

## Upcoming Events

### March 8<sup>th</sup>

Movie Night @ 5:00 pm

### March 12<sup>th</sup>

PTA Mtg @ 6:30 pm

### March 18<sup>th</sup>

Spring Pictures

### March 20<sup>th</sup>

Spirit Day-Wear PJ

### March 26<sup>th</sup>-29<sup>th</sup>

**1:00 pm Early Dismissal-  
Parent Teacher Conferences**

### March 27<sup>th</sup>

Jog A Thon

### March 29<sup>th</sup>

Spring Egg Hunt

# CADMAN ELEMENTARY

March 2024

## A WORD FROM PRINCIPAL TROUSDALE

Hello Cadman Community,

I am excited for us all to Leap into March tomorrow. March always brings a smile to my face for so many reasons. First, it means Spring is almost here and we will see lots of flowers and greenery all around us. Next, it means March Madness in the world of Sports – basketball, baseball and more, which reminds us to enjoy the athletic opportunities in our community. Last, it means our days are getting longer and we have the ability to enjoy our time after the school day with family and friends.

March is a time where we are looking at the incredible growth scholars have made up to this point in the school year. Teachers have completed many different types of assessments to see the strength of each scholar. Staff engages daily with scholars in a variety of ways that builds on the confidence and knowledge that has been growing in the classrooms on the playground, in the garden and beyond. At the end of the month, families will be able to have parent/teacher conferences again to discuss progress and celebrate successes.

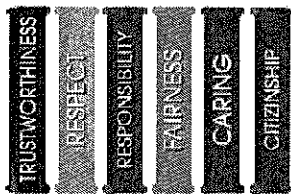
Here are a couple areas we could use your help:

- Increasing daily attendance at school
- Completing the CAL\_SCHLS Parent/Family survey that was emailed home
- Shift to healthy options when celebrating birthdays and accomplishments
- Nominate yourself or someone else to fill the open positions on the PTA Executive Board

Character Counts for March:

*Responsibility*

*Wear Green on Thursdays*



We are excited about some amazing upcoming events: Movie Night, Jog-a-thon, field trips, Parent/Teacher conferences and spirit days. Please make sure you look through the packet of information and join us as we continue to build and strengthen our Cadman Community. We are ready to leap into March and continue to SOAR with Pride in our Eagle's Nest.

# PTA ELECTIONS!

## PTA POSITIONS

Executive Vice President  
Communications  
Membership Chairman  
Financial Secretary  
Fundraising Chairman  
Historian  
Program Chairman  
Merchandise Chairman  
Safety  
Hospitality  
Student Board Member  
Student Involvement Chairman  
Volunteer  
Volunteer Coordinator  
Room Representative

## REQUIRED PTA POSITIONS

President  
Secretary  
Treasurer

### DID YOU KNOW?

In order for the Cadman PTA to remain in good standing (can continue to conduct PTA business at Cadman Elementary) the following three positions must be filled:

PRESIDENT—SECRETARY—TREASURER

Elections will be held on 3/12 @ 6:30p in the Cadman Auditorium at the PTA Association Meeting. Please join us because your voice matters.

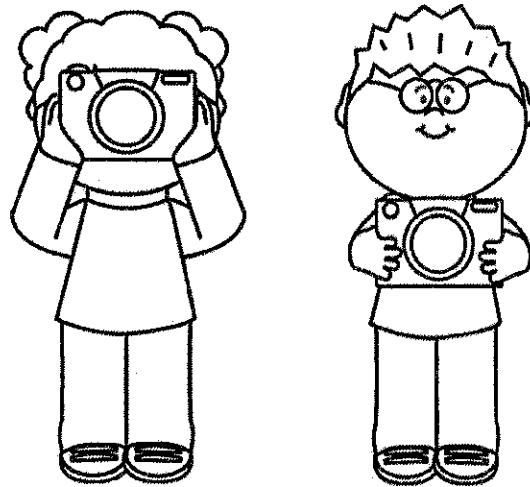
# READY TO SIGN UP?

Contact the 2023-2024 PTA President, Katy Burnette, at [katy20.98@gmail.com](mailto:katy20.98@gmail.com) for more information regarding ANY questions you may have.

Don't see a position that suits your talents or availability? There are many more options. Contact the PTA to explore the option that best fits you.

