Important Dates:

Mar. 31-Apr. 4  5th Grades to Grizzly Creek
April 1       Mad Science Assemblies
            PTA Meeting, 6:30 PM
April 2       Rm. 16 to B St. Theatre
April 4       Book Fair Opens
            Rms. 21 & 23 to Woodcreek Nature Center
April 9       All Kdgs. come early
April 10      DREAM Run (aka: Jog-a-Thon)
            Kdg. 3 Piggy Opera 10:00AM
            and 6:00 PM
            RL Visitation- CANCELLED
April 11      Kdg. to Pottery Studio
            AM – 9:00; PM 12:00

Neighborhood Kindergarten Enrollment
Kindergarten enrollments for the 2014-15 school year started on Feb. 13, 2014. Any kindergarten student wishing to enroll for the 2014-15 school year must turn 5 years old on or before September 1, 2014. Please be sure to enroll your kindergartener as soon as possible in your neighborhood school. Students living within the boundaries of Deterding Elementary School have top priority. If you have an incoming kindergartener, or know of someone in our neighborhood who does, please enroll at San Juan Central Enrollment, 3700 Garfield Ave., Carmichael or call 725-5826.

Late Arrivals
Please help us minimize classroom disruptions by having your child arrive to school on time. Each late arrival impacts the school environment and affects all students in the classroom. Please work with your child on a plan to arrive to class on time.

Weekly Envelopes
Weekly Envelopes go home every Monday with your oldest student. Be sure to check the envelope for the school newsletter and all flyers for the week. Make sure to return your envelope to school so that we can fill it up again. You can also download each week’s contents on our website at: http://www.sanjuan.edu/Deterding.cfm

Parent Volunteer
Our parent volunteer of the week is 4th grade teacher, Rebecca Friedman. Rebecca is the teacher representative on the PTA, a DREAM Board member and is also a parent at Deterding. She chaperoned the 6th grade, 4-day Monte Toyon trip and volunteers for every First Friday. Her daughter, Isabel is in Mrs. Harris’ 6th grade class.

Student Volunteer
Our student volunteer of the week is Colin MeCey, a 4th grade student in Mrs. Gibbons’ class. Colin is always ready to help with a smile and a kind word. He helps Mr. Eric keep the lunchroom clean, too! Thank you Colin!!!!!!

DREAM Run
Thursday, April 10th, Deterding will host our inaugural DREAM Run, formerly known as the Jog-a-Thon. We have set a goal of raising $15,000 this year and we’re almost a quarter of the way there! This year ALL students and staff will receive a FREE DREAM Run t-shirt! Students can earn some great prizes for gathering pledges such a Limo Lunch to In-N-Out with Principal Mellerup. Student run packets and pledge sheets went home last week or see this week’s flyer for more details. Help us cheer on our runners! --We need volunteers to help count laps, collect cards, and more! Visit our website at: www.deterding.org/dreamrun to learn more, see the schedule, download forms, or to volunteer to help with the Run. All proceeds support the arts and education programs at Deterding.
DREAM Run Business & Family Sponsors
Thank you to the following businesses & families for their sponsorship of the DREAM Run on April 10th! We appreciate your support of Deterding’s Arts and Education programs!!!

Platinum Sponsors
Anonymous
Fliptastic!
Kaia FIT Carmichael
Radio Retail – DirecTV
Scott Realty Consultants

Gold Sponsors
The Groeschel Family
The MeCey Family

Silver Sponsors
Brothers Papadopoulos Florist & Fresh Produce
Refresh and Rejuvenate
Sutch Realty
The Bartridge Family
Katie Huh
The Martinez Family
The Ramirez Family

Bronze Sponsors
Pink Buffalo Racing
The Boyle Family
The Brown Family
The Haymart Family
The Moore Family
Kyra Scala
The Swain Family
The Tapia Family

Paint a Masterpiece–Ceramics Workshop
DREAM is sponsoring an after-school ceramics workshop in the MP Room on Tuesday, April 8th from 2:30 pm - 4:00 pm. All ages are welcome — including parents & siblings! (We also need parent volunteers to help with setup at 1:30 pm and during the workshop.) There are less than 20 spaces still available. Be sure to reserve a spot online by visiting: www.deterding.org/dream-store/ceramics or pick up a form at the school office.

Preschool & Kindergarten Kickoff/Health Fair - Saturday, April 5th 10AM-1PM
San Juan Central, 3700 Garfield Avenue
San Juan Unified’s Fourth Annual Preschool & Kindergarten Health Fair is gearing up for another fabulous year of fun in the sun! This event offers a variety of services to more than 300 parents and children including information about school readiness, health, child development, community resources, and health screening services such as vision, hearing, blood pressure, height and weight. Families will be able to obtain information about enrolling in preschool programs and meet with agencies that provide health and social services. In addition to these resources, a variety of family friendly activities will take place including live entertainment, educational workshops and much more. The first 300 participants will also receive a free lunch!

