



OFFICE OF THE SUPERINTENDENT

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Jorge A. Aguilar, Superintendent

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March 1, 2018

Dear Parents/Guardians,

I am writing to inform you that I have recently learned that some students are considering plans to protest or walkout of school in response to the tragedy in Florida.

Our top priority in Sacramento City Unified School District is teaching and learning. We are also committed to supporting the academic and social emotional needs of our students while maintaining a safe and orderly learning environment. We respect and support the right of our students to advocate for causes that are important to them and welcome the opportunity to work with any student club or organization to discuss appropriate and creative ways to do so while maintaining a safe learning environment.

We are well aware of a planned 17-minute National School Walkout on March 14, 2018 led by youth focused on bringing greater attention to keeping students safe from gun violence. Our district is having discussions about how students might be encouraged to express their views on that day in a coordinated manner in partnership with our teachers, the City of Sacramento, community-based organizations, and law enforcement. We will be sure to inform you of our plans over the next few days.

We also understand some students have engaged in discussions about missing class to participate in student “walkouts” **prior to** March 14, 2018. While students have a right to engage in free speech to express their views, any class that is missed prior to the coordinated effort on March 14, 2018 will be marked as an unexcused absence.

Again, we encourage students to speak to our staff about ways they can constructively advocate for the causes that are important to them while remaining on campus where safety measures are in place to ensure supervision and security. I will keep you informed about planned events on March 14, 2018.

Sincerely,

Jorge A. Aguilar
Superintendent

MARCH 2018 · K-8 · SACRAMENTO CITY USD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>Breakfast Pizza</p> <p>Boneless Wings with Potato Emojis</p>	<p>6</p> <p>Breakfast Chicken Slider</p> <p>True Natural Bean & Cheese Burrito</p> <p>Turkey & Gravy with Mashed Potatoes and Hawaiian Roll</p>	<p>7</p> <p>Crispito</p> <p>TACO WEDNESDAY with Refried Beans & Tortilla Chips</p>	<p>8</p> <p>Whole Grain Garlic Cheese Toast</p> <p>Wild Mike's Pepperoni Pizza</p> <p>Primo Cheese Pizza</p>	<p>9</p> <p>Yogurt Parfait w/ Seasonal Berries</p> <p>Breaded Chicken Sandwich on a Whole Grain Bun</p>
<p>12</p> <p>Pancake with Sausage</p> <p>Chicken Drumstick with Mashed Potatoes and Aloha Roll</p>	<p>13</p> <p>Turkey Sausage Breakfast Square</p> <p>Frank's Spicy Buffalo Chicken Pizza</p> <p>Sweet and Sour Chicken with Hawaiian Brown Rice</p>	<p>14</p> <p>Crispito</p> <p>Spring Feast Carved Honey Ham or Turkey & Gravy with Yukon Roasted Potatoes, Asparagus and Colored Hardboiled Egg</p>	<p>15</p> <p>Eggstravaganza with Turkey Bacon</p> <p>Brookwood Farms BBQ Pulled Pork Sandwich</p> <p>Cheeseburger</p>	<p>16</p> <p>Breakfast Cheese Croissant</p> <p>Miller's All Natural Beef Hot Dog with Tater Tots</p>

Check out our

Unlimited Salad Bars!

This month we're offering local sliced apples and tangelos, strawberries, jicama, cucumbers and house-made salads!

JOIN US for

Spring Feast!

March 14

FARM

SCHOOL

Buccioli

MANN'S PACKING

DELHI, CA 132 MILES AWAY

DID YOU KNOW?

- 1 All of our meals meet strict standards for calories, fat, saturated fat and sodium
- 2 All grains offered for breakfast and lunch are Whole Grain Rich!
- 3 Unlimited salad bars, featuring local produce, are offered at all schools every day!
- 4 We're committed to fewer preservatives, sourcing local ingredients, and cleaner labels!

