

# Lamorinda Schools & Sports



Photo courtesy Lisa Evaristo

### And the winners are:

- Best of Show:** Teriyaki Chicken Bowl – Steven Williams
- Fun Kids Foods:** Loveable Lasagna – Jenna Evaristo
- Simple Kid Friendly Prep:** Taco Casserole - Michaela Sasner
- Health Conscious Foods:** Cole's Rockin' Chili – Cole Brightbill
- Judges Choice:** Panko Chicken – Jeremy Hathaway
- Plate Presentation:** Super Cheesy Mini Lasagna Cups of Awesomeness – Claire McNally

## Everyone's a Winner at Kids Can Cook Contest

By Cathy Tyson

With complimentary chef's jackets - sleeve roll up required, hat and rubber gloves – the contest was on. The six finalists, selected from 35 entries, suited up to prepare for the "Kids Can Cook" contest at Burton Valley Elementary School. This year's theme was "healthy lunches." The contest was open to all third through fifth graders, with an equal number of boys and girls submitting entries.

"The kids were challenged to be creative and healthy," said Hot Lunch Coordinator Lisa Evaristo. "It's part of what Sodexo and I are trying to really promote: healthy fresh food. On a personal note, I am

just thrilled that these kids are learning to actually cook - not just heat packaged food!" Students had to come up with a recipe, make sure it was nutritious and something their fellow students would actually eat, and able to be reproduced in the school kitchen. The winner will have his or her dish served during April for hot lunch.

With assistance from John Scatena, General Manager of the Schools Division and the Sodexo food service team, trays with pre-chopped vegetables and all the ingredients from their submitted recipes were presented to the students at their respective tables set

up in the multipurpose room. Although they were supervised, the kids had to assemble their dish, cook it and serve it to a distinguished panel of judges.

A number of parents mentioned there was a fair amount of practicing at home, and that they're ready to try something new for dinner.

At one point there was a noodle emergency – the cooked noodles were sticking together for Loveable Lasagna. The nimble fingers of an adult chef saved the day.

Many of the young chefs seemed excited but quickly settled into the task at hand. Their fellow

students came in to check out the proceedings, and quite a few parents were on hand to take pictures. There was an hour and a half time limit to prepare and serve their lunch.

Comments on the finished products ranged from, "Crunchy and delectable" to "extra zesty." Although the competition was fierce, students gathered for the judging and gave a big round of applause for all the finalists, who received a reusable tote bag, whisks, kitchen towels, wooden spoons, potholders and a reusable water bottle. Turns out – everyone's a winner.

## Sister to Sister Summit: The Perspective of a Big Sister

Submitted by Jen Vaccaro



Girls having fun at the 2010 Sister to Sister Summit

Photo K. De Groot

Middle school is truly a "middle" phase, where a student begins to distance herself from once-favorite clothes and television shows, but is still too young to earn the freedoms (and experience the stresses) of high school students.

Although those in middle school may not have to stress over final exams and college applications, they are by no means exempt from the feeling. In the organization Sister to Sister, local high school girls plan a day, every spring, for

middle school girls from around the area to come together and share their stories.

After I attended Sister to Sister as a middle school student, just a few years ago, I remember thinking that as much as I loved all my friends at Stanley, my own middle school, there was something special and novel about becoming friends with girls from other schools as well. Whether it was because they could provide a different perspective on situations, or because these

friendships reminded me that I was not confined within the borders of my own school, the friends I made at Sister to Sister are still a big part of my life.

Now in high school, I have become a facilitator for the Summit. Over a six-month period, a group of us are mentored by women from the American Association of University Women (AAUW), planning the Summit and working on our facilitation and communication skills. We have arranged a day of fun and have created a chance for local middle school girls to bond with others of their own age in an open, "clique-free" setting.

Because the Summit is filled with time to talk over tasty food, social games and more intimate and safe discussion groups, the relationships formed can come from sharing in each other's laughter but also hearing about each other's struggles.

Not only are the middle school girls able to form relationships with one another, but with the high school girls as well. The high school girls share their experience of how to get through the challenges of middle school and how to prepare for high school.

A past participant, Tara B., recently noted, "I was unsure about what to expect in high school and a bit intimidated by the upper classmen. However, after talking with the high school facilitators in my discussion group at Sister to Sister, I was able to enter high school feeling prepared and confident. It was also cool that on my first day of high school my I saw my facilitator, who to me was no longer an intimidating upper classman, but a friend."

Although there is only one Summit day a year, the experiences of Sister to Sister can last far beyond the day. This year's Sister to Sister Summit will be held on March 19th from 9:00 a.m. to 3:30 p.m. at Bentley School in Lafayette. The registration deadline is March 12. To sign up or get more information, go to [www.sister2sister.info](http://www.sister2sister.info).

## Lafayette Elementary International Night

Submitted by Paulie Proffett



Lafayette Elementary School's annual International Night was held on Wednesday, January 26. A variety of performances and crafts were enjoyed by all. Support for the crafts came from Storycraft and Sew Now, both in Lafayette, and by the Contra Costa Chinese School.

Contra Costa Chinese School Ribbon Dancers (Concord) Photo provided

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