YES CHARTER ACADEMY

NEWSLETTER

SEPTEMBER 2019 - VOLUME 1

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A Word from Ms. Miller

On behalf of the YES Charter Academy Staff, welcome to the 2019-2020 school year! We are bringing forward all the great programs and activities from the past and adding a few carefully chosen new initiatives. Please see page 2 for information on our School Readiness Program and North Fork Harvest Program.

One of the hallmarks of YES is project based learning. We are moving one of our most impactful projects, the Environmental Science Fair, to the first trimester. Your student will be part of a team working to solve an environmental issue. Teams will use the Design Thinking Process and present their work at the Environmental Science Fair on November 8.

Amber Partridge, Director of Math and Science, is leading our science program this year. She holds a BS in Invertebrate Biology with a concentration in Entomology, an MS in Natural Resource Management and a Master's Certificate in Compassionate Leadership through Service Learning. She comes to YES with a background in both scientific field and laboratory research and project management. She has successfully designed, managed, and implemented research projects and she is sharing this passion for science and exploration with the students for a successful and exciting science fair this year.

We invite you to get involved with your child's education through the Parent Involvement Team (PIT) Crew. See the article on page 4 for details. Your volunteer work creates a quality experience for all students. Let's work together to make 2019-2020 an exceptional year for YES students!

Yours in education,
Louise Miller
Principal/Superintendent

"An increasing number of parents and a few good schools are realizing the importance and the magic of providing hands-on, intimate contact between children and nature as a larger part of a child's education."

Richard Louv, Author of Last Child in the Woods: Saving Our Children from Nature Deficit Disorder.

IMPORTANT DATES

September 3
Cross Country Info. Meeting

September 4
Cross Country Try Outs/Info

September 11
Collins Lake Field Trip
GRADES TK/K

September 11
Back to School Night

September 16
YES Charter Fox Trot

September 24
Sycamore Ranch Field Trip
GRADES 1-4

September 25
Filaki Farms Field Trip
GRADES TK/K

September 26
Sycamore Ranch Field Trip
GRADES 5-8

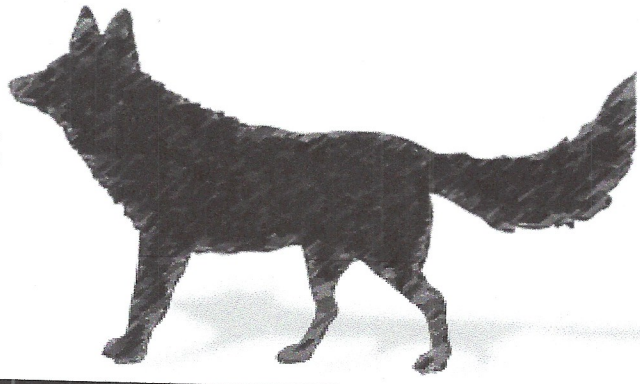
September 27
Farm Day Field Trip
GRADE 3

See page 3 for details of events.

DID YOU KNOW?

FREE TO ALL YES STUDENTS:

- School Breakfast
- School Lunch
- After Care Until 5:30p



Nature Explore School Readiness Program

YES has expanded services to three and four year olds with the construction of our Nature Explore Outdoor Classroom and implementation of our School Readiness Program. We have partnered with Nature Explore to create a learning environment that supports optimal social, emotional, physical, and academic development. The Outdoor Classroom has ten learning areas, Garden, Art, Music & Movement, Building, Climbing, Messy Materials, Dirt Digging, Sand, Gathering, and Action areas.

Delphine Walz, School Readiness Instructor, was instrumental in choosing materials for the outdoor classroom and designing the curriculum. She works with her young students daily from 8:30 to 11:30. Parents participate in the program, either assisting Delphine or attending a series of classes and workshops provided by our Parent Education Coordinator, Jessica Robles. The classes and workshops are open to the parents of TKK through 8th grade students and community members as well. Tuesdays from 9:00 to 11:00 are presentations from community agencies and businesses. Thursdays from 9:00 to 11:00 are Nurtured Heart Approach (NHA) classes taught by a certified NHA Trainer.

