

Clear Stream Chronicle

“Children are the living messages we send to a time we will not see.”
John W. Whitehead



A Message from the Administrators...

Clear Stream Café

The winners of the November Clear Stream Café contest are Ms. Taliercio's class, Mrs. Neri's class and Ms. Neiss' class. Ms. Levine and Mr. Finelli will have a special surprise for these classes to acknowledge their hard work in the "Café."

Staff Parking Lot

The outside of the Clear Stream Avenue School is a very busy place during dismissal and our most important concern is for everyone's safety. Please do not drive into or park in the staff parking lot to wait or pick up your child at dismissal or arri-

val. There is street parking around the block that is available to you. We appreciate your cooperation with this serious matter.

Spirit Week

Spirit Week has been going quite well. Everyone is having fun dressing up in different attire throughout the week. On Friday, the entire school will take part in an assembly sharing ideas of "What Makes CSA Special to Me". This is the culminating activity for Spirit Week. We will share some of the happenings in next week's

Chronicle.

Report Cards

Report Cards will be sent home on Monday, December 7th. We hope you find these documents helpful and informative.

Parent/Teacher Conferences

Parent/Teacher Conferences will take place on Wednesday, December 9th from 12:15 - 4:15 p.m. and 7:00 - 8:30 p.m. We hope you can attend and meet with your child's teachers to discuss his/her progress in school.

12.03.09

Issue 11

Mrs. Clarke

Mrs. Clarke grew up in Valley Stream and went to Howell Road School, Memorial and Central High. Her husband went to CSA. She has been a teacher at CSA for 12 years; she taught 1st grade, 3rd grade and she is now a reading teacher. She has 2 daughters-ages 3 and 4. Her favorite type of movie is comedy. She loves to read and enjoys historical fiction the most. She knows how to knit. She does not have a favorite season because "each season has something special."

Brendan, Kaylin, Aisha

PTA Updates...

According to Tammy Andrew of SUITE 101, making nutritious food choices is a major goal of the USDA's Healthy Schools Wellness Policy. However, typically, foods for school celebrations include cupcakes, candy, cookies and soda. While there is nothing wrong with an occasional treat, it is unfortunate that unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines and salty snacks constantly expose our children to high-fat, high-sugar and low-nutrient choices.

Overall, our children's eating

habits are poor. Only 2% of all children meet all Food Pyramid recommendations. Most children do not eat fruits, vegetables and whole grains. Obesity rates among children are on the rise, with serious health consequences. Frequent exposure to low-nutrient foods makes it difficult for our children to learn how to make healthy food choices. By providing children with healthy food alternatives, even during class parties, schools and parents can positively influence children's eating habits.

Here are some tips from Tammy for class parties:

- Make some colorful plat-

ters of fresh fruits that describe a holiday theme or shape.

Serve some fruit kabobs from hard fruits such as grapes and apples

Veggie sticks with dips will also work for some children, just add some creativity

Replace the bag of potato chips with baked chips, bowls of trail mix and crackers

Replace soda with 100% fruit juice and small bottles of water.

See you next week!

District Website:

valleystream30.com

Upcoming Events

- December 3, 4 - CSA Book Fair
- December 7 - Report Cards Distributed
- December 8 - CSA/WAKC PTA Meeting - 7:30 p.m.
- December 9 - Parent/Teacher Conferences - 12:15 - 4:15 and 7:00 - 8:30 p.m.
- December 12 - Breakfast with Santa
- December 17—Winter Boutique
- December 17—Winter Concert - 7:30 p.m.
- December 24 - January 3 - School Closed