



# Cobra Tales

**Our Goal... Individualized Education for All Learners**

October 12<sup>th</sup>, 2016

## Schedule of Events

- Oct 12 – Picture Day
- Oct 12 – PTC Mtg. @ 3:30pm  
Cafeteria
- Oct 13 – Cobra 3K
- Oct 25 – Site Council Mtg. @ 3:30pm

## Attendance

**Attendance is very important! Our school wide goal is 96% student attendance and expects all students to have a minimum of 90% attendance.**

**Our attendance rate is 95.81%!**

Any student under 90% may receive an attendance letter.

We understand that kids get sick and sometimes miss school for very real reasons. If your child is sick, has a fever, and maybe contagious to other students, please keep them home from school. Otherwise, please help us support your student by making sure they come to school regularly.

**Our PackSnack program is up and running!**

PackSnack provides a weekly food bag sent home with students. There **no** requirements for participation. If this would help your family, please complete a PackSnack form and turn it in to the office or your child's teacher. Forms are available in the office or on the Central Linn Website.

## **1<sup>st</sup> Annual Cobra 3K CANCELLED Tomorrow, Thursday!!**

You are invited to join your child for the COBRA 3K Run, TBA at the high school. In the past, we had parents mark cards but this year no marking is needed just encouragement and cheering! It would be amazing if you could come out and participate with your child. For the 3K, please make sure your child is prepared to jog with tennis shoes and appropriate running clothes. For every child that completes the 3K a t-shirt will be given to them. You must be here to get the shirt.

### Schedule for the 3K:

Kinders	9:45am
1 <sup>st</sup> and 2 <sup>nd</sup>	10am
3 <sup>rd</sup> and 4 <sup>th</sup>	10:15am
5 <sup>th</sup> and 6 <sup>th</sup>	10:30am



**Hope to see you there!**

**Due to Weather we have to postpone the Cobra 3K, we will reschedule as soon as weather allows, please stay tuned for more information ☺**

If you are interested in donating money to help offset the cost of the 1<sup>st</sup> Annual Cobra 3K run t-shirts, please contact Sarah Glenn at 541-223-8782 or [skglenn@dswenet.com](mailto:skglenn@dswenet.com).

### 2016-2017 Central Linn Mat Club

The Central Linn Mat Club welcomes all boys and girls ages 5-12, who are interested in learning to wrestle. Membership fee of \$75 includes...

- USA Wrestling Card (required for all tournaments)
- Central Linn Mat Club T-shirt
- The Best Coaches in the area
- CL singlet to use during the wrestling season
- Unlimited fun

#### Informational Meeting

Tuesday Oct 18  
7:00 PM  
CL High School Mat Room

#### Open Mats

Oct 17 thru Oct 20  
CL High School Mat Room  
6:00 PM to 7:00 PM

#### CL Wrestling Season

Begins October 24th  
Practice  
CL Elementary School  
K-4 5:30 to 7:00  
5-8 3:30 to 5:30

Tournaments: Dates TBD

There will be approximately 8-10 tournaments that your child can participate in. USA cards are required for all tournaments.

Registration forms with payment are due by Monday October 24<sup>th</sup> before your child will be allowed to participate in regularly scheduled practices. NO Exceptions. This is a liability insurance requirement.

### Central Linn Rec Center Basketball Registration

Registration is now open for Central Linn Rec Center basketball for kindergarten through 6<sup>th</sup> grade. Registration paperwork is available at the Central Linn Elementary office, Brownsville City Hall, and online at the Central Linn Rec Center page ([www.ci.brownsville.or.us/rec.html](http://www.ci.brownsville.or.us/rec.html)). Completed paperwork and payment can be dropped off at the Central Linn Elementary office or Brownsville City Hall. Registration closes 10/21/2016 for K-2nd Grade and 11/4/2016 for 3rd - 6th grade.

Dear Parents/Guardians:

All students at Central Linn Elementary are engaged in the learning of technology concepts across all subject areas. In order for your child to take full advantage of the many technology programs available to our school, it is important that students have access to a set of personal headphones. For hygienic reasons, we require every student to have their own pair of headphones.

**Please send a pair of (standard, non-earbud) headphones with your child**

Teachers will have bags ready to label and seal for your convenience. If you are unable to purchase headphones for your child, please contact the office for assistance.

Thank you for helping us and supporting our building technology initiatives!

If you would like to receive Cobra Tales by Email please email Leisa Keyser at [Leisa.Keyser@centrallinn.k12.or.us](mailto:Leisa.Keyser@centrallinn.k12.or.us) . I need the student(s) names and parent name and email.

