

## NOTICIAS DE LA SEMANA:

**Presidents' Day Holiday:** Don't forget, there is no school tomorrow (Friday) and Monday, in observance of Presidents' Day. Enjoy the long weekend!

**March Lunch Orders Due Tuesday:** Attached is the new lunch menu/order form for March (also on our website). Forms must be submitted with payment by Tues., Feb. 22<sup>nd</sup> in order to participate in the first week of lunch service in March. Note: If you ordered lunch on any of the days that school was closed due to snow, you will receive a credit slip in next week's Semanal that can be applied to future orders.

**PTO Meeting Wed. Feb. 23, 7-8:30pm:** This month's meeting presents special guest speaker Jennifer Austin, PhD, on "Resources for supporting your child's bilingual development". Other topics include an update on the school bus service and planning for next year, as well as exciting updates on upcoming PTO sponsored events.

**Movie Night, Fri., Feb. 25<sup>th</sup>, 6:30pm:** Have your kids bring their PJs and sleeping bag or blanket to get comfy while they watch *Despicable Me* with 100 of their closest friends. Please RSVP to the evite if you haven't already, so we can be sure to have enough refreshments.

**Salsa Social:** Get a sitter and break out your dancing shoes! KB parents Jen Rock & Joe Branco will host an evening of Latin dancing at Room84 to benefit HoLa, Friday, March 4<sup>th</sup>, 7:30-10:30pm. Salsa teachers will circulate to offer tips and a twirl around the dance floor, while parents, teachers and friends mingle and enjoy Latin tunes. \$15 at the door includes a drink ticket—profits will be donated to the school. Family and friends are welcome, so spread the word!

**Maratón de Libros:** On March 4<sup>th</sup>, HoLa will kick off our Maratón de Libros, a reading marathon to promote students' reading skills and enjoyment. The Maratón will end on Fri., March 25<sup>th</sup>, and all students will be honored for their accomplishments. On Sun., March 27<sup>th</sup>, students, parents, teachers and the entire community will be invited to attend the **Fiesta de Libros**—a fun family event featuring a Spanish book fair, crafts, guest readings and more! Details to come. To join/form a committee, contact KB parent Desiree Goldfinger at [dgoldfinger@mindspring.com](mailto:dgoldfinger@mindspring.com).

**Via Mode Hearts HoLa:** If you heart shoes, this one's for you! Shop at Via Mode on Washington Street during the month of March, and 10% of the sale will be donated to HoLa. The biggest shopper will also win a \$50 Via Mode gift certificate.

**Bank Street Summer Camp:** Bank Street summer camp registration is open—they offer a terrific Spanish immersion program on the Upper West Side, and spots are still available for incoming 1<sup>st</sup> and 2<sup>nd</sup> graders. Learn more: [www.bnkst.edu/camp/](http://www.bnkst.edu/camp/)

**Viridian:** Nearly 25% of HoLa families have switched to Viridian to save money on their electric bill, while protecting the environment. The average savings in NJ is 10% annually, and for every family that switches the impact is equivalent to planting 60 trees and NOT driving 1,225 miles. Now friends and family in NY who are serviced by ConEdison are eligible to switch too. To sign up, visit [www.viridian.com/holahoboken](http://www.viridian.com/holahoboken). New customers receive an additional 10% off the supply portion of their first electric bill, and HoLa earns a monthly referral fee for every customer who switches. Questions? Contact Lynn Danzker: 201.970.8153 or [ldanzker@gmail.com](mailto:ldanzker@gmail.com).

### **Community events:**

**Parenting Workshop, Sun., Feb 27<sup>th</sup>, 5-6:30pm:** 1<sup>st</sup> Grade parent Dr. Daphne Anshel will facilitate "Mindful Parenting: Setting Limits with Compassion" at Ariele's Apothecary, 80 Park Ave. in Hoboken (enter on Newark btwn Park & Willow). Cost is \$40/individual or \$50/2 careivers within 1 familv. To reister. call 201.526.4684.