Cadman Elementary School's  
**Spring Picture Day**

March 18<sup>th</sup>



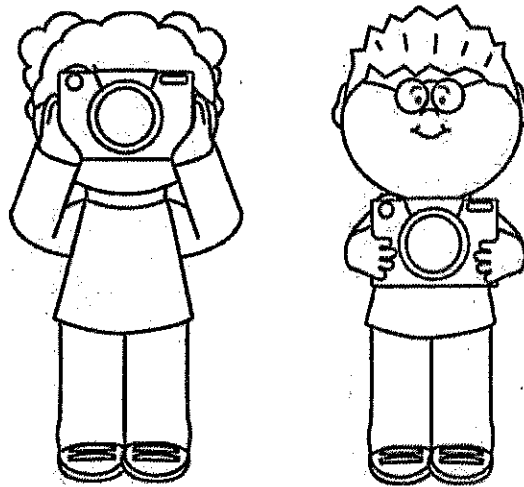
The Spring Pictures are an opportunity for Cadman to receive a commission from *Gerardy Photography* for every returned picture proof and or purchase.

Please return the proofs that you don't want to the office and pay for the proofs that you keep.

Dress fancy for your Spring Pictures!

Cadman Elementary School's  
**Día de la Fotografía de Primavera**

18 de Marzo



Las Fotografías de Primavera son una oportunidad para que Cadman reciba una comisión de *Gerardy Photography* por cada prueba de fotografía devuelta o compra.

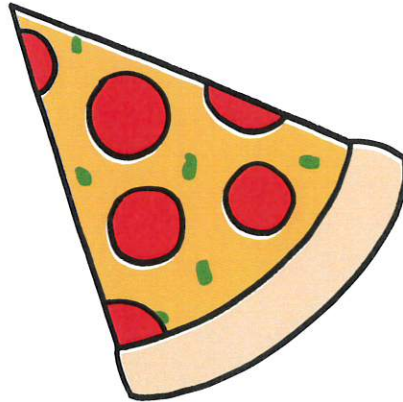
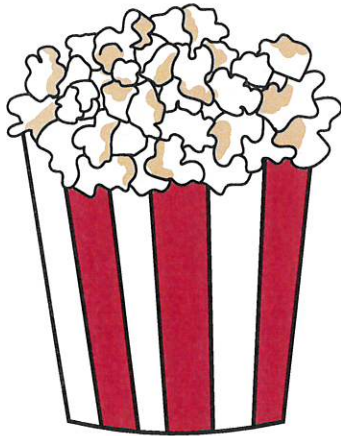
Devuelva las pruebas que no quiera a la oficina y pague las pruebas que quiera conservar.

**¡Vístete elegante para tus fotos de primavera!!**

**VOLUNTEERS NEEDED**

CADMAN

# MOVIE NIGHT



**WE NEED A FEW VOLUNTEERS  
TO HELP DURING MOVIE NIGHT**



**FRIDAY MARCH 8TH**

**5:00PM**

**PLEASE REACH OUT TO  
CADMANPTA@GMAIL.COM  
IF YOU WOULD LIKE TO  
VOLUNTEER**

# MOVIE NIGHT



**FEATURING "ELEMENTAL"**  
**FRIDAY, MARCH 8, 2024**  
**5PM DOORS, 5:30 MOVIE**  
**CADMAN AUDITORIUM**

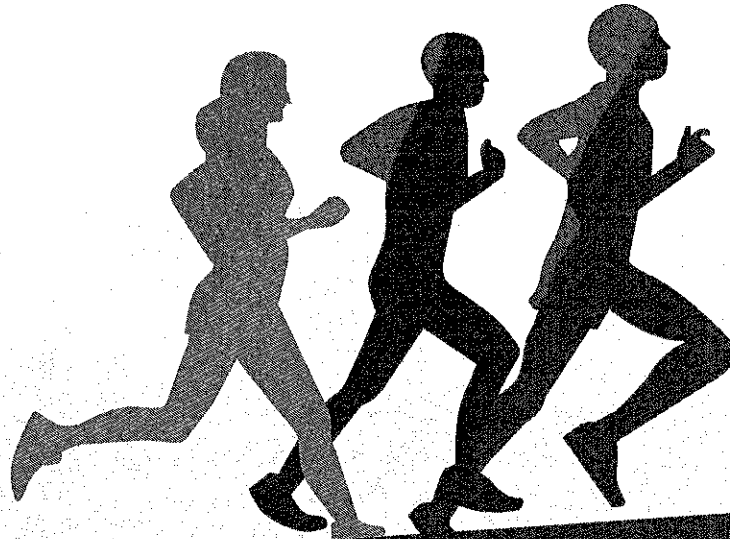
All Cadman families are invited, and kids are welcome to bring blankets and pillows.