Summer Only Discovery Club
San Juan’s “Summer Only” Discovery Club is a child care and enrichment program for children kindergarten through sixth grade. Our highest priority is to provide a safe and nurturing environment for children to learn, grow, and have fun. Discovery Club is staffed by teachers who are certified as Child Development Permit teachers by the California Commission on Teacher Credentialing. During the summer, Discovery Club is in session from 7:00 a.m. – 6:00 p.m. “Let’s Discover Why” is our summer theme. We will be referencing The Big Book of Why, 1001 Facts Kids Want to Know, by Time for Kids. Join us as we discover why the Statue of Liberty is green, why there are holes in Swiss cheese, why leaves change colors, and much more! Activities will include science, art, literature, math, and outdoor games. Don’t miss out! Fees range from $214 to $602 per month. For more information or to enroll your child, call 971-5975. See our website at www.sanjuan.edu – select “services” then select “Discovery Club” from the pull-down menu for more information.

Kids Art-Free District Event
SJUSD invites families to attend a free day of art, live musical and dance performances, hands-on art for all ages, art exhibitions, and much more! This fun-filled day is Saturday, April 26th from 10:00 AM to 3:00 PM at the Fair Oaks Presbyterian Church at 11427 Fair Oaks Blvd. in Fair Oaks.

Annual Auction & Dinner – May 17, 2014
Save the date! Our Annual Auction & Dinner will be on Saturday, May 17th at the La Sierra Community Center. More details will be coming home next month but we need help now securing donations from local businesses such as restaurants, retail stores, hair salons, tickets, and more. Can you help us? Please send an email to info@deterding.org. We will provide all the forms and information you need. Thank you!!!
THE DREAM SPRING 2014
SCHOLASTIC BOOK FAIR
IS ALMOST HERE!

PLEASE MARK THESE DATES ON YOUR CALENDAR:

Friday, April 4th - Thursday, April 10th

BOOK FAIR HOURS
Before school - 7:30-7:50am
Lunch - 11:00am-1:00pm
After school - 2:25-3:00pm
(Except Thursday, April 10th - Open 1:10-2:30pm)

The Book Fair is located in the Deterding School Library.

The Book Fair will also be open during the evening, Thursday, April 10th, before and after the Three Piggy Opera performance by the Kindergarten classes! (Time TBA)

Attention Parents!
Join us on Friday April 4th from 7:50-8:30am for this month’s DREAM First Friday Coffee & Treats Meet Up! The Book Fair will be open for parents to shop and also enjoy coffee & treats provided by DREAM!

All Book Fair purchases benefit our school library and classrooms!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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</tr>
<tr>
<td><strong>Chicken Nuggets are back!</strong></td>
<td><strong>French Toast Sticks</strong></td>
<td><strong>Chicken Nuggets</strong></td>
<td><strong>Hot Dog</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken Patty Sandwich</td>
<td>Pork Sausage Patty*</td>
<td>Mini Wheat Roll</td>
<td>Green Salad w/dressing</td>
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</tr>
<tr>
<td>Green Salad w/dressing</td>
<td>Green Salad w/dressing</td>
<td>Green Salad w/dressing</td>
<td>Shredded Cheese</td>
<td></td>
</tr>
<tr>
<td>Baby Carrot Sticks</td>
<td>Baby Carrot Sticks</td>
<td>Baby Carrot Sticks</td>
<td>Green Beans</td>
<td></td>
</tr>
<tr>
<td>Canned Yellow Corn</td>
<td>Broccoli Trees</td>
<td>Broccoli Trees</td>
<td>Fresh Vegetable Variety</td>
<td></td>
</tr>
<tr>
<td>Broccoli Trees</td>
<td>Celery sticks</td>
<td>Baby Carrot Sticks</td>
<td>Pineapple Chunks</td>
<td></td>
</tr>
<tr>
<td>Mixed Fruit Cocktail</td>
<td>Applesauce</td>
<td>Chilled Canned Peaches</td>
<td>Seasonal Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td>Orange Smiles</td>
<td>Seasonal Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MONDAY**

1. Chicken Patty Sandwich
   - Green Salad w/dressing
   - Baby Carrot Sticks
   - Canned Yellow Corn
   - Broccoli Trees
   - Mixed Fruit Cocktail
   - Orange Smiles

