

YES CHARTER ACADEMY

NEWSLETTER

SEPTEMBER 2018 - VOLUME 1

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A Word from Ms. Miller

YES Charter Academy Staff welcomes your child back for the 2018/2019 school year. All of us at YES are committed to providing an exceptional environmental science education for our students. Ongoing training in the Nurtured Heart Approach and continued use of the SPARRK Positive Behavior Matrix help us create a safe, inviting educational experience.

Exciting things are happening at YES this school year. YES won two grants that further our food science/food sustainability curriculum. Our Fresh Food grant is earmarked for a greenhouse, a henhouse, and education for our food science team of instructors. You will see these projects come to fruition this year. Stay tuned for progress!

Our second grant is Breakfast in the Classroom. This grant allows us to make kitchen upgrades and to improve breakfast service. Watch for progress here as well!

With these improvements, students will have opportunities for project-based learning in food science. Topics such as nutrition, food production, food processing, and food sustainability will be part of our science curriculum.

Another addition this year is Student Teams. Students in first through eighth grades have joined a team of their choice. Teams meet once a week for 45 minutes facilitated by a staff member to plan a project that will improve students' experiences at school. YES students are highly motivated and capable stakeholders. I am excited to see what Student Teams will accomplish!

We welcome your active participation at YES. Please put upcoming events on your calendar and plan how you will fulfill your annual volunteer commitment. Together we will make 2018/2019 an exceptional year for your child.

Yours in education,

Louise Miller

Principal/Superintendent

"If you care a lot about nature and our engagement with the natural world, sooner or later, you've got to take account of agriculture because we affect nature more through our eating choices than anything else we do."

- Michael Pollan

Important Dates:

September 3

Labor Day – **NO SCHOOL**

September 5, 12, 19, & 26

Bully Prevention Classes

GRADES 1-6

September 5, 12, 19, & 26

Behavioral Health Classes

GRADES 7-8

September 12

Bully Prevention Assembly

GRADES 5-8

September 14

safeTALK – **Alcouffe Center**

September 18, 26

SYRCL Cleanup

September 19

Back to School Night

September 24

Great Water Assembly

September 28

Yuba-Sutter Farm Day

See page 3 for more details

"Slow Food unites the pleasure of food with responsibility, sustainability and harmony with nature."

Carlo Petrini, author of Slow Food,
Founder of the International Slow Food Movement

DID YOU KNOW?

FREE TO ALL YES STUDENTS:

- SCHOOL BREAKFAST
- SCHOOL LUNCH
- AFTER SCHOOL UNTIL 5:30



BELL SCHEDULE

8:15a	Breakfast
8:35a – 8:45a	Morning Assembly
10:30a – 10:45a	Morning Recess (TK/K, 1/2, 3/4)
10:45a – 11:00a	Morning Recess (5/6, 7/8)
11:25a – 11:45a	TK/K Lunch Recess
11:45a – 12:10p	TK/K Lunch
11:30a – 11:50a	1/2 Lunch Recess
11:50a – 12:10p	1/2 Lunch
11:40a – 12:00p	3/4 Lunch Recess
12:00p – 12:20p	3/4 Lunch
12:20p – 12:35p	5/6 Lunch
12:25p – 12:40p	7/8 Lunch
12:35p – 12:55p	5/6 Lunch Recess
12:40p – 1:00p	7/8 Lunch Recess
1:00p	School Ends (FRIDAY ONLY)
3:00p	School Ends

SEPTEMBER LUNCH MENU

MENU Sept 3-7

Monday: NO SCHOOL

Tuesday: Salisbury Steak, Potatoes, Roll

Wednesday: Asian Noodles, Mixed Vegetables

Thursday: Chicken Taco, Refried Beans, Granola

Friday: Sloppy Joes, Green Beans, Granola

MENU Sept. 10-14

Monday: Cheese Pizza, Potato Salad

Tuesday: Ham Sandwich, Chicken Rice Soup, Corn

Wednesday: Oven Baked Chicken, Baked Beans, Roll

Thursday: BBQ Chicken Sandwich, Cooked Carrots

Friday: Enchilada Casserole, Brown Rice, Corn

MENU Sept. 17-22

Monday: Veggie Burger Sliders, Potato Wedges

Tuesday: Chicken Enchilada, Corn

Wednesday: Ham & Beans, Cornbread

Thursday: Chicken Thighs, Carrots

Friday: Spaghetti with Meat, Roll, Green Beans

MENU Sept. 24-28

Monday: Southwest Lentils, Quinoa, Mixed Vegetables

Tuesday: Chicken Fried Rice, Stir Fry Asian Greens

Wednesday: Mac & Cheese with Chicken, Roll, Potato Wedges

Thursday: Shepherd's Pie, Peas

Friday: Pulled Pork Slider, Coleslaw, Cooked Carrots

Fruit, Milk, and Salad Bar are served daily

“Create a garden; bring children to farms for field trips. I think it's important that parents and teachers get together to do one or two things they can accomplish well - a teaching garden, connecting with farms nearby, weave food into the curriculum.”