Little-Known Facts About @SacCityEats School Meal Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Breakfast Pizza Boneless Wings with Potato Emojis	20 Breakfast Chicken Slider True Natural Bean & Cheese Burrito Teriyaki Chicken with Hawaiian Brown Rice	21 Crispito TACO WEDNESDAY with Refried Beans & Tortilla Chips	22 Whole Grain Garlic Cheese Toast Wild Mike's Pepperoni Pizza Primo Cheese Pizza	23 Yogurt Parfait w/ Seasonal Berries Breaded Chicken Sandwich on a Whole Grain Bun
26	27	28	29	30

Breakfast Options Available Daily

- Listed Entrée or Whole Grain Cereal
- Fruit Bar
- Graham Crackers
- Fat-free or Low-fat Milk, Lactaid

Lunch Options Available Daily

- Listed Entrée or Subbutter Sandwich with Yogurt & Whole Grain Goldfish
- Unlimited Salad Bar
- Fat-free or Low-fat Milk, Lactaid

Spring Break

Spending time in the SUN
this spring break?

HEALTHY SNACK IDEAS

Put grapes or watermelon chunks in the freezer for an hour or two before eating! Freeze small containers of yogurt for car rides or outside activities. You'll have a cold, slushy treat, and a healthy one. When craving a crunch, instead of potato chips reach for nuts, pretzels or popcorn.

COME JOIN OUR TEAM!

We are looking for friendly people to fill in as cashiers and cafeteria servers in schools, on an on-call basis. Most shifts are 10:00am - 1:00pm. If you're interested, please complete an application online at www.scusd.edu/employment

or call Rebecca at our Nutrition Services Office at (916) 277-6202.



Nutrition Services (916) 277-6716
Apply for meals online: www.scusd.edu
This institution is an equal opportunity provider and employer. Menu subject to change.



SACRAMENTO
STATE

California State University, Sacramento

Academic Talent Search (ATS)

Mailing Address: 6000 J Street • Sacramento, CA 95819-6098

Office Location: 7667 Folsom Blvd, Suite 2040 • Sacramento, CA 95826

Phone: (916) 278-7032 • Fax: (916) 278-5930 • Email: ats@csus.edu • Website: www.csus.edu/coe/ats

Like us on Facebook for up-to-date info and announcements! www.facebook.com/academictalentsearch

❖ Congratulations! ❖

Your school is offering you the opportunity to participate in Academic Talent Search (ATS) at Sacramento State. As mentioned on the **Information for Students and Parents** sheet (provided by your school), ATS provides fun, interactive, fast-paced summer classes to 4th through 9th grade students. Our program gives students the opportunity to study in fields like art, business, computer science, engineering, law, and science (as well as other subjects not readily available to students in this age group). Last year, some of our most popular classes included Acting: All the World's a Stage, Algebra 1, LEGO Robotics, Neuropsychology, and Video Game Development. Since 1982, more than 45,500 students have taken advantage of the educational opportunities provided by ATS on the Sac State campus. In 2017, ATS awarded over \$29,000 in financial aid and fee waivers to students.

To be eligible for ATS, all you need to do is be a current 4th through 9th grade student (grade level as of January 1, 2018) and take the ATS Qualifying Exam. Taking the test automatically qualifies you for ATS. The test takes a little over an hour and assesses your academic abilities. Students in 4th and 5th grades take the "intermediate" level exam, while 6th-9th graders take the "advanced" level test. Scores do NOT affect your school grades. Taking the test does not mean you have to attend ATS, but it gives you the **option** to attend these fun and unique classes at Sac State this summer.

Your ATS School Representative (usually the person who gave you this form) can tell you when the test will be offered at your school. To sign up, complete the back of this sheet and return it to your School Representative at least one week prior to the testing date. **On the day of the test, bring the \$15 processing fee with you (fees should not be submitted before the exam).** This fee covers the scoring of your exam and the mailing of your test results directly to your home. If you cannot afford the test processing fee, ask your School Representative about a *Testing Fee Waiver*.

Again, congratulations on being offered this opportunity! If you have any questions, please call the ATS office (916-278-7032), send us an email (ats@csus.edu), or visit the ATS website (<http://www.csus.edu/coe/ats>) for more information. We hope you will join us this summer at Sac State!

Scarlet P. Maurin
Director

Lynda Nakamura
Program Manager

Quick Facts...