**TUESDAY**

2. French Toast Sticks
   - Pork Sausage Patty*
   - Green Salad w/dressing
   - Baby Carrot Sticks
   - Broccoli Trees
   - Celery sticks
   - Applesauce
   - Seasonal Fresh Fruit

**WEDNESDAY**

3. Chicken Nuggets
   - Mini Wheat Roll
   - Green Salad w/dressing
   - Baby Carrot Sticks
   - Broccoli Trees
   - Celery sticks
   - Applesauce
   - Seasonal Fresh Fruit

**THURSDAY**

4. Hot Dog
   - Green Salad w/dressing
   - Shredded Cheese
   - Green Beans
   - Fresh Vegetable Variety
   - Pineapple Chunks
   - Seasonal Fresh Fruit

**FRIDAY**

7. Teriyaki Beef Nuggets
   - Mini Wheat Roll
   - Homemade Mashed Potatoes
   - Green Salad w/dressing
   - Mixed Vegetables
   - Broccoli Trees
   - Baby Carrot Sticks
   - Chilled Canned Peaches
   - Crisp Apple

8. Cheesy Breadsticks
   - Marinara Sauce
   - Green Salad w/dressing
   - Savory Diced Turkey
   - Celery Sticks
   - Baby Carrot Sticks
   - Orange Smiles
   - Chilled Canned Fruit

9. BBQ Chicken Drumstick
   - Mini Wheat Roll
   - Green Salad w/dressing
   - Kidney Beans
   - Broccoli Trees
   - Baby Carrot Sticks
   - Mixed Fruit Cocktail
   - Seasonal Fresh Fruit Chips

10. Mini Corn Dogs
    - Green Salad w/dressing
    - Shredded Cheese
    - Green Beans
    - Broccoli Trees
    - Baby Carrot Sticks
    - Mixed Fruit Cocktail
    - Seasonal Fresh Fruit

11. Cheeseburger
    - Shredded Lettuce
    - Green Peas
    - Broccoli Trees
    - Fresh Vegetable Variety
    - Pineapple Chunks
    - Seasonal Fresh Fruit
    - Fritos

14. Pepperoni Pizza*
    - Green Beans
    - Green Peas
    - Bean Medley Salad
    - Baby Carrot Sticks
    - Chilled Canned Fruit
    - Crisp Apple

15. BBQ Chicken Sandwich
    - Green Salad w/dressing
    - Shredded Cheese
    - Diced Turkey
    - Broccoli Trees
    - Baby Carrot Sticks
    - Chilled Canned Fruit
    - Seasonal Fresh Fruit

16. Macaroni & Cheese
    - Green Salad w/dressing
    - Shredded Cheese
    - Celery Sticks
    - Cherry Tomatoes
    - Chilled Canned Peaches
    - Orange Smiles

17. Bean Burrito
    - Green Salad w/dressing
    - Shredded Cheese
    - Diced Turkey
    - Broccoli Trees
    - Baby Carrot Sticks
    - Chilled Canned Fruit
    - Seasonal Fresh Fruit

18. BBQ Chicken Drumstick
    - Mini Wheat Roll
    - Green Salad w/dressing
    - Shredded Cheese
    - Broccoli Trees
    - Fresh Vegetable Variety
    - Chilled Canned Fruit
    - Seasonal Fresh Fruit

21. Nachos with Cheese
    - Taco Beef Crumble
    - Peppy Pinto Beans
    - Green Salad w/dressing
    - Baby Carrot Sticks
    - Mild Salsa
    - Mixed Vegetables
    - Chilled Canned Fruit
    - Crisp Apple

22. Mini Corn Dogs
    - Green Salad w/dressing
    - Shredded Cheese
    - Baby Carrot Sticks
    - Broccoli Trees
    - Pineapple Chunks
    - Orange Smiles
    - Fritos

23. **Chicken Nuggets**
    - **Sweet Potato Fries**
    - **Mini Wheat Roll**
    - **Green Salad w/dressing**
    - **Shredded Cheese**
    - **Green Peas**
    - **Baby Carrot Sticks**
    - **Mixed Fruit Cocktail**
    - **Seasonal Fresh Fruit**
    - **Animal Crackers**

24. Free & Reduced-Priced Meal Applications are available online at: [http://nutrition.sanjuan.edu](http://nutrition.sanjuan.edu)
    - Paper applications are also available at:
      - Central Enrollment Office
      - Food Service Dept. Office
      - School offices and cafeterias
    - Questions about the meal applications? Call: 971-7035
    - Meals may be pre-purchased online at: [www.myschoolbucks.com](http://www.myschoolbucks.com)
    - *Contains pork products

25. Each meal is served with a choice of: 1% Low Fat Plain or Non-Fat Chocolate milk. Flavored milk has been reformulated reduce sugar and eliminate high fructose corn syrup.
    - Canned vegetables are low sodium. Canned fruits are in juice or light syrup.
    - Menu subject to change
    - More than half of the bread and grain products are whole grain

*Items in italics are for salad bar

**May 2014**

San Juan Unified School District

$2.75

NO SCHOOL – SPRING BREAK
## Kid Power

### Fruits and Vegetables Keep You Healthy!

Eating a variety of fruits and vegetables every day is good for your health. Look at the chart to the side. Find the fruits and vegetables you like to eat. Draw a circle around them. Then, answer these questions.