Limited complimentary snacks will be available, and pizza slices will be available for purchase (cash only please).

We hope you can join us!

Sponsored by the Cadman PTA.

# CADMAN ELEMENTARY ANNUAL



## JOG A THON

**WEDNESDAY, MARCH 27**

### **HOW IT WORKS:**

- *Pledge Cards will be sent to scholars in advance*
- *Collect Pledges*
- *Run the Jog-A-Thon during school*
- *Turn in pledge money by **April 12***

### **COME CHEER ON YOUR SCHOLAR!**

- 9:30-10:15am
  - Lombardi (Kindergarten)
  - Robertson (Kinder/1st)
  - Benjamin (4th)
- 10:30-11:15am
  - Stephens/Pangacian (TK)
  - Robles/Tostado (TK)
  - Molica (5th)
- 11:15am-12:00pm
  - Martinetto (1st/2nd)
  - McIntyre (2nd)
  - Allan (3rd)

**VOLUNTEERS NEEDED!**  
**TO SIGN UP, CONTACT:**  
**CadmanPTA@gmail.com**

**2024 Cadman**  
**Elementary Jog-A-Thon Pledge Form**

**Student:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_ **Room#:** \_\_\_\_\_

Sponsors: Thank you for your contribution to the 2024 Cadman Elementary Jog-A-Thon. Contributions will help support many PTA events. We appreciate your generosity! Cadman Elementary PTA is a 501c3 organization, EIN 95-6207081

	Donor Name	Flat Pledge \$	\$ Per Lap	Amount Collected	Circle One
1.					Cash    Check
2.					Cash    Check
3.					Cash    Check
4.					Cash    Check
5.					Cash    Check
6.					Cash    Check
7.					Cash    Check
8.					Cash    Check
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16.					Cash    Check
17.					Cash    Check
18.					Cash    Check
19.					Cash    Check
20.					Cash    Check

\*\*\*The money raised will be used to fund and support school programs such as field trips, assemblies, and many more PTA events\*\*\*



# Cadman gNOMes



Play in the Dirt,  
Build Community

Email: cagefreecadman@gmail.com

## A Peek at Our Month

In the garden, the rain filled our rain gauges and gave us the opportunity to explore the Leaves Talk Too lesson indoors with microscopes, magnifying glasses, and harvested specimens. After examining the specimens, the leaves were sorted into the following categories: healthy, diseased, pests, or nutrient deficiencies. The last half of the month was a scheduled lesson gap for our volunteers to catch up on weeding, harvesting, planting, critter proofing, and organizing materials.

In the cooking classroom, scholars put their measuring, chopping, and mixing skills to good use preparing a fresh sauce and veggies with instant ramen noodles for Garden Lo Mein. Perfect comfort food on a rainy day! **Be sure to join us April 24, 2024 @ 5:30pm for Free Family Cooking Night to experience the magic of "one polite bite" and an incredible tasting menu!**

## Upcoming Events

- **Friday, 3/1:** Free Seed Library before & after school. PrimeTime families please email for access.
- **Wednesday, 4/24:** Family Cooking Lesson at 5:30 pm. See flyer for more info!
- **Saturday, 5/4:** Cadman will be the school garden stop on the Clairemont Garden Tour! All are welcome to come enjoy our gardens, activities, and demos.

## Recipes from the Kitchen

### GARDEN LO MEIN



#### INGREDIENTS

6 ounces uncooked instant ramen noodles  
1 Tablespoon sesame oil  
1 green onion, chopped  
4-6 cups chopped vegetables like carrots, red bell peppers, cabbage, chard, mushrooms, or broccoli

#### Sauce:

3 Tablespoons soy sauce  
3 Tablespoons stir fry or oyster sauce  
1 teaspoon sesame oil  
1 teaspoon sugar  
1 clove of garlic, grated

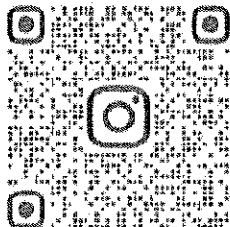
#### DIRECTIONS

1. Cook ramen noodles according to package directions. When finished, drain noodles and set aside.
2. While the noodles cook, mix all of the sauce ingredients together in a bowl or shake in a jar.
3. Heat the sesame oil in a large wok or pan over medium heat.
4. Add in the white parts of the green onion and the chosen vegetables. Stir fry until fork-tender, about 5 minutes.
5. Add the cooked noodles and the sauce, toss around in the hot pan to combine.
6. Serve topped with the remaining green onions!

