

JUNCTION ELEMENTARY SCHOOL DISTRICT  
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## Principal's Corner

Junction Family,

Recent news stories have raised concern about the "Momo challenge" and other disturbing content that children are being exposed to through various popular online outlets. Although established as "urban legend" or mostly an "internet hoax", this recent scare reminds us that we need to be vigilant in monitoring our children's time on their "devices" and social media. We should remember that not only does the internet open the world up to our children, it can expose our children to rest of the world. As Katherine Lee pointed out in a recent article about social media, "You wouldn't drop your child off at a big public place like a mall for the day and expect everyone he meets to treat him with kindness and protect his best interests, would you? That is a good analogy for what happens when a child goes online unsupervised. Be sure to keep a close eye on exactly who your child is talking to and when".

As a parent, I constantly listen for suggestions and advice from others regarding the use of technology in the home. Here are a few tips I have picked up from others:

- Talk to your children about what they are doing and watching online and know who your child is talking to and "gaming" with.
- Create a "Social Media Contract" with your child establishing what is acceptable and what is not.
- Only allow your child to access social media and/or online gaming while they are in the presence of an adult.
- Establish a "Charging Station" in the home that all devices get turned in to by a set time every night.
- Frequently check the "internet history" of the devices your children use and don't allow them to clear that history.
- Many devices can be set with "Parent Controls", "Internet Filters" and timers to limit the amount of access and time spent on the device.

As I caution parents about unmonitored internet access for children, I do want to remind you that you can find many great articles, information and resources online to help you ensure that your child is safe and responsible while on their devices and online.

Like most aspects of parenting, monitoring your child's online activity takes commitment and work. As our children get older we may want to honor their independence and allow them some privacy. However, knowing "how much is too much" is a challenge, and knowing how to help our children navigate the use of technology and social media can be difficult. Below are links to a video and two articles on Social Media and the influence it has on young people.

The Middle School Brain On Social Media

<https://vimeo.com/293252248>

Why Tween Social Media Use Impacts Wellbeing Later

<https://www.verywellfamily.com/social-media-for-kids-how-to-keep-them-safe-621147>

How to Keep Kids Safe on Social Media

<https://www.verywellfamily.com/social-media-for-kids-how-to-keep-them->

### 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.

Before you speak/text/  
social media: **THINK**

**T** is it true?

**H** is it helpful?

**I** is it inspiring?

**N** is it necessary?

**K** is it kind?

**IF NOT-DON'T DO IT!**



# Junction School Bulletin Board



## Are you connected?

At Junction School, we want to stay connected with you! We use a variety of tools for this, including this newsletter, our website, our Twitter, and even our own app, available on both iPhone and Android!

Bb

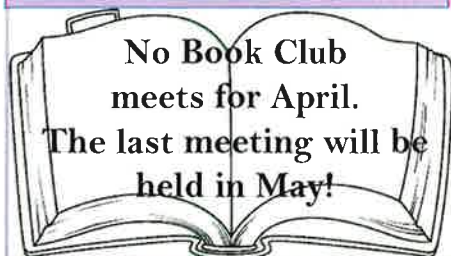
[www.junctionesd.net](http://www.junctionesd.net)



@JunctionESD



search for "Junction ESD" to find our Raider and click download!



Garden Club will continue in April to make up for rainy days.♥



We are still searching for individuals who may be interested in becoming Classified Substitutes for our school.

These individuals would be put on a calling list to cover shifts for our instructional aides. If you are already a parent volunteer, this may be the perfect opportunity for you to be compensated for your time at Junction School. The qualifications include 48 units of college OR a paraprofessional certificate, which can be obtained through the county office. If you are at all interested in this opportunity, please contact Elizabeth Paris in the District Office (547-3276, ext. 253) for more details. She will be happy to answer your questions and can walk you through the process!



## Have you met Painter?

3<sup>rd</sup> grade students LOVE spending time reading to Pet Therapy cat, Painter!

