



Monday, March 15, 2010

A Bi-Weekly Newsletter from the REACH Parent Foundation

Come to an RPF Board Meeting!

Lisa Doyle

We love having non-board member parents attend our monthly RPF board meetings. We want to hear your thoughts, ideas, concerns, compliments and constructive criticism! Meetings are held once a month, usually in the Brook Haven library. Dates and times of upcoming meetings are posted in the calendar section of the newsletter, and on the website (www.reach-program.com). You are always welcome to come and sit in on a meeting, and join in the discussion of items on the agenda. If you are bringing a new topic to the meeting, we will ask you to limit your comments to 10 minutes. If further discussion or board action is required, we will then put the topic on the agenda at our next meeting. It would also be helpful if you could prepare a brief written statement for us to review before the meeting. Thank you, and see you at the next board meeting!

Special Events Parent Team Needs Help

Lisa Doyle

The REACH School has a wonderful tradition of holding a variety of social events for both students and parents throughout the year. These events help us celebrate beginnings and endings, unite the school community, and are (speaking for my own family) eagerly anticipated each year. These events include: beginning of the year pot-luck at Ragle Park, winter and spring parent social and kids activity nights, the end of year pool party and pot-luck at Ive's Pool, and graduation celebrations. I would like to recruit some parents to serve on a parent team to coordinate the remaining events this year. It is not a lot of work – the most important parts are confirming dates and sending invitations. If you are not already involved in a parent team, or contributing time in some other way to the school, please consider helping out. In addition, I am looking for someone to host the Spring parent social at their house. This is usually on a weekend evening in the first part of May.

If you are interested in helping to coordinate the special events, or hosting the spring party, please contact me at marchant63@hotmail.com.

Thank you!

www.reach-program.com

Mark Your Calendar

Mon., March 15

RPF Board Meeting, 6:30pm Brook Haven Library

Thurs., March 18

Parent Preview Night, 6:30pm Brook Haven Library

Thurs, March 25

6/7/8th Grades - African Queen Excursion, Safari West, 9:15am

Mon., April 5 - Fri., April 9
NO SCHOOL - Spring Break**Mon., April 19**

RPF Board Meeting, 6:30pm Brook Haven Library

Tues., April 20

REACH Parent Meeting, 6:30pm Brook Haven Library

Mon., April 26 - Fri., April 30

STAR Testing Window

The REACH News Team is:

Greg Armstrong • Sherry Fader
Fred Poulos • Leila Rand • Stella Rijeka • Paul Schwebel

We welcome submissions! Due every other Thursday to Leila Rand: mamabear1012@comcast.net.

Contact Leila with any questions.

Healthy Food for Kids

By Sherry Fader, NE

Read how these superfoods can promote healthy growth and development in children

Getting kids to choose healthy foods can be very challenging. That's why it's so important to make every bite count where we can. Superfoods are whole foods that have not been refined, processed or preserved. These foods are nutrient dense, convenient, and affordable.

1. Whole Grain Bread – Breaks down into glucose – the main fuel your child uses to maintain energy. Check ingredient labels and avoid breads made with “white flour”, “refined whole wheat” or “enriched wheat”. Instead look for breads made with “100% whole wheat” or “whole grain flour”.

2. Natural Nut Butters – Peanut, Cashew, or Almond – Provides the perfect source of non-animal protein (about 8g/per serv), fiber which keeps them feeling full longer, heart healthy mono and polyunsaturated fats, it's a convenient and an inexpensive form of protein. Most nut butters on the grocery store shelves contain partially hydrogenated fat (trans fats) and additives such as high-fructose corn syrup. Look for organic labels that list only the nut and (salt if desired).

3. Eggs – Offer a great source of protein and essential fats. In fact, an Omega-3 egg contains approx. 350mg of omega-3s while a “regular” egg contains approx. 63mg. Omega-3s have been shown to improve brain function and mood in children. Eggs are also the most concentrated food source of Choline, which is crucial for brain development.

4. Berries – strawberries, blueberries, and raspberries are packed with Vitamin C, fiber, and disease-fighting phytochemicals. These fruits rank among the most powerful in thwarting cell damage that could result in chronic illness. If possible, choose organic to avoid heavy pesticide contamination. *Frozen berries are a great alternative when fresh is out of season. A favorite dessert around our house is warm raspberries over a small scoop of vanilla ice cream.

