

FAMILY MENU



OCTOBER 2013

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For more stories about what's happening in our schools, visit www.greatkidsupclose.org

KEY DATES

October 1 to 11 – Window for High School Assessments (HSAs)

October 17 and 18 – Teacher professional days; schools closed for students

October 31 – End of 1st quarter

A New School Year, Inside — and Out

As the new school year moved into its second week in September, students were in their classrooms at Hilton Elementary School, already getting in the swing of new routines and new learning.

And right outside the building, hundreds of volunteers were also hard at work. They were there to help transform the school grounds into a place for learning, exercise...and fun.

"I feel great that they are helping us become a better school," said Ebubedike, a 3rd grader at Hilton.

Ebubedike and other students came out to watch and lend a hand as the volunteers contributed materials, skills and muscle power to the school. They installed a greenhouse, planted a garden and assembled playground equipment.

"We are so excited and very grateful," said managing assistant principal Danielle Henson. "We are striving to become a green school, so having these enhancements for our garden helps us." One of the things schools must do to earn Maryland Green School status is to offer hands-on learning about the local environment.

The volunteer event at Hilton was organized and sponsored by the National Dairy Council, the United Way and the National Football League as a way to kick off the school year — and the 2013-14 football season. Former Ravens players Jamal Lewis and Duane Starks were there to help the work crew, on the day before Baltimore's Super Bowl champions played their first game of the new season.



Hilton Elementary School students, ready with seedlings to plant in the school's new garden

"This is a great opportunity to come back and give to Hilton and make sure the students are eating healthy and have a nice fitness and health program," said Starks.

Hilton Elementary School participates in the Fuel Up to Play 60, a health and wellness program offered by the NFL and National Dairy Council.

Did You Know? More Than 100 Schools Have Food Pantries



Schools serve their neighborhoods and communities in many ways beyond providing a place for educating students. Some of the district's schools house clinics, others offer rooms for community meetings and still others provide facilities for recreation programs. And, in the 2012-13 school year, 126 schools operated pantries to provide food to those in need.

Approximately 137,000 of Baltimore City residents experience hunger — and an estimated 29,000 of those are children. When children are hungry, they have trouble concentrating, are more likely to miss school and may experience health problems. So food pantries in schools make lots of sense.

Last year, Baltimore City Public Schools partnered with the Maryland Food Bank to deliver a steady stream of good, nutritious food to schools during the school year — fresh fruits and vegetables, along with canned and boxed goods. Volunteers and school staff distributed more than 2 million pounds of food to students and families through mobile pantry drops, during special school events and to meet urgent needs.

For 2013-14, the district's School Pantry Program will begin operating this month. To learn more or to find a school pantry near you, visit www.baltimorecityschools.org/spp.

And remember: All City Schools students can eat breakfast for free at school and most are eligible for free lunch. Ask at your school for details of the meal programs, and complete and return your lunch application as soon as possible.

A Farm-Fresh Recipe for Healthy Eating...and Learning

Great Kids Farm is the district's living, working farm, where students learn about healthy foods, sustainable agriculture and the natural sciences. Through hands-on experiences, students and teachers who visit the farm bring classroom lessons to life. This recipe brings a taste of the farm to you and a hands-on learning experience to young children.

Great Kids Farm ranch dip

"Kids are much more enthusiastic about eating healthy snacks when they get to help make them," says Chela Cooper, the farm's chef. Visiting students often get to help make this dressing to use as a dip when tasting farm-grown cucumbers or carrots, but it's also good on salad or as a topping for baked potatoes.

- 1 cup (8 oz) sour cream or plain Greek-style yogurt
- 1 cup buttermilk
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tbsp. chopped fresh parsley
- 1 tbsp. chopped fresh dill
- 1 tbsp. chopped fresh chives
- 1/2 tsp. salt
- A sprinkle of fresh cracked pepper

Combine all ingredients in a large bowl, stirring well with a whisk or large spoon.

Tips

- Use low- or no-fat yogurt and buttermilk for great flavor and fewer calories.
- Fresh herbs often come in large bunches at the grocery store or market. Chop up left-overs and add them to sauces, soups or stew for extra flavor.

Ingredients + Recipe = Reading + Math

Helping in the kitchen not only makes kids more likely to taste the results, it also gives lots of opportunities for reinforcing math and reading skills. Try these things when you're making Great Kids Farm ranch dip or other simple recipes.