# Recognition

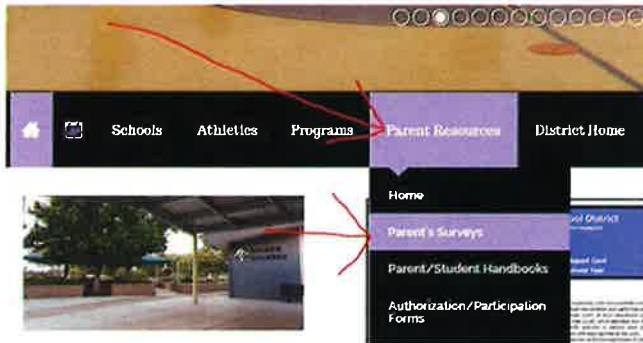
For the month of **March**, these elementary students were recognized for their admirable **Respect...**

Hope Kinnison-1st  
Luke Bouchard-Horn-1st  
Isabelle Danel-2nd  
Mason Nibert-3rd  
Michaiah Chase-3rd  
Taylor Bates-4th  
Isabella West-5<sup>th</sup>

Also recognized for their good character:

*Caring:* Joshua Melo – 3<sup>rd</sup>  
*Caring:* Hope Kinnison – 2<sup>nd</sup>  
*Responsibility:* Julianne Clarno – 3<sup>rd</sup>  
*Caring:* Emma Hutchinson – 1<sup>st</sup>  
*Trustworthiness:* Isabella West – 5<sup>th</sup>

Thank you for letting your great Character shine!



Parent & community input is vital for the continued growth and improvement of Junction. It will be greatly appreciated and valued if you would take a few minutes and complete the Survey found under the "Parent Resources" tab on the district website.

<https://www.junctionesd.net/domain/1156>

## Thursday, April 30<sup>th</sup> JEF Jog-A-Thon!

Students school-wide will be participating in the Annual Raiders Fun Run (Jog-A-Thon)! This fundraiser benefits students of all grade levels. **Sponsor packets with donations are due on the day of the run, April 30<sup>th</sup>.**

### Prizes:




The classroom that raises the most money will win an **Ice Cream Party!**

The student that raises the most money will win a **\$50 Oasis Fun Center gift card!**

The top students to complete most laps per grade group (See flyer) will win a **\$5 gift card!**  
*(sorry- Preschool is not eligible for this category)*

### IMPORTANT ANNOUNCEMENT

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Minimum Day 1:15PM 	2 <u>Spring Class Pictures</u> 3:30 PM Baseball - VS Mistletoe AT Big League 3:30 PM Tennis Match - AT Grant 4:30 PM 4/5 Basketball - HOME vs. Cypress	3 1:30 PM <u>Tennis Match - AT Parsons</u> 4:00 PM Softball - HOME vs. Millville	4 4/5 BBall Tournament	5	6 <u>4/5 BBall Tournament</u> 
7	8 Spirit Week Minimum Day - 1:15PM 1:30 PM Baseball - VS Buckeye AT Big League 4:00 PM Softball - HOME vs. Bella Vista	9 4th & 5th Grade Trip to Sacramento 3:00 PM Tennis Practice	10 3:00 PM Track Practice 1:00 PM <u>Tennis Match - AT Sequoia</u> 4:30 PM Baseball - HOME vs. Redding Christian 4:00 PM Softball - AT Black Butte	11 1st - 5th grade Trip to see Shrek @ Cascade Theater 1:30 PM <u>Tennis Match - AT Grant</u> 	12 11:00 AM First Responder's Day	13
14	15 Spring Break - No School 	16	17	18	19	20
21	22 Middle School - 3rd Trimester / 2nd Progress Report Minimum Day 1:15PM	23 3:00 PM Track Practice	24 3:00 PM Track Practice	25 1:30 PM Track Meet @ Black Butte	26 4:00 AM Elementary Awards Assembly 1:00 PM 4th Grade Missions	27 
28 	29 CAASPP Testing Window Opens Minimum Day 1:15PM	30 11:30 AM Jog-a-thon 3:00 PM Track Practice 				

*For information about school events and occurrences, please see our website, [www.junctionesd.net](http://www.junctionesd.net)*

Congratulations to **Kylie King (K)** for winning February's Newsletter Prize, and **Austin McClain (4<sup>th</sup>)** for winning the March Newsletter Prize!

