

Roadrunner News

September 2023

Upcoming Events

Oct. 26th - Lights on
After School

Oct. 24th-31st - Red
Ribbon Week

Oct. 31st - Halloween

Sports & Clubs

Girl Scouts

- Tuesdays: 2nd-4th
- Friday: TK, K, 5th, 6th

Sports with Elevo:

Tues, Thurs: Soccer

Wed, Fri: Cheer

September Recap!

This month, we have begun a lot of fun activities regarding health and wellness!

We have begun encouraging healthy choices and movement for our students and have begun demonstrating nutrition education and practices! Our students have also begun after school sports and the Sami Circuit exercise curriculum.



Site Mission

Northwood's Expanded Learning strives to provide a safe and supportive environment while promoting active and engaged learning through enrichments. We thrive in supporting our students academically, physically and emotionally in addition to encouraging our youth to utilize their voices throughout the program. Our ultimate goal is fostering our students' ability to cultivate and maintain positive, healthy relationships with their peers, mentors and families.

Reminders

Our program is designed to SUPPORT academics. We are not designed to facilitate and discipline your student's homework and performance. Students get an hour of homework support before they start their activities and no more than that.

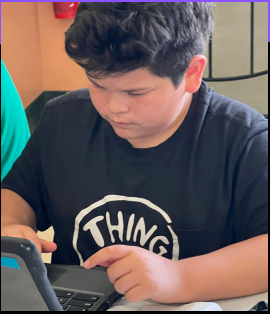
Students, parents and staff are held to the same expectations regarding respect, safety and listening. Please assist us in our efforts to maintain this at all times!



September Fun!

Our students have been working so hard to work with iReady, STEAM activities and other computer programs to practice reading comprehension!

Our Girl Scouts have been building such a creative, supportive community! Special thank you to Ms. Julie for the special song and visit!



Practicing Sportsmanship through structured physical activity!



Harvest of the Month

Network for a Healthy California

Harvest of the Month

The featured produce is **pumpkins**



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. *1 cup per serving.*
Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ⅓ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
1. In a blender, add beans, onion, and water. Blend until smooth.
 2. In a large pot, add the pumpkin, juice, and spices. Stir well.
 3. Add the blended bean mix to the pumpkin juices.
 4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:

Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov/>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:

<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

Serving Size: ½ cup pumpkin, cooked (123g)
Calories 24 Calories from Fat 0

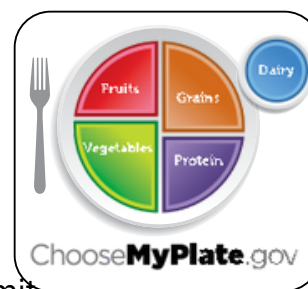
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 6g 2%
Dietary Fiber 1g 5%
Sugars 1g
Protein 1g
Vitamin A 122% Calcium 2%
Vitamin C 10% Iron 4%

How Much Do I Need?

- A½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV).
Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).

LEAD BY EXAMPLE & EMPOWER THE YOUTH!

LOOKING FOR
INDIVIDUALS
WANTING TO
WORK WITH
STUDENTS IN K-12



the center
sacramento chinese
community service center



NOW HIRING BEFORE & AFTER SCHOOL TEAM LEADERS

**STARTING PAY
\$18/ HOUR**

JOB BASICS

- M-F Schedule (After School)
 - M/T/TH/F 2pm-6pm
- Wednesday 12pm-6pm
- M-F Schedule (Before School)
 - 6:45am-8:45am
- Flexible Shifts

WHAT WILL YOU DO?

- Academic Support
- Enrichment Activities
- Arts & Crafts
- Sports

HOW TO APPLY

- Directly on our website:
<https://sccsc.org/team-leader/>
- Text 'APPLY' to (916)-442-4228
- Scan the QR code below:



FOLLOW US ON INSTAGRAM
@sacchinese

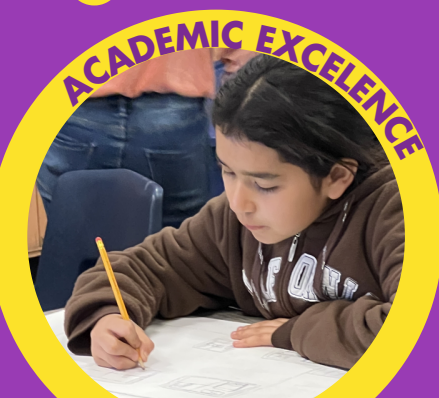


NORTHWOOD ELEMENTARY
**NORTHWOOD EXPANDED
LEARNING PROGRAM**
WAITLIST OPEN!



WHY US?

- ✓ Academic and homework help!
- ✓ Hands - on Learning
- ✓ Structured physical activities



BEFORE SCHOOL!



AFTER SCHOOL!



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