

March 2019

www.junctionesd.net

JUNCTION ELEMENTARY SCHOOL DISTRICT
9087 DESCHUTES RD. PALO CEDRO, CA 96073
T: (530) 547-3274 F: (530) 547-4080

Superintendent's Note



Hello Junction Family,

It's hard to believe that we are already looking at Spring and soon an end to another fantastic school year. In Spring we think of end of the year assessments and enrollment for next year.

This year, our State Testing will occur mostly in the month of May, but please be sure to check with your child's teacher before making any plans or appointments in late April or May. We want all of our students to participate and show all they know on these assessments. Junction is one of the highest performing schools in Shasta County and I would like to thank all of our hardworking students and staff members for making it so.

Please enroll any Transitional Kindergarten and Kindergarten students in your family as soon as possible. Also, please let your friends and relatives know that Junction has limited space for transfers in some grades. Invite them to come see what makes Junction the amazing school we all love, and why it has become the fastest growing school in our area.

Rich Gifford
Superintendent

UPCOMING EVENTS

- 03/12 TK/K Round-Up
3:30pm – 5:50pm
 - 03/13 First Tennis Practice
3:00pm – 4:00pm
 - 03/14 Pi Day!
 - 03/18 – 03/22 WES Camp
 - 03/25 3rd Trimester/1st
Progress Report
 - 03/29 Elem. Awards Assembly
- For information about school events and occurrences, please see the District Calendar, available on our website.

DON'T FORGET!

If your student is going into 7th grade, they will need to have a Tdap booster in order to begin the 7th grade. As soon as you have proof, please bring it to the school office to be entered into your

Every Monday is a minimum day; school is dismissed at 1:15 PM for *all* students.

*If your child is late to school, they **MUST** check in at the front office to get a pass. **Please do not** send them directly to class, regardless of their grade.

Junction Elementary School District

BULLYING DEFINITION AND ANTI-BULLYING PLEDGE

The Junction Elementary School District has determined that the following is the definition of what Bullying is, and who will be considered to be a Bully.

“Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending him or herself.”

(California Education Code sections 200, 220, 233, and 48900.3 require all schools to address issues of bullying and to intervene and to assign appropriate consequences whenever bullying occurs)

NOTE: This includes electronic bullying and all forms of social media and electronic/digital communication.

Anti-Bullying Pledge

I Will:

- **Speak out** against bullying
- **Report bullying** when I see it
- **Learn** what is and is not bullying
- **Make others feel** included and valued
- **Solve problems** in peaceful ways
- **Think** before I comment on, post or forward messages

I Know:

- **I don't deserve to be bullied.**

BULLETIN BOARD

Middle School students
who were recognized in
January for their
Trustworthiness...

6th - Cooper Burrough

7th - Amberde Bailey

8th - Grant Wood

And in February for
Respect...

6th - Kayllie White

7th - Wyatt Smith

8th - Merrick Richards

Mr. McCoy's Reader Award
Winner for January was:
Jared Maples!
Stay tuned to hear of more
winners...

Garden Club

*...will continue in April to
make up for skipped days.*

2018/2019 SPELLING BEE WINNERS:

Elementary:

1st - Taylor Bates

2nd - Kate Terry

3rd - Chiamaka Onuoha

Middle School:

1st - Grant Wood

2nd - Michael Steen

3rd - Marlie Harris

Participants:

Adilene Whelen, Kole Bouchard-Horn,
Tristan Goehring, Aliza Colburn, Ryder
Wood, Jayci Smith, Carlton Duchi, Joshua
Melo, Mason Nibert, Riley Lockett, Mikey
Parisot, Austin McClain, Sophia Corrigan,
Cali Gardner, Danika Weaver, Cander
Pursell, Chinalarum Onuoha, Jack Amp, and
Macie Mann. Great job to all students who
participated!