- Read aloud the ingredient list, and ask your child to find each item in the fridge or cupboard. Which carton says *milk*, which says *cream* and which one is *buttermilk*? Which jar says *garlic powder* and which says *onion*?
- Ask your child questions about the directions: What's another word for *combine*? What do you think the word *ingredients* means?
- Talk about fractions while measuring ingredients together. If 1 cup has 8 ounces, how many ounces are there in a 1/2 cup? How much more garlic powder than salt is included?
- Ask your child to think about *more*, *less* and *the same*. Does the recipe have more yogurt or more buttermilk? Is there less onion powder or salt? Name three ingredients that all have the same amount. And what's another word for "the same"?

Depending on your child's age, ask him or her to help measure the ingredients, and talk about being precise. It's good practice for science experiments later on, and your ranch dip will taste better if it has 1 tsp. of garlic powder — and not 3!

Gear Up to Make a Great High School Choice

Later this fall, thousands of 8th-grade students will be choosing the high schools they're interested in for next year. And this past summer, some of those students got a chance to learn about the possibilities.

"We got to do projects and see how it really is," said Jeremiah, a student at Northeast Middle School who spent part of his summer in the Gear Up for Your Future Program, where he explored construction trades at Carver Vocational-Technical High School and spent a week experiencing college life on a local college campus. Meanwhile, at Digital Harbor and Vivien T. Thomas high schools,

other students were finding out about programs in information technology and health sciences.



Students in the dental lab at Vivien T. Thomas Medical Arts Academy

City Schools has 29 high schools and 19 middle/high schools, each with a unique character and mix of programs. More than 20 of them offer Career and Technology Education (CTE), programs that let students combine academics with career exploration and training in fields from engineering to multimedia production to early childhood education. "CTE students can graduate high school not only with a diploma, but with industry certification.

That means they can work in their profession – which is a great way to make money for more advanced training and study at college," says Michael Thomas, the district's director for Learning to Work.

Besides CTE programming, City Schools' high schools offer a range of academic options – from Advanced Placement courses to programs for students who are behind on credits – and themes including the arts, sciences and community involvement and leadership. More information about City Schools' high school options will be shared with 8th graders and their families throughout the fall, and "choice liaisons" are available at every school to assist families in making a great high school choice.

And for next year's middle schoolers:

Current 5th-grade students can also choose where to attend 6th grade. Visit www.baltimorecityschools.org/choice for details and dates for middle and high school choice.

Opportunity Knocks

Your monthly listing of free or low-cost opportunities for kids and families from City Schools, community partners and other groups and organizations that promote education and well-being.

Free fall Baltimore

October is National Arts and Humanities Month, and Baltimore is celebrating with free admission to arts and cultural institutions and events on selected dates throughout the month. Dance, theater, music, history, visual arts — all these are available at no cost (though some events and performances require reservations). For details of what's happening, visit www.freefallbaltimore.org.



Programs at the Pratt

Fall programs are underway at all branches of the Enoch Pratt Free Library. There are reading programs for toddlers, kids and teens (even one in which kids practice reading aloud with a dog to listen!); classes for teens to adults on topics from crafts to computers to job-search skills; lectures from educators, historians and popular authors; and special events celebrating books, reading, families and fun. Visit your local branch or check www.prattlibrary.org for information.

For high school seniors interested in government

The Maryland General Assembly student page program gives selected high school seniors a chance to learn about state government close up — by working at the state house in Annapolis. Student pages assist both members and visitors. Only 10 students from Baltimore City are selected to participate through a competitive application process. Interested students must have good grades, good conduct and an interest in government and history. They should also hurry: Applications are due at the beginning of October. Ask at your school guidance office as soon as possible for more information.

Help make your school better

City Schools is working to make sure that all students receive excellent teaching and learning. To help schools identify areas of strength and places for improvement, the district does a periodic "effectiveness review" at each school. Part of the review includes talking with a group of parents about their perceptions of the school. To find out if your school is scheduled for an effectiveness review this year and to volunteer to participate, please speak with your principal or school leader.

