

# Canyon Rim Academy PTA Updates. . . .

**SHAKESPEARE PLAY – March 17 & 18<sup>th</sup> at 7 p.m.** If you enjoy magic, fairies, mischief, and most of all LOVE . . . don't miss Shakespeare's *A MIDSUMMER NIGHT'S DREAM*, performed by Canyon Rim 5<sup>th</sup> and 6<sup>th</sup> grade students. Bring the family and enjoy the show!

**GOLD MEDAL NUTRITION IDEAS FOR AT HOME** As part of the Gold Medal Schools™ (GMS) program Canyon Rim Academy has been providing healthy options to students. Canyon Rim Academy has put the following changes into practice: allowing adequate eating time for lunch; offering healthy food choices at class parties and other school functions; continuing to walk the Gold Medal Mile - students and teachers have walked 3,575 miles!

Through the GMS program students are given chances to eat healthy. We encourage parents to do this at home too. Every step you take towards eating healthy helps you and your family be at their best. Eating fruits and vegetables is one way to reduce your family's risk of many diseases; it is recommended that you eat more fruits and vegetables than any other food group. But with busy schedules, picky eaters, and tight budgets this may be more difficult than it sounds. Here are some easy things you can do to improve your family's nutrition: \*\*\*Eat meals as a family. \*\*\*Keep healthy snacks, like dried fruit, in your pantry. \*\*\*Ask your kids to help prepare part of a meal.

For a personalized eating plan and to assess your food choices, visit the United States Department of Agriculture (USDA) Website at [www.MyPyramid.gov](http://www.MyPyramid.gov).

## CANYON RIM ACADEMY SPRING MUSICAL – ANNIE JR.

CRA will be putting on the musical "Annie" at the end of May. Auditions will be held for speaking roles on Tuesday, March 23 after school in the multi-purpose room. 4<sup>th</sup> - 6<sup>th</sup> grade students may audition for speaking roles or may be a part of the chorus. Chorus participation need not audition, but should sign up on a chorus list that will be posted on March 23. Rehearsals will take place on Tuesdays and Fridays after school, though not all participants will need to attend all rehearsals.

1<sup>st</sup> - 3<sup>rd</sup> graders may participate in one song, "It's A Hard Knock Life". They should not attend the auditions, but should attend the first group meeting on March 26<sup>th</sup>. Please read last week's PTA newsletter for more essential details!

**The BOOK FAIR** will be held this week during Parent Teacher Conferences.

March 9<sup>th</sup> during lunch: 11:00 -1:00      March 10<sup>th</sup> & 11<sup>th</sup>: 12:00 - 8:00

Stop by and check things out! You can find more information on the CRA book fair homepage at [http://bookfairs.scholastic.com/homepage/cra\\_bookfair](http://bookfairs.scholastic.com/homepage/cra_bookfair).

## BANK DAY AND BOX TOPS STORE ARE EVERY WEDNESDAY DURING LUNCH!

The results of the latest **Box Tops Contest** are in!

**1<sup>st</sup> Place** and winner of the "Top It" party is **Mrs. Hillyard's Kindergarten** class. They turned in a total of 749 Box Tops.

**2<sup>nd</sup> Place** goes to Miss Lisa's 1<sup>st</sup> grade class who turned in a total of 733 Box Tops.

**3<sup>rd</sup> Place** goes to Miss Schembari's 2<sup>nd</sup> grade class with a total of 538 Box Tops.

Total Box Tops turned in during this contest was 7,786 Box Tops. That is great considering that these box tops turn into cash for our school, which equal \$778.60!