❖ About the ATS Test ❖

- **ATS strongly encourages students take the test each year because:**
 - Each student's highest score (from the appropriate exam) will always be applied, so there is no risk in retesting!
 - Class placements are made top score down until all seats are filled.

- Testing is also available at Sac State (\$15 fee per student). Contact ATS to sign up for one of these Saturdays:

January 27, 2018

February 10, 2018

February 24, 2018

March 10, 2018

❖ About ATS Classes ❖

- ATS's wide variety of classes include new topics not covered in regular school, as well as traditional subjects taught at an accelerated level.
- Students gain exposure to a collegiate environment by attending classes at Sac State.
- Participants meet new friends from across the region who share an enthusiasm for learning.
- ATS recommends many classes in the 6th-9th grade program for high school credit.

❖ Have your parent/guardian complete the back side of this form so you can take the test ❖

- Return it to your ATS School Representative at least one week before the testing date.
- Don't forget to bring \$15 cash, check, or money order (payable to ATS) to school ON the day of the test. *Please note: Returned checks are subject to penalty fees per University Enterprises, Inc.*
- If you cannot afford the processing fee, ask your School Representative about a *Testing Fee Waiver*.



SACRAMENTO
STATE

Why should I take this test?

The *College Ability Test* can offer valuable experience in taking a college admission-type exam. Test results also help identify special aptitudes to be further developed. There is no risk in testing, as test scores do not affect your regular school grades. The test is designed for older students, so you are not expected to know all of the answers or prepare for the test in any way.

If I have taken the test before, do I have to take it again?

If you are currently in grade 6 or above and last tested as a 4th or 5th grader, you will need to test again to take the “advanced” level exam this year. Because classes are filled top-score down, **ATS strongly encourages all students to take the test every year.** ATS will accept your highest scores from the appropriate level of the exam, so there is no risk in retesting!

How much does the test cost?

There is a \$15 processing fee (payable to ATS on the day of the test), which covers the scoring of your exam and the mailing of your test results directly to your home. If you cannot afford the processing fee, ask your School Representative about a *Testing Fee Waiver*.

❖ About the ATS Qualifying Exam ❖

The *College Ability Test* takes no more than 1 hour and 15 minutes – this includes instructions and two 20-minute sections (verbal and quantitative). Students take the multiple choice test appropriate for their grade: current 4th and 5th graders take the “intermediate” level, and current 6th–9th graders take the “advanced” level. **Taking the test automatically qualifies you for ATS.** The test is not “pass” or “fail,” as it does not measure specific knowledge; rather, it helps assess your aptitude for learning!

• Verbal Section

The verbal section tests your knowledge of the meaning of words and your ability to identify relationships between pairs of words. You will be asked to find the pair of words that go together in the same way as the first two words.

Example

gym : exercise ::

- a) cafeteria : eat c) car : sit
b) mall : sell d) auditorium : clap

Solution

To solve analogy questions, put the primary pair of words into a sentence which explains their relationship (“You go to a gym to exercise.”). Next, substitute the answer choices into your sentence until you create a sentence that makes sense. The correct answer is A: “Gym” is related to “exercise” as “cafeteria” is related to “eat.”

• Quantitative Section

The quantitative section tests how well you work with numbers. Each question has two parts (Column A and Column B). You must determine if the value presented in Column A is greater than the value presented in Column B, if the parts are equal, or if there is not enough information to decide.

Example

Column A	Column B
Value of 3 nickels and 1 dime	Value of 2 dimes and 1 nickel

- A if the part in Column A is greater
B if the part in Column B is greater
C if the two parts are equal
D if not enough information is given for you to decide

Solution

The example is asking you to add. Since a nickel is 5 cents and a dime is 10 cents, in Column A, 5+5+5+10 is equal to 25. This is the same answer as 10+10+5 in Column B. Therefore, the answer to the question is C.

ATS Test Sign-Up Form for 4th–9th graders

Parent(s): Please return this completed form to your School Representative at least 1 week before the test to secure your student’s seat.

