **37 individual awards and 9 relay team awards**. In addition to the above-named students, our winning stackers include:

5 yr olds: **Justin Mariano** (a future Ehrhardt student, class of 2018)

8 yr olds: **Katarina Azzimonti, Sabrina Lopez, Emma Murphy, Andrew Philaphandet**

9 yr olds: **Celina Cantrelle, R J Hernandez, Anthony Mariano, Preston Tippen**

10 yr olds: **Kevin Lin**

12 yr olds: **Alyssa Maligad** (a former Ehrhardt student, class of 2010)

### ALSO....

**10 Ehrhardt Superstax students** competed in the [WSSA Southwest Regional Stack Tournament](#) on March 5. This was our very first official, sanctioned stack meet and the competition was the toughest we have faced so far.

Our stackers did a great job, and every one of the 10 made it to the finals  
(top 5 in their division).

**Taking first place were:** Kate Maligad, and the relay teams **Bacon & Eggs:** Katarina Azzimonti, Kate Maligad, Emma Murphy & Andrew Philaphandet and **Hyperstax:** Beatrice Lai, Kevin Lin, Alyssa Maligad & Kevin Yu.

Our club brought home **30 awards**, and highest compliments go to these stackers who have worked very hard all year to prepare for competition. Our stackers, winning a variety of first through fifth place awards in their age division, are:

8 yr old division: **Katarina Azzimonti, Damian Murillo, Emma Murphy, Andrew Philaphandet**

9 yr old division: **Kate Maligad, Preston Tippen**

10 yr old division: **Kevin Lin**

11 yr old division: **Beatrice Lai, Kevin Yu**

12 yr old division: **Alyssa Maligad** (a former Ehrhardt student, class of 2010)

A huge **COMPLIMENT** and great big **THANK YOU** go to the stacker families who came to cheer and support our kids at the tournament! It means so much to the club to have you there to support our efforts.

A reminder to families that April 6, is the last regular Superstax club meeting for this year.



## 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](mailto: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®.

National Nutrition Month® 2011



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 your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.
20. Try this recipe for an easy, healthy snack. Surprise! Popcorn is a whole grain.

### Popcorn Delight

Makes 1 serving

3 cups popped fat-free unsalted popcorn

1 tablespoon sliced almonds

2 tablespoons raisins or other dried fruit such as cranberries, apricots or dates

½ teaspoon ground cinnamon

1 teaspoon sugar

In a medium bowl, combine the ingredients and toss well.

#### Nutrition Facts per Serving:

Calories: 230

Fat: 7 g

Saturated fat: 1 g

Carbohydrates: 39 g

Fiber: 6 g

Protein: 6 g

Sodium: 274 mg

*Recipe provided courtesy of John Wiley & Sons, from Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy by American Dietetic Association ©2009, John Wiley & Sons.*

**For a referral to a registered dietitian and for additional food and nutrition information visit**

**[www.eatright.org](http://www.eatright.org).**

The American Dietetic Association is the world’s largest organization of food and nutrition professionals. ADA is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy.

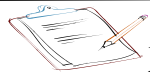
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# Elk Grove Clothing Closet Donations Needed

Student Council is asking for your help! They are having a Spring Clean clothing drive April 11-14<sup>th</sup> to help stock the Elk Grove Food Bank's clothing closet. They are in desperate need of gently used-clean clothing for men, women, and children. They also need blankets, sleeping bags and shoes of all sizes. Please place any donations tied in plastic bags and the student council members will be at both student drop off locations every morning to take your bag(s) from you – you don't even need to leave your car! You may also drop off donations in the front office during that week. Thank you in advance for helping our community!!!!



## MARK YOUR CALENDARS!

Thursday April 7	Super Stax	Family Night Celebration and Awards 5:30-7:30
Friday April 8	Fundraiser	Ladies Night Out Bunco 6:00 – 9:00pm Multi-Purpose Room
Wednesday April 13	Fundraiser	PTO Fundraiser Big Spoon Yogurt
Tuesday April 12		PTO Meeting Multi-Purpose Room 6:15 pm
Thursday April 14	Star Assembly	AM & PM Kinder 8:10 a.m. Primary 8:30 a.m./MP Intermediate 9:15 a.m./MP
Thursday April 14	Minimum Day	Dismissal 12:35
Friday, April 15 through Friday, April 29	No School	Spring Break
May 2 – May 6		Teacher Appreciation Week
Monday, May 9 through Friday, May 20		CST Testing Grades 2- 6
Friday, May 13		Damsels and Dragons Mother/Son Ice Cream Social 7:00 -9:00 pm
Wednesday May 25		School Wide Musical White Group 6:30 pm Yellow Group 7:30 pm
Thursday May 26		School Wide Musical Group Red Group 6:30 pm Green Group 7:30 pm
Friday May 27	Star Assembly	AM Kinder 8:10 a.m. Primary 8:30 a.m./MP Intermediate 9:15 a.m./MP PM Kinder 1:30 p.m.
Monday May 30	No School	Memorial day