A Closer Look:
This week with Program ENERGY, we met the ENERGY team. They told us about all of the cool things that we will get to do with them this year, and then we filled out questionnaires to help the scientists at Colorado State University collect information about the success of the program.

What is Program ENERGY?
Program ENERGY (Education, Nutrition, Exercise and Recreation for Growing Youth) is a science enrichment program for elementary school students. Through hands-on, inquiry based learning, students explore science and health related topics and career fields and learn how to live a healthy life.

Your child’s 2nd grade classroom will participate in a Program ENERGY lesson every other week. During the week of the lesson, you will find a newsletter in your child’s take home folder. We encourage you and your family to read the newsletters, and discuss the lesson concepts. We hope these newsletters will provide a fun and exciting way to get involved in your child’s experience with Program ENERGY!

“Just Right”
Program ENERGY is implementing a new slogan, “Just Right”, that will be the focus of the 2nd grade program this year. The idea is to incorporate an expanded version of the story of Goldilocks and the Three Bears to convey the concept of living a “just right” life. Through Goldilocks and Friends, we will learn about the importance of eating the “just right” amount of certain foods, participating in the “just right” amount of physical activity, and balancing our lives in the “just right” way. We are very excited to continue this new campaign for the 2008-2009 school year for our new 2nd grade ENERGY students! Look for the “Just Right” slogan in the weeks to come!

Recipe from http://familyfun.go.com/recipes/