Student Last Name	Student First Name	Student Middle Initial
Mailing Address	Apt#	
City	State	Zip
Primary Phone ()	Primary Email	
Current School	Current Grade as of Jan. 1, 2018 (circle)	4 th 5 th 6 th 7 th 8 th 9 th
Parent Name	Parent Signature	
*A Message from your ATS Representative		



Dance 10 To You is an enrichment program bringing dance education to your school and where the learning continues through movement.

This one-hour class is taught after school for a six-week session. Highlights of the program include learning self-confidence, team work, creativity, music and movement appreciation and collaboration in a nurturing and encouraging environment. With the use of age appropriate music and the exploration of different dance styles, proper warm up and dance history, the class is fun and dynamic and gets kids moving. The final day of the session will include a showcase for Family and Friends.

Your instructor is Terri Taylor, Owner of Dance 10 Dance Center. With more than 30 years experience as a professional dancer, choreographer, teacher and studio owner, Terri is excited to bring the art of dance to your school. "I've worked with so many students through the years, many who have gone on to dance professionally while others simply have found their confidence or individuality through recreational dance. All of my students share a common thread - exploring the arts and finding their joy along the way."

The Fee for this 6-week session is \$50 per student.

Make checks payable to Dance 10.

Grade K-Mondays 12:45-1:45 ----- Grades 1-6 Mondays 2:30-3:30

6-week session: April 9, 16, 23, 30, May 7, 14

Dance 10

Name _____

Parent Name _____

Parent Email _____

Phone _____

Teacher _____ Grade _____



Home Run Reader Monthly Reader Log

Student Name: _____ Grade : _____

Teacher: _____

March 2018 (FINAL LOG OF THE PROGRAM)

- ✓ Log your minutes read per day on the calendar below and **total your minutes read for the month** and log in space provided.
- ✓ You **MUST** turn in this log to your teacher (during the 1st week of April) to receive credit towards your total program goal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Summary of total reading goals for October 2, 2017– March 31, 2018 (keep track at home, too!):

	Single	Double	Triple	Home Run
Kindergarten	1,800 minutes (~300/mo)	2,400 minutes (~400/mo)	3,000 minutes (~500/mo)	3,600 minutes (~600/mo)
1 st Grade	2,400 minutes (~400/mo)	3,000 minutes (~500/mo)	3,600 minutes (~600/mo)	4,200 minutes (~700/mo)
2 nd Grade	3,000 minutes (~500/mo)	3,600 minutes (~600/mo)	4,200 minutes (~700/mo)	4,800 minutes (~800/mo)
3 rd Grade	3,600 minutes (~600/mo)	4,200 minutes (~700/mo)	4,800 minutes (~800/mo)	5,400 minutes (~900/mo)
4 th Grade	4,200 minutes (~700/mo)	4,800 minutes (~800/mo)	5,400 minutes (~900/mo)	6,000 minutes (~1000/mo)
5 th Grade	4,800 minutes (~800/mo)	5,400 minutes (~900/mo)	6,000 minutes (~1000/mo)	6,600 minutes (~1100/mo)
6 th Grade	5,400 minutes (~900/mo)	6,000 minutes (~1000/mo)	6,600 minutes (~1100/mo)	7,200 minutes (~1200/mo)

Total minutes read in March, 2018: _____

***March 31st will mark the end of logging minutes for the Home Run Reader Program. Following submission of the final logs due the first Mon. of April (4-2-18), order forms for the game tickets will sent home the week of Apr. 9th. The game will be on April 27th at Raley Field!**

***If you think you have reached the Triple level, please circle your shirt size:**

Youth XS Youth S Youth M Youth L Youth XL Adult S Adult M Adult L Adult XL

Intermediate Homework Club



Hey parents, Thursday's shortened day schedule offers dragons from 4th to 6th grade a unique opportunity to get out in front of their homework. Whether your student is stuck on a math problem, needs another set of eyes to look over a paragraph, or just wants a supportive environment in which to complete assignments, homework club has you covered.



Sessions will be held on Thursdays in room 25 from 1:25 to 2:25. The cost for Homework Club is **\$40** per five-week session. Computers are available and supplies like binder paper, sharpies, index cards, and pencils will **always** be provided. Make checks payable to Alayna MooreWeathers of *One Page at a Time Private Tutoring*.

