



# MESA MATTERS



Honor the past, live in the present, drive to the future.... The Mesa Way!

February 4, 2019

## Upcoming Events

Wed Feb 6	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Feb 8- Feb 10	<b>7th Grade</b> Field Trip Catalina Island
Mon Feb 11	NO SCHOOL Teacher Professional Development Day
Tues Feb 12	Coffee with the Principal 8:30AM - cafeteria
Wed Feb 13	<b>8th Grade</b> Rio Mesa Campus Tour 9:45AM-11:45AM
Wed Feb 13	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Wed Feb 13	<b>8th Grade</b> Parent Night w/ OUHSD 5:30PM - MPR
Fri Feb 15	Jr High Dance 1:00PM - cafeteria
Mon Feb 18	NO SCHOOL President's Day



**OXNARD UNION HIGH SCHOOL DISTRICT**

### ATTENTION 8TH GRADE PARENTS!!!

Please check Mesa Matters weekly for important dates, deadlines, and meetings regarding Oxnard Union High School District information:

- Rio Mesa 8th grade campus tour on February 13, 2019.
- OUHSD Parent Night at Mesa Union on February 13, 2019; 5:30PM
- Deadline for Intra-District transfers is February 28, 2019; 4:30 PM.
- Rio Mesa Open House on March 27, 2019; 6:00PM

## School Message

Hello Mesa Families,

**NOTICE** is hereby given that the Mesa Union School District has established a Citizens' Oversight Committee to oversee expenditures of Measure O bond funds, which was the bond measure approved by District voters on November 6, 2018. The District is presently accepting applications from interested citizens to serve on the Committee. The Committee will consist of seven members which meet at least one time per year to review bond expenditures and prepare a report confirming that money is used only for voter-approved purposes. Maintaining a committee to review expenditures is required by law and was promised to District voters as part of the accountability provisions in the bond measure. Interested persons may obtain an application from the Superintendent's Office, located at 3901 Mesa School Rd, Somis, CA, or download the application from the District's websites at [mesaschooldistrict.org](http://mesaschooldistrict.org).

**Applications are due by Friday, February 15, 2019 at the office of the Superintendent.**



Mesa Union School District is currently accepting inter-district transfers.



Kindergarten registration is scheduled for Tuesday, March 5th; 1:30PM in the cafeteria.

Please look at our website, Twitter, Instagram, and Facebook pages for the latest news and updates, and read the Mesa Matters weekly.

School Website: [mesaschool.org](http://mesaschool.org)

Twitter:

@MesaUnionSchool

@jturnersupt

@Kim\_Kuklenski\_

Instagram: [mesaschooldistrict](https://www.instagram.com/mesaschooldistrict)

Facebook: Mesa Union School District

Kim Kuklenski  
@Kim\_Kuklenski

Rain ☁️ or shine ☀️  
@MesaUnionSchool community is #allin 🍷 welcoming our Ss to school this morning w/ our Community Kindness Tunnel #KindnessMatters #mesamoments





# MESA MATTERS



Honor the past, live in the present, drive to the future.... The Mesa Way!

4 de febrero del 2019

## Próximos Eventos

Mié. Feb 6	La Escuela Sale Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Feb 8- Feb 10	Excursión del 7mo Grado Isla Catalina
Lun. Feb 11	NO HAY CLASES Día de Desarrollo del Personal
Mar Feb 12	Cafe con el Director 8:30AM - cafetería
Mié Feb 13	Visita al Plantel de Rio Mesa del 8vo Grado 9:45 AM-11:45 AM
Mié. Feb 13	La Escuela Sale Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Mié. Feb 13	8vo Grado Noche de Padres con OUHSD 5:30PM - MPR
Vie Feb 15	Baile de Jr High 1:00PM - cafetería
Lun Feb 18	NO HAY CLASES Día de los Presidentes



### ¡¡¡ATENCIÓN PADRES DE 8VO GRADO!!!

Por favor de leer Mesa Matters semanalmente para fechas importantes, plazos, y juntas e información sobre el Distrito Escolar de Oxnard Union High.

- Exhibición de Formación Profesional de OUHSD el 31 de enero del 2019; 5:30 PM (ver el volante que se encuentra adjunto)
- Visita al plantel de Rio Mesa para el 8vo grado en 13 de febrero del 2019.
- Noche de Padres de OUHSD en Mesa Union el 13 de febrero del 2019; 5:30PM
- Fecha límite para Transferencias Intra-distritales es el 28 de febrero del 2019; 4:30 PM.
- Open House (Puertas Abiertas) de Rio Mesa el 27 de marzo del 2019; 6:00PM

## Mensaje de la Escuela

Hola Familias de Mesa,

**AVISO** se da aviso de que el Distrito Escolar de Mesa Union ha establecido un Comité de Supervisión Ciudadana para supervisar los gastos de los fondos de la Medida O, cuál fue la medida aprobada por los votantes del distrito el 6 de noviembre del 2018.

