



Cobra Tales

Our Goal... Individualized Education for All Learners

December 7th, 2016

Schedule of Events

Dec 12th – School Board Meeting
@ 6:30pm / CLHS

Dec 15th – Last Day of School before
Winter Break

Jan 3rd – First Day back after Winter Break

Jan 6th - School in Session

This Thursday is the December's meeting of our Cobra Club.

This month's theme is "Growth Mindset" Growth Mindset is about how we face new tasks or tasks that we have not mastered. That making mistakes is okay, we don't give up on new things, and practice makes us better.

Ask your student about what they talked about in Cobra Club.

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 94.33%!

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. Otherwise, please help us support your student by making sure they come to school.

Do you know that there are very few reasons that the State of Oregon allows for an excused absent? Being sick, having a family emergency, an appointment with a health care provider are the most common; almost anything else is considered unexcused by the State of Oregon.



Please check the Lost and Found!

We have spread the items out down the hall. During Winter Break anything left will be collected and donated to charity

Do you know how to find out about School Closures due to inclement weather?

An Alert Now message will be sent out via phone as soon as the decision is made. Also, if you go to the District Website, <http://centrallinn.k12.or.us/>, on the home page, on the left side under Quick Links is the Flash Alert/ Inclement Weather link. Also, you can check Facebook, just realize that staff may be delayed getting it on Facebook.

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 if you have information to put in the weekly newsletter. Deadline is Monday @ 4pm.



Give Your Family More of the Good Stuff!



Broccoli Basics

Broccoli is an excellent source of vitamins A, C and K.

Shop and Save

- Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.
- Although broccoli is available year round, it may cost less during peak months of October through April.
- Frozen broccoli is available year round and might be cheaper than fresh. Check the cost per ounce to find the cheapest package size and brand.



Types of Broccoli

Green broccoli (Calabrese) – most common type of broccoli. Light green stalks with dark green heads of closed flower buds. Stems, leaves and head are edible.



Broccolini – a natural cross between broccoli (Calabrese) and Chinese broccoli (kai lan). Dark green in color with small heads and long thin stalks. It is sweeter and more tender



than broccoli.

Broccoflower (Romanesco) – 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

- Store broccoli in the refrigerator in open or perforated plastic bags (make 20 holes in a medium bag). For best quality use within a week.
- Wash just before using.
- Stalks are nutritious too! Cut them in even slices or strips so they cook quickly. Heavy, woody stalks may need to be peeled.



- Broccoli can be frozen. Blanching first helps keep the color and flavor at best quality.

1 pound fresh broccoli makes about 2 cups chopped

Cooking with Broccoli

Fix Broccoli Many Ways

- Serve **raw** in a salad, on a veggie tray with hummus or low-fat dip or grate the stalk to use in slaw.
- **Toss** with a small amount of oil and **roast** at 400 to 450 degrees F.
- **Steam** in a steamer basket over boiling water in a covered saucepan.
- **Microwave** on high in a small amount of added water.
- **Sauté** in a small amount of oil.
- **Boil** in enough water to cover.

Cook only until tender. Overcooking may cause broccoli to turn an olive-green color and have an unpleasant sulfur odor.

Cooking time depends on size of pieces. Test by poking with a fork.

Broccoli & Everything Salad

Ingredients:

- 3 cups fresh **broccoli**, chopped
- 1 medium **carrot**, peeled and diced
- 2 stalks **celery**, thinly sliced
- ½ cup **raisins**
- ¼ cup **onion**, chopped
- 1 cup **cooked ham, chicken or turkey**, diced
- ¼ cup **light mayonnaise**
- ½ cup nonfat **plain yogurt**
- 1 Tablespoon **sugar**
- 1 teaspoon **vinegar**

Directions:

1. In a large bowl mix together broccoli, carrot, celery, raisins, onion and cooked meat.
2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.
3. Add mayonnaise mixture to salad and mix well.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Go to
FoodHero.org
for easy, tasty
broccoli recipes

Sesame Broccoli

Ingredients:

- 1 Tablespoon **sesame seeds** (optional)
- 1 teaspoon **sesame oil** (or **vegetable oil**)
- 3 cups chopped **broccoli**, fresh or frozen
- 2 Tablespoons **water**
- 1 Tablespoon **vinegar** or **water**
- 2 teaspoons **soy sauce**
- 1 Tablespoon **sugar**
- 1 teaspoon **corn starch**
- ½ teaspoon **red pepper flakes** (optional)

Directions:

1. Toast sesame seeds (if using) in a dry skillet on medium-high heat for 3 minutes or until golden brown. Set aside.
2. In a medium skillet sauté broccoli in oil over medium heat for 2 to 3 minutes.
3. In a small bowl combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes (if using).
4. Add the sauce mixture to the broccoli in the skillet. Stir and cook until the broccoli is tender and the sauce has thickened, about 3 to 5 minutes. Sprinkle with toasted sesame seeds (optional). Serve.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 15 minutes



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

- wash produce under cool running water.
- measure ingredients and stir them together.
- peel or cut vegetables.