Alice Waters, author of *The Art of Simple Food*, Creator of the Edible Schoolyard Program,
Public policy advocate for school lunch reform

IMPORTANT DATES

September 3: *Labor Day – NO SCHOOL*

September 5, 12, 19, & 26: Bully Prevention Classes for grades 1st through 6th provided by Yuba Sutter Behavioral Health

September 5, 12, 19, & 26: Classes for grades 7th & 8th provided by Yuba Sutter Behavioral Health are as follows:

Sept 5 – Bully Prevention

Sept 12 – Healthy Relationships

Sept 19 – Signs of Self-Injury

Sept 26 – Signs of Suicide

September 12: Touch or Understanding, Bully Prevention Assembly for grades 5th through 8th

September 14: safeTALK – Suicide Alertness Training Alcouffe Center is a **FREE** evening class for parents and community members ages 15 and older.

5:00p – 8:30p

Alcouffe Center

9185 Marysville Road in Oregon House

Call 692-2210 to preregister

September 18, 26: SYRCL Cleanup Field Trip

September 19: YES Back to School Night will be held from **5:30p –7:00p**

September 24: Great Water Assembly

September 28: Yuba-Sutter Farm Day – **Mrs. Edwards Class**

8:30a – 12:30p

Yuba-Sutter Fairgrounds

442 Franklin Avenue in Yuba City

Contact the office at 530-692-2210 for more information



“You cannot protect the environment unless you empower people, you inform them, and you help them understand that these resources are their own, that they must protect them.”

Kid Friendly Tips to Enjoying more Veggies!

- Try adding steamed sliced carrots, handful of chopped mushrooms, sweet bell peppers, celery, onions, legumes, or lentils to home-made or ready-prepared tomato sauce!
- Top a ready-made pizza base with a home-made tomato sauce and one of the following: Sliced mushrooms, chopped spinach, sliced onions, zucchini, baby corn, olives, peas, or bell peppers!
- Many kids prefer raw vegetables to cooked. Sticks of carrots, celery, red pepper, and cucumber are the usual favorites, but you can also try sugar peas, baby corn, sprouted beans, and broccoli!
- Canned beans, such as garbanzo, cannellini, or kidney beans, can form the base of a nutritious salad! Combine with diced tomatoes, chopped bell peppers, and cubes of hard cheese. Drizzle with olive oil and balsamic vinegar or a mixture of mayonnaise and pesto!
- Pasta is a perennial favorite and the perfect base for a vegetable sauce. Add chopped spinach to ready-made pesto. Cauliflower, broccoli, leeks, or mushrooms can be added to macaroni and cheese!
- Add favorite vegetables or canned beans to ready-made soups, stews, curries, and bakes to boost their nutritional content!
- Combine lean ground beef with grated onion and carrot, herbs, chopped mushrooms, and a little beaten egg for a simple home-made burger. Alternatively, replace the beef with mashed canned beans or cooked lentils!

'Gimme Five!' By Nicola Graimes

ParentSquare is a great way to stay connected!

WWW.PARENTSQUARE.COM

GET SCHOOL UPDATES & EVENTS • SEND MESSAGES TO YOUR TEACHERS • LOG
VOLUNTEER HOURS • GET TEXT MESSAGES OR EMAILS – YOU DECIDE!

Parent Involvement Team

Welcome to the **PIT** crew! You are the secret to success at our school. Our wonderful students and campus benefit greatly by your time and involvement. This year our parents are off to a running start to complete the required 12 volunteer hours per family.

Our current needs are:

- yard maintenance
- mowing
- weed eating
- spreading bark on the native plant trail
- helping in the garden
- Interacting with students during recess and lunch time

We will need parent volunteers to help with the upcoming Harvest Festival on October 12th. More information will be shared through parent square.

Please contact Mrs. DeVorss at 530 692-2210 to set up a time or to discuss the options for helping.

Remember, YOUR involvement makes a big difference!

Thank you,

Mrs. DeVorss

PIT Coordinator



“Don’t eat anything your great-grandmother wouldn’t recognize as food.”

Michael Pollan, author of 7 New York Times Best Sellers, Winner of the Reuters/World Conservation Union Global Award in Environmental Journalism