

*Inside the Issue***GET TO KNOW OUR STAFF**

Each month we will feature different district employees. Get to know our incredible staff, that make OUSD such a great place!

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A NOTE FROM THE SUPERINTENDENT

Mr. Perry highlights one of our many programs. In this issue you will learn about our Student Nutrition Department!

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THERE WAS NO BLOCKING OHS VOLLEYBALL THIS SEASON

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WE'RE A BUZZ WITH ACTIVITY

Each month Mill Street introduces, teaches, and supports a character trait. This month they honored those who were practicing Kindness by awarding them with a certificate during their school assembly. They then used the rest of the assembly to introduce "safety." Mill Street celebrated the spookiest day of the year by hosting a Halloween Carnival where students and staff alike dressed up in costume and paraded around the school. We honored those with the scariest, funniest, sparkliest, and best all-around costumes.

Fairview saw its fair share of spooky costumes! Students participated in a Halloween parade from the school down to Westhaven. The Dual Immersion program at Mill Street and Fairview came together to organize a Dia de los Muertos procession from Mill street to Fairview. This event had a large turnout of families that visited participated and got to check out the fantastic altars that each school had. Fairview recently had an Accelerated Reader Reward party.

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If you guessed that the weight of the large pumpkin is 130 pounds, you are correct!

Mrs. Wackerman at Mill Street school has a green thumb!

A NOTE FROM THE SUPERINTENDENT

In this month's issue I would like to highlight our Student Nutrition Department.

The Student Nutrition Department consists of 14 staff members spread out over four self prep school sites. From August 9, 2021 to November 12, 2021 (63 operational days) our department has served 46,993 breakfasts and 83,283 lunches. This comes out to about 746 breakfasts and 1,322 lunches per day. I would say that makes us one of, if not the largest restaurant in our area. Our menus are based on American dietary guidelines established by the United States Department of Agriculture (USDA). As a student support service we feel that no student should be hungry and we strive to fulfill our mission. As we all know, students with full stomachs learn and behave better.

Our main goal is to increase the access of nutritional foods to our students while encouraging and building positive behaviors. Since the 2018/2019 school year we have offered meals at no charge to all students from TK to 8th grade. After a year, we were able to offer this same benefit district wide in order to include our 9th to 12th grade students. As a district we felt that parent income should not be a factor in whether or not that student had an equal opportunity to food. This is an example of eliminating barriers in order to feed any student regardless of socioeconomic status. This was a fantastic decision for our district and we look forward to continuing this practice.

A balanced nutritional approach is the key to supporting the body and mind. Once the nutritional requirements of a person are met, they can go on to accomplish their goals. After all, being "hangry" is a real thing. The USDA has many requirements that are conveyed by the MyPlate food guide. This guide establishes components that must be served during the school week. The main food components include protein, grain, vegetables, fruit and milk. The food we serve is whole grain, meets the reduced sodium and sugar requirements and also contains less fat than standard food items. The majority of the fruit we serve comes from as far north as Los Molinos and as far south as West Sacramento. Bananas excluded. Our fruit is very local and we are glad to be able to serve Asian pears, white and yellow nectarines, persimmons and hyper-local citrus like oranges and mandarins right from our backyard. We are very fortunate to live in an area that yields such fantastic foods!

Our nutrition program changes every year and we encounter our share of challenges, but we see them as opportunities. Even during the thick of the pandemic we were in full operation and found a way to learn and adapt as the environment around us changed. We found a way to serve meals to children through the pandemic as a handful of our student nutrition staff made it their priority to ensure children in our community didn't have to worry about their next meal. As a manager (and a person), I can't say how impactful this commitment was. We also saw administrators give up their time to volunteer and help distribute meals. I appreciate our team's efforts every day.

As we look forward we are excited about the future. We are upgrading infrastructure, training staff, looking for new food ideas and continue to augment the program in order to increase the access to nutritionally balanced foods. I believe I speak on behalf of all the student nutrition staff when I say, "we truly enjoy being part of such a great district".

WE'RE A BUZZ WITH ACTIVITY

(Continued)

The CK Price Leadership students are gearing up to host their third school dance of the year, on December 10, 2021. The music department has been busy preparing for their choir and band winter performances on December 9th and 14th.

Students who complete their CK3 weekly survey have the opportunity to be randomly selected to have Friday morning donuts or Pizza with the Principal! (Thank you Round Table for the Pizzas!!!)

