

NORTHWOOD PTA NEWS

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Upcoming PTA events

September 21

Association meeting

Northwood parents are invited at 6 pm to the Multipurpose room. You will hear reports about the work of Northwood PTA and the school. There will also be a presentation of A Free Sexual Abuse Prevention Program for Parents (Not suitable for children).

October 6
Movie Night *

Bring your comfortable mats or blankets and come at 6:30 pm to the Multipurpose room. We will be showing "The Boss Baby" and pizza will be for sale. Popcorn is free for everyone! For questions, please contact Gayathri Radha, PTA Parliamentarian: gkgayathrikarthick@gmail.com

October 16
Reflections contest

Monday, October 16 is the last day to submit artwork for the Reflections contest. Entries can be submitted to your teachers.

We accept student artwork in six art categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, and Visual Arts. The theme of the contest is "WITHIN REACH". Student entry form must be attached to all submissions. (Were distributed by your teacher with Reflections flyer). Title and Artist statement is mandatory to be filled in the form.

Entries will be judged primarily on how well the student uses his or her artistic vision to portray the theme, originality and creativity. Winners will be announced in the month of November. For questions, please contact Nidhi Sharma, Northwood PTA Secretary: nidhmohit@gmail.com

* **Volunteers are needed**

Contest



2017-2018
NATIONAL PTA REFLECTIONS®

WITHIN REACH

Last year our school first took part in the Reflections, a major art program of the National PTA. This participation was successful. Works of two Northwood children came to the third stage of the contest, and represented our school at the CALIFORNIA STATE LEVEL!

Anh LE, Secretary and Reflections Co-Chair (North Valley Council of PTAs) and Nidhi SHARMA, Secretary and Reflections Chairperson (Northwood PTA) advise how to better your chances this year.

How to win the Reflections?



Anh Le and Nidhi Sharma

– *Could you tell us a little about the history of this contest? For what purpose is it held?*

– *Anh Le:* Since 1969, the California PTAs Reflections Art program seeks to promote creativity, self expression, and has proven to help with critical thinking.

– *Nidhi Sharma:* A nationally acclaimed program and the motive of this program is that it gives students freedom to think beyond limitations, create their dreams through artwork.

– *Sometimes students' artworks are disqualified. What rules should be followed to avoid these unpleasant moments?*

– *Anh Le:* There are specific guidelines to all artwork submitted. Please see guidelines for complete details.

– *Nidhi Sharma:* Mandatory informations needs to be filled and artwork should reflect your theme ("Within Reach"). For rules you can log in to <http://capta.org/programs-events/reflections/general-rules/>

Please don't label your artwork, you need to attach your details separately.

– *How to win this competition? What artwork have a better chance of winning?*

– *Anh Le:* This is a tough question but based past experience the categories with most entries is Visual Arts. Perhaps the best chances may be the Film Production or Music Composition categories.

– *Nidhi Sharma:* Most of the entries we received were from Kindergarten and 1st/2nd grades last year. We wish to see 3rd - 5th graders taking part more actively this year. Good Luck!

**Northwood PTA is a non-profit organization.
We will be very grateful for your donations!**

Event of the month

Many thanks to all our volunteers for the wonderful help at these events!

Fall Book Fair

September 5-11. The sale of SCHOLASTIC books. In five working days, Northwood PTA sold about 350 books! 120 of them were donated to Northwood classes.



Ice Cream Social

Friday, September 8. Northwood PTA organized free distribution of ice cream. More than 360 packets of cold dessert were distributed!



FAQ's

How to become a Northwood PTA member?

Fill out a special form (a small white and blue envelope) and pay a membership fee of \$ 10. Each student receives this form at the beginning of the school year.

If for some reason you did not fill out this form and did not pay the membership fee, you can do it at any time. For questions, please contact Wai Ping Wong, Vice President PTA: wp4ptacs@gmail.com

What is Northwood PTA?

It is a team of Northwood volunteers, engaged primarily in the organization of school leisure. We hold such school events as Multinational Night, Talent Show, Harvest Festival, Spelling Bee, etc.

We annually create a colorful Yearbook, which contains portraits, group pictures and the most interesting moments from school life. Yearbooks are available at the end of the academic year.

Northwood PTA is a non-profit organization. We exist solely on membership fees, donations, and school fundraisers which we organize several times during academic year. This money goes to buy the necessary materials for school events, prizes, medals and certificates to students-winners.

How does the "PTA" decrypt?

"PTA" it is a parent-teacher association.

Write to us!

NORTHWOOD PTA NEWS is issued monthly throughout the school year. An electronic version of the PTA newsletter you can find on Northwood elementary school's website:

<http://northwood.berryessa.k12.ca.us/>

NORTHWOOD PTA NEWS hard copies can be found in the school office.

If you have any questions regarding the content of the PTA newsletter, please contact Kateryna Maslenko, PTA Historian: radiket@gmail.com, or any of the Northwood PTA Board members.



Many thanks to **Ms. Bobias** (Northwood Librarian) for proofreading and processing texts for newsletter



We are on Facebook:

<https://www.facebook.com/NorthwoodSchoolPTA/>

LIKE US!