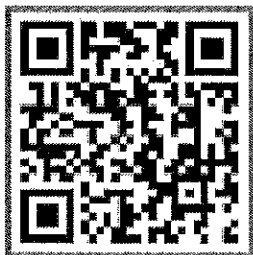
## Follow Us

Instagram

Band



@CAGEFREECADMAN



SAVE THE

DATE

FREE

Family Cooking Night  
with Chef Brendan

Wednesday April 24th

6:30pm - 7pm

RSVP flyer coming home soon



# MARCH PTA ANNOUNCEMENTS

## GENERAL NOTES

Thank you to all of the Cadman families who were able to participate in our World's Finest Chocolate Fundraiser last month, and also thank you to those who were able to join us for the San Diego Gulls Hockey Game! We're awaiting the final fundraising tally and top sellers announcements, but should have them soon. We have a lot coming up, so read on for important dates!

## PTA MEETINGS

- Association Meeting  
3/12 at 6:30pm,  
Cadman Auditorium.  
**Elections will be held!**  
All Association  
members can vote!

## UPCOMING EVENTS

- MOVIE NIGHT 3/8, 5pm
- JOG-A-THON 3/27  
starting at 9:30am

**Volunteers are needed!**  
Contact [CadmanPTA@gmail.com](mailto:CadmanPTA@gmail.com)

## JOIN US

Any community member can  
join, including students!



