



UNIVERSITY PARK

FEBRUARY 2012

E-NEWS

UP CALENDAR

<i>Date</i>	<i>Event(s)</i>
1-30-12	Family Lunch Day
2-3-12	Frozen Yogurt Sale after school \$1 - \$2
2-6-12 to 2-10-12	Parent Conferences All Week - Minimum Days
2-10-12	Frozen Yogurt Sale
2-10-12	Family Movie Night 6p.m.
2-13-12	Lincoln's Birthday - No School
2-14-12	Jump for Heart
2-17-12	Frozen Yogurt Sale
2-20-12	President's Day - No School
2-24-12	Frozen Yogurt Sale
2-21-12	Fire Drill
2-28-12	6 th Grade to Bowers Museum
2-29-12	IUSD Science Fair - University High School
3-2-12	Read Across America
3-2-12	Frozen Yogurt Sale

UP NEWS



Parent-Teacher Conferences will be held February 6 through February 10. All of these days are minimum day for students. Dismissal times are as follows:

Grades 1, 2, and 3

Dismissed at 1:15 p.m.

Grades 4, 5, and 6

Dismissed at 1:35 p.m.

FAMILY MOVIE NIGHT

PLEASE JOIN US AT 6P.M. IN THE MPR FOR THIS EVENT.



**IT TAKES HEART
TO BE A HERO!**



Carney, age 10
Pacifica, CA

"My heart used to skip a few beats some of the time and it made me feel dizzy. It happened for a long time and then I had surgery to put in something called a Pacemaker to make my heart beat just right. I was a little scared for surgery, but I was happy when I was at the hospital and was able to eat anything I wanted!! I ate popsicles for breakfast, lunch and dinner!! Now I can run and play without worry and don't even have to take any medicine. I've done Jump Rope For Heart at my school since I was in kindergarten. It raises money to study why kids like me are born with special hearts. When I get big, I want to be a cardiologist to help people have healthy hearts."

*Because of you, Carney is a **survivor**. Thank you for supporting Jump Rope and Hoops for Heart.*

Help Your Child Save Lives and be a Heart Hero!

HOW: Support your child in the American Heart Association's Jump Rope For Heart program

WHAT: A life-saving and educational community service program

WHY: Your child will help kids with special hearts, learn about how to be heart healthy and feel good!

Dear Parent/Guardian,

We are thrilled to share our school is supporting the American Heart Association's Jump Rope For Heart program!

When your child participates in Jump Rope For Heart he/she:

- **Learns about the importance of the heart – how it works, and how to take care of it:** Through classroom exercises and educational information provided by the American Heart Association.
- **Helps kids with special hearts:** Our safe online tool makes it easy for your child to set-up a web page and send emails to invite friends and family to support their fundraising efforts and to share life-saving information.
- **Feels good for making a difference in people's lives!** Funds raised support American Heart Association research and education initiatives that *save lives in our community*. Congenital heart defects are the most common cause of infant death from birth defects. Many children are alive today because of treatments not available even 10 years ago. *Funded research and advancements have changed and saved their lives!*

We hope you are as excited as we are to support our students in this important experience! If you have any questions or would like to volunteer, please let me know. Let's help our children be *heart heroes!*

Visit www.heart.org/jump to get started today!

**Please return your child's donation envelope by:
Tuesday, February 14**

Special Notes:

**Please make checks payable to American Heart Association.*

**For the safety of our children, we ask that your child not go door-to-door or ask strangers for donations.*

**Our school also has the opportunity to earn free physical education equipment.*



Thanks for being a valued volunteer and helping to save lives by jumping rope and raising donations to fight heart disease and stroke!

You can raise money for Jump Rope for Heart using computer!



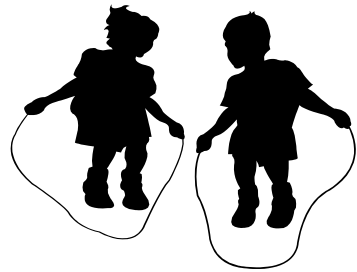
your

It's easy to send a message to family and friends asking for donations.

Just logon to www.americanheart.org/jump and follow five easy steps.

- ✓ Click on your state to find your school.
- ✓ Complete the sign-up form. Be sure to ask an adult for help.
- ✓ Set-up your own computer page by changing the picture and the words.
- ✓ Send messages to your friends and family members to let them know how you're helping the American Heart Association, and how they can help too!
- ✓ Turn in your collection envelope, print your Donation Report and put it in your envelope.