NORTHWOOD SPIRIT WEAR - IT'S COOL!



Clothing sale is held every Thursday morning from 8:15 to 8:30

Feedback

Dear friends! We invite you to send your feedback, suggestions and comments on the past PTA events. Write what you liked and did not like on this e-mail: radiket@gmail.com.

Your feedback is very important! We will publish every opinion! (Please do not forget to mention your name, surname, your teacher and grade in the letter.)

"Me and my mother enjoy the ice cream"

The Ice cream social event was very good. I really enjoyed this event because:

- I met many of my friends, other class students with their parents.
- I made a funny ice cream using small balloon, a cone and three small baggy balls. Thought this ice cream was not real but it fun making it.
- From the photo booth I collected some materials from the photo material section. I wore a pair of clown gloves, a crown, a mint lollipop stick and big sunglasses to create a funny picture.
- I wish to have many more events like this, because it is fun.
- Last, but not the least me and my mother enjoy the ice cream.

Anwita GUPTA, 4th grade.

Multicultural Night

Traditionally, every winter in Northwood, Multinational Night is held — one of the most interesting and biggest PTA event. This event will feature food, costumes, artifacts, dances and music from around the World.

To celebrate this upcoming event we will be publishing some popular culinary recipes from different countries. We hope you will come and enjoy some of these recipes at our upcoming Multicultural Night.



Romania



Stuffed Cabbage Rolls (Sarmale)

There are no traditional Romanian holidays such as Christmas or New Year without stuffed cabbage rolls. Stuffed cabbage rolls are traditionally a winter dish.

Mix the ground meat with one finely chopped onion, the soaked and mashed bread, the washed rice, salt and ground black pepper. To obtain a more tender composition add 2-3 tablespoons of water in the mixture. Wash and drain the sauerkraut cabbages. Squeeze them, then easily separate the leaves.

Fill each leaf with the ground meat mixture and roll, tucking in the ends of the cabbage leaf. If the leaves are very big, you can cut them in half. Finely chop the remaining of the sauerkraut. Put a layer of chopped cabbage on the bottom of a large nonstick pot, few bay leaves and one layer of chopped onion. Add half can of tomatoes paste and the olive oil.

Arrange the stuffed cabbage rolls in layers. Add on top chopped onion, the remaining chopped cabbage and the remaining tomatoes paste. Add water to cover everything. Season it with salt and peppercorns (black pepper). Bring to a boil and then simmer at medium-low heat for about 45 minutes.

Add water from time to time to keep the stuffed rolls covered to the top. Preheat the oven at 375 F and put the pot in the oven for about 10-15 minutes. The dish is better served the next day after baking. Serve with sour cream on top. Traditionally, it can be served with polenta on the side.

Written by
Alina ROMAN,
 mom of Patrick Roman (ms. Lyle's class)

Ingredients:

- 1.5 pounds ground meat (combined lean beef and pork)
- 3 tablespoons rice
- 2 onions
- 1-2 slices of bread, soaked in water
- 2 sauerkraut cabbages (or 1 fresh cabbage and 1 quart jar of sauerkraut)
- 2 tablespoons olive oil
- ½ salt
- ½ tsp. ground black pepper
- tomatoes paste - a small can
- sour cream
- 2-3 dry bay leaves



Mexico

Mexican Rice Recipe (Arroz Rojo Mexicano)

Mexican rice is it one of the most well-known international side dishes from the Mexican cuisine, and it can be considered the best side dish. Mexicans like to eat the rice with almost any entrée or dish.

Ingredients

- 1 ½ cups uncooked long grain white rice.
- 2 Roma tomatoes cored and quartered. (1 can of tomato sauce can be used instead)
- 3 cloves garlic, peeled.
- ¼ cup sliced white onion.
- ¼ cup of chopped white onion.
- 3 cups chicken broth, preferably homemade or reduced-sodium canned or boxed. Vegetable broth can be used instead of the chicken broth.
- 3 tablespoons vegetable oil.
- 1 to 2 teaspoon of Salt, to taste.
- 1 cup of mix vegetables of diced carrots, peas and corn (Optional).

Put rice in a pot and cover with an inch of cold water. Swish around until water is milky,

pour off water. Repeat rinsing twice, then drain rice well in a colander and let dry 10 to 15 minutes.

Heat oil in a medium saucepan over medium-low heat. Add rice and cook, stirring, 2 minutes; add the chopped onions and cook for another 2 minutes; then increase heat to medium and cook until rice starts to turn golden, about 3 to 6 minutes, stirring often. Meanwhile, in a blender, purée the sliced onion, garlic, and chopped tomatoes. Add tomato purée to rice, increase heat to high, and cook, stirring, until purée has been mostly absorbed, about 3 to 4 minutes (it will bubble and spatter). Stir in chicken broth or

vegetable broth, the mixed vegetables (optional), salt (one or two teaspoons to taste) and bring to a boil. Reduce heat to low, cover, and simmer until all liquid is absorbed, 15 to 20 minutes. Let it sit for 10 to 15 minutes. Serve it with any entrée or dish of your preference.

Written by
Lucy GOMEZ,
 mom of Joshua Gonzalez (ms. Barger's class)

