



# Robert J. Fite Elementary



Dr. Bindy Grewal, Principal

Dawn Akuna, Vice Principal

September 15, 2009

## Principal's Corner

I am pleased to announce that Robert Fite's API jumped from 821 points in the 07-08 school year to **831** points for the 08-09 school year. Please take a moment to thank your child's teacher, and of course your children, for doing their best. The Fite Falcons continue to soar high! We will celebrate our success.

Plan on attending our annual Harvest Carnival on October 2, 2009. Join the fun from 5:30 – 7:30 p.m. for great food, games, drawings for unique handcrafted gift baskets and much more. We look forward to seeing the whole family!

Walk to School Day returns to Robert J. Fite Elementary on October 7<sup>th</sup>. Toss aside your car keys and make it a plan to walk to school. Wear your school colors, decorate your sneakers, and WALK TO SCHOOL on Wednesday, October 7<sup>th</sup>! We will start the day in the quad with an assembly regarding the importance of remaining physically fit. Look for more information soon.

*Bindy Grewal, Principal*

## Important Dates

### September 2009

- Sept. 17 A & D Track 4th to Gold Bug Mine
- Sept. 25 B & D Track Makeup Pictures
- Sept. 29 9:00 a.m. - Wildlife Company Assembly
- Sept. 30 8:15 a.m. – D Track Trimester Awards Assembly

Oct. 2 **TRACK CHANGE DAY**  
**MINIMUM DAY SCHEDULE**  
**All Kindergarten 8:00 – 11:31**  
**Grades 1 – 6 8:00 – 12:30**

Oct. 2 5:30 – 7:30 p.m. – *Annual Harvest Carnival and Raffle*

Oct. 7 *Walk to School Day*



Oct. 13 A & C Track Makeup Pictures

Schoolwide Theme –  
Honesty

**NO EXCUSES**  
**Go to School**

## 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).

Are you interested in eating healthier? Do you want to have fun while trying to increase the amount of fruits and vegetables you eat? This year, Food and Nutrition Services is expanding our Harvest of the Month program to reach more students and their families. With funding provided by the Network for a Healthy California, Kaiser Permanente and Raley's Family of Fine Stores, over 600 classrooms a month will receive fresh produce to study and taste. The goal of the program is to educate students and their families on the importance of eating fruits and vegetables, expose them to a variety of produce and encourage them to eat adequate amounts of fruits and vegetables every day.

Have fun expanding your families' fruit and vegetable fare by:

- Buying what is in season. While this means you won't have the same variety all year round, you will have higher quality produce at its lowest cost. Stores often have better sales on the produce that is in season because it is more plentiful and doesn't have to be imported.
  - Through September, melons are in season. In addition to **watermelon**, **cantaloupe**, **ambrosia**, and **honeydew** melons, several of the farmers' markets also have different varieties of **Indian** and **Persian melons**. Try an exotic **Kharbouza melon**, or a traditional yellow-skinned **casaba melon**.
  - Red and yellow **bartlett pears** as well as a few varieties of **Asian pears** are now ripe. A large Asian pear can provide 9 grams of dietary fiber.
- Visiting your local Certified Farmers' Market. Farmers' markets provide high quality, fresh produce and are able to keep the prices lower since there are no shipping and packaging costs involved. Find the locations and hours of the farmer's markets in this area at [www.california-grown.com](http://www.california-grown.com)
- Trying a new fruit and/or vegetable every month or trying a new way of preparing an old favorite.
  - If you like to stir-fry, there are **carrots**, **onions**, **garlic**, **bok choy**, and **winter melon** ready to go. Try adding fresh **thai basil** leaves and fragrant **cilantro** a moment before serving. If you like spicy, one or two **thai peppers** will do the trick, especially if you include the seeds.

Enjoy the harvest!



## CONGRATULATIONS

A group of sixth grade students recently participated in a 4-square tournament during recess. Congratulations to all of them for demonstrating excellent sportsmanship during the tournament. They set a great example for all of our students. The results were as follows:

- 1<sup>st</sup> Place - Eric Weng
- 2<sup>nd</sup> Place - Isaiah Duplechan
- 3<sup>rd</sup> Place - Kellsey Rasmussen



**Arrival Reminder** - Please remember that there is no supervision for your child(ren) prior to 7:45 a.m. They are not to arrive on campus early unless they attend the CDI childcare facility or arrive for breakfast in the MP Room at 7:40 a.m. Thank you for your cooperation.



A big "Thank You" goes out to Mr. and Mrs. Scott from Elk Grove, California. They generously donated several large boxes of school supplies including everything from pens, glue sticks, scissors and pencils to copy paper, binder paper, portfolios and multi subject notebooks. In these tight budget times, these donations are shared with everyone and truly appreciated by all of our students and staff.

## School Hours

### Regular Day Schedule 1<sup>st</sup> – 6<sup>th</sup>

School Start Time 8:00 a.m.  
School End Time 2:25 p.m.

### Minimum Day Schedule 1<sup>st</sup> – 6<sup>th</sup>

School Start Time 8:00 a.m.  
School End Time 12:30 p.m.

### Kindergarten Hours:

AM Start Time 8:00 a.m.  
AM End Time 11:31 a.m.

PM Start Time 10:54 a.m.  
PM End Time 2:25 p.m.