Please sign and return this slip by **April 24<sup>th</sup>** to enter your student into a school-wide drawing for a small prize.

I have reviewed the April 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

## APRIL 2019

April 1 Asian Chicken Brown Rice Vegetables Fruit	April 2 Sloppy Joes Salad Fresh Fruit Cookie	April 3 Beefy Cheese Nachos Shredded Romaine & Homemade Salsa Corn Fruit Salad	April 4 Corn Dog Fritos Baked Beans Veggie Sticks Fruit	April 5 Chicken Nuggets Muffin Carrots Fruit Salad
April 8 Crispy Chicken Sandwich Lettuce/Tomato Chips Fresh Fruit	April 9 Beef Hot Dog Garden Salad Dressing Banana	April 10 Hamburger on Whole Grain Bun Tomato/Lettuce/Pickle Baked Beans Orange	April 11 Baked Chicken Potatoes WW Roll Fresh Fruit	April 12 Burrito Salsa Garden Salad w/Dressing Fruit
April 15	April 16	April 17	April 18	April 19
<b><u>Spring Break</u></b>				
April 22 Mac N Cheese Broccoli Apple Muffin	April 23 Taco Shredded Lettuce Fresh Salsa Corn Fruit	April 24 Riblets Corn Muffin Baked Beans Peach Cup	April 25 Pizza Salad Bar Fruit	April 26 Sandwich Sun Chips Carrots Apple
April 29 Asian Chicken Brown Rice Vegetables Fruit	April 30 Sloppy Joes Salad Fresh Fruit Cookie	Two Choices of Chilled Milk offered Daily at Breakfast & Lunch		Parents!!! We have online payment available  <a href="http://www.MySchoolBucks.com">www.MySchoolBucks.com</a>  Questions? Please call 224-4100

You can now pay your student's lunch account online. Please set  
up a profile by visiting [www.myschoolbucks.com](http://www.myschoolbucks.com)

### LUNCH PRICES:

Lunch-\$3.00 Breakfast-\$1.50 Reduced .40

*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.*

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **avocados**



## Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Eating nutritious foods like fruits and vegetables can help your child do better in school. Buy fresh, canned, frozen, and dried fruits and vegetables. *Harvest of the Month* can help your family learn about fruits and vegetables, how to eat healthy, and how to be active every day.

## Produce Tips

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two days at room temperature.
- Store ripe avocados in refrigerator for up to one week.
- Cut lengthwise around the seed, twist open, and remove the seed.
- Rub lemon or lime juice onto cut avocados to avoid browning.

## Healthy Serving Ideas

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, baked potatoes, or salads.
- Mash avocados and spread on sandwiches instead of mayonnaise.
- Top scrambled eggs with diced avocados instead of cheese.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## AVOCADO TORTILLA SOUP

Makes 8 servings. 1 cup per serving.  
Total time: 30 minutes

### Ingredients:

- 3 (14-ounce) cans low-sodium chicken broth
  - 2 (10¾-ounce) cans low-sodium condensed tomato soup
  - ½ bunch cilantro, leaves only
  - 3 cloves garlic, finely chopped
  - ½ teaspoon ground black pepper
  - 1 ripe avocado, peeled, pitted, and chopped
  - 8 corn tortilla chips, crumbled
1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
  2. Cool slightly, then purée small batches in a blender.
  3. Return to pot and add avocado. Heat thoroughly.
  4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

*Nutrition information per serving:*  
Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

## Let's Get Physical!

- Make plans for you and your child to ride your bikes to work and school.
- If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
- Let each family member pick one new game or activity each week that your family can try together.

