

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



Principal's Corner

Junction School was recognized by the Shasta County Office of Education for showing three years of continuous growth on the Smarter Balanced Assessment (CAASPP). You can reference the attached chart to see how Junction students performed compared to state and county scores. We are very proud of our students, staff, families and the Junction community for the continued effort towards improvement and academic performance.

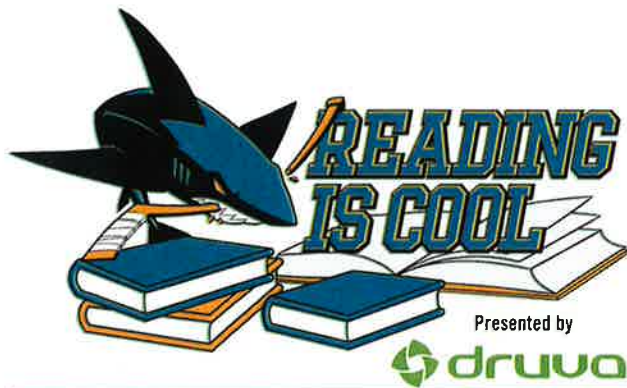
2018 Smarter Balanced Results ELA

| | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th | All |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----|
| State | 48 | 49 | 49 | 48 | 50 | 49 | 50 |
| County | 51 | 46 | 45 | 44 | 48 | 51 | 49 |
| Junction | 87.5 | 81 | 75 | 34 | 75 | 68 | 70 |

2018 Smarter Balanced Results Math

| | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th | All |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----|
| State | 48 | 45 | 36 | 37 | 37 | 37 | 40 |
| County | 48 | 43 | 36 | 35 | 40 | 43 | 41 |
| Junction | 72 | 77 | 63 | 42 | 67 | 77 | 66 |

(% of students who "Met" or "Exceeded" Grade Level Performance)

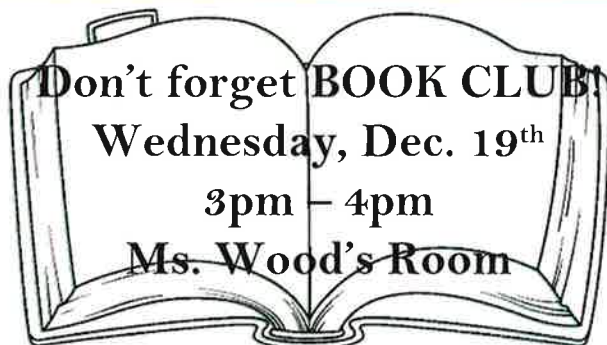


"READING IS COOL" Program

The 3rd and 5th grades are piloting the Reading Is Cool program sponsored by the San Jose Sharks. Our classrooms received All-Star Reader Medals to be given out monthly during the Sharks regular season (October through April), and a special MVP Reader Puck to be given at the end of the year.

The October award was given out to Noah Epolito (5th grade) and Lucas Schuster (3rd grade). They were awarded the All-Star Reader medal.

The award for November will go to the students in 3rd grade and 5th grade who have the most AR points for November. The December prize will go to the students who have read the most words in the month, according to the AR word count. Winners will be announced in future newsletters.



RECOGNITION

For November, Junction School recognized the following students for demonstrating **Citizenship...**

Samantha Cornelius, 1st Grade
Andrew Camy, 1st Grade
Ava Brodie, 2nd Grade
Graydon Lockwood, 2nd Grade
Lucas Schuster, 3rd Grade
Kate Terry, 4th Grade
Jessica Steen, 5th Grade

IMPORTANT ANNOUNCEMENT

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 student's file.

DON'T FORGET!