In addition, your name will be entered in a national drawing for a \$100 gift certificate from U.S. Games. All students using the computer donation program are automatically entered for a chance to win one of five gift certificates. Raising funds online is fast, easy and safe!



Thank you for your commitment to having a healthy heart
and saving lives with life saving research!

NEWS FROM OUR HEALTH OFFICE

Healthy, Tasty, and Creative Snacks for Kids

Proper nutrition is essential to a child's overall health and ability to learn in school. Please remember to pack your child a healthy snack each day to maintain their energy and focus between breakfast and lunch. The article below includes many healthy options to consider.

By: Katie Jeffrey-Lunn, MS, RD, CDN

As a parent, you may find it challenging to provide your children with healthy, tasty and creative snacks during the school year. Time constraints, picky eaters, food budgets, and limited ideas are a few barriers that you may face during the school year when planning and preparing snacks. Overcome these barriers by encouraging your children to help prepare their own snacks and lunches and try one of these quick and easy snacks this school year.

1. Whole-wheat crackers with cheese, peanut butter, or hummus. Look for crackers such as Triscuits, Ak-Mak, Rye Krisps, or Breton. Choose crackers that contain no partially or fully hydrogenated oil and have at least 3 grams of fiber per serving.
2. Baby carrots, grape tomatoes, green or red sweet pepper slices or other cut-up vegetables with low-fat dressing or hummus. Add whole grain crackers, pretzels or pita chips for additional crunch and flavor! This is a colorful and tasty snack packed with fiber and vitamins such as vitamins A and C.
3. Fruit with pretzels (e.g. Synder's of Hanover whole grain varieties, Utz, Nature's Promise), a granola bar (e.g. Nature Valley, Kashi, or Full Circle), or whole grain cereal (e.g. Cheerios, Corn, Rice or Wheat Chex, Kashi Heart-to-Heart Cereal, Barbara's Bakery Puffins or Shredded Spoonfuls, or Kix). Purchase small, reusable containers for the pretzels or cereal. This will encourage children to take home what they do not finish and teaches them to not waste food.
4. Let kids build their own snacks. Pack celery sticks or pretzel logs, peanut butter or low-fat cream cheese or hummus and raisins and have them make "ants on a log".
5. Make crunchy fruit dippers with cut-up fruit (e.g. slices of apple, orange, banana, peach, plum, strawberries or grapes)

and a container of yogurt. Try low-fat Stonyfield Farm, Dannon All-Natural, Brown Cow or other natural yogurt varieties. Fill a small reusable container or plastic bag with yogurt toppings such as your child's favorite cereal (e.g. Cheerios, Rice, Wheat or Corn Chex, Grape Nuts, or bran flakes), milled flax seed, wheat germ, low-fat granola, oatmeal, and/or sunflower seeds. Show children how to spear a piece of fruit with their fork (hands also work well but it can be quite messy), dip it in the yogurt and then dunk it in a crispy topping. This is a delicious and creative snack that the whole family will enjoy!

Give your children the ingredients to build their own yogurt and fruit pile-ups! Pack a container of yogurt with berries (look for fresh or frozen blueberries, raspberries, or strawberries) and granola or their favorite crunchy cereal in individual, reusable containers. The possibilities for snacks are endless! Be creative, ask your children for their input and make preparing snacks a fun activity for you and your children. Use this time together to talk, share stories, solve problems or simply be together.

PTA NEWS



PTA Board Meeting

Thursday, February 2, 2012 at 8:00a.m. in the front office.

IUSD NEWS

APAAS Orientation Meeting

On Tuesday, January 31st, the Irvine Unified School District is holding an APAAS (Alternative Program for Academically Advanced Students) orientation meeting at **Stonegate Elementary School, 100 Honors, Irvine, 92620, 6-8 p.m.** An overview of the Program, as well as an opportunity to meet some of the APAAS staff, will be provided during the evening. If you have any questions regarding APAAS, plan on attending this meeting.

APAAS is a special education program available at six school sites: Brywood, Deerfield, Eastshore, Santiago Hills, Turtle Rock, and Westpark (year round). APAAS is a learning environment designed to benefit a unique population of highly capable students whose capacity for intellectual achievement and divergent thinking go beyond what could be typically be provided in a GATE- clustered class. Students successful in the Program are individuals who have a high level of curiosity, think outside the parameters of conventional ideas, and are motivated by complex, open-ended options. The Program is constructed for students who independently handle high-level assignments, collaborate with others who are like-minded, and have a strong foundation with expressing ideas in writing

Attention: Parents of GATE Students
Grades 4-8



GATE Enrichment Day – February 13th, 2012

Monday, February 13th is a district holiday; school will not be in session. If you do not have plans for your child on that day, we have good news!