OCTOBER 2013 LUNCH MENU



Students can select one entrée and two or more sides. 1% milk along with fat-free white and flavored milk are available each day. Fresh fruit selections vary each day based on seasonal availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEKLY SALADS</p> <ul style="list-style-type: none"> • Oct. 1 to 4: Asian Fusion • Oct. 7 to 11, 28 to 31: Southwest Taco • Oct. 14 to 18: Italian Antipasto • Oct. 21 to 25: California Chef 	<p>1 ENTRÉES</p> <p>Barbecue chicken with rice and a roll Deli sandwich</p> <p>SIDES</p> <p>Steamed broccoli Carrot sticks and cherry tomatoes with dip Fresh fruit</p>	<p>2 ENTRÉES</p> <p>Chicken tenders with a roll Tuna salad with crackers</p> <p>SIDES</p> <p>Steamed green beans Fresh cucumber coins Fresh fruit</p>	<p>3 ENTRÉES</p> <p>Fish hoagie on a bun with tartar sauce Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Vegetarian beans Baby carrots Fresh fruit</p>	<p>4 ENTRÉES</p> <p>French bread pizza Turkey and cheese deli sandwich</p> <p>SIDES</p> <p>Corn Side salad Fresh fruit</p>
<p>7 ENTRÉES</p> <p>Fiesta beef and macaroni with a roll Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Peas and carrots Broccoli and cauliflower mix Fresh fruit</p>	<p>8 ENTRÉES</p> <p>Sweet and sour Asian stir fry with rice and a roll Deli sandwich</p> <p>SIDES</p> <p>Asian vegetables Baby carrots Fresh fruit</p>	<p>9 ENTRÉES</p> <p>Beef taco with tortilla chips and rice Tuna salad with crackers</p> <p>SIDES</p> <p>Black beans Side salad Fresh fruit</p>	<p>10 ENTRÉES</p> <p>Meatball sub on a roll Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Oven fries Baby carrots Fresh fruit</p>	<p>11 ENTRÉES</p> <p>Cheese or pepperoni pizza Turkey and cheese deli sandwich</p> <p>SIDES</p> <p>Steamed broccoli Radish and cucumber mix Fresh fruit</p>
<p>14 ENTRÉES</p> <p>All-beef hot dog on a bun Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Vegetarian beans Baby carrots Fresh fruit</p>	<p>15 ENTRÉES</p> <p>Meatloaf with gravy and rice with a dinner roll Deli sandwich</p> <p>SIDES</p> <p>Collard greens Broccoli and cauliflower florets with dip Fresh fruit</p>	<p>16 ENTRÉES</p> <p>Turkey burger on a bun Tuna salad with crackers</p> <p>SIDES</p> <p>Sweet potatoes Fresh cucumber coins Fresh fruit</p>	<p>17</p> <p>TEACHER PROFESSIONAL DAY</p> <p>Schools closed for students</p>	<p>18</p> <p>TEACHER PROFESSIONAL DAY</p> <p>Schools closed for students</p>
<p>21 ENTRÉES</p> <p>Breaded cheese sticks with marinara sauce Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Vegetarian beans Celery sticks with dip Fresh fruit</p>	<p>22 ENTRÉES</p> <p>Fiesta beef and macaroni with a roll Deli sandwich</p> <p>SIDES</p> <p>Steamed broccoli Carrot sticks and cherry tomatoes with dip Fresh fruit</p>	<p>23 ENTRÉES</p> <p>Diced chicken with gravy, rice and a roll Tuna salad with crackers</p> <p>SIDES</p> <p>Corn Baby carrots Fresh fruit</p>	<p>24 ENTRÉES</p> <p>Beef and broccoli with noodles and a roll Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Asian vegetables Fresh cucumber coins Fresh fruit</p>	<p>25 ENTRÉES</p> <p>French bread pizza Turkey and cheese deli sandwich</p> <p>SIDES</p> <p>Sweet potato nuggets Side salad Fresh fruit</p>
<p>28 ENTRÉES</p> <p>Chicken nuggets and a roll Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Oven fries Baby carrots Fresh fruit</p>	<p>29 ENTRÉES</p> <p>Tangerine chicken with rice and a roll Deli sandwich</p> <p>SIDES</p> <p>Collard greens Fresh cucumber coins Fresh fruit</p>	<p>30 ENTRÉES</p> <p>Beef nachos with loco bread Tuna salad with crackers</p> <p>SIDES</p> <p>Black beans Side salad Fresh fruit</p>	<p>31 ENTRÉES</p> <p>Breaded chicken patty on a bun Peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Sweet potatoes Broccoli and cauliflower florets with dip Fresh fruit</p>	<p>Don't spend more than you have to on school lunch. Return your application for free lunch today!</p>