

Family Day Cartoon Contest

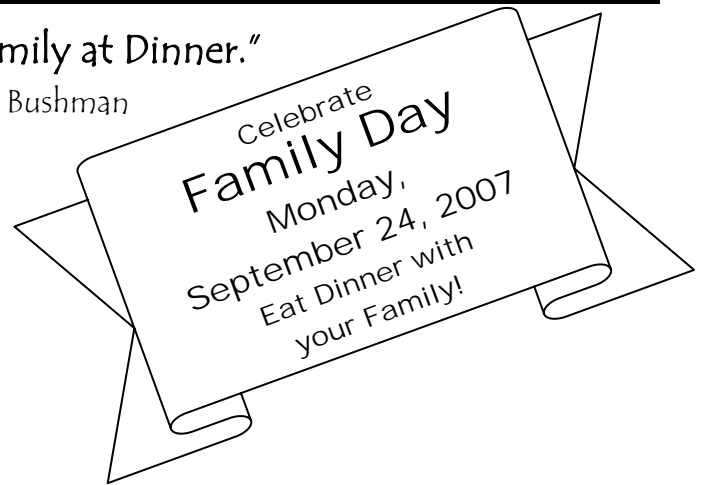
Draw a cartoon and write a caption on "My Family at Dinner."

Grand Prize worth \$200: Dinner provided by Jennifer Bushman and Scolari's with Washoe County School District Superintendent Paul Dugan, plus a gift card for Scolari's!

Deadline: must be received by Monday, October 1, 2007

Drop off your cartoon to:

Any Scolari's or Sak N'Save



Please use an 8 1/2" x 11" piece of paper to draw your cartoon, and include the following information:

Name: _____ School: _____

Home Phone #: _____ Grade Level: _____

Contest is limited to WCSD students and Charter Schools. Entries will be judged on creativity and originality.

"Assets" – Positive Things You can Offer Kids...

Eating dinner with your family is just one of the things you can do to help your children build their "assets" to succeed in life. Children and teenagers need these assets as a foundation for growing up. Research shows that these assets can have a positive impact on people's lives.

#1 **SUPPORT** them with your love, care and attention.

#2 **EMPOWER** them with opportunities to make a difference in their family and community.

#3 Establish clear **BOUNDARIES** and have high **EXPECTATIONS**.

#4 Help them find activities that make **CONSTRUCTIVE USE** of their time.

#5 Nurture in them a **COMMITMENT** to **LEARNING**.

#6 Instill **POSITIVE VALUES** to guide them.

#7 Help them develop life skills and **SOCIAL COMPETENCIES**.

#8 Nurture, celebrate and affirm their **POSITIVE IDENTITY**.

To learn more about developmental assets and how you can help your children, visit the Search Institute's website: www.search-institute.org/



Eat Dinner with your Family on Monday, September 24, 2007!

What is Family Day? – Healthy food, great conversations and loads of laughs, that's what family dinners are made of. If busy schedules are making it hard for your family to pencil in regular family meals, take a "time out" to consider all the benefits of gathering around the dinner table.

Why is it important? – Family Day—A Day to Eat Dinner with Your Children is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. Research by the National Center on Addictions and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. Teens are at a greater risk for substance abuse and dinner is one way to stay involved in your children's lives.

Make it a Habit – Tips for celebrating Family Day every day in your home:

- Turn off the TV and let your answering machine answer calls during dinnertime.
- Start the pattern of family dinners when children are young.
- Keep conversations positive and give everyone a chance to speak.
- Encourage your children to create menu ideas and participate in meal preparation.
- Talk about what happened in everyone's day: school, work, extracurricular activities or current events.
- Establish a routine to start and end each meal—light a candle or tell a story.
- After dinner, play a board game or serve a healthy dessert to encourage more conversation.

For more information regarding Family Day visit: www.washoe.k12.nv.us or www.tuneintokids.org

Ask your school about Family Day promotions and share more than just dinner!

For more information on Family Day call the WCSD Parent Involvement Office—353-5533 or Safe & Drug Free Schools—850-8012

Visit the National Family Day website! www.casafamilyday.org

When you ask your children how their day was...do they reply "fine"? Here are some helpful conversation starters:

1. What do you like about being a girl/boy?
2. When you make a mistake, do you make up excuses? If so, do you think people believe you?
3. Some adults have a lot of trouble enjoying themselves. If you were asked to give them some advice about how to play and have more fun, what would you say?
4. Imagine your principal told you she wanted to make school better and would change it in any one way you suggested. What would you tell her to do?
5. Are you in a hurry to grow up? What does it mean to be a "grown-up" and when do you think it will happen?

For more conversation starters, visit the Tune in to Kids web site—www.tuneintokids.org and look for the Family Day page.

Play the following board games with your family after dinner to increase your child's literacy and numeracy skills: Connect Four, Boggle, Scrabble, Uno, Chutes & Ladders, Checkers, Dominoes, Monopoly, Yahtzee, Aggravation, Clue, Parcheesi, Trouble or Sorry! For more ideas on games to play with your family visit <http://familyfun.go.com/games/>

A simple recipe for a quick healthy meal:

1 1/2 lbs. Yukon Gold Potatoes, peeled and cut up
1 tblsp. olive oil
1 1/4 c. finely chopped white onion
1/2 c. seeded, deveined, chopped green pepper
1 tsp. minced fresh garlic
1/4 c. finely chopped carrot
1 lb. lean ground beef
1 tsp. sea salt
1/4 tsp. freshly ground pepper
1 14-oz can Italian diced tomatoes, including liquid
1 tblsp. Butter
1/2 c. milk

Preheat the oven to 375° F.

Add the potatoes to a medium saucepan and cover with water. Bring to a boil and simmer until tender, 10 to 12 minutes. Heat the olive oil in a large skillet. Sauté the onion and green pepper until the onion is transparent, about 5 minutes. Add the garlic and carrot, sauté one more minute. Stir in the ground beef, breaking up large pieces. Sauté until brown and pour off excess grease. Season with salt & pepper. Pour in tomatoes and mix well. Pour the beef mixture into a one quart baking dish. Set aside. Drain the potatoes and mash well. Beat in butter and milk and season well with salt & pepper. Spread the mash potatoes over the beef mixture in the baking dish. Bake for 30 minutes. Serve hot.

**Quick & Easy
Shepherd's Pie**
Recipe by:
Jennifer Bushman