Irvine Public Schools Foundation (IPSF) is offering classes for GATE students grades 4-8 in a NEW LOCATION on that day at the Westwood Training Center. This is a fundraising activity for CAC-GATE and all proceeds will go to support the GATE program. These classes will provide students with a day of engaging and fun subjects that may not be offered in their regular classroom.

The entire day will cost \$75, payable to IPSF GATE Day. Classes begin at 8:15 am and end at 3:00 pm. Students will need to bring a sack lunch and a snack. Water will be provided. No bus transportation will be available.

The Westwood Training Center is located at 1 Liberty, Irvine, CA 92620.

* NEW LOCATION *

To reserve placement in the classes of your choice, mail this registration form to IPSF Gate Day, 18552 MacArthur Blvd. Ste. 200, Irvine, CA 92612 or fax to (949)263-8343 (Credit Card only). You may pay by check, payable to IPSF GATE Day, or by credit card. Registration forms are due no later than Thursday, February 9th. There are only 120 slots available, and choices will be on a first come, first served basis. There are no guarantees you will receive your first choice. You will be mailed your list of classes; please do not call IPSF or IUSD.



PARENTS! We always need volunteers! If you would like to volunteer for the day or per session, please contact

Stephanie Bynon at IPSF- sbynon@ipsf.net.

ON-SITE CHECK-IN BEGINS AT 8:00 AM

IMPORTANT: FOR EARLY REGISTRATION

- *Please read directions and indicate class choices on registration form.*
- *Return signed registration form to IPSF. Remember to include your check or credit card information. **Incomplete forms will not be processed.***
- ***All payments are final. No refunds.***
- *Minimum number of students is 90. Event will be cancelled without minimum number of enrollments.*

Confirmation of your class schedule will be EMAILED prior to GATE Day. Please do not call IPSF or IUSD for class information.

IUSD Newsflash

See what's happening around the Irvine Unified School District in the latest edition of IUSD Newsflash (available online @ <http://newsflash.iusd.org/>)

IUSD Budget Watch

Keep up to date on how California's budget crisis is affecting IUSD (available online @ http://iusd.org/budget_watch/index.html)

IPSF NEWS



IRVINE PUBLIC SCHOOLS FOUNDATION

Parents Appreciating Teachers & Staff (PATS) Now thru March 2, 2012

IPSF recently launched our 2012 Parents Appreciating Teachers & Staff (PATS) program. Through PATS, parents and community members have an opportunity to recognize the contribution of IUSD staff members who make a difference in their child's life, or their own. Tax deductible contributions benefit IUSD classrooms through the Innovative Teaching Award Program (ITAP), which provides grants to IUSD teachers. Last year, more than \$32,000 in ITAP grants was provided to 22 teachers at 17 school sites as a result of PATS donations.

Teachers and staff receive a personalized Certificate of Recognition along with a small gift expressing your gratitude. These certificates and gifts will be distributed during Teacher Appreciation Week in May 2012. To thank the special teachers or staff members who make a difference to you and your student, go to www.ipsf.net to download the PATS form today. Forms and donations are due by **March 2, 2012**.

Young the Giant Concerts Raise \$30,000 for IPSF

Young the Giant, an alternative rock band made up of former Irvine students, held two sold out benefit concerts in December to help raise funds for IPSF's music programs. As a result of the band's generous spirit, \$30,000 was raised for IPSF, including a donation from the band, matching funds from the City of Irvine and technology equipment from corporate partner VIZIO. "Irvine is a great place to grow up. We know we were fortunate to have a great education and enrichment in the arts and music...and we hope that future generations have the same opportunities," said lead singer Sameer Gadhia from the stage. IPSF is proud to welcome these talented young philanthropists as our newest Legacy Partners.

**SAVE THE DATE FOR THE 30TH ANNUAL DONALD BREN HONORS CONCERT
April 25, 2012!**

***More information about IPSF Programs and Activities can be found at
www.ipsf.net***

COMMUNITY NEWS & EVENTS



HBO Asian Heritage Project 2012 – CASTING CALL

HBO is seeking Asian American children in the age range of 5-12 to be interviewed for the 2012 installment of their Asian Heritage documentary series, East of Main Street. The project will air on HBO On Demand in connection with May's Asian Heritage Month Celebration.

