



Cobra Tales

Our Goal... Individualized Education for All Learners

January 4, 2017

Schedule of Events

Jan 6th - School in Session

Jan 11th - PTC Meeting @ 3:30pm

Jan 20th - PBis Assembly / 4-6 grades @ 1:45pm
K-3 grades @ 2:30pm

Jan 24th - CLES Site Council Meeting @ 3:30pm

Here are the makeup dates so far.
Friday, April 28th and Friday, May 26th
Other days may need to be added.
Stay tuned!

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.

The Friday Fun Enrichment Signups for Winter Term should have been sent home. Deadline for sign up is January 10th! The first Friday Fun will be January 13th.

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 94.5%!

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.

There is **no one** in the Main Office on Fridays during Friday School and Friday Fun.

Please do not call or email the office staff with messages for Friday. Those messages will not be seen until Monday morning.

If you need to get a message to someone on Friday, you can email the teachers directly or if it is about Friday Fun Enrichment please email or call Linda Hover at 541-409-5600.

We will be going to school this Friday, January 6th!

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!



Shop and Save

Choose slightly firm, unblemished fuzzy kiwifruit. Size of the fruit does not affect the taste.

Press the outside of the fruit with your thumb. If it gives to a little pressure, it's ripe. If the kiwi feels hard, it's not ready to eat but could be ripened at home.

US grown fuzzy kiwifruit are available from November through May. From June through October, the fruit is coming from outside the US and may be more expensive.

Hardy kiwi (kiwi berries) are available in September and October near their growing areas. They may be available in stores and farmers markets in Oregon.

Kiwi Basics

Kiwifruit is an excellent source of vitamin C and vitamin K.



Types of Kiwi



Fuzzy kiwi - the most common type. They are about the size and shape of a large egg. The brown fuzzy skin is edible but most often removed. The flesh is usually bright green with tiny black seeds. Some varieties have golden flesh.



Hardy kiwi (kiwi berries or grape kiwi) - small, smooth skinned fruits, about 1-inch long. Skin may be green or purple-red depending on the variety. The inside



usually looks like the fuzzy variety but can also be red or yellow. Sweeter and more aromatic than fuzzy kiwi. These do not store long and are usually available in September and October.

Store Well Waste Less

Unripe kiwi can be held in a plastic bag in the refrigerator for up to 6 weeks.

To ripen, put firm kiwifruit in a paper bag on the counter away from heat and light. To speed ripening, place an apple or banana in the bag with the kiwi.

Ripe kiwi will keep for several days at room temperature and up to four weeks in the refrigerator.

Kiwifruit can be frozen sliced, crushed or whole. They can also be dried as slices or fruit leather.



How to peel Kiwi:

Use a vegetable peeler, a paring knife or a spoon. To use a spoon: Slice off both ends of the kiwi. Insert a soup spoon just under the skin at a cut edge. Gently turn the kiwi in a circular motion keeping the spoon as close to the peel as possible without breaking it.

Cooking with Kiwi

Quick Fix:

- ✿ Slice the kiwi in half and eat the flesh with a spoon.
- ✿ Include in a sack lunch.
- ✿ Make a smoothie or frozen pops.
- ✿ Add to any fruit salad or make fruit kabobs.
- ✿ Make a yogurt and kiwi parfait.

Go to
FoodHero.org
for easy, tasty
kiwi recipes

Kiwi Salsa

Ingredients:

- 1 cup **kiwi**, peeled and chopped (about 2 kiwi)
- 1 Tablespoon **onion**, finely chopped (try red or sweet)
- 1 Tablespoon **jalapeno pepper**, minced (seeds removed)
- 1 Tablespoon **cilantro**, finely chopped
- 1 Tablespoon fresh **lime juice**
- $\frac{1}{8}$ teaspoon **salt**

Directions:

1. Combine all ingredients in a medium bowl and stir gently to combine.
2. Refrigerate leftovers within 2 hours.

Notes:

- Try with tacos, tostadas, fish, chicken and more.
- Texture will be best when freshly made.

Makes 1 cup

Prep time: 15 minutes

Kiwi Pineapple Slaw

Ingredients:

- 1 cup **pineapple** in juice, undrained
- 3 cups **cabbage**, finely shredded
- 1½ cups **kiwi**, peeled and chopped (about 3 medium kiwi)
- $\frac{1}{2}$ cup **celery**, chopped
- $\frac{1}{4}$ cup **raisins**
- $\frac{1}{4}$ cup light **mayonnaise**

Directions:

1. Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed.
2. Combine drained pineapple, cabbage, kiwi, celery, and raisins in a large bowl.
3. Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes



Kids Can!

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

- ✿ use a can opener.
- ✿ measure ingredients.
- ✿ chop or slice vegetables if they are ready to use a knife. Ripe kiwi can be cut with a plastic knife and peeled with a spoon.