## CONNECT

Get regular updates from us  
on BAND and FACEBOOK



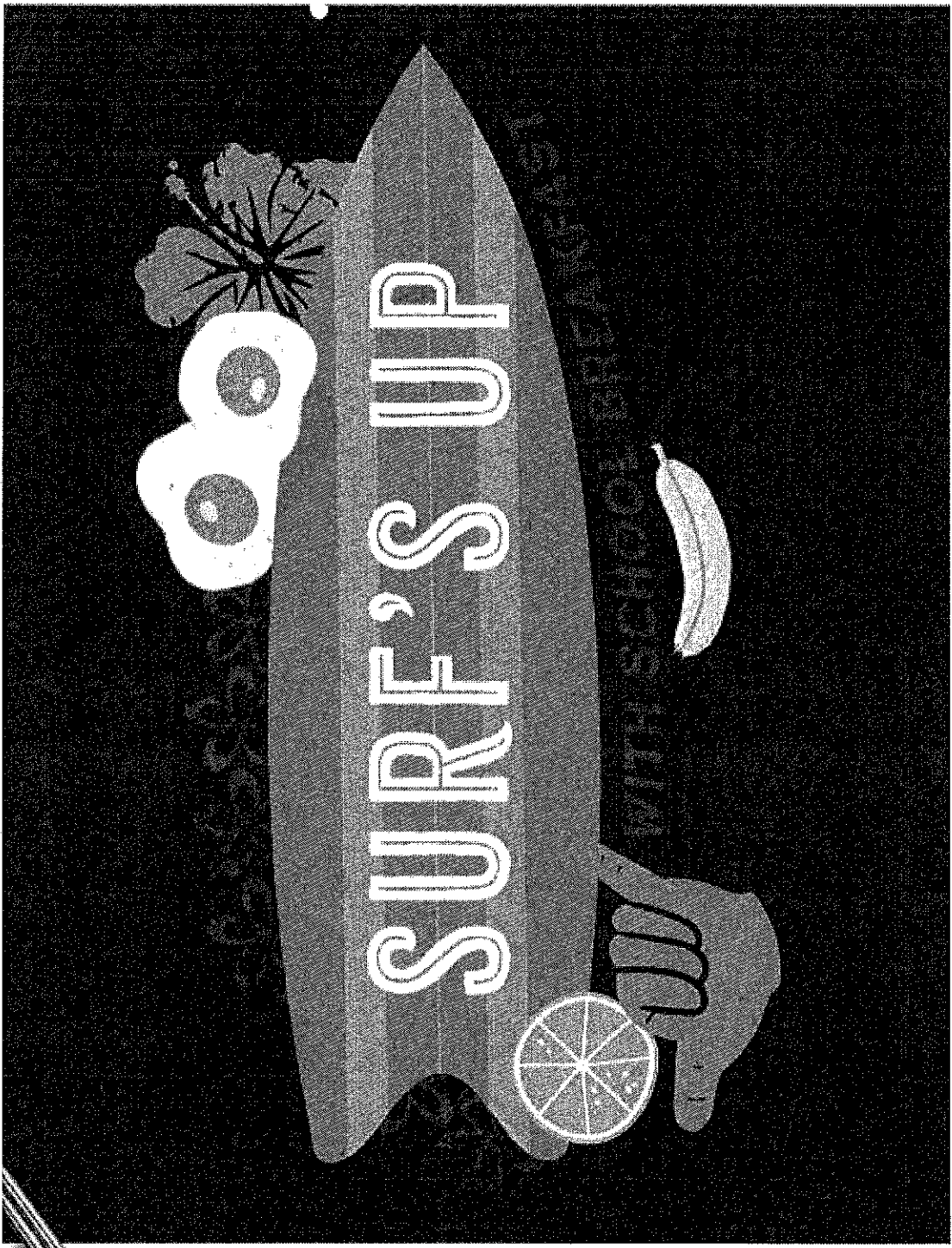


**SCHOOL  
SPIRIT  
DAY!**

March 20 – wear your PJ's

April 24 – Wear your favorite color

May 29 – Twin day, find a buddy and  
dress alike



*School Breakfast Week*

March 4-8, 2024

# ATTENDANCE

IN THE EARLY GRADES

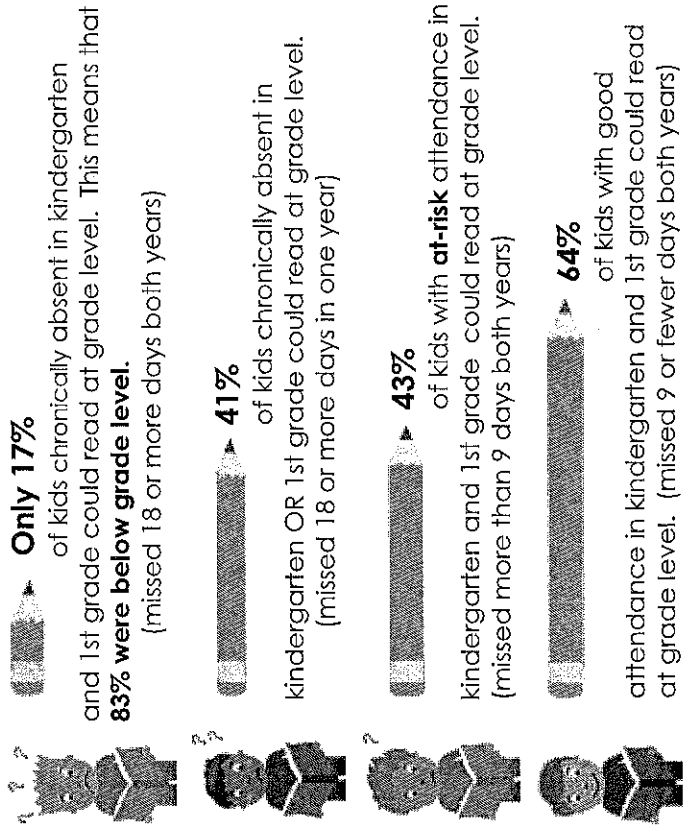
Chronic absence is missing 10% of the school year—about 18 days a year or just TWO days every month.

**THE EARLY YEARS ARE CRITICAL!** Chronic absence in kindergarten and first grade can predict lower test scores and retention in later grades, and set up poor attendance habits for school and work.

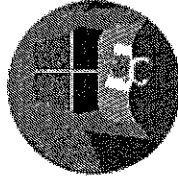
## Why Every Day Matters

If your child doesn't show up for school every day, he/she misses valuable opportunities to learn which **cannot** be replaced by homework or makeup assignments.

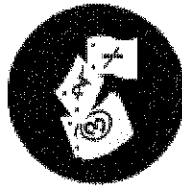
### Research shows...at the end of 3rd Grade:



## What Can You Do?



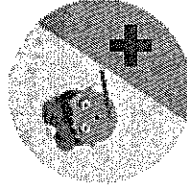
**Create regular bedtime and morning routines.** Be sure your child gets 9 to 12 hours of sleep every night.