## EN ESTE SOBRE:

- March lunch menu/form (Due Tuesday!!)
- PTO Meeting flyer
- Salsa Social flyer
- Revolution Foods "Family Corner"
- Via Mode flyer

## FECHAS:

- Fri., Feb. 18<sup>th</sup> & Mon., Feb. 21<sup>st</sup> — No school!
- Tues., Feb. 22<sup>nd</sup> — March lunch orders due
- Wed., Feb. 23<sup>rd</sup>, 7pm — PTO Meeting
- Fri., Feb. 25<sup>th</sup> — Mendez Class Coffee
- Fri., Feb. 25<sup>th</sup> — 2<sup>nd</sup> grade solar system exhibit
- Fri., Feb. 25<sup>th</sup>, 6:30pm — Family Movie Night
- Sun., Feb. 27<sup>th</sup>, 5pm — Parenting Workshop

### **Coming up:**

- Fri., March 4<sup>th</sup> — Maratón de Libros
- Fri., March 4<sup>th</sup>, 7:30pm — Salsa Social
- Sunday, March 27<sup>th</sup> — Fiesta de Libros

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

## HoLa School Lunch Program

Welcome to Revolution Foods! This order form for the month of MARCH is **due Tuesday 2/22!!**

	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>	<b>March 4</b>
	<input type="checkbox"/> Revy Burger on Fresh Bun (DF) <input type="checkbox"/> Revy Cheese Burger on Fresh Bun <input type="checkbox"/> Pasta Alfredo (V) <input type="checkbox"/> Cheesy Chicken Quesadilla <input type="checkbox"/> All-Nat'l Turkey and cheese sandwich with lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> All Natural BBQ Chicken with Roasted Potatoes (DF) <input type="checkbox"/> Beef and Vegetable Cheese Lasagna <input type="checkbox"/> Vegetable Cheese Lasagna (V) <input type="checkbox"/> BBQ Turkey & Cheese wrap <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Baked Ziti w/ zesty hamburger & cheese <input type="checkbox"/> Never Fried, Breaded Chicken Bites with Cheesy Pasta <input type="checkbox"/> Garden Vegetable Bean Soup (V) <input type="checkbox"/> Chicken Salad Sandwich (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Deep Dish Cheese Pizza (V) <input type="checkbox"/> Deep Dish Cheeseburger Pizza <input type="checkbox"/> Honey Glazed Chicken Thigh with Roasted Potatoes (DF) <input type="checkbox"/> Turkey & Cheese Chef Salad <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today
<b>March 7</b>	<b>March 8</b>	<b>March 9</b>	<b>March 10</b>	<b>March 11</b>
<input type="checkbox"/> Spaghetti Marinara w/ meatballs & cheese <input type="checkbox"/> Macaroni & Cheese (V) <input type="checkbox"/> Sloppy Joe on Fresh Bun (DF) <input type="checkbox"/> Sesame Chicken wrap w/ vinaigrette (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Chicken Parmesan w/ Alfredo Fusilli pasta <input type="checkbox"/> Teriyaki Tofu w/ Bokchoy stir-fry & Not-So-Fried Rice (V) <input type="checkbox"/> Teriyaki chicken w/ Bokchoy stir fry & Not-So-Fried Rice (DF) <input type="checkbox"/> Chicken Caesar Wrap <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Meatball & Mozzarella Sub Sandwich <input type="checkbox"/> Pasta marinara w/ Parmesan (V) <input type="checkbox"/> Beef & Bean Burrito (DF) <input type="checkbox"/> All-Nat'l Turkey and cheese sandwich with lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Baked Ziti w/ Zesty Hamburger & Cheese <input type="checkbox"/> All Natural Beef Hot Dog on fresh bun (DF) <input type="checkbox"/> Southwest rice bowl w/ baked tofu & black bean salad (V) <input type="checkbox"/> Chicken Salad Sandwich (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Deep dish Cheese Pizza (V) <input type="checkbox"/> Deep Dish BBQ Chicken Pizza <input type="checkbox"/> Dairy-free Beef Taco w/ Spanish rice (DF) <input type="checkbox"/> BBQ Turkey & Cheese wrap <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today
<b>March 14</b>	<b>March 15</b>	<b>March 16</b>	<b>March 17</b>	<b>March 18</b>