PROJECT DESCRIPTION

Anyone who has been around children knows that they have as uncensored a view of life. They are wide-eyed, open, curious, and completely unjaded by life and what is "appropriate" to say. They have not yet been exposed to the harsh realities of racism, sexism or discrimination. To quote famed television personality Art Linkletter, "Kids say the darndest things."

HBO will interview a cross section of Asian American children ranging in age from 5-12 about everything from their heritage, what being Asian American means, what sets them apart from other kids in their schools and how they are the same, religion, their foods, customs and what their hopes and dreams for the future are. The piece would be filled with humor, sweetness and poignancy and help highlight just how insightful and intelligent children really are while providing insight and access to the Asian American community. The show would be a cultural bridge for non-Asian Americans as well as giving the Asian American community a chance to tell their story.

SUBMISSION INFO

This is the third year that HBO has created a portrait of the Asian American community under the East of Main Street umbrella. This year, the production will hit the road and interview children in different cities in early February.

One city will be New York, while the second will be at an elementary school in **Irvine, California**. If you'd like to enter your child as a candidate for the project, please upload a short sample clip of your child/children to a YouTube or Vimeo link and send it to asianheritage2012@gmail.com with a brief description of your family's ethnic background as well as the name, age and name of the school your child currently attends. The video can simply be your child introducing him/herself to camera and telling us about their interests, neighborhood, friends and what it means to them to be Asian in America (if it means anything at all).

Deadline for submission is **January 31, 2012**.

Bowers Museum



First Sundays are free at Bowers! Visitors to the Bowers can enjoy free access to the museum, Kidseum, and all activities on the first Sunday of every month, thanks to the Target Corporation. Regular admission prices are listed below.

Art Walks in Orange County



One of the best ways to appreciate art in Orange County on the cheap is at a local Art Walk. This is a sort of 'open house' for the novice and long-time art lover and gives you an opportunity to explore at your own pace and be introduced to a variety of art forms and art techniques. During most Art Walks the artists themselves are present to explain the art and even demonstrate their craft in some cases. It is a great way to explore and stroll through galleries and discover OC's art scene.

In Orange County there are several Art Walks to choose from in:

Laguna Beach – Held on the first Thursday of the month, this is a free stroll among the town's picturesque galleries, against the backdrop of beautiful Main Beach. Held from 6-9 p.m. there's a shuttle bus that picks up at the Laguna Art Museum.

Santa Ana's Artist Village Art Walk is held on the first Saturday of EVERY month from 7:00pm - 10:00pm. Admission is FREE. This monthly event will give you access to buy original art work from some of Southern California's freshest, edgiest and most talented artists. It also will have open viewings of working lofts owned by artists in an award winning urban setting. Located at the Street

Promenade from Broadway Avenue to Spurgeon Street, Santa Ana.

The city of Orange's Art Walk and Food Tour takes place on the third Saturday every month from 2:00 pm – 5:00 p.m. Price is \$65.00. Meeting Place: INSIDE Starbucks in the Wells Fargo at the Orange Plaza 101 Glassell Street, Orange, CA 92666. Old Towne Orange ARTWALK FOOD TOUR takes you on a guided tour of the many local art venues in this historical area known for its antique shops, charming buildings, and growing restaurant community. The galleries in Old Towne represent a wide array of artistic styles ranging from the Art of California and the American Southwest, studio watercolor and hand blown glass. Reservations required

Fullerton's Art Walks are on the first Friday night of the month. They provide you with a gallery map and opportunity to enjoy art, vintage shops and 15 galleries.

In Huntington Beach the third Wednesday of every month (6 p.m. to 9 p.m.) culture and fun mix. This Art Walk features an entertaining evening of fine art, great food and unique and creative businesses throughout downtown Huntington Beach at Main Street, Fifth Street and assorted locations.

Fullerton Arboretum



The Fullerton Arboretum is an oasis in the heart of Orange County. Serving the community since 1979, the arboretum is the premier resource for ecological, horticultural and historical education.

The Fullerton Arboretum is the largest botanical garden in Orange County encompassing 26 lush acres. It has assembled a permanent collection of over 4,000 unique and unusual plant species from around the world. With its ponds, streams and wildlife, the Fullerton Arboretum offers a tranquil retreat from a fast-paced urban life.

Nature tours are offered the third Saturday of every month (except January and August), starting at 10:00 am and typically lasting about an hour. Tours are free, however donations are requested in the amount of \$2/per adult and \$1/child.

Admission FREE! (though a \$3 donation per person is recommended)

Hours 7 days a week, 8:00 am- 4:30 pm