A day long Nature Explore Training in August immersed YES staff, school readiness parents, and preschool trainers from YCOE in the research and best practices of outdoor education. Nature Explore is a collaborative program of Arbor Day Foundation and Dimensions Educational Research Foundation. To find out more about this exciting program please see their website at www.natureexplore.org

North Fork Harvest

Sara Fowler is rolling out our new North Fork Harvest Program by continuing our Farm to School initiative and adding some exciting new features. North Fork Harvest seeks to improve student's health and lifelong eating habits by increasing fresh fruit and vegetable consumption. We are following the proven, successful template of Sierra Harvest in Nevada County. Watch for the following from North Fork Harvest this year!

- Monthly Fruit and Vegetable Tastings
- North Fork Harvest Cart Offering Plant Starts and Produce
- Farm Field Trips
- Cooking Classes
- Greenhouse and Garden Grown Food Served in Cafeteria
- Locally Sourced Organic Produce Served in Cafeteria
- North Fork Harvest Dinner Fundraiser

Sara will coordinate with our chef, the student food production and cafeteria teams, local farmers, local chefs, teachers, and parents to expand opportunities for healthy eating. When you see Sara in her signature straw hat please introduce yourself. You will find her to be warm and knowledgeable, the perfect person to roll out North Fork Harvest!

"Children will be smarter, better able to get along with each other, healthier and happier when they have regular opportunities for free and unstructured play in the out-of-doors."

American Medical Association, 2005

IMPORTANT DATES

September 3: *Ms. Amber will be having a **Cross Country Informational Meeting** for all students interested. Parents are welcome to attend! The meeting will be held from **3:30p-4:30p** in the **YES Conference room.***

September 4: *Additional **Cross Country** Info Session **3:30p-4:30p***

September 11: ***TK/K students** will visit **Collins Lake** from **9:00a-11:00a** for an afternoon of fun outdoor play!*

September 11: *YES Charter's **Back to School Night** will be held from **5:00p-7:00p.** Come and visit with your students' teacher and tour the school.*

September 16: *YES Charter Academy's annual **Fox Trot Fundraiser** will begin at **9:00a** on the **YES track.** Papers will be sent home with your student so keep an eye on their backpack! See their teacher for more information.*

September 24: ***1st-4th students** will visit **Sycamore Ranch** to participate in the **World Wide Waterways Clean-up**.*

September 25: ***TK/K students** will visit **Filaki Farms** from **9:00a-11:30a** for an afternoon of learning how things grow!*

September 26: ***5th-8th students** will visit **Sycamore Ranch** to participate in the **World Wide Waterways Clean-up**.*

September 27: ***3rd/4th students** will visit the fairgrounds from **8:45a-1:00p** to learn about local agriculture by visiting educational exhibits and demonstrations, as well as meeting local farmers.*

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

A NOTE FROM THE OFFICE: We are happy to introduce our new office member, Tonya Lawson! She will be in charge of your students' attendance and helping with their Independent Studies. Let's all help her feel welcome!
ATTENDANCE: We have monthly and yearly perfect attendance awards and drawings. In order for your student to be eligible for Perfect Attendance they will need to be in their seats or completing all of their assigned Independent Studies (ISP) on time. ISP is not only important to your students' attendance but also to their learning. No more than 15 days of ISP will be issued.

"You cannot separate food production from the environment."

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

Spending time in the outdoors surrounded by nature, especially among trees, is shown to:

- Reduce blood pressure
- Lower stress
- Improve cardiovascular health
- Improve metabolic health
- Lower blood sugar levels
- Improve concentration
- Improve memory
- Lift depression
- Improve pain thresholds
- Improve energy
- Boost immune system
- Improve sleep
- Boost problem solving ability
- Assist weight loss

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A Good Night's Sleep

For your child's success at school, please make sure they get a good night's sleep! According to the National Sleep Foundation:

- Sleep and rest are essential for children because they directly impact physical and mental development.
- Inadequate sleep can lead to mood swings as well as behavioral and cognitive problems.
- School age children need 10 to 11 hours of sleep each night.
- A child's bedroom should be dark, cool and quiet to create a calm environment and encourage sleep.
- Televisions, computers, and other electronic devices should be kept out of the bedroom.
- Use of electronic screens should be discontinued two hours before bedtime.

