

Kenwood School Newsletter

Principally Speaking

January 23, 2019

Upcoming Events

- 1/24 K Walking Field Trip to Kenwood Post Office, 8:55-10:00 a.m.
1/28 Grade 3 Field Trip to Luther Burbank Center, 8:30-11:00 a.m.
1/29 Grade 4 Field Trip to Cline Cellars, 9:15-12:00
1/31 Preschool Field Trip to Sonoma County Wildlife Rescue, 9:15-12:30
2/1 KSA Chili Cook-Off, Kenwood Depot, 6:00 p.m.
2/6 School Site Council Meeting, School Library, 1:45 p.m.
2/11 Lincoln's Holiday Observed, NO SCHOOL
2/12 KEF Meeting, Kenwood School, 6 p.m.
2/14 Board of Trustees Meeting, School Library, 4 p.m.
2/18 Presidents' Day, NO SCHOOL
2/25 Teacher Work Day, NO SCHOOL

Wednesday Dismissal Time: 1:30 p.m.

Attendance Line Phone Number: 341-0102

Cougar Club: 833-4181

Preschool: 833-6551

SAVE THE DATE

KEF Big Heart: March 8, 2019

Grandparents and Special Friends Day: March 14, 2019

Band News

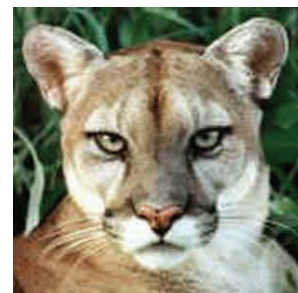
Our Tuesday 3-4 rehearsal will be reserved for our five A-Team players.



Spring Break: March 18-22

Cougar Club News:

*February contracts are out and ready to be completed! You can find them at Cougar Club, The Front Office and online at www.kenwoodschoo.org. Contracts are due **FRIDAY, February 1st, 2019.***



Open Enrollment for NEW PRESCHOOL Students begins February 1st, 2019! Call to schedule a visit (707)833-6551.

A Great Place for Preschool Kids to Grow

Now Enrolling for Fall

- *A fertile, loving and magical place, where kids use their imaginations, learn, get messy, and have fun!*
- *Days are rich with song and joyful exploration. Come visit us!*
- *M, T, Th, F 8:15-2:15, W 8:15-1:15*



Lic.#49011142 **707-833-6551**

CHILLI COOK-OFF

**FRIDAY,
FEBRUARY 1ST
6PM - 8PM**

**FREE TO
ENTER**

**FREE TO
TASTE**

**CHILI WILL BE
READY TO TASTE
BY
6PM**

**COMPETITORS MUST
BE REGISTERED BY
JANUARY 29TH**



AT THE KENWOOD DEPOT

Kenwood Education Foundation

**BIG HEART
AWARDS**

MARCH 8TH, 2019 AT 5:30 P.M.
DEERFIELD RANCH WINERY

Honoring

**MARIO AZEVEDO
RUTH COLEMAN
CHARLIE & PEGGY ENSLEY**

TICKETS ON SALE NOW

Kenwood Harvest of the Month: Broccoli

Health & Nutrition

Broccoli, also known as the “Crown Jewel of Nutrition”, is a popular vegetable that is packed with vitamin C and vitamin K, and also contains calcium, folate and fiber. Its also very high in health promoting antioxidants and is available year round.

Folate is a water-soluble vitamin that helps form blood cells, protects our heart against disease and helps with protein metabolism.

Quick snack Ideas

- Broccoli is yummy with any dip - try with ranch dressing or hummus
- Sheet Roasted broccoli - sprinkle broccoli crowns with oil (Avocado oil is great for high heat cooking), salt and pepper and bake at 450 degrees for up to 20 mins or until edges are crispy.

Recipe: Cheesy Broccoli Bites*

A yummy snack as easy to make as pancakes.

Ingredients

- 2 cups broccoli, florets
- 2 large eggs
- 1/2 teaspoon salt
- 1/2 cup panko bread crumbs or course ground almond flour
- 2 ounce Parmesan cheese, grated
- 2 tablespoon oil (for cooking)

Directions

Steam broccoli just until fork-tender. Add broccoli, egg, salt, bread crumbs/almond flour and Parmesan to a food processor; blend just until finely chopped. Using 1 tablespoon at a time, form into balls.

Heat oil in a skillet. Put balls of broccoli mixture into hot oil, flattening with a spatula. Cook both sides until crispy. Serve warm.

*adapted from www.superhealthykids.com