For more ideas, visit:

[www.bikeleague.org](http://www.bikeleague.org)

## Nutrition Facts

Serving Size: ½ cup avocado, sliced (73g)	
Calories 117	Calories from Fat 89
% Daily Value	
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%

## How Much Do I Need?

- A ½ cup of sliced avocado is about one cupped handful.
- A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B<sub>6</sub>, folate, potassium, and vitamin K.
- Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
- Monounsaturated fat is an oil that helps lower the "bad" cholesterol in your body and may help raise the "good" cholesterol.
- Healthy fats can be found in canola oil, nuts, olives, olive oil, and some cold water fish varieties (salmon, canned light tuna, rainbow trout, cod, halibut).

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Then, make a list of everyone's favorite fruits and vegetables. Add these to everyday meals and snacks to help your family get the recommended amount of fruits and vegetables every day.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

# Early Years

WORKING TOGETHER FOR A GREAT START

April 2019



JESD - Junction Preschool  
Miss Marsha - Preschool Director

## KID BITS

### True or false?

Little ones are still learning the difference between real and make-believe, so they may fib without thinking things through. To help your child consider true vs. false, write a large T (true) and F (false) on paper. Take turns saying a sentence. If it's true ("I have 10 fingers"), the other person slaps the T. If it's false ("I have a pet dragon"), he slaps the F.

### A look back

Introduce your youngster to history by reading books about early American settlers, such as *Sarah Morton's Day* by Kate Waters. Then, discuss what she has learned. How were settlers' lives different? (They didn't have cars and made their own clothes.) How were they the same? (They lived in houses and played games.)

### Earth Day

Show your child that he can do his part to help the planet on April 22—and every day. Help him turn an empty wipes container into a portable trash can. He could decorate it with permanent markers and take it along to the park so he'll have a place to stash his trash instead of littering.

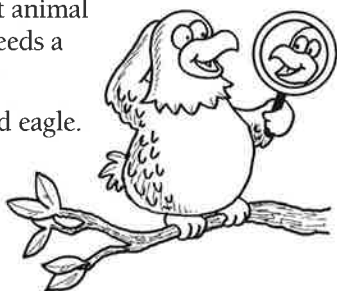
### Worth quoting

"Nothing is so contagious as enthusiasm." *Samuel Taylor Coleridge*

### Just for fun

**Q:** What animal never needs a haircut?

**A:** A bald eagle.



## Fine motor fun—outside!

Your youngster can build hand strength and coordination with fun outdoor activities. Try these ideas that will help her with tasks like holding a pencil, using a fork, and tying her shoes.

### Shadow tracings

Find a sunny spot on a sidewalk, driveway, or playground blacktop, and have your child use sidewalk chalk to trace around shadows. She could outline the shadow of a tree or ask you to pose while she traces your shadow. Suggest that she add details in the outlines, like leaves and bark on the tree, or a face, hair, and clothing on your shadow.

### Plastic cap fishing

Build hand-eye coordination with this fishing game. First, collect and rinse plastic caps and lids from bottles and jars. Then, take them outside with a bucket of water and some kitchen utensils. Let your youngster float the caps in the water and



fish them out. She might scoop them with a spoon, pinch them with tongs, or use a strainer as a net.

### Spray art

Fill several spray bottles with water. Help your child add a few drops of different colors of washable paint to each bottle and shake them up. Outdoors, she can spray the water onto a fence or wall to make a painting. Squeezing the handles will strengthen hand muscles—and she'll enjoy being creative.♥

## Sincere apologies

"Say you're sorry!" If you're like many parents, you've said those words to your child and maybe not gotten a genuine apology. Consider these suggestions to help him learn to apologize—and mean it.

● **Lead by example.** When you mess up, get down on your youngster's level, look him in the eye, and offer an apology. ("I'm sorry I threw away your snack. I should have asked if you were finished.")

● **Give guidance.** If your child needs to apologize, encourage him to say what he's sorry for and why. ("I'm sorry I left the refrigerator door open. I know the food could've gotten warm.") Then, he can tell how he'll do better in the future. ("I'll make a sign to hang on the fridge so I'll remember next time.")♥