<input type="checkbox"/> Never Fried, Breaded Chicken Bites with Cheesy Pasta <input type="checkbox"/> 3-Bean Vegetarian Chili w/ Vegetables (V) <input type="checkbox"/> Spaghetti Marinara w/ Meatballs (DF) <input type="checkbox"/> Chicken Caesar Salad with Romaine Lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Revy Burger on fresh-baked bun (DF) <input type="checkbox"/> Vegetable Cheese Lasagna (V) <input type="checkbox"/> Cheesy Chicken Quesadilla <input type="checkbox"/> Turkey & Cheese Chef Salad w/ Romaine lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<b>School Closed</b>	<input type="checkbox"/> Grilled Chicken Sandwich on Fresh Baked Bun (DF) <input type="checkbox"/> Baked Ziti w/ zesty Hamburger & Cheese <input type="checkbox"/> Pasta Alfredo w/ Chicken & Parmesan Cheese <input type="checkbox"/> Mediterranean Veggie Wrap (V) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Deep Dish Cheeseburger Pizza <input type="checkbox"/> Deep Dish Cheese Pizza (V) <input type="checkbox"/> All-nat'l Honey-Glazed Chicken Thigh w/ Roasted Potatoes (DF) <input type="checkbox"/> BBQ Turkey & Cheese Wrap w/ Romaine lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today
<b>March 21</b>	<b>March 22</b>	<b>March 23</b>	<b>March 24</b>	<b>March 25</b>
<input type="checkbox"/> Spaghetti Marinara w/ meatballs & cheese <input type="checkbox"/> Teriyaki Tofu w/ Bokchoy stir-fry & Not-So-Fried Rice (V) <input type="checkbox"/> Dairy-free Beef Taco w/ Spanish rice (DF) <input type="checkbox"/> Chicken Caesar Salad with Romaine Lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> All-Natural Beef Hot Dog on fresh bun (DF) <input type="checkbox"/> Cheesy Chicken Quesadilla <input type="checkbox"/> Pasta Marinara w/ Parmesan (V) <input type="checkbox"/> All-Nat'l Turkey & Cheese Sandwich on fresh-baked bun <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Savory Turkey Meatloaf w/ Pasta Marinara <input type="checkbox"/> Garden Vegetable Bean Soup w/ Whole-wheat roll (V, DF) <input type="checkbox"/> All-Nat'l BBQ Chicken w/ Roasted Potatoes <input type="checkbox"/> Chicken Salad Sandwich with Lettuce (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Chicken Parmesan w/ Alfredo Fusilli Pasta <input type="checkbox"/> Macaroni and Cheese (V) <input type="checkbox"/> All-Nat'l Beef & Bean Burrito (DF) <input type="checkbox"/> Chicken Salad Sandwich with Lettuce (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Deep Dish BBQ Chicken Pizza <input type="checkbox"/> Deep Dish Cheese Pizza (V) <input type="checkbox"/> Sloppy Joe on Fresh Baked Bun (DF) <input type="checkbox"/> All-Nat'l Turkey and cheese sandwich with lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today
<b>March 28</b>	<b>March 29</b>	<b>March 30</b>	<b>March 31</b>	
<input type="checkbox"/> Meatball & Mozzarella Sub Sandwich <input type="checkbox"/> Pasta Alfredo w/ whole-wheat dinner roll (V) <input type="checkbox"/> Spaghetti Marinara with All Natural Meatballs (DF) <input type="checkbox"/> Sesame Chicken wrap w/ vinaigrette (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Cheesy Chicken Quesadilla <input type="checkbox"/> Vegetable Cheese Lasagna (V) <input type="checkbox"/> Beef & Vegetable Cheese Lasagna <input type="checkbox"/> Chicken Salad Sandwich with Lettuce (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Never-Fried-Breaded Chicken Bites w/ Cheesy Pasta <input type="checkbox"/> Vegetarian Egg & Cheese Sandwich (V) <input type="checkbox"/> All-Nat'l Beef & Bean Burrito (DF) <input type="checkbox"/> BBQ Turkey & Cheese Wrap w/ Romaine lettuce <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	<input type="checkbox"/> Baked Ziti w/ zesty Hamburger & Cheese <input type="checkbox"/> Bean & Cheese Quesadilla (V) <input type="checkbox"/> Revy Burger on Fresh Baked Bun (DF) <input type="checkbox"/> Chicken Salad Sandwich w/ lettuce (DF) <input type="checkbox"/> Milk only <input type="checkbox"/> No lunch today	