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
DECEMBER 2018

| | | | | |
|--|--|---|---|---|
| Daily Meal Choices: Seasonal, Local Veggies & Salads; Fruit Assortment | | | | |
| December 3 | December 4 | December 5 | December 6 | December 7 |
| Crispy Chicken Sandwich Lettuce/Tomato Chips Fresh Fruit | Spaghetti Garden Salad Garlic Bread Fresh Fruit | Hamburger on Whole Grain Bun Tomato/Lettuce/Pickle Baked Beans Orange | Baked Chicken Potatoes WW Roll Fresh Fruit | Burrito Salsa Garden Salad w/Dressing Fruit |
| December 10 | December 11 | December 12 | December 13 | December 14 |
| Mac N Cheese Broccoli Apple Muffin | Chili Salad Corn Muffin Fresh Fruit | BBQ Rib on A Hoagie Potato Wedges Peach Cup | Pizza Salad Bar Fruit | Corn Dog Chips Veggie Medley Fruit |
| December 17 | December 18 | December 19 | December 20 | December 21 |
| Asian Chicken Brown Rice Vegetables Fruit | Meatloaf Salad Fresh Fruit Roll | Fajitas w/tortilla Salad Fruit Chips | Chicken Nuggets Muffin Carrots Fruit Salad | No School Winter Recess Starts |
| <p>No School Winter Recess See you on Tuesday, January 8, 2019</p> | | | | |



SCHOOL LUNCHES

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.

TOYS FOR TOTS DRIVE

Junction School is partnering with the local Toys for Tots Toy Drive. Our goal is to collect and deliver 500 new and unwrapped toys this holiday season. We will be collecting donations starting December 3rd through the 18th. These toys will be going to children in our local community in hopes of making their holiday season a little more bright.

Although we will collect and donate for children of all ages, the children that tend to be left out are in the age range of 0-2 and 12-18.

Donations boxes will be located in the school (elementary) office, the school library, and Mrs. Lee's Classroom.

Thank you and happy holidays.

- Middle School Student Council

Superintendent's Note

Hello Junction Family,

As we approach the Holiday Season I would like to wish all of you a happy and safe break with your families. This year has been one of trials for our community. The recent fires have impacted most of us in many ways. I hope the holidays will bring peace to you and yours.

I look forward to the new year and the continued growth of Junction School. The Junction Community is truly unique and it is my privilege to be part of this community during as we continue to thrive.

Sincerely,








Rich Gifford



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.

December 2018

Junction Elementary School District / Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|--|--|
| | | |  | | | 1 |
| 2  | 3 Minimum Day - 1:15PM Toys for Tots Drive Begins 4:00 PM Girls' Basketball - HOME vs. Bella Vista | 4 | 5 8:30 AM Lions Club - Vision Screening 4:00 PM Girls' Basketball @ Black Butte | 6 | 7 Girls' Basketball Tournament 9:30 AM Elementary Awards Assembly 1:40 PM Middle School Pep Rally | 8  |
| 9 | 10 Middle School - 1st Progress Report Minimum Day - 1:15PM | 11  | 12 8th Grade PSAT Testing 3:00 PM Boys' Basketball Tryouts | 13 3:00 PM Boys Basketball Tryouts | 14 K-5 Movie Night  | 15 |
| 16 | 17 1st Boys' Basketball Practice Minimum Day - 1:15PM | 18 LAST DAY for Toys 4 Tots 5:00 PM TK-5th Grade Christmas Program @ David Marr Theater | 19 3:00 PM Book Club 6:00 PM School Board Meeting | 20 School Sing-A-Long  | 21 Winter Break | 22 |
| 23 Winter Break | 24 | 25 | 26 | 27 | 28 | 29 |
|  | | | | | | |
| 30 Winter Break | 31 | | | | | See you on Tuesday, January 8 th ! |

For more information about school events,
please view the District Calendar on our
website.