1. List three fruits and vegetables that help keep you healthy.

2. How does dried fruit help keep you healthy?

3. Which fruits or vegetables will you try to eat more? Why?

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Champion Foods*</th>
<th>Why is it good for your body:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Carrots, cooked greens, pumpkin, spinach, and sweet potatoes</td>
<td>Helps keep your vision good, fights infections, and keeps your skin healthy.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Broccoli, cauliflower, citrus fruits, kiwifruit, leafy greens, melons, and peppers</td>
<td>Helps your body heal cuts and wounds and lowers your risk of infection.</td>
</tr>
<tr>
<td>Fiber</td>
<td>Beans, berries, dried fruit, peas, whole wheat cereals and breads, and winter squash</td>
<td>Helps you feel full and maintain normal blood sugar levels.</td>
</tr>
<tr>
<td>Potassium</td>
<td>Avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash</td>
<td>Helps keep your heart and nervous system healthy.</td>
</tr>
</tbody>
</table>

*Champion foods are a good or excellent source of the nutrient (provide at least 10% Daily Value).
Dream it. Build it. Wreck it. Repeat.

Kids are already naturally gifted creators. Then they get added inspiration from our specially trained instructors. They dive into our massive collections of LEGO®. And while they build elaborate objects, structures and vehicles, they explore fundamental principles of engineering and physics. They also learn to collaborate and create without fear of mistakes. The experience is joyful, the impact long-lasting.

Learn more and sign up at www.play-well.org.

Carmichael

Carmichael Recreation and Park District

April 14 - April 16
Ninja Master Engineering with LEGO -- NEW!
1:00pm - 4:00pm  Ages 7-11

Registration Information

Mail/Walk-In: Carmichael Recreation & Park District, 5750 Grant Ave.
Phone: 916-485-5322    Online: www.carmichaelpark.com

This is not a program of the San Juan Unified School District and San Juan Unified accepts no liability or responsibility for this program.
<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Class</th>
<th>Ages</th>
<th>Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Mommy/Daddy &amp; Me</td>
<td>2-3.5</td>
<td>10:00-10:30am</td>
<td>Patriots</td>
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<tr>
<td></td>
<td>Tot/Pre Soccer</td>
<td>3.5-5</td>
<td>10:40-11:10am</td>
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</tr>
<tr>
<td></td>
<td>Soccer 1</td>
<td>5-6</td>
<td>3:45-4:30pm</td>
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</tr>
<tr>
<td>4/10-5/29</td>
<td>Skillz &amp; Scrimmages</td>
<td>7-10</td>
<td>4:30-5:15pm</td>
<td>Park</td>
</tr>
<tr>
<td></td>
<td>Tot/Pre Soccer</td>
<td>3.5-5</td>
<td>5:15-5:50pm</td>
<td></td>
</tr>
<tr>
<td>Saturdays</td>
<td>Skillz &amp; Scrimmages</td>
<td>7-10</td>
<td>2:15-3:00pm</td>
<td>Carmichael</td>
</tr>
<tr>
<td>4/12-6/7*</td>
<td>Soccer 1</td>
<td>5-6</td>
<td>3:00-3:45pm</td>
<td>Park</td>
</tr>
<tr>
<td></td>
<td>Tot/Pre Soccer</td>
<td>3.5-5</td>
<td>3:45-4:20pm</td>
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<td>Mommy/Daddy &amp; Me</td>
<td>2-3.5</td>
<td>4:30-5:00pm</td>
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</tbody>
</table>

8 Weeks     *No Class 5/24 Res. Fee: $85 / Non-Res. Fee: $94

For registration information, call the Carmichael Recreation and Park District at: (916) 485-5322, or go to: www.carmichealpark.com/programs.htm

For Ages 2 – 10 Years

Shin Guards are Required for all classes except Mommy, Daddy & Me

Class Status Hotline:
1-888-372-5803

*This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.

www.kidzlovesoccer.com

Presented by North American Youth Activities, CA non-profit: 3241599