*1% or skim milk, seasonal fresh fruit, and vegetables with every lunch. Pork/nut free. V = Vegetarian DF = Dairy Free*

Number of Full Price Lunches \_\_\_\_\_ x \$3.45 = \_\_\_\_\_

Number of Reduced Lunches \_\_\_\_\_ x \$0.40 = \_\_\_\_\_ (must be pre-qualified)

Number of Milk only \_\_\_\_\_ x \$0.50 = \_\_\_\_\_

Parent Contact E-Mail \_\_\_\_\_

Please return this form with cash or check  
(made out to HoLa Hoboken)  
total of \$ \_\_\_\_\_

# March 2011

**Buy a Shoe and  
Give Back to Hola**



**With every pair of shoe you purchase 10% will go to HOLA.**

- 1) Mention code below and**
- 2) Give your name to sales associate**

**The biggest shopper of the month will receive a \$50 gift certificate at Via Mode.**

**CODE: "HOLA" & Give associate your name.**

## VIA MODE

*Shoes for kids, men and women*

404 Washington Street, Hoboken, NJ Phone (201)217-6727.

Store Hours: M-F 12 to 8pm, Sat 10-8pm.Sun. 12 to 6pm

Visit us at [www.Viamode.com](http://www.Viamode.com) or

Any questions contact **Hola Parent** [spetrocelli@optonline.net](mailto:spetrocelli@optonline.net)





# FAMILY CORNER

## LOVE your heart: KEEP IT HEALTHY

February is National Heart Month, so this Valentine's Day give your heart lots of love by taking good care of it! Both physical activity and diet are important in keeping your heart in tip-top shape. **Read more get tips about what you can do to make sure your heart is healthy and happy.**



**GET MOVING!** Physical activity is good for your heart. Whether it is a structured exercise program or just part of your daily routine, all physical activity adds up. **Engage your friends and family in something active - your heart will thank you!**

**DIET "DOS"** DO choose foods that support heart health. Fruits, vegetables, whole grains, and healthy fats found in seafood, fish oil, and nuts **all keep your heart in top-notch condition.**



Here are some tips to keep you and your families' hearts in shape this month. Use the acronym **L.O.V.E.** to have a happy and healthy heart for life.

L



**LAUGH OFTEN!** Laughing is some of the best medicine for your heart. Laughter is infectious and triggers healthy physical changes in the body. It strengthens your immune system, boosts your energy, diminishes pain, and protects you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

O



**OLIVE OIL** isn't only delicious - it's good for your heart. Two tablespoons of olive oil daily, a monounsaturated fat, may reduce the risk of coronary heart disease. Use olive oil instead of margarine, lard or butter in your cooking or mix with vinegar to make a dressing for your favorite salad.

V



**VACATIONS** and rest are good for your heart. Take a break! Vacations, and getting away from your normal routine, are part of a healthy lifestyle. Studies show that men who take regular vacations are 32% less likely to die of heart attacks than those who don't.

E



**EXERCISE DAILY!** Your heart is a muscle that needs exercise. Keep your heart fit by being active every day. Climbing the stairs, taking a brisk walk, dancing, or other kinds of exercise done for 30 min a day are excellent ways to increase your heart rate.

