

Camas Ridge Families,
Here are a few events that we want to get on your schedule.

Our 5th graders will be going to Outdoor School on May 18-20. This will be a day trip. The original hope was to do overnight, but Coyote Outdoor School couldn't get enough staff to make this happen. Our students will still have a blast!

We will be doing a Jog-A-thon on June 9 this year. We will not be doing any fundraising. Since we are moving into a new building at the Willard Site, we don't feel like we have a set goal to raise money for something like playground equipment, etc. We just want our students to focus on being healthy and having fun. We will be looking for volunteers to help support this effort. Please check in with your classroom teacher.

Grades 2/3 8:15-9:15

Grades K/1 9:25-10:25

Grades 4/5 10:35-11:35

5th Grade Moving up Ceremony will be on June 15 at 6:30. We will have an outside relaxed event with families able to come and bring a family picnic (only for your own family). We will get to root our 5th graders moving on to middle school.

We will have Field Day for the whole school on June 16. Our 5th graders will be running it for grades K-4. The 5th graders are excited to be leaders for the other students. We will ask parents and staff to volunteer to run it for the 5th graders.

5th Grade Goodbye Breakfast will be Friday, June 17 at 8:30 am. This is for students and staff only.

The last day of school is June 17.

Friday is Walk & Roll To School Day! We encourage all students to walk, bike, carpool or ride the bus to school. If you live a long way from school, try parking a ten minute walk from school and walking the rest of the way. Older students can walk on their own. Younger students will need to walk or bike with an adult. **I will meet students who want to ride or walk at the south end of the Amazon Community Center at 7:30 on Friday. We will walk or ride to school from there.**

Our goal is to reduce traffic and pollution around our school and to promote physical activity for our students. Students who ride the bus are doing their part by participating in the biggest carpool of all! Teaching your child to use their body to get to school and other places builds their confidence, keeps them healthy.

Here again are the approved snacks that students can bring for a classroom party. Some students have issues with refined sugar, etc. For some students, it is not a problem. For other students, they may have a big reaction. We also have some students who are diabetics. Please contact your teacher if you would like your child to bring in snacks for a class party.

Eugene School District 4J /Wellness Policy Information 2010-11

Eugene School District 4J

Healthy Parties Guidelines

These healthy snack guidelines apply to food distributed during the school day as part of a celebration or school party. Encouraged Beverages

Kindergarten–5th Grade: Beverages limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 8 ounces, is 100% juice with no added sweeteners and contains no more than 120 calories per 8 ounces.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 8 ounces, is fat-free or low-fat and, if flavored, contains no more than 150 calories per 8 ounces

Suggestions for Healthy Foods for Snacks and Parties

- Fresh fruits and vegetables
- Dips based on low-fat yogurt or sour cream (be aware of sugar and salt content)
- Canned fruits (preferably packed in natural fruit juices instead of syrups)
- Dried fruits
- Trail mix, chex mix, or popcorn-based snack mix (be aware of products that contain nuts or nut byproducts and sodium content)
- Granola bars (be aware of products that contain nuts or nut byproducts)
- Sunflower or pumpkin seeds
- Yogurt or soy-gurt
- Jerky
- Ritz chips
- Baked chips (be aware that Baked Cheetos and SunChips are higher in fat and sodium than other baked chip varieties)
- Salsa, guacamole, bean dip and fruit salsa
- Pita bread or pita chips and hummus dip
- Whole-grain cereals (be aware of sugar content)
- Whole-grain or multigrain crackers and cheese (cheese made with 2% milk is better)
- 100% frozen fruit juice bars
- Frozen yogurt
- Fruit smoothies (preferably yogurt- or sorbet- based)
- Whole-grain and fruit/vegetable breads and muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc.
- Other fruit-based desserts: fruit and yogurt parfaits, strawberry shortcake, mixed berries with whipped cream, baked apples with granola topping
- Fruit or pretzels dipped in a yogurt-based coating: strawberries, raisins, cherries etc.
- Nabisco 100-calorie packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)
- Quaker Multigrain Minis (Honey Graham, Cinnamon Sugar)
- Graham cracker-based items: Honey Maid Squares, Teddy Grahams, Animal Crackers, Goldfish Giant Grahams etc. (individual packets and honey flavored is better)
- Nutrigrain bars
- Pretzels (low salt is better)
- Bagels (whole grain is better)

- Tortilla roll-ups: meat and cheese, cream cheese and salsa, etc. (cut into

4J is hosting a series of [Suicide Prevention Training Sessions](#) for parents and other adult community members to learn how to detect and respond to anyone showing suicide warning signs. See the above link for details.

Multiple times and locations are offered:

Suicide Prevention Trainings: Question, Persuade, Refer (QPR)

Tonight, Tuesday, May 3, 6–7:30 p.m.

South Eugene High School library, 400 E. 19th Ave.

Tuesday, May 17, 6–7:30 p.m.

North Eugene High School cafeteria, 200 Silver Lane

Questions? Contact Angi Meyer, 4J suicide prevention and risk assessment specialist,
meyer_a@4j.lane.edu