

Upcoming Events

- *Sept. 22, Tues., CAC Meeting, 5:30 to 7:30 p.m.*
- *Sept. 25, Fri., Pancake Breakfast, Recycling & Free Dress Day*
- *Sept. 26, Sat., Car Wash at Suzie's Burger, 10 am to 2 pm to benefit the 4th & 5th Graders for field trips costs*
- *Sept. 30, Wed., Parent Workshop, 6:00 to 8:00 p.m.*
- *Oct. 1, Thurs., Picture Day*
- *Oct. 12, Mon., Governing Board Meeting, Shingle Springs, 6:30 p.m.*
- *Oct. 15 & 16, Thurs. & Fri., No School, Staff In-Service Days*
- *Oct. 21-23, Wed.-Fri., Parent Conference Days, Minimum Days*
- *Oct. 24, Sat., Harvest Festival*
- *Oct. 27, Tues., CAC Meeting, 5:30 to 7:30 p.m.*
- *Oct. 30, Fri., Pancake Breakfast, Recycling & Free Dress Day*

Principal's Message

Dear Parents,

With the onset of the flu season, we are reminding everyone to take all precautionary measures to keep students safe and healthy, both at home and at school. When your child is sick, please keep them home. Here at school, we are constantly reminding students of ways to stay safe and healthy (frequent hand washing, sneezing/coughing tips, use of hand sanitizers, etc...). If children get sick at school, we will seclude them until they are picked up by parents. Please refer to the web site for more information regarding the H1N1 virus.

On a more pleasant note, we are celebrating International Day of Peace on Monday. Students will discuss ways we can be peaceful in our own environments; what peace means to them; how peace feels; what it looks like and how we can model it for all members of our community!

Have a peaceful weekend,

Bernie Evangelista
Principal, Capitol Campus

Classroom Support - Parent Volunteers Needed!

Are you interested in volunteering in your child's classroom during school hours, providing after school/ weekend support or serving in one of the parent lead roles? Please fill out and return the **Classroom Parent Support Sign-up** found under the "Forms" section of our CMP website. For more information, please contact Sharon Watson at sharon_split@yahoo.com.

CMP-Capitol Campus continues to go green! As part of that commitment, we are launching our very first on-line fundraising campaign by teaming up with Flower Power Fundraising (a collaboration of Gardener's Supply and Dutch Gardens). You can now order beautiful spring-blooming bulbs directly from CMP's very own webpage www.flowerpowerfundraising.com/campaign?%20campaign%20id=507. Bulbs ordered by October 23 will be sent directly to your home in time for fall planting. CMP receives 50% of all sales, so while you're "greening" your home, you're also helping CMP raise money for our new campus. Please feel free to forward the information to family, friends, neighbors, and co-workers. What a way to go green!

Campus Advisory Council (CAC) Meeting

Our first meeting of the 2009-10 school year is this **Tuesday, September 22nd**. These meetings are open to all members of our CMP community and all are welcomed. Current members of the CAC are Bernie Evangelista (principal), Tamara Mohler (teacher), Maria Ostendorf (teacher), Claire Singleton (parent) and Dineen Greer (parent). The primary role of the CAC is to serve as an advisory committee to the principal, serve as a positive communication channel between the campus, parents, teacher and the community, guide the fundraising activities, allocate donated resources in support of the campus' educational program, support parent educational programs, and coordinate the Parent Participation Program. Minutes of the meetings are posted on our website.

Fundraising Update

Harvest Festival preparation is underway and we need your help!! The event consists of games, arts & crafts, a cake walk, a silent auction, and of course, FOOD. We are seeking donations for the silent auction. Ideas include hotel stays, theme park tickets, salon certificates, gift baskets. Other donations we are also looking for include prizes for the game tables, harvest items such as pumpkins, hay bales, etc. REMEMBER, any donation to the school is tax deductible. If you need a letter with our EIN, you can obtain a copy from the school office. In addition, we will also need volunteers. If interested in volunteering the day of the event, please feel free to contact Susana Rodriguez at rsustian@sbcglobal.net or at 916-873-2376.

The Harvest Festival will be held on Saturday, October 24, 2009. Times to be announced.

Thank You,
Fundraising Committee

Hot Lunch Program

Welcome CMP Families!

We are very excited to be working with your school and serving your students for the 2009-2010 school year. The lunch program will start on 9/28/09! We have provided a brief overview of our program, description of our meals and ordering instructions. Revolution Foods is committed to making your school's meal program successful and will be available to answer any questions.

Who are we and what do we do? Revolution Foods delivers tasty, healthy, home style meals and nutrition education to schools and programs across the San Francisco Bay Area and the Los Angeles Metropolitan area. We believe that every child's education should include healthy eating and learning about nutritious food.

Food Standards: Revolution Foods maintains the integrity and quality of our meals by adhering to the food standards listed below. These food standards may shift over time due to new research in the field of food quality.

We use organic and locally produced ingredients from small family farms whenever possible.

Every lunch is served with fresh fruit and vegetables.

Our meats, baked goods and produce meet Whole Foods Market's quality standards.

Our milk is rBST-free (hormone-free) and meats are free of antibiotics and hormones.

Our food is prepared fresh daily; we do not serve fried, overly processed, or microwaved food.

Our food does not contain high fructose corn syrup or trans fats. We feature foods that are free of artificial preservatives, colors, flavors and sweeteners.

Revolution Foods' Meal Descriptions

Vegetarian and non-dairy options are available each day.

Lunch: hot & cold entrée with fresh fruit, fresh vegetables & milk

(Example: handmade tamales with roasted zucchini, served with a Bosc pear & milk)

Field Trip Lunch: cold entrée with fresh fruit, & milk delivered the day before consumption in individual paper bags

(Example: Diestel Farms natural turkey sandwich with romaine lettuce, organic cheese, an apple & all natural milk)

Beverage: all natural rBST-free (hormone-free milk)

Revolution Foods Simple Ordering Instructions: This is an order instruction sheet that will guide you through the process. Your first order is due on 9/23/09 by 5pm for the week of 9/28/09. We suggest that you keep this instruction sheet handy for the first few weeks of the program as you place your orders.

Price for lunches:

\$3.95 **K-6 size lunch** \$4.25 **7-12 size lunch**

Create an Account

Please go to order.revfoods.com

Click on Parents: [register online](#).

Enter contact information, choose a user name and password, and click on [register](#).

Add your students.

Enter Child's name and School's Access Code.

CMP's access code is DWQTZC

Choose your child's grade.

Add another child or click [continue](#).

**Note if you are registering children attending different schools you'll need a different access code.*

Fund Your Account

Your Account Balance is a declining balance (*like FasTrak*) – you must first fund your account by charging your credit or debit card with the amount your desired amount of credit.

1. Click on the “Balance” tab at the top of the page.
2. Once on the “Balance” page, click on the blue link “**Payments**” in order to make a payment.

Select the amount of money you would like to charge on your credit card.

Order Meals

Click on the “Home” tab at the top of the page.

Click on your student listed on the left side column.

Click on a date from the menu calendar to place your order(s).

For dates without an order, a summary of that day's menu is displayed.

For dates where an order has been placed, there is a check mark next to the date and it will display a summary of the order.

Grayed-out dates are not editable, as the order deadline has passed.

Please note we ask that all weekly orders to be submitted before the deadline at 5pm on the Wednesday evening prior. You may edit your order up and until the order deadline, but after the deadline, your order is locked. We encourage you to order 1 month at a time.

Revolution Foods