

OCTOBER 2018 www.junctionesd.net

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

Principal's Corner



As an institution of learning, our primary focus will always be on academics. However, a large part of what we do at Junction is to support our "School Culture". The greatest influences of school culture are often athletics, extracurricular events and community activities.

If you would like to gain a greater understanding of Junction's culture or if you want to help contribute to our culture, the month of October has a number of upcoming events where you can volunteer or attend. Our students, staff and administration will look forward to your participation or presence at the variety of events going on in the month of October. Included here are some of those opportunities.

Shawn Martinez, Principal

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.

UPCOMING EVENTS

- 10/10 Walk to School Day
- 10/11 3rd Grade Field Trip to Shasta Caverns
- 10/13 JEF Fall Carnival
12pm – 3pm
- 10/15 Second Progress Report
- 10/17 Make-Up Picture Day
- 10/17 School Board Meeting
6pm @Junction Board Room
- 10/19 TK-2nd Field Trip to Hawes Pumpkin Patch
- 10/26 Elem. Awards Assembly
9:30am @Junction Theater
- 10/31 Kindergarten Circus Day

HEADS UP!

JUNCTION IS STARTING A GARDEN CLUB!

Beginning **October 3rd**, Mrs. Moreno will be leading a club for 25 students in grades 3rd through 5th. The first meet will be in **Room 5 at 3pm**. For more information and to request a permission slip, please contact Mrs. Moreno.

FLAG
FOOTBALL
SCHEDULE

10/02 vs Bella Vista
HOME
10/04 vs North Cow Creek
HOME
10/09 vs Juniper
@ Juniper
10/11 vs Mistletoe
HOME

VOLLEYBALL
SCHEDULE

10/01 vs Juniper
4pm @ Juniper
10/03 vs Millville
4pm HOME
10/08 vs Bella Vista
4pm HOME
10/10 vs Black Butte
4pm @ Black Butte

GIRL'S
BASKETBALL
SCHEDULE

10/29 vs North Cow Creek
HOME
10/31 vs Juniper
HOME

Superintendent's Note

Hello Junction Family,

As we move through the start of our school year, we continue to grow and improve. We are excited to be updating our Readerboard to a modern, digital version that will have scrolling updates and a fresh appearance.

The County roadwork along Deschutes should be done mid to the end of the month. We understand the inconvenience that this construction has had on families, and we appreciate your patience as we all await completion of this project. Crosswalks have been established and the outcome of this roadwork will improve safety for our students.

Finally, while the wildfires continue, we are still monitoring air quality throughout the day. We have a schedule and spaces for students to spend recess and outside activity time when the air seems unhealthy. Our priority is keeping students safe while maintaining their routine.

As always, please reach out to the school office if you have any comments, concerns, or ideas to help Junction be the best we can be. Thank you for your on-going support of Junction School.

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.