5. Cocoa – That's right – CHOCOLATE is good for you. According to extensive research done at Cornell

Super Foods, continued pg. 3

Speech & Debate Club:

Periodically highlighting some of the final speeches that were given at the Speech & Debate Club

Hawaii, by Tesheia, 7th Grade

Recently my family and I took a trip to Hawaii. It was really an amazing trip. I did so many things but the definite highlight was snorkeling. I went to two snorkeling sites. They were both protected by Hawaii and because of the rules, they were healthy and well taken care of. But many reefs are not that lucky and are dying. When I was swimming in the ocean, I was reminded of how fantastic it truly is. It was tranquil swimming among the coral and really exciting to follow a beautiful rainbow fish around the sea in the coral. It makes me sad to think about how many reefs all over the world have disappeared or are dying.

Right now, marine species are dying at a rate of 100,000 times faster than normal evolution. There are millions of unknown species that are disappearing before we even get to name them. 10% of coral reefs have disappeared. 70% are at risk. Two thirds of the world's reefs will die in 50 years if we don't make a change.

Coral reefs are facing many threats. Natural stresses can really take their toll on reefs. The main natural stresses are: Hurricanes, cyclones, typhoons, earthquakes and plagues of coral eating predators. But many strong reefs can recover from these things. Many things that people do affect the reefs more. For corals being damaged by anchors, we could install “O” rings.

Over fishing. Smothered by sediment. Overgrown by seaweed. Inland pollution!!! Fish dying from trash! Chemical pollution. Choral bleaching by extremely high temperatures from GLOBAL WARMING! A slight change in temperature could harm a lot!! Many species like turtles and seabirds are sensitive to temp change. Reefs cannot recover from these things.

The future is very scary. There is no hope of them surviving if we do not make an immediate change. If they go, they will take about one third of marine biodiversity with them. We are making a whole lot of other species suffer from our actions.

There are ways to help. Spread the word. Save energy. Reuse and recycle. Be good to the sea while you are swimming. Try to do your part to keep the most beautiful think on earth, living.

What's My Line?

by Laura Shafer

As I see the blossoms boldly begin to bloom, even as another rainstorm washes their petals down, I toss another load of laundry into the washer and think longingly of the warm days ahead, when spring takes over and I can hang my laundry out on the line again, for many months to come.

It will be good to see the PG&E bill drop from the two hundred something range to well below triple digits. Saving money on utilities and saving wear and tear on my tumble dryer and textiles is just one of the benefits I gain by line drying our laundry. Knowing I am reducing my carbon footprint and using my own strength to perform this timeless task, is another a strong motivator to take the 10 to hang a load out for my family of four.

While these are the best reasons to hang the laundry out on a fine drying day, what gets me out there time after time, is the sound of the birds in the trees, the sound of the breeze in the leaves, the way shadows shift across a clean white sheet rising with the wind. This is what makes hanging out the laundry my favorite chore. This is why hanging out the laundry is not a chore anymore, it is an active meditation, a useful domestic art. And a la Andy Goldsworthy, by photographing the ephemeral, each canvas comes down by dark, the act becomes an artistic piece.

Hanging out laundry is often outlawed by Housing Associations and private developments throughout the United States. To fight this environmental injustice, a New Hampshire lawyer, Alexander Lee began Project Laundry List, www.laundrylist.org for the purpose of educational lobbying to establish a state by state "Right to Dry" movement, to overturn by government legislation these private restrictions on outdoor drying.

April 19th has been designated "National Hanging Out Day" by the group, and the movement is gaining in popularity as Americans begin to rethink how they use energy in the ordinary acts of living. The little things we change can ultimately make the biggest differences. Whether you want to help turn the tide on the effects of excess energy consumption, or just enjoy the outdoors in our beautiful part of the world, hanging out your laundry will get you there. And if you need more inspiration, check out my ongoing project: www.linedry.com. I'll sing you out to the line.

Super Foods, continued

University, "raw cocoa has the highest antioxidant value of all the natural foods in the world". It's high antioxidant makeup as well as a host of vitamins and minerals grant this sweet delight superfood status. It also contains tryptophan – a precursor to serotonin that promotes positive feelings and (PEA) a compound known to promote mental alertness and concentration. *It's been shown to help students during test taking. Of course, you have to eat the right kind of chocolate. Sorry, chocolate syrup, chocolate candies, white chocolate and milk chocolate don't make the cut. Try dark or bittersweet chocolate that contains a minimum of 70% cocoa. If you'd like to learn more about how cocoa beans are grown and processed as well as it's benefits in weight loss, Alzheimer's and cancer prevention, check out the Cornell University research on cacao.

BE HAPPY – EAT (dark) CHOCOLATE



It's time to get Back on Line!

Ready-made & Custom
Laundry-lines, Installed
Free consultations &
Site planning.
Clothesline Crafts and Arts

Making it fun to Hang Out

LineDry.com

(707) 823-5421 M-F 9-5pm

Calling All Photos!

If you have any digital photos of REACH activities that can be used in the newsletter, please email them to Leila Rand: info@mamabeardesign.com