Actualmente el Distrito está aceptando aplicaciones de ciudadanos interesados para servir en el Comité. El Comité consistirá de siete miembros que se reunirán al menos una vez al año para examinar los gastos de los bonos y preparar un informe que confirma que el dinero sólo es usado con propósitos aprobados por los votantes. El mantenimiento de un Comité para revisar los gastos es requerido por ley y fue prometido a los votantes del Distrito como parte de las provisiones de responsabilidad en la medida. Personas interesadas pueden obtener una solicitud de la Oficina del Superintendente, ubicado en 3901 Mesa School Rd, Somis, CA, o descargue la aplicación de los sitios web del Distrito en [mesaschooldistrict.org](http://mesaschooldistrict.org). **Las solicitudes deben entregarse para el viernes, 15 de febrero del 2019 en la oficina del Superintendente.**



El Distrito Escolar de Mesa Union actualmente está aceptando transferencias interdistritales.

Por favor consulte las páginas de nuestro sitio web, Twitter, Instagram, y Facebook para la últimas noticias y actualizaciones, y lea Mesa Matters semanalmente.

Sitio Web Escolar: [mesaschool.org](http://mesaschool.org)

Twitter:

@MesaUnionSchool

@jturnersupt

@Kim\_Kuklenski\_

Instagram: [mesaschooldistrict](https://www.instagram.com/mesaschooldistrict)

Facebook: [Mesa Union School District](https://www.facebook.com/MesaUnionSchoolDistrict)







Mesa PFO and Panda Express  
Brings you a Taste of



# Chinese New Year Celebration!

PFO has partnered with Panda Express to bring Mesa a taste of Chinese New Year this Friday, February 8!

Panda Express is generously donating a SNACK of chow mein & orange chicken for ALL our students and staff (over 600 total) in celebration of the Chinese New Year.

Panda Express employees will give a brief presentation at the beginning of each lunch period in the cafeteria and then offer all students a mini-box of chow mein and orange chicken. The portion is small snack box to complement your students own lunch.

PFO volunteers will be in the cafeteria to help distribute the Panda Express snack box. Please let your children know that they may politely decline the snack if they so wish.



# *FUNDRAISER!!!*

## *Valentine Grams Sale*

*\$ 0.50 each*



**Thursday, 02/07**

**Friday, 02/08**

**Tuesday, 02/12**

**Wednesday, 02/13**

**Valentine grams will be sold by  
K-5 Student Leadership  
at morning recesses  
outside the cafeteria**

**They will be delivered to students  
on Valentine's Day, February 14.**



Jr High Student Council  
V-Grams on Sale!!!

**On sale from:**  
**Tuesday, February 5 -**  
**Tuesday, February 12**

**\$0.50**  
**Each**  
**V-Gram**





## PAWS-itive Behavior Referral Recognition

Congrats to our PAWS-itive Behavior Referral recipients for the **month of January**. These students were recognized by Mesa Union School staff and administration for going above and beyond and demonstrating our Guidelines for Success.

***Great job and keep up the good work! We are so proud of you!***

Gianna Trainor (*Kindergarten*)  
Matthew Ayala (*1st grade*)  
Charlie Zavala (*1st grade*)  
Isabella Enriquez (*2nd grade*)  
Everardo Tello (*3rd grade*)  
Michael Pallatto (*4th grade*)  
Paola Hernandez (*4th grade*)  
Sophia Turner (*4th grade*)

Janelle Figueroa (*5th grade*)  
Samuel Bryant (*5th grade*)  
Maddie Ibara (*6th grade*)  
Claire Kim (*6th grade*)  
Paul Gomez (*7th grade*)  
Gabe Galicia (*8th grade*)  
Robert Ledesma (*8th grade*)

### Guidelines for Success

Take Responsibility  
Interact Positively  
Grow Continuously  
Engage in Learning  
Respect One Another  
and the Environment  
Strive for Our Best



## Reconocimiento de Referencia de comportamiento PAWS-itivo

Felicidades a nuestros destinatarios de Referencias de Comportamiento PAWS-itivo para el **mes de enero**. Estos estudiantes fueron reconocidos por el personal y la administración de la Escuela de Mesa Union por demostrar demostrar nuestras Directrices para el Éxito.