***This class is limited to 22 students**

Fifth session: 3/22, 4/5, 4/12, 4/19, and 4/26

Come on dragons, let's go slay some homework!



Name _____

Parents Name _____

Phone _____

Phoebe Hearst is proud to announce that we will be participating in the Runnin for Rhett 2018 training program and participating in the “Run Because You Can 5k” on April 22, 2018. The Runnin for Rhett Non Profit Foundation has been active in keeping Rhett’s memory alive by bringing afterschool exercise and nutrition programs to local schools. Their goal is to **LET RHETT’S STORY INSPIRE** those who feel defeated, **UPLIFT** those who feel down and **ENCOURAGE ALL TO** take that first step and **MOVE INTO LIFE**.

In Rhett’s short life, he inspired many people with his infectious smile and will to live, but with his challenges, he could not walk, run or jump – no matter how hard he tried. After Rhett’s death, Beth and Randy (Rhett’s Parents) dedicated their memory of Rhett to utilizing **FITNESS** and **MOVING** to help others – do what Rhett wanted to do so badly but couldn’t.

Program Details:

Training is held on Tuesdays and Fridays at Phoebe Hearst beginning March 13, 2018. Tuesday/Friday training runs from 2:30pm-3:30pm. (*For March 13th and 16th training will be from 12:45pm to 1:45pm due to minimum day schedule).

Participation in the program is FREE to students’ grades 1-6th/boys and girls thanks to donations from the community and past participants.

Permission slips are due to Runnin for Rhett Coaches by March 9th, 2018. Please return signed permission slips in the front office or via email to Annette Toth, annettentoth@gmail.com.

We are in need of parent help for training and encourage you to come out and train with us for some of the program, even if you are unable to commit to a weekly schedule. Please contact us if you are able to volunteer on a weekly or daily basis.

Contact Head Coach Larissa Niu 916-307-2930 or Assistant Coach Annette Toth 209-658-0938 with any further questions regarding the program. If you would like to learn more about the Runnin for Rhett program please visit their website at www.runninforrhett.org.

We hope to see you all out there!!!

RUNNIN' FOR RHETT

Move into life!

www.runninforrhett.org



Runnin' For Rhett Youth Fitness Program

Get ready for a FREE five week running program that includes games, relays, and movement.

We are excited to announce that Phoebe Hearst was selected to participate in the Runnin' for Rhett Youth Fitness Program. We invite you to join us and learn more about running and physical activity in a **FUN** environment that encourages pride in movement all in honor of **Rhett Seevers**. The program will help with strength, flexibility, balance and cardiovascular fitness while preparing your muscles to run without injury. We also hope you become more active on the other days and encourage your friends and family to be active with you.

Rhett Seevers was born on February 7, 1997. His parents, Beth and Randy Seevers brought home their bundle of joy to join their family of four. At four months, they were devastated by the news that their little boy was diagnosed with severe cerebral palsy and would face a life full of challenges. They dove in headfirst and learned all they could about his disabilities. On March 13th, 2004, after 7 years of full-time care, love and devotion, Rhett passed away at home unexpectedly with his family by his side.

In the spring of 2005, as the anniversary of Rhett's death approached, a friend of Beth's introduced her to running. She learned of a new ½ marathon race. That race was ironically being held on the first anniversary of Rhett's passing. Once learning of this, Beth trained and completed the run. Finishing the run was such an inspiration to Beth, so much that the following year, she asked that her friends and family join her. Join her they DID. On December 7, 2007, the "Runnin' for Rhett Non-Profit Foundation" was formed. The organization has grown to over 3000 participating runners, walkers and volunteers.

In Rhett's short life, he inspired many people with his infectious smile and his will to live, but with his challenges, he could not walk, run or jump – no matter how hard he tried. After Rhett's death, Beth and Randy dedicated their memory of Rhett to utilizing FITNESS and MOVING to help others – do what Rhett wanted to do so badly but couldn't.

The Runnin' for Rhett mission is to **LET RHETT'S STORY INSPIRE** those who feel defeated, **UPLIFT** those who feel down and **ENCOURAGE ALL TO** take that first step, like Beth did in the spring of 2005, and **MOVE INTO LIFE**.