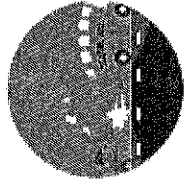
**Talk with your child** about the importance of regular attendance and set attendance goals.



**Keep a chart** recording your child's attendance at home and review it with your child weekly. Celebrate good attendance!



**Don't permit missing school** unless your child is truly sick. Use a thermometer and contact your school nurse if you wonder if your child is sick enough to stay home.



**Remember that stomachaches and headaches can be signs of anxiety.** Contact your child's teacher, school nurse or school counselor if this is a concern.

**Avoid medical appointments and out-of-town travel** while school is in session.

**Develop back-up plans** for getting to school if something comes up. Ask a family member, neighbor, or another parent for help.



San Diego Unified  
SCHOOL DISTRICT



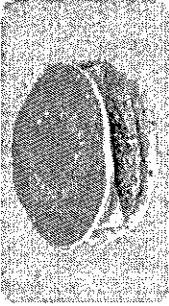
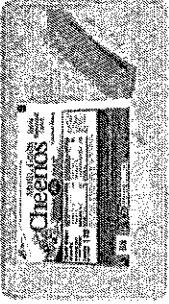




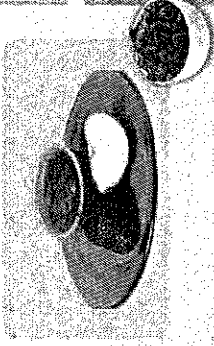
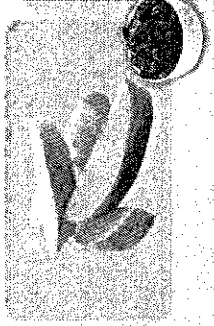
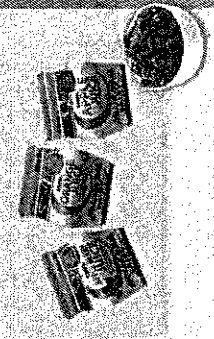

# Breakfast in the Classroom



## SANDINET/FOOD

Nutrition & Allergen Information

Menu items are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Chicken Sandwich</b> 	<b>Multi Grain Cheerios w/String Cheese</b> 	<b>Breakfast Berry Scone</b> 	<b>Cinnamon Rice Chex Cereal w/Graham Crackers</b> 	<b>Mini Cinnis Cinnamon Roll</b> 
<b>100% Fruit Juice</b> 	<b>Strawberry Applesauce</b> 	<b>Apple Slices</b> 	<b>100% Fruit Juice</b> 	<b>100% Fruit Juice</b> 

*You may take multiple servings of fruit.*

All breakfast entrees provide whole grains, are served with fruit options, and white milk (1% or non-fat).  
 Milk is optional.

This institution is an equal opportunity provider



Dear Parent/Guardian:

At Cadman Elementary we work hard to ensure that students' minds and bodies are ready for learning each day, but we need your help to make our school even healthier!

### **Healthy Snacks and Celebrations at School**

To support our student's health and wellness, our school district has established nutrition standards for all foods and beverages offered and sold in school by any group, including parent/student organizations, teachers, boosters, fundraisers, and food and nutrition services during the school day and up to one half hour after the school day. This includes celebrations, parties, classroom snacks, and student rewards for performance or behavior.

### **Why offer healthy foods and beverages at schools?**

Every day our teachers and staff prepare students for success in the classroom, as well as encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives.

In addition, our District Wellness Policy includes standards for snacks that are offered and sold in schools to meet federal requirements.

### **How can I support these healthy changes at schools?**

Parents/guardians should:

- Celebrate their child's birthday by sending non-food treats such as stickers, pencils or a gift to the classroom such as a book or playground ball (*ask the teacher for suggestions*).
- Ensure all food and beverages sent to school for birthday celebrations promote healthy food choices e.g. fruit cups, fresh fruits and vegetables, applesauce cups or pouches, popcorn, gogurt yogurts, granola bars, etc.
- Ask your child's teacher what non-food or healthy rewards/incentives they are utilizing in the classroom.
- Become involved in planning school holiday parties that include games, crafts and healthy foods and beverages.
- Avoid bringing junk food items such as chips, candy, soda, cupcakes, cookies etc. to school.

### **How else can I help?**

We invite you to join us in working with other parents, teachers, school staff and community groups through your site's School Wellness Committee. We welcome your ideas and support in creating a healthier school environment for our students.