GearUp visited OHS this month and held a lunch for freshman and sophomore students who had 2 or more Fs. In this meeting they discussed GPA, what students were wanting for their future, and how high school credits work. Chicax Culture Club had various activities to celebrate Dia de Muertos. OHS athletes having been busy displaying their discipline and determination, with several teams placing in the league! Ms. Canon's Agriculture Science classes are partnering with UC Davis and the California Department of Fish and Wildlife to begin the California Aquatic Educational Program (Salmon in the Classroom) in January to work on Thiamine trials rearing salmon. This will be supported by a STEM with a UC Davis program as well.

On November 8, 2021 North Valley took a field trip to the automotive center and main campus of Butte Community College, in Oroville. They explored the automotive center, art department and had the main campus tour. It was a fun and informative trip.

CELESTINA WATHEN GET TO KNOW OUR STAFF CATLYNN ZARO

I have been a SPED aide for 8 years. But more importantly I am a mentor and support for the students I work with. I enjoy seeing their progress and assisting them through their journey as they progress forward. My favorite parts of the days at work is when I get to have conversations with the kids about life situations.

Hobbies: I enjoy going for walks, picking out new plants for my house, rearranging my house and furniture, cooking and baking for my family, and watching my kids participate in their activities.

Pets: We have Ziggy, he is a black double doodle who is unconditionally loved by all of our family.

Most memorable moment: I don't really have 1 memorable moment in my life but my best memories always involve my kids and grandkids!

Favorite quote: "If you want it done, do it yourself"

Favorite food: Chicken is my go to but can't go wrong with Italian food.

Favorite sports team: Whatever team my kids or grandkids are on for sure.

Favorite ice cream flavor: Mint Chip from Baskin Robins



Pictured:
(Top) - Celestina Wathen
(Bottom) - Catlynn Zaro



THERE WAS NO BLOCKING OHS VOLLEYBALL THIS SEASON!

These girls right here are something pretty special. We are so incredibly proud of who they have become as individuals and as a team. They have gone farther in the postseason than any volleyball team in OHS history. They have inspired people to flock to their games and travel hours in support. They have awakened a fan base who has a newfound love for the game of volleyball. Our season came to an end on Saturday when we lost in the NorCal Regional Semi-Finals. We ended our season as the undefeated BVL Champions and an overall record of 27-4. The support of this team by the school and community was so amazing. We couldn't have accomplished all that we did without you all by our sides, so for that, we thank you! Coach Miranda Coughlin and Coach Lisa Vlach

I am a Social Emotional Learning (SEL) Instructional Coach for grades 3-5. At Fairview, you can hardly ever find me in my office, instead you would have to peek into the classrooms, the library or the playground where I deliver fun filled lessons that help students discover the type of person they want to become. I work with teachers to integrate strategies that help students overcome personal obstacles, so they can learn and grow. This is a shift from years passed. For the last 8 years, I have taught Fifth grade and geeked out on hands-on science. One of my favorite kid lines in response to me describing our next unit was, "Is there anything you do not love learning about?"

Hobbies: My newest hobbies include kayaking and rock climbing, but I have a huge amount of favorite pastimes. Hiking, skiing, cooking, reading, crocheting and learning something new are at the top of the list.

Pets: A Chocolate Labrador named Luka
Most memorable moment: Every August, my family would drive to my great-grandparent's ranch in Wyoming. There, we would help them harvest their summer crop. Everything from the feeling of the late Summer sun to the smell of tomato leaves transports me across the country, but the two moments that stand out from those precious trips include canning spicy dili beans and playing card games for hours with my family.

Favorite quote : "Happiness is when you've gotten really good at being you."

Favorite food: Spanikopita

Favorite sports team: I'm currently really into Formula 1, so I would have to say Red Bull Racing.

Favorite ice cream flavor: Mint Chocolate Chip

MARK YOUR CALENDAR

November 22-26 - Thanksgiving Break
December 1 - Modified Day
December 1 - 6:00 pm ELAC/DELAC Meeting @ Mill Street
December 1 - 7:00 pm Fairview Parent Club Meeting
December 8 - Modified Day
December 9 - 6:30 pm Band Winter Concert @ OHS
December 14 - 6:30 pm Choir Winter Concert @ CK
December 15 - Modified Day
December 16 - 6:00 pm Board Meeting
December 17 - Minimum Day
December 20-31 - Winter Break