



March 2018 Office Newsletter

Important Dates

Please send lunch and water on Early Release Days

March 16th

Grading day - NO SCHOOL Open full day 7 - 6

March 22nd & 23rd

Parent Teacher Conferences, Early Release - 11:10. Send lunch!!

THURSDAY ONLY we will provide pizza and veggies. *Our treat.*



Please send lunch on Friday!

March 26th - 29th

Spring Break - Open 7 to 6. Field trip info at right.

Office News

February INVOICES were sent to your inbox.

If you have a past due balance from January, you should have also received a STATEMENT.

Calendars

Our April Calendar is due March 15th. (in 2 weeks.)

BE SURE TO MAKE A COPY OR TAKE A PICTURE OF YOUR SUBMITTED CALENDAR FOR YOUR RECORDS. It is important you give us accurate information so that last-minute changes do not cost you extra. We hope you filled out all the March full days off accurately. Thank you!

- Please indicate on your calendar if your child will be arriving late due to Community Programs classes or any other after school activity. Be sure to keep us informed if this changes.

SPRING BREAK FIELD TRIPS SPECIAL ACTIVITIES

Friday, March 16th

AZ Airtime

Cost: \$22

Depart 11:45 am - Return approx. 4:45 pm

Bring a water bottle! (field trip price includes special socks for AZ Airtime).

March 30th

CC Club Closed -
Spring Break

April 25th

Early Release 11:10 -
BRING LUNCH!!

Tuesday, March 27th

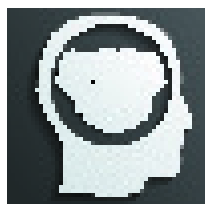
Tucson Village Farm
Cost: \$16
Depart 8:45 am - Return approx 12:15 pm
Bring water bottle, sunscreen, hat, & closed toed shoes.

Thursday, March 29th

Reid Park Zoo Animal Visitation
Times to be determined

Mt. Lemmon - Hike & Survival lessons **for 2nd & up**
Cost: \$10
Depart 9:00 am - Return approx 4 pm.
Wear comfortable hiking shoes, jacket, at least 1 water bottle and a hearty lunch & snacks.

Quick tips for Parents- Food for Thought



Brain Food - It may just help difficult behaviors
(Let us know if you want more info)

Boys have 3 times the need for essential fatty acids than girls. We all need this to help produce serotonin.

60% of our brains are made of fat.

Serotonin has multiple beneficial effects including creating a natural antidepressant release, helps us handle stress and control our impulses.

Certainly, there is more research to be done but along with sunshine and exercise, diet is very important to promote the healthy development of our kids.

Where do I find essential fatty acids? In whole milk, butter (grass fed butter), avocado, raw nuts, seeds and eggs.

Serve hearty breakfasts.

Increase protein using eggs and sausage, protein smoothies, cheese and crackers, real peanut or almond butter, tuna, raw nuts and seeds.



Use coconut oil to sauté veggies or add it to smoothies.

And, of course, limit sugar and sugary carbs.

Avoid these charges

If your child will be absent the same day or during the same week PLEASE either call 749-3224, (leave message if no one answers) or email tvecp@tanq.org. As a reminder, you will be charged a fee if we have to call to verify an absence more than once in a month.

CC Club, Mailing: 8987 E. Tanque Verde Rd., #309-142, Tucson, AZ 85749

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