Please contact Mrs. Trousdale at [ltrousdale1@sandi.net](mailto:ltrousdale1@sandi.net) with any questions and ideas you may have. For more information about Smart Snacks in school and the San Diego Unified Wellness Policy, visit: <https://www.sandiegounified.org/competitivefoods>.

Together we can teach our children healthy habits that last forever!





Estimado padre de familia/tutor:

En la escuela Cadman Elementary trabajamos arduamente con el fin de garantizar que las mentes y los cuerpos de los alumnos estén listos para aprender todos los días, ¡Necesitamos de su ayuda para que nuestra escuela sea todavía más saludable!

### **Bocadillos saludables y celebraciones en la escuela**

Con el fin de ayudar a mantener la salud y bienestar de los alumnos, nuestro distrito escolar ha establecido normas de nutrición para todos los alimentos y bebidas disponibles en la escuela y a la venta por parte de cualquier grupo escolar, incluyendo organizaciones de padres/alumnos, maestros, clubes, recaudación de fondos y servicios alimenticios y de nutrición durante el horario de clases y hasta media hora después del horario de clases. Se incluye también las celebraciones, fiestas, bocadillos en el aula y recompensas para los alumnos por buen rendimiento o conducta.

### **¿Por qué ofrecer alimentos y bebidas saludables en las escuelas?**

Todos los días, nuestros maestros y personal escolar preparan a los alumnos para el éxito en el aula y también se fomenta la alimentación saludable y la actividad física, de esta manera se garantiza el éxito por el resto de sus vidas. Al ayudarlos a establecer hábitos saludables a una edad temprana, podemos disminuir los riesgos de salud en nuestros niños y aumentar las posibilidades de tener una vida más larga y productiva.

Además, nuestra política de bienestar a nivel de distrito escolar incluye normas con respecto a los bocadillos que se proporcionan y son vendidos en las escuelas. Estas normas cumplen con los requisitos a nivel federal.

### **¿Cómo puedo respaldar estos cambios saludables en las escuelas?**

Los padres de familia/tutores deben:

- Celebrar los cumpleaños de sus hijos enviando regalitos no comestibles, tales como calcomanías, lápices o un regalo para la clase, como por ejemplo; un libro o una pelota para el patio de juegos (el maestro le puede dar sugerencias).
- Confirme que toda la comida y bebidas que lleve a la escuela para las celebraciones de cumpleaños promueven opciones de comida saludable, por ejemplo; Vasitos de fruta, frutas y verduras frescas, vasitos o bolsitas de puré de manzana, palomitas de maíz, yogurt gogurt, barritas de granola, etc.
- Pregúntele al maestro de su hijo cuales incentivos/premios no comestibles o alimentos nutritivos están consumiendo en clase.
- Involúcrese en la planeación de fiestas escolares que incluyan juegos, manualidades y alimentos y bebidas saludables.
- Evite traer comida chatarra, como las papitas, dulce, soda, pastelitos, galletitas, etc. a la escuela.

### **¿De qué otra manera puedo ayudar?**

Le invitamos a trabajar con colaboración con otros padres, maestros, personal escolar y miembros de la comunidad en el Comité Escolar de Bienestar. Le damos la bienvenida a sus ideas y apoyo para crear un ambiente escolar más saludable para nuestros estudiantes.

Favor de comunicarse con Mrs. Trousdale at [ltrousdale1@sandi.net](mailto:ltrousdale1@sandi.net) si tiene usted cualquier pregunta. Si desea más información sobre bocadillos saludables en la escuela y la política de bienestar del Distrito Escolar Unificado de San Diego visite: <https://www.sandiegounified.org/competitivefoods>.

¡Juntos podemos enseñar a nuestros niños hábitos saludables para el resto de sus vidas!

# Healthy Celebrations

## Promoting a Healthy School Environment



Birthday parties and holiday celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.

### But It's Just a Cupcake...



Typically, foods for school celebrations include cupcakes, candy, cookies and soda. So what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines, snacks and school stores constantly expose children to high-fat, high-sugar, low-nutrient choices.

Overall, our children's eating habits are poor. Only two percent of children meet all Food Pyramid recommendations. Most children do not eat enough fruits, vegetables or whole grains. Obesity rates among children are on the rise, with serious health consequences. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom), schools can positively influence children's eating habits.

## Benefits of Healthy Celebrations

**Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

**Provides Consistent Messages:** Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

**Promotes a Healthy School Environment:** In order to positively change eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.

**Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks (see back for ideas). School staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom. Holiday treats and traditional birthday parties with cake will still be available at home.

**Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food allergic children by providing nonfood celebrations or, if food is served, obtaining it from known sources such as the school food service program.



## How-To's for Happy Healthy Parties<sup>1</sup>

- Variety is the "spice of life" and the "life of the party." Plan several contrasting activities – active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should compliment the fun, not become the "main event."
- Be sure that each child receives a prize or favor, if such awards are given.
- Don't use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.



<sup>1</sup> Printed with permission from *Let's Party: Party Ideas for School and Home*. West Virginia Department of Education, 1994. Ordering information at: <http://wvde.state.wv.us/ctrc/materials.html>.

# What Schools Can Do

## Ideas for Healthy Celebrations

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices! Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and other celebrations.

### Activities to Celebrate the Child

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite Senior Citizens in for lunch, make "curechiefs" for chemotherapy patients, and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity, and choose a game or story.



### Additional Resources

*Alternatives to Food Rewards.* Connecticut State Department of Education, 2004.  
<http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Classroom Party Ideas.* University of California Cooperative Extension Ventura County.  
<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>

*Healthy Fundraising.* Connecticut State Department of Education, 2005.  
<http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Let's Party: Party Ideas for School and Home.* West Virginia Department of Education, 1994.  
<http://wvde.state.wv.us/ctrc/materials.html>

*Let's Play: Innovative Games and Activities for Kids.* West Virginia Department of Education, 2002. <http://wvde.state.wv.us/ctrc/materials.html>

For more healthy snack resources, see the Connecticut Nutrition Resource Library catalog ("Cooking for Kids" section) at: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

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### Healthy Food Ideas\*

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

\*Check for food allergies before serving.

For more information on a healthy school environment, contact Susan Fiore, MS, RD, Nutrition Education Coordinator at [susan.fiore@po.state.ct.us](mailto:susan.fiore@po.state.ct.us) or (860) 807-2075.



Connecticut State Department of Education  
Bureau of Health and Nutrition Services and Child/Family/School Partnerships



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### **Overview**

This At-A-Glance provides a summary of key considerations in the design of the San Diego Unified 2024-2025 Budget.

### **Budget Development Design**

The 2024-2025 Budget is designed with a commitment to:

- Prioritizing the classroom;
- Ensuring fiscal responsibility; and
- Being intentional, transparent and clear.

### **2024-2025 Budget Forecast**

A combination of factors, including declining enrollment caused by the shortage of affordable housing available to families, along with declining birth rates; the expiration of one time federal COVID relief funds (\$543 million); and state revenue that does not keep up with rising costs, such as health care, utilities and supplies has resulted in a projected deficit of nearly \$100 in the 2024-2025 school year.

### **Budget Development Timeline 2023-2024**

- October -January: Intensive strategic budget planning retreats, resulting in alignment and cohesion in site-based budgeting, overall deficit reduction to \$70 million, strategic abandonment, and difficult conversations coaching.
- December: First interim report projects expenditures and budgets for the 2023-2024 to 2025-2026 school years.
- January: Governor's Proposed Budget.
- March-August: Focused checks on enrollment for returning and new students for 2024-25 school year to improve the excessing process.

- March: Second interim report is submitted, along with any preliminary certificated and classified layoff notices.
- May: Governor's May Revise is released; final layoff notices issued.
- June: Final State budget is released and the Board of Education adopts final budget.

### **Strategic Budget Solutions**

- Reduce Central Office costs to prioritize schools feel the LEAST impact;
- Voluntary furloughs for some 12-month employees;
- Attrition model for vacancies;
- Examine use of Central Office Title funds and redistribute to school sites;
- Strategic staffing aligned to District priorities and services to students.

### **Summary**

The federal funding that came during COVID, and that is now going away, has always been necessary to meet the academic, mental health and extended learning needs of our students. Those needs are not going away, and San Diego Unified will continue to advocate that the federal government meets its legal obligations to fully fund proven, successful strategies that support students with special needs, students in military families and students living in poverty. Finally, California continues to rank at the bottom of all US states in the percentage of state wealth that is invested in schools. To advocate for appropriate funding for our schools, we need a collective voice that unites parents, students, educators and community members.

# RESPONSIBILITY

"Reliable like an oak!"

- Create and maintain a safe living environment.
- Be reliable and dependable; when you agree to do something, do it.
- Think before you act and imagine the consequences.