JUNCTION

OCTOBER 2018

| | | | | |
|--|--|--|--|--|
| October 1 Mac N Cheese Broccoli Apple Muffin | October 2 Beefy Taco Shredded Lettuce Fresh Salsa Corn Fruit | October 3 BBQ Rib on a WG Bun Potatoes Peach Cup Chips | October 4 Pizza Salad Bar w/CROUTONS Fresh Fruit | October 5 Sandwich Choice Baby Carrots Fresh Fruit Chips |
| October 8 Asian Chicken Brown Rice Vegetables Fruit | October 9 BBQ Sandwich Salad Fresh Fruit Cookie | October 10 Beef/Cheese Nachos Corn Salad Fresh Fruit | October 11 Corn Dog Baked Beans Veggie Sticks Fresh Fruit Chips | October 12 Chicken Nuggets Muffin Baby Carrots Apple |
| October 15 Crispy Chicken Sandwich Lettuce/Tomato Fresh Veggies Fruit Salad | October 16 Chili Dogs Tomatoes/Peppers Salad/Fruit Fritos | October 17 Hamburger on Whole Grain Bun Tomato/Lettuce/Pickle Baked Beans Fresh Fruit | October 18 Baked Chicken WG Roll Potatoes Veggie Sticks Fresh Fruit | October 19 Burrito Salsa Veggie Medley Fresh Fruit |
| October 22 Mac N Cheese Broccoli Apple Muffin | October 23 Beefy Taco Shredded Lettuce Fresh Salsa Corn Fruit | October 24 BBQ Rib on a WG Bun Potatoes Peach Cup Chips | October 25 Pizza Salad Bar w/CROUTONS Fresh Fruit | October 26 Sandwich Choice Baby Carrots Fresh Fruit Chips |
| October 29 Asian Chicken Brown Rice Vegetables Fruit | October 30 BBQ Sandwich Salad Fresh Fruit Cookie | October 31 Beef/Cheese Nachos Corn Salad Fresh Fruit | | <u>Daily Lunch Choices:</u> Seasonal, Local Veggies & Salads; Fruit Milk |

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.



Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is **pumpkins**



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.
Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ¼ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
1. In a blender, add beans, onion, and water. Blend until smooth.
 2. In a large pot, add the pumpkin, juice, and spices. Stir well.
 3. Add the blended bean mix to the pumpkin juices.
 4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:

Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:

<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

| | |
|--|---------------------|
| Serving Size: ½ cup pumpkin, cooked (123g) | |
| Calories 24 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 1g | 5% |
| Sugars 1g | |
| Protein 1g | |
| Vitamin A 122% | Calcium 2% |
| Vitamin C 10% | Iron 4% |

How Much Do I Need?

- A ½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



Network participation in Food Day is for the purpose of educating and informing SNAP-EI eligible about healthy eating and physical activity and will not include advocacy for or against any specific laws, regulations or ordinances.
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. © California Department of Public Health 2012



BRO-246/Ver. 10/12

Reading Connection

Tips for Reading Success

Beginning Edition

Junction Elementary School
Shawn Martinez, Principal

Book Picks



Read-aloud favorites

■ *Biblioburro: A True Story from Colombia* (Jeanette Winter)

What if the library came to your neighborhood on the back of a donkey?



This is the true story of a Colombian school-teacher's traveling library that brought books to children in remote villages. (Also available in Spanish.)

■ *Dragons Love Tacos* (Adam Rubin)

When a little boy discovers that dragons like to eat tacos, he decides to host



a taco party for them. But if a fire-breathing dragon accidentally gets a bite of spicy salsa, look out! A silly story about a dragon

party that turns into a disaster.

■ *Just a Second* (Steve Jenkins)

In just a single second, a bumblebee flaps its wings 100 times and the earth travels $18\frac{1}{2}$ miles. This nonfiction book will help your child think about time in fascinating ways. She'll also discover different methods of measuring time.

■ *Bedtime Is Canceled* (Cece Meng)

Maggie and her brother write their parents an official-looking note: "Bedtime is canceled." Somehow, the note blows out the window, lands in a newspaper office, and ends up in a headline. Soon, bedtime really is canceled, and exhausted children quickly discover the importance of sleep.



Time for a story

Want to spend time with your youngster, build her reading skills, and help her learn to love books? You can do all three when you read aloud. Here are suggestions.

Read regularly

Try to read to your child every day. You might aim for 10–15 minutes of bedtime reading for a peaceful end to the day. Bring along a book, and read to her during a sibling's sports practice. Or curl up together with a book when you get home from work.



the story and look at the illustrations. She'll enjoy read-aloud time more if she plays an active role.

Take turns choosing books

Your youngster may want to hear old favorites again and again. Use your turn for new titles and variety, such as nonfiction or poetry.