***¡Muy buen trabajo y mantengan el buen trabajo! ¡Estamos muy orgullosos de ustedes!***

Gianna Trainor (*Kinder*)  
Matthew Ayala (*1er grado*)  
Charlie Zavala (*1er grado*)  
Isabella Enriquez (*2do grado*)  
Everardo Tello (*3er grado*)  
Michael Pallatto (*4to grado*)  
Paola Hernandez (*4to grado*)  
Sophia Turner (*4to grado*)

Janelle Figueroa (*5to grado*)  
Samuel Bryant (*5to grado*)  
Maddie Ibara (*6to grado*)  
Claire Kim (*6to grado*)  
Paul Gomez (*7mo grado*)  
Gabe Galicia (*8vo grado*)  
Robert Ledesma (*8vo grado*)

### Guidelines for Success

Take Responsibility  
Interact Positively  
Grow Continuously  
Engage in Learning  
Respect One Another  
and the Environment  
Strive for Our Best



## School Attendance



### **Congratulations!!!**

The following classes won the Attendance Award and were honored at the TK-5 Student of the Month assembly for having the highest attendance rate for the month of January:

**Mrs. Garza 96.38%**

**Ms. Williams 96.98%**

**Mrs. Fisher 97%**

The following class won the Attendance Award and were honored at the Quarterly Jr High Award Assembly for having the highest attendance rate for the entire 2nd quarter:

Also, a big congrats to the following students. They are the winners of the perfect attendance raffle, and will enjoy lunch at Toppers Pizza with Mr. Turner and Ms. Kuklenski!

#### Grades TK-1

Matthew Ayala  
Emma Flores  
Jayden Ballines

#### Grades 2-3

Blake Gilbreath  
Olivia Dryden  
Megan Shields

#### Grades 4-5

Angelica Magnaye  
Julianna Paleo  
Iliana Mayorga

#### Grades 6-8

Krystal Andrade  
Isaiah Bautista  
Francisco Rios

Getting your child to school on time is imperative. Every minute in school counts, and students that are tardy miss valuable instructional time at the start of each school day. California law requires that students attend school regularly and punctually.

***Please be advised of the start times: Grades 4-8 begin at 8:10AM and Grades TK-3 begin at 8:25AM.***

**Our attendance and tardy goal is to have 97%** of our students present and on time every day. For the month of January our school wide attendance rate was 95.26%. Let's make a push to improve our attendance and tardy rates for the month of February.

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## Asistencia Escolar

### **¡¡Felicidades!!!**

Las siguientes clases ganaron el Premio de Asistencia y fueron homenajeados en la Asamblea del Estudiante del Mes de TK-5 por tener la asistencia más alta para el mes de enero:

**Sra. Garza 96.38%**

**Srta. Williams 96.98%**

**Sra. Fisher 97%**



La siguiente clase ganó el Premio de Asistencia y fueron honrado en la ¡Además, una gran felicitación a los siguientes estudiantes. Son los ganadores de la rifa de asistencia perfecta, y disfrutarán de un almuerzo con el Sr. Turner y la Srta. Kuklenski!

#### TK-1 Grados

Matthew Ayala  
Emma Flores  
Jayden Ballines

#### 2-3 Grados

Blake Gilbreath  
Olivia Dryden  
Megan Shields

#### 4-5 Grados

Angelica Magnaye  
Julianna Paleo  
Iliana Mayorga

#### 6-8 Grados

Krystal Andrade  
Isaiah Bautista  
Francisco Rios

Es imperativo hacer que su hijo llegue a la escuela a tiempo. Cada minuto en la escuela cuenta, y los estudiantes que llegan tarde pierden tiempo valioso de aprendizaje al comienzo de cada día escolar. La ley de California requiere que los estudiantes asistan a la escuela regularmente y puntualmente.

***Por favor tenga en cuenta los horarios de comienzo de la escuela: Grados 4-8 comienzan a las 8:10AM y Grados TK-3 comienzan a las 8:25AM.***

Nuestra meta de asistencia y tardanzas es tener el 97% de nuestros estudiantes que estén presentes y a tiempo todos los días. Para el mes de enero la tasa de asistencia en toda la escuela fue de 95.26%. Hagamos un esfuerzo para mejorar nuestras tasas de asistencia y tardanzas para el mes de febrero .



# "Mesa Challenge" 2019 T-Shirt Order Forms

Our Mesa Challenge (Color Fun Run) isn't until March 22nd, 2019, but we *already* need your support! T-shirts are being designed now and you can help - be a business sponsor and/or student/family sponsor!

**Option 1: MARKET YOUR BUSINESS!!!** Put your company's logo on the back of the shirt for \$500 OR if you don't have your logo, add your company name in bold text for \$300!

Please provide artwork/logo in a PDF format via email to [mesachallenge@mesapfo.org](mailto:mesachallenge@mesapfo.org).

\*Note: business logo/name does not count towards prizes.

COMPANY NAME: \_\_\_\_\_

Contact: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Option 2: SPONSOR YOUR CHILD(REN)!** Put your student's name OR your family's last name on the front of the shirt! Only \$50 per name/family name!

\*Note: name sponsorship does not count towards prizes.