<https://www.junctionesd.net/>

Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is

sweet potatoes



Health and Learning Success Go Hand-in-Hand

Studies show that healthy food choices can increase your child's focus on tests and keep immune systems healthy. This can help your child fight off the flu and colds. With *Harvest of the Month*, you can help your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Produce Tips

- Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them.
- At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

For more tips, visit:

www.cachampionsforchange.net

Healthy Serving Ideas

- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack.
- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425 F for 25-30 minutes to make sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

SWEET POTATO HASH

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

Ingredients:

- 1/4 cup vegetable oil
 - 2 cups frozen or fresh chopped bell peppers and onions
 - 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
 - 1 teaspoon cumin
 - 1 teaspoon salt
 - 1 teaspoon red pepper flakes
1. Heat oil in a large skillet over medium-high heat.
 2. Sauté bell peppers and onions until tender, about 5 minutes.
 3. Add remaining ingredients and reduce heat to medium.
 4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:

Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

Let's Get Physical!

- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
- Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit:

www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf

Nutrition Facts

| | |
|---|---------------------|
| Serving Size: 1/2 cup baked sweet potatoes (100g) | |
| Calories 90 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 36mg | 2% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 3g | 13% |
| Sugars 6g | |
| Protein 2g | |
| Vitamin A 384% | Calcium 4% |
| Vitamin C 33% | Iron 4% |

How Much Do I Need?

- A 1/2 cup of sweet potatoes is about one cupped handful.
- A 1/2 cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B₆, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit www.mypyramid.gov.

Recommended Daily Amount of Fruits and Vegetables*

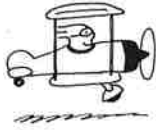
| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|----------------|------------------------|----------------------------------|
| Males | 2 1/2 - 5 cups per day | 4 1/2 - 6 1/2 cups per day |
| Females | 2 1/2 - 5 cups per day | 3 1/2 - 5 cups per day |

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Early Years

WORKING TOGETHER FOR A GREAT START

December 2018



JESD - Junction Preschool
Miss Marsha - Preschool Director

KID BITS

A growing attention span

Suggest an activity your child can do that requires a lot of concentration, such as lining up dominoes to knock down, stacking cups to build a tower, or drawing a path through a maze. Then, try not to interrupt. Staying focused on his task will stretch his attention span.

Spread the word

Here's a secret for boosting your youngster's self-esteem. Let her overhear you say positive things about her to others. ("Samantha is such a big help with her baby brother.") You'll make her feel good about herself and encourage a repeat performance of her behavior.

Winter break organization

Getting organized during your child's winter break can prepare your family to start the new year off right. Give him a sense of purpose by assigning jobs. For example, he might decorate a bin to hold hats and gloves or bag up outgrown clothes to donate.

Worth quoting

"The beginning is always today."
Mary Wollstonecraft Shelley

Just for fun

Q: How do you stop a skunk from smelling?

A: Put a clothespin on its nose!



Everyday vocabulary boosters

The more different words your youngster hears, the bigger her vocabulary will grow. That's important, because a strong vocabulary gives her a head start on reading and writing. Help her learn new words each day with these tips.

Comment

Talk about what you're doing or thinking when you play with your child. If you're playing airport, you might say, "The *pilot* is landing her plane on the *runway*." Or if you're building with blocks, you could tell her, "I'm making a tall tower—it's a *skyscraper*."



Add on

Look for opportunities to expand on what your youngster says, using less-familiar words. If she says, "I'm coloring the snowman's scarf red-blue-red-blue," maybe you'll add, "I like how you're *alternating* the colors to create a pattern." Or when she shares a funny story about her day, you might reply, "That's *hilarious*."

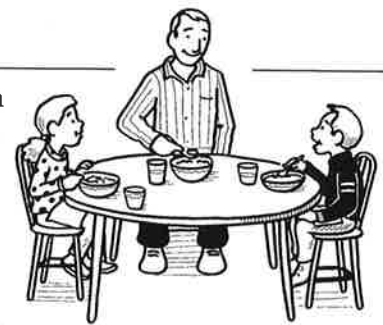
Explain

Offer a kid-friendly definition when your child asks what a word means. ("*Festive* describes something that feels cheerful and special.") Then, give an example that's meaningful to her. ("Your birthday party was very *festive*.") *Tip:* If you don't know what a word means, look it up in the dictionary or online together—she'll see that your vocabulary is still growing, too!♥