*Central Linn School District is an equal opportunity educator and employer. El Distrito Escolar de Central Linn es una empresa educadora de oportunidad igual. Thank you.*

Si usted tiene preguntas con respect a la informacion de este boletin de noticias (o para consecui otra informacion en espanol) hable con Sra. Maria Guerrero 541-369-3419 Sra. Guerrero está aquí los martes y jueves en la tarde.

**Leisa Keyser will be the editor of Cougar Tales again this year, please email her at [Leisa.Keyser@centrallinn.K12.or.us](mailto:Leisa.Keyser@centrallinn.K12.or.us) if you have information to put in the weekly newsletter. Deadline is Monday @ 4pm.**



# Give Your Family More of the Good Stuff!



## Cauliflower Basics

### Shop and Save

- Choose cauliflower with a heavy compact curd (head). There may be light green leaves covering part of the curd or the leaves may have been trimmed and the cauliflower wrapped in plastic.
- Avoid heads with brown spots or loose sections of curd that are spread out.
- Fresh cauliflower is generally available year round. It is often cheaper and fresher when harvested locally, usually late summer or fall.
- Frozen cauliflower is also available and may be a better buy at some times of the year.

*Cauliflower is very high in vitamin C, which helps the body fight infections.*



### Types of Cauliflower

While white is the most common, other colors are available in supermarkets and farmers markets.

**White** - has creamy white curds and a mild flavor.

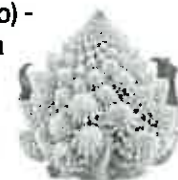
**Orange** - has bright orange curds and higher amounts of beta-carotene (vitamin A) than other colors. When cooked, the curds become a brighter and deeper orange color. Has a mild and slightly sweet taste.



**Purple** - has violet-purple curds that turn blue-green when cooked. Has a very mild and light nutty flavor.



**Green (Romanesco)** - is a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.



### Store Well Waste Less

- Cauliflower can be stored in a plastic bag with holes, a paper bag, or an open container for up to a week in the crisper drawer of the refrigerator.
- Trim away the leaves and wash under cool running water just before use.



- Cauliflower can be frozen. For best quality, blanch and cool; package in airtight containers or bags; date the package and use within a year.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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# Cooking with Cauliflower

## Fix Cauliflower Many Ways

- **Serve raw** in a salad or with low-fat ranch, hummus, or other vegetable dip.
- **Steam** in a basket over boiling water for 3 to 5 minutes or until barely fork tender.
- **Roast** (whole, sliced, or florets) in a 400 to 450 degrees F oven until crisp tender. Stir or turn as needed.
- **Sauté** in a small amount of oil over medium-high heat until lightly browned and crisp tender.
- **Microwave** in a covered dish with water added. Time will depend on amount of cauliflower and the power of the microwave.
- **Boil** in water until just fork tender.

## Cauliflower Salad

### Ingredients:

- 4 cups mixed cauliflower and broccoli florets (fresh or frozen)
- 1 cup celery, diced
- ½ cup onion, diced
- ¼ cup sweet bell pepper, any color
- ⅓ cup lite mayonnaise
- ⅓ cup nonfat plain yogurt
- 1 Tablespoon prepared mustard
- ⅛ teaspoon each salt and pepper
- ¼ teaspoon dried dill weed

### Directions:

1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
6. Refrigerate leftovers within 2 hours.

**Makes:** about 5 cups  
**Prep time:** 20 minutes

## Roasted Cauliflower

### Ingredients:

- 1 medium-sized head cauliflower
- 1 teaspoon oil
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup grated cheese (try Parmesan or reduced-fat cheddar)

### Directions:

1. Preheat oven to 400 degrees.
2. Cut cauliflower into florets about equal in size. Toss pieces with oil and place on baking pan in a single layer.
3. Mix spices together and sprinkle evenly over cauliflower. Sprinkle with cheese.
4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork.
5. Refrigerate leftovers within 2 hours.

**Makes:** about 3½ cups

**Prep time:** 5-10 minutes

**Cook time:** 30 minutes

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy, tasty  
cauliflower  
recipes



**Kids  
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash veggies under cool running water.
- break off florets.
- sprinkle seasonings and cheese.
- measure and mix ingredients.

A medium-sized head of cauliflower is about 6 inches across, weighs about 2 pounds and makes 4 to 6 servings after trimming off the leaves and stem.