Your child's success at school depends on being alert and ready to learn. Please help your child form the habits that assure they have a good night's sleep every school night.

PIT Crew News

Parent Involvement Team, PIT Crew, is expanding this year. Nicole Long, PIT Crew Coordinator, is looking for a group of parents to form a PIT Crew Leadership Team. PIT Crew Leaders will be asked to attend one meeting a month and more during special events and fundraising efforts. PIT Crew Leadership Team will create school activities, fundraisers, recruit local business partners and sponsorships, and represent our school in the community and surrounding areas.

PIT Crew Leadership Team will help to recruit parent volunteers for classrooms, events, field trips, assemblies, after school activities and more.

The first PIT Crew Leadership Team meeting will be September 11th from 4:30 to 5:00 in the YES conference room. Meeting goals are to establish roles and map out this year's activities.

"What you do makes a difference, and you have to decide what kind of difference you want to make."

Jane Goodall, Primatologist, Advocate for Ecological Preservation, Founder of the Jane Goodall Institute

SEPTEMBER CALENDAR

Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL LABOR DAY	3 Nachos Black Beans 3 Bean Salad	4 Lasagna Macaroni Salad Veggie Sticks	5 Fish Tacos Macaroni Salad Cole Slaw	6 Pulled Pork Sliders Cole Slaw Potato Salad
9 Cheese Pizza Potato Salad Vegetables	10 Bean Burrito Spanish Rice Corn	11 Meat Loaf Mashed Potato w/ Gravy Green Beans	12 Vegetable Soup Turkey Sandwich	13 Butter Garlic Tilapia Broccoli Tabbouleh Salad
16 Spaghetti Roll Green Beans	17 Enchilada Refried Beans Vegetables	18 Fish Sticks Cole Slaw Cooked Carrots	19 Baked Chicken Macaroni Salad Vegetables	20 Chili Corn Bread Green Peas
23 Lasagna Roll Potato Salad	24 Tostada Bowl Spanish Rice Corn	25 Asian Chicken Noodle Salad Mixed Vegetables	26 Oven Fried Chicken Country Potatoes Vegetables	27 Shepherds Pie Fresh Bread Green Peas
30 Beef Noodles Mixed Vegetables				

***Milk, fruit, and salad are offered daily and will not be listed on the menu.**

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS!

- Lean & Green Monday
- Taco Tuesday
- Global Wednesday
- CA Thursday
- Fun Friday

- Students help develop menus!
- Students help grow food!
- Students help serve meals!
- Students learn to clean up!
- Students learn food sustainability!

"I am confident that we will see a growing consensus about the most effective way to transform food in America: building a real, sustainable and free school-lunch program."

Alice Waters, Creator of the Edible Schoolyard Program, author of The Art of Simple Food

Parent & Community Education

Community Day Tuesdays in September

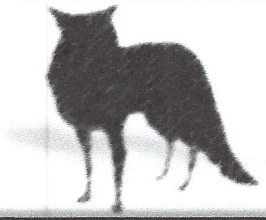
*All workshops to be held in cafeteria at YES Charter

Date	Time	Agency/Company	Workshop Type
9/03/19	9:15am	Artisan Lavinia	Baking with Children
9/10/19	9am	Yuba County Health & Human Services (H&HS)	Lead Prevention; Oral Health
9/17/19	9am	Yuba County H&HS	Car Seat Class
9/24/19	9am	Yuba County H&HS	Tobacco Education

Parent Education Day Thursdays in September

*All workshops to be held in cafeteria at YES Charter

Date	Time	Agency	Workshop Type
9/05/19	9:30am	Yuba-Sutter Behavioral Health	Nurtured Heart Approach (NHA)
9/12/19	9:30am	Yuba-Sutter Behavioral Health	NHA
9/19/19	9:30am	Yuba-Sutter Behavioral Health	NHA
9/26/19	9am	YES Charter Staff	Nurtured Heart Approach Applications and Wrap Up



Contact Ms. Miller for more information!

"It is when we connect to nature with all our senses that the magic happens and our lives can be transformed. Immersed in the natural world, we can experience the miracle of life and connect to something larger than ourselves. Nature takes our breath away and breathes new life into us."

Dr. Qing Li, author of Forest Bathing, How Trees Can Help You Find Health and Happiness