*The Mission of the Junction School District, in partnership with student, family,
and community, is to promote excellence, achievement, and self-worth, enabling
students to be life-long learners and productive members of our changing world.*

March 2019

Junction Elementary School District / Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Public Schools' Week - Mt Shasta Mall				1 5:30 PM 8th Grade Cake Auction (click for info!)	2
3	4 Minimum Day - Paren/Teacher Conferences 3:15 PM Softball Starting	5 4:00 PM 4/5 BBall - HOME vs NCCS	6	7	8 TK/K to the Symphony 8:45 AM Middle School Awards Assembly 12:30 PM CJSF Meeting in Mrs. Lee's Room 4:00 PM 4/5 BBall - AT Bella Vista 5:00 PM JEF Board Meeting	9
10 Daylight Saving Start	11 Minimum Day - 1:15PM 3:30 PM Baseball - VS. UPrep @ Big League 4:00 PM Softball - HOME vs NCCS	12 3rd, 4th, & 5th grade AR Rewards trip 3:30 PM Kindergarten Round-Up 4:00 PM 4/5 BBall AT Grand Oaks	13 3:00 PM First Tennis Practice 4:00 PM Baseball - HOME vs. Mistletoe	14 PI Day! 3:00 PM Tennis Practice 4:00 PM 4/5 BBall AT Buckeye	15	16
17	18 6th Grade @ WES Camp Minimum Day - 1:15PM 4:00 PM Softball AT Millville	19 3:00 PM Tennis Practice 4:00 PM 4/5 BBall HOME vs. MVMS/CES	20 4:00 PM Baseball - HOME vs. Buckeye 4:00 PM Softball AT Bella Vista 6:00 PM Board Meeting	21	22 3:00 PM Tennis Practice 4:00 PM 4/5 BBall AT Juniper	23
24	25 3rd Trimester/Progress Report Minimum Day - 1:15PM 4:00 PM Baseball - VS. Redding Christian 4:00 PM Softball HOME vs. Black Butte	26 4:30 PM Tennis AT Sequoia 4:00 PM 4/5 BBall - AT Turtle Bay	27 3:30 PM Tennis AT Parsons 4:00 PM Baseball - HOME vs. Uprep 4:00 PM Softball AT NCCS	28 3:00 PM Tennis Practice 4:00 PM 4/5 BBall HOME vs. Grant	29 Elementary Awards Assembly	30

February and March winners will be announced next month!

Please sign and return this slip by **March 27th** to enter your student into a school-wide drawing for a small prize.

I have reviewed the March 2019 issue of the Junction Elementary School District Newsletter. I understand that I can contact my child's teacher, or call the office at 530-547-3276 if I would like more information or have questions regarding this newsletter.

Student's Name

Teacher

Parent Signature

Date

Junction

MARCH 2019



<p>Parents!!! We have online payment available</p> <p>Go to www.MySchoolBucks.com</p> <p>Questions? Please call 224-4100</p>			<p>Baked Chicken</p> <p>Potatoes</p> <p>WW Roll</p> <p>Fresh Fruit</p>	<p>March 1</p> <p>Burrito</p> <p>Salsa</p> <p>Garden Salad w/Dressing</p> <p>Fruit</p>
	March 4	March 5	March 6	March 7
<p>Mac & Cheese</p> <p>Muffin</p> <p>Broccoli</p> <p>Fruit</p>	<p>Chili</p> <p>Corn Muffin</p> <p>Garden Salad</p> <p>Dressing</p> <p>Banana</p>	<p>Rib Sandwich</p> <p>Potato Wedges</p> <p>Baked Beans</p> <p>Peach Cup</p>	<p>Pizza</p> <p>Salad Bar</p> <p>Fruit</p>	<p>March 8</p> <p>Corn Dog</p> <p>Sun Chips</p> <p>Carrots</p> <p>Apple</p>
March 11	March 12	March 13	March 14	March 15
<p>Sandwich</p> <p>Salad</p> <p>Fresh Fruit</p> <p>Cookie</p>	<p>Asian Chicken</p> <p>Brown Rice</p> <p>Vegetables</p> <p>Fruit</p>	<p>Fajitas/Tortilla</p> <p>Salad</p> <p>Salsa</p> <p>Chips</p> <p>Fruit</p>	<p>Chicken Veggie Soup</p> <p>String Cheese</p> <p>WW Roll</p> <p>Vegetables</p> <p>Fresh Fruit</p>	<p>Chicken Nuggets</p> <p>Muffin</p> <p>Carrots</p> <p>Fruit Salad</p>
March 18	March 19	March 20	March 21	March 22
<p>Crispy Chicken Sandwich</p> <p>Lettuce/Tomato</p> <p>Chips</p> <p>Fresh Fruit</p>	<p>Spaghetti</p> <p>Garden Salad</p> <p>Garlic Bread</p> <p>Fresh Fruit</p>	<p>Hamburger on Whole Grain Bun</p> <p>Tomato/Lettuce/Pickle</p> <p>Baked Beans</p> <p>Orange</p>	<p>Turkey Gravy</p> <p>Potatoes</p> <p>WW Roll</p> <p>Fresh Fruit</p>	<p>Burrito</p> <p>Salsa</p> <p>Garden Salad w/Dressing</p> <p>Fruit</p>
March 25	March 26	March 27	March 28	March 29
<p>Mac & Cheese</p> <p>Muffin</p> <p>Broccoli</p> <p>Fruit</p>	<p>Chili</p> <p>Corn Muffin</p> <p>Garden Salad</p> <p>Dressing</p> <p>Banana</p>	<p>Rib Sandwich</p> <p>Potato Wedges</p> <p>Baked Beans</p> <p>Peach Cup</p>	<p>Pizza</p> <p>Salad Bar</p> <p>Fruit</p>	<p>Corn Dog</p> <p>Sun Chips</p> <p>Carrots</p> <p>Apple</p>