Make small moments count

A few minutes is all it takes to connect with your child when life gets busy. Consider these suggestions:

- Eat a leisurely breakfast with your little one. Ask what he's looking forward to that day, and tell him about your own plans.
- Declare random hug breaks. Everyone stops what they're doing and gives each other a squeeze (or two or three).
- Hold a laughing contest. Who can laugh the loudest, quietest, highest, and deepest?
- Set aside time to snuggle and tell family stories.
- Remember to say, "I love you." Simply hearing those three words reminds your youngster that he's important.♥



Celebrate diversity

Explore the world's cultures in ways your child can understand by discovering foods and games from other lands. Here's how.

Foods. The next time you and your youngster grocery shop, invite him to choose one item from the international aisle. Read the package to see where



it's from, or look it up online. Maybe you'll learn that *roti* is a kind of bread that's popular in India. As you eat it, ask him to compare it to the bread you normally buy—he might say that *roti* is flatter. *Idea:* Print out a world map, and let your child color each country you try a food from.

Games. Your youngster may be surprised that kids around the world play games similar to those he enjoys. For instance, children in Chile play a version of Duck, Duck, Goose (*Corre, corre la guaraca*), and youngsters in the Philippines play a game similar to Leapfrog (*Luksong baka*). To find more ideas, search online for "children's games around the world," or read library books. Then, pick a few to play as a family.♥

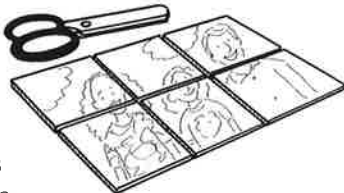
ACTIVITY CORNER

Family photo puzzles

Print extra copies of family photos, and help your little one cut them apart to create jigsaw puzzles. She'll practice visual discrimination and hand-eye coordination while she puts them back together.

Materials: photos, pencil, scissors, glue, cardboard

1. Draw lines to divide each picture into several rows and columns.



2. Have your youngster cut the photos apart along the lines.

3. Ask her to mix up all the pieces and reassemble the pictures. Suggest that she look for clues about where to place each piece. For instance, two pieces that show part of her cousin's blue dress may go next to each other.

4. Once your child knows where all the pieces belong, let her rebuild the pictures by gluing each one onto a piece of cardboard.♥



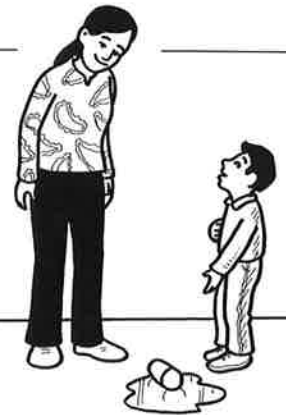
Q & A

Telling the truth

Q: My five-year-old has a tendency to avoid telling the truth when he thinks he's in trouble. I want him to be honest even when it's tough. What should I do?

A: It's common for children to fib when they don't want to disappoint a parent or face punishment. Try avoiding questions that could tempt your son to lie. Instead, focus on his actions and their consequences. For example, if he spills his juice, say, "When we make a mess, we clean it up" rather than asking, "Did you spill that?"

Another way to promote honesty is to make it safe to tell the truth. You might say, "I know it's hard to tell me what happened, but it's important to be honest." If he admits to something, let him know he did the right thing. The more secure he feels, the less likely he'll be to lie.♥



Your turn, my turn

Your youngster needs to take turns in all sorts of situations, whether she's waiting for a drink at the water fountain or playing a board game with a friend. Weave turn-taking into her daily routine with these ideas:

● Explain why your child has to wait her turn. For example, in the morning, you might point out that her brother will brush his teeth first because his bus comes earlier than hers. Then, it'll be her turn.

● At dinner, give each person at the table a turn to talk without interruption.

You can pass around a special object like a paperweight—only the person holding the item may speak.

● Take turns during your youngster's bedtime routine, too. While you read aloud, you could say, "You turn the page this time. I'll turn the next page."♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated

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