Let her participate

Ask your child to turn the pages while you read. Also, she can finish sentences that rhyme or fill in words she knows. Go slowly so she has time to understand

Be playful

You can use different voices for different characters (a high, squeaky voice for a mouse or a deep, booming voice for a horse). Or substitute your youngster's name for the main character's name, and use family members' names for other characters.

Note: You don't have to be an expert reader—your child will love it when you read aloud because it's you.♥

Writing that makes sense

As your child first learns to write, his stories may not always make sense to others. Help his writing flow logically with these two ideas.

1. Even if your youngster isn't writing sentences yet, he can tell you stories. As he describes the new class pet or something funny that happened at lunch, you can jot down his tale. He'll practice relating events in a logical order, and that can help when he puts his thoughts and ideas down on paper himself.

2. Let your child read his stories to you. Ask questions to encourage him to add information ("What did you do with your friends at recess?") or to clear up a confusing part ("Who said, 'Let's go home'—you or your brother?").♥



Spot the details

What is an archaeologist? What do bears eat? Nonfiction books have the answers—and if your child reads carefully, he will find them. The following suggestions can help him read for details and boost his comprehension.

Read around the text. The pages of many nonfiction books are covered with “extras” that stories don’t have (headings, photo captions, an index, a glossary). Point out these features. Then, ask your youngster what questions he has about the topic that the book might answer. Say he’s reading *Archaeologists Dig for Clues* by Kate Duke. He might



think, “What tools do archaeologists use?” or “What are fossils?” Help him read the book, and see how many answers he can find.

Pair fiction with nonfiction.

Together, read a story like *Goldilocks and the Three Bears* (James Marshall) followed by a nonfiction book such as *Bears* (Deborah Hodge). As you read the second book, encourage your

child to look for ways that real bears are different from the fictional ones. For example, he might say that real bears eat things like grass, berries, fish, and insects, while the three bears eat porridge.♥



Wonderful wordplay

Use these activities to build your child’s phonemic awareness—her ability to hear sounds in words:

- Choose a three-letter word, such as *cap*. Have your youngster substitute different beginning sounds from the alphabet to make new words (*lap*, *map*, *nap*, *rap*, *sap*, *tap*, *zap*). How many can she think of?
- Pick a long word, and tell her to clap once as she says each syllable. For *mozzarella*, she would clap four times: *moz-za-rel-la*.
- Ask your child to say a word without the first sound. Example: “Can you say *sit* without the *s*?” (Answer: *It*)
- Think of a word, and give your youngster a “sound” clue to figure it out. For instance, “I’m thinking of a word for something that you chew but don’t swallow. The word has an *uh* sound in the middle.” (Answer: *Gum*)♥



Vocabulary boosters

A large vocabulary can turn your child into a better reader and writer. Try these everyday ways to help her learn new words.

Keep your ears open

When you and your youngster go places, point out words that people use. Maybe a waiter describes an *entree* or the dentist talks about *molars*. Encourage your child to figure out what the words mean by the way they’re used.

Go beyond nouns

Help your youngster add adjectives and verbs to her vocabulary. Sports and games offer opportunities to use action words. Let your child hear you comment on the softball that *soars* or the runner who *sprints*. When she sends thank-you notes or greeting cards, suggest descriptive words (a *polka-dotted* shirt, a *fantastic* birthday).♥



A journal-writing tradition

My grandson Keith saw me writing in my journal and asked what I was doing. I explained that my grandfather got me started writing in a journal when I was a little boy. Keith said he wanted to start a journal, too, so I gave him a notebook.

He asked me what he should write about. I told him that I use my journal mostly to store

memories, but he can do whatever he wants—even draw pictures. He decided to sketch the two of us writing together in our journals, and he had me help him write a sentence about his picture.

Keith has stuck with his journal for a couple of weeks already. Now when he comes to my house, he can’t wait to share what he has written and drawn.♥



OUR PURPOSE

To provide busy parents with practical ways to promote their children’s reading, writing, and language skills.

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
ISSN 1540-5648