Program Highlights

- FREE (A tax deductible donation of \$15 to help defray costs would be appreciated, but is not necessary.)
- Run/Walk- no experience needed
- Open to grades 1st through 6th
- Practice is every **Tuesday and Thursday beginning March 13, 2018**.
- Practice starts at 2:30pm on Tuesday and ends at 3:30pm and practice on Thursday starts at 1:30pm and ends at 2:30pm.
- *March 13th and 15th practice will be 12:45pm to 1:45pm due to minimum day schedule.
- Culminates in the **Run Because You Can on Sunday, April 22, 2018 at Sacramento City College**.
- Program consists of warm up drills, running and walking, conditioning stations, games and cool down stretches
- Participants receive a Runnin' for Rhett baby blue t-shirt, wristband, free registration to the **Run Because You Can**, finisher's medal, and free entry into Rollin' for Rhett.

To learn more about the Youth Fitness Program: <https://vimeo.com/73749350T>

To learn more about the race: <http://www.runbecauseyoucan.org>

*****If you are interested in joining the Runnin' for Rhett Youth Fitness Program at Phoebe Hearst, please complete the reverse side and return by Friday March 9, 2018. The program begins Tuesday March 13, 2018. If you have questions, please contact Larissa Niu 916-307-2930 or Annette Toth 209-658-0938.***

****Participants in the program must be available to attend the Run Because You Can on April 22, 2018**

Runnin' for Rhett - 5117 Worcester Way - 916.691.2311
A Non-Profit Foundation (501c3) - Tax ID #26-1419222
Governor's Council GOLD MEDAL WINNER - 2011



RUNNIN' FOR RHETT
Move into life!

www.runninforrhett.org



at Sacramento City College. Transportation to the event will NOT be provided.

Child's Last Name

Child's First Name

Parents Email Address (please print neatly)

Child's T Shirt Size: (Circle one):

YS YM YL YXL AS AM AL AXL AXXL

Child's Birthdate (mm/dd/yyyy)

Child's Gender (M/F)

Parent's Name and Phone Number (where you can be reached after school and on the day of the race)

Child's Teacher and Grade Level

Permission Slip and Release Form

I have read the Runnin' For Rhett Youth Fitness Program description and my initials and signature below indicate that I give permission for my child to participate. _____ (Parent/Guardian Initials)

I understand it is my responsibility to provide transportation for my child for this program. My child will be picked up ON TIME each session. I understand that if my child is picked up late, he/she will not be able to continue with the program. _____ (Parent/Guardian initials)

I understand that by registering my child for the Runnin' for Rhett Youth Fitness program, I am committing to my child attending the **Run Because You Can on April 22, 2018**. _____ (Parent/Guardian initials)

I, as parent/guardian, as consideration for my child/dependent being permitted by SLDRA (SRA), the Runnin' for Rhett Foundation, and the organizations, cities and counties in which the race is contested, (herein collectively referred to as "Promoters and Sponsors") to participate in the Run Because You Can, I hereby agree that I, my assignees, heirs, distributees, guardians and legal representatives will not make a claim against, sue or attach the property of the Promoters and Sponsors, for any and all injuries or damage arising from my participation in Run Because You Can. I also give free use of my child/dependent's name and/or picture in any broadcast, telecast, or other account of this event. ASSUMPTION OF RISK: I am aware that running a distance running event is a strenuous and potentially dangerous activity. With knowledge of the risk involved, I hereby agree to accept any and all risks of injury or death. I represent and certify that my child/dependent is physically fit and has sufficiently trained for this event.

I have carefully read this agreement and understand its contents. I am aware that this is a release of liability and a contract between myself, the parent/guardian of the participant, and the Promoters and Sponsors and sign it of my own free will.

Parent/Guardian Signature

Date

Print Name

Please list any medical concerns that your child may have:

Runnin' for Rhett - 5117 Worcester Way - 916.691.2311
A Non-Profit Foundation (501c3) - Tax ID #26-1419222
Governor's Council GOLD MEDAL WINNER - 2011