# RINCÓN DE LA FAMILIA

## AME su corazón: MANTÉNGALO SALUDABLE

¡Febrero es el mes nacional del corazón, así que en este día de San Valentín idele mucho cariño a su corazón al cuidarlo! Tanto la actividad física como la dieta son importantes para mantener su corazón en buena forma. **Lea más para consejos sobre lo que puede hacer para asegurarse de que su corazón esté saludable y feliz.**

**¡MUÉVASE!** La actividad física es buena para su corazón. Toda actividad física cuenta – ya sea un programa de ejercicio estructurado o que sea simplemente una parte de su rutina diaria. Incluya a sus amigos y familia en algo activo – su corazón le agradecerá!

**“SÍ” DE LA DIETA** Sí elija comidas que sostengan la salud del corazón. Las frutas, los vegetales, los cereales integrales, las grasas saludables que se encuentran en los frutos de mar, los aceites de pescado y las nueces ayudan a que su corazón se mantenga en óptima condición.



Aquí hay algunos consejos para que los corazones de usted y su familia estén en buena forma este mes. Use el acrónimo **L.O.V.E.** para tener un corazón alegre y saludable de por vida.

**L**



**O**



**V**



**E**



**LA RISA.** ¡Ríase con frecuencia! La risa es una de las mejores medicinas para su corazón. La risa es contagiosa y desencadena cambios físicos en el cuerpo. Fortalece su sistema inmunológico, aumenta su energía, disminuye el dolor y lo protege de los efectos dañinos del estrés. Lo mejor de todo esto es que esta medicina sin precio es divertida, gratis y fácil de usar.

**OLIVA.** El aceite de oliva no es solo delicioso – es bueno para su corazón. Dos cucharas de aceite de oliva (una grasa monoinsaturada) al día pueden reducir el riesgo de cardiopatía isquémica. Use aceite de oliva en lugar de margarina, manteca o mantequilla al cocinar o mézclelo con vinagre como aderezo para su ensalada favorita.

**VACACIONES.** Las vacaciones y el descanso son buenos para su corazón. ¡Tome un descanso! Las vacaciones y el salir de la rutina cotidiana forman parte de un estilo de vida saludable. Las investigaciones han comprobado que los hombres que toman vacaciones regularmente son 32% menos propensos a morir de un ataque al corazón que aquellos que no toman vacaciones.

**EJERCICIO.** ¡Haga ejercicio cada día! Su corazón es un músculo que necesita ejercicio. Mantenga su corazón sano siendo activo cada día. El subir las gradas, el pasear a buen paso, el bailar y otros tipos de ejercicio hechos por 30 minutos al día son excelentes formas de aumentar su ritmo cardíaco.



**Room84**

is excited to present the first

# ***HoLa Salsa Social***

Please join us for an evening of fun, music and dance!

Friday, March 4, 2011

Room84

84 Washington Street

7:30-10:30pm

\$15 per person at the door (includes a drink ticket)

Local dance teacher Tracy Everitt and his two assistants will be circulating from 8-10pm to provide some quick tips and an expert spin around the dance floor.

The Salsa Social is a FUNdraising event open to all - current HoLa parents, our future HoLa parents and anyone interested in a fun night of music and dance.

# PTO



## ¡HOLA! PARENT TEACHER ORGANIZATION

**What / Que:**

PTO meeting / Reunión de la asociación de padres y profesores

**When / Cuando:**

Wednesday, February 23rd / Miercoles, 23 de Febrero; 7 - 8:30pm

**Where / Donde:**

HoLa lunchroom / Cafetería de HoLa

**Who / Quien:**

All are invited to attend / Bienvenidos a todos

**Agenda Topics / Temas de Discusión:**

- 1) PTO & Director Reports / Resumen del PTO y la Directora
- 2) HoLa Bus Service; 2010 recap and planning for 2011  
Servicio de autobús escolar; resumen del 2010 y planes para el 2011
- 3) **GUEST SPEAKER:** Jennifer Austin, PhD: "Resources for supporting your child's bilingual development"

**CHARLA CON** Jennifer Austin, PhD: "Recursos para fomentar el desarrollo bilingüe de su hijo/a"

~ *Light refreshments* ~