



Nutrition Education & Featured Recipe

Cocoa as a plant and chocolate as food contain a series of chemicals that can interact with cell and tissue [components providing protection](#) against the

development and amelioration of pathological conditions. [Several in vivo studies](#) have provided strong support for the hypothesis that the consumption of flavanol-rich foods, such as certain cocoas and chocolates, may be associated with reduced risk for vascular disease.

You had me at chocolate! Make this healthier version for your Valentine this month...or anytime!

Dark Chocolate Covered Strawberries

- ✓ 1 2/3 cups (10-oz. pkg.) *Dark Chocolate Morsels*
- ✓ 1 tablespoon vegetable shortening
- ✓ Fresh strawberries (rinsed and patted dry)
- ✓ Assorted sprinkles, finely chopped nuts

Directions: Line baking sheets with wax paper. Microwave morsels and shortening 45 seconds; STIR. If morsels retain some of their original shape, microwave at additional 10- to 15-second intervals, stirring just until melted. Dip strawberries (by stem or leaves) or snacks into melted chocolate. Place on prepared baking sheets. If you are using sprinkles or nuts, sprinkle them on when the chocolate is still wet. Refrigerate for 15 minutes or until set. Makes 1 cup coating.

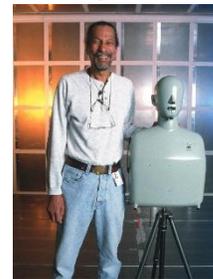


African-American History Month

Integrating African-American Culture & History into Your Curriculum

Introducing: James E. West (1931–)

Chances are that you use Mr. West's microphone every day. West was born in Farmville, Va. He enjoyed learning how things worked when he was young. West



became especially interested in electricity after he was accidentally shocked when tinkering with an old radio. He studied physics at Temple University and interned at Bell Labs during his summers. In 1957, West went to work at Bell Labs. He and fellow scientist Gerhard M. Sessler

developed an inexpensive, compact, and highly sensitive microphone, which they patented in 1962. Today, 90 percent of microphones use their technology, including those in cell phones, laptops, baby monitors, and hearing aids. West is a champion of science and technology education for minorities and women.



"We need to help students and parents cherish and preserve the ethnic and cultural diversity that nourishes and strengthens this community - and this nation."



Physical Activity & Health

HEART ATTACK

Chest discomfort. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. (one or both arms, the back, neck, jaw or stomach).

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness (somewhat more likely in women).

February is also
National Heart
Health Month

Please
read.

Save a
life.

STROKE

FACE: Ask him / her to smile. Does one side of their face droop?

ARMS: Ask him / her to raise both arms. Does one arm drift downward?

SPEECH: Ask him / her one to repeat a simple phrase. Does his or her speech sound slurred or strange?

TIME: Time is crucial. Call 9-1-1 immediately if you or your loved one has any of these symptoms.

Offerings include various grab and go items such as:

- hot breakfast sandwiches
- fresh fruits
- yogurt
- whole grain pastries

Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood. —CDC.org

Wellness Corner

BE NICE TO YOURSELF

While the concept of self-compassion has existed in Eastern philosophical thought for centuries, it is a relatively new concept for Western psychology. Self-compassion does not demand that we evaluate ourselves positively or that we see ourselves as better than others do. Rather, the positive emotions of self-compassion kick in exactly when self-esteem falls down; when we do not meet our expectations or fail in some way. This means that the sense of intrinsic self-worth inherent in self-compassion is highly stable. It is constantly available to provide us with care and support in times of need.

Wellness Committee Collaborative

Coachella Valley Unified School District's Wellness Committee is on February 26th at 3:30pm at the District Office. *Everyone* is welcome. There is a [Wellness Policy](#) binder in English and Spanish available in every school office for reference and review. The online versions contain hyperlinks for ease of navigation; including the [Smart Snacks calculator](#).

Fun Activity Alert

Join us for an introduction to the game of Ultimate Frisbee with the goal of exercise, improving stamina and advancing your skills. The program will consist of two games side by side, with the advanced team playing next to the beginners. (1/8-2/26, each Monday 6-8pm; option of \$5 walk-in fee) Football Field at Freedom Park, Palm Desert, CA.



Nutrition Services News



CVUSD's "[Breakfast on the Playground](#)" Pilot program is designed to ensure that more students start their day off properly.



"I have decided to stick with love. Hate is too great a burden to bear."
—Dr. Martin Luther King, Jr.



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