You can now pay your student's lunch account online. Please set up a profile by visiting www.myschoolbucks.com

LUNCH PRICES

Lunch-\$3.00

Breakfast-\$1.50

Reduced .40

Weekly rates available.

Nutrition Nuggets

Food and Fitness for a Healthy Child

Junction Elementary School District



BEST BITES

I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room (or yard) to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

When your child bursts through the door after school or activities, she'll probably want something to eat. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little

tomato sauce, shredded low-fat mozzarella cheese, and vegetables (sliced mushrooms, chopped onions), then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍓



Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making and the effort he is putting forth ("I love how you tried to get the rebound"). 🏀



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these two suggestions.

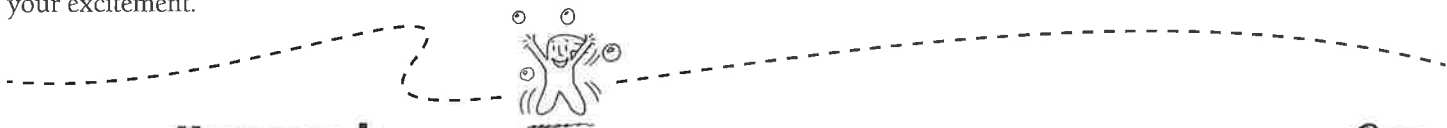
1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items. (“The chicken burrito sounds really good!”) If you’re excited about the choices, he will share your excitement.



2. Discuss what he ate. What did he like best? What would he try again? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. 🍓

Note: If your youngster



O&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.



Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar — the same as in a can of cola — and a glass of grape juice can have 15 teaspoons of sugar.

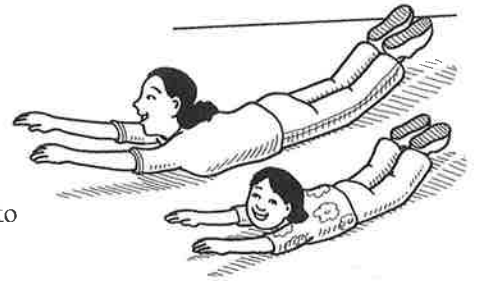
Encourage your children to eat fruit rather

than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. 🍓

ACTIVITY CORNER Exercise = fun

When children are young, exercise isn’t exercise — it’s just plain fun! Here are ideas for putting more physical activity into your youngster’s day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. 🍓

IN THE KITCHEN Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add healthy toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Chicken: Cubed, cooked chicken (use last night’s leftovers), microwaved frozen



vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Lean ground beef (browned and drained), canned kidney beans (drained and rinsed), shredded cheddar cheese, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. 🍓

OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-5052 • rfeustomer@wolterskluwer.com
 www.rfeonline.com
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
 ISSN 1935-4630