CHILD NAME(s): \_\_\_\_\_

\_\_\_\_\_

Parent name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Option 3: PARENTS, BUY YOUR OWN SHIRT! SHOW SCHOOL SPIRIT!** Purchase your own shirt for only \$10 each (2X large \$15). Will be delivered the week of the event.

Parent name: \_\_\_\_\_

Child's name AND teacher: \_\_\_\_\_

Size / quantity: adult small \_\_\_ adult med \_\_\_ adult large \_\_\_ adult x-large \_\_\_ adult 2x large \_\_\_

Phone number: \_\_\_\_\_

**AS PART OF THEIR PARTICIPATION IN THE EVENT, ALL STUDENTS  
GET A 2019 MESA CHALLENGE T-SHIRT, NO PURCHASE NECESSARY!**

**All checks made payable to MESA UNION PFO.**

100% of the proceeds go to the Mesa Union PFO, which supports all off site field trips including Outdoor School and Catalina Island trips, teacher room funds and mini grants, athletics/team sports programs, art program, library programs, teacher/staff appreciation, event hospitality, family nights, student planners, Spelling Bee, Camarillo Academic Olympics, and much more.

**FINAL DATE to submit forms and artwork to the office is February 22nd!!!!**

Questions? Call/Text Caryn Papa 805-340-1343 or Diane Rucker 805-469-5121



**Board of Trustees:**  
Dr. Neil Canby  
Mary Crull  
Krista Nowak  
Steven Sullivan  
Roddie Villa



**Superintendent**  
Jeff Turner  
**Assistant Principal**  
Kim Kuklenski

*"Honor the Past, Live in the Present, Drive to the Future....The Mesa Way!"*

### ***Mesa Moments Nomination Form***

The Mesa Union School District wishes to recognize employees, volunteers, community members, and students for their exemplary service in the classroom, school, district or community through the gift of time, talent, or resources.

Please nominate candidates that demonstrate the following qualities:

#### **Teamwork and Leadership**

The nominee exemplifies cooperation, morale, and teamwork; displays courtesy, diplomacy, flexibility and is responsive to others. The nominee consistently provides effective and sensitive leadership through knowledge, example, and selflessness.

#### **Creativity and Innovation**

The nominee offers new and creative ideas that result in improved student learning and/or enhanced services to students in the classroom, school, or district.

#### **Commitment and Dependability**

The nominee consistently produces work of high quality and provides outstanding service to the Mesa School Community. The nominee invests oneself in the position and exhibits a high level of commitment; often makes personal sacrifices to complete the work or handle a temporary increase in workload.

#### **Community Service Activity**

While maintaining excellent work habits, the nominee engages in activities outside the regular work schedule that benefit Mesa Union School or the community at large.





**Board of Trustees:**

*Dr. Neil Canby  
Mary Crull  
Krista Nowak  
Steven Sullivan  
Roddie Villa*



**Superintendent**

*Jeff Turner  
Assistant Principal  
Kim Kuklenski*

*"Honor the Past, Live in the Present, Drive to the Future....The Mesa Way!"*

### ***Formulario de Nombramiento de Mesa Moments***

El Distrito Escolar de Mesa Union desea reconocer a empleados, voluntarios, miembros de la comunidad y estudiantes por su servicio ejemplar en el aula, escuela, distrito o comunidad a través del don de tiempo, talento o recursos.

Por favor, proponga candidatos que demuestren las siguientes cualidades:

#### **Trabajo en Equipo y Liderazgo**

El candidato es un ejemplo de la moral y el trabajo en equipo; muestra cortesía, diplomacia, flexibilidad y responde a los demás. El candidato proporciona consistentemente un liderazgo efectivo y sensible a través del conocimiento, el ejemplo y el desinterés.

#### **Creatividad e Innovación**

El candidato ofrece ideas nuevas y creativas que resultan en un mejor aprendizaje de los estudiantes y/o servicios mejorados para los estudiantes en el aula, o distrito.

#### **Compromiso y Confiabilidad**

El candidato produce consistentemente trabajo de alta calidad y proporciona un servicio excepcional a la Comunidad de la Escuela Mesa Union. El candidato se invierte en la posición y exhibe un alto nivel de compromiso; A menudo hace sacrificios personales para completar el trabajo o manejar un aumento temporal en la carga de trabajo.

#### **Actividad de Servicio Comunitario**

Mientras mantiene excelentes hábitos de trabajo, el candidato se involucra en actividades fuera del horario regular de trabajo que benefician a la Escuela de Mesa Union o a la comunidad en general.





# Student Behavior and School Safety Reminders

<u>Guidelines for Success</u>	<u>Top School Rules</u>
<u>T</u> ake Responsibility	1. Respect myself and personal space and property of others.
<u>I</u> nteract Positively	2. Follow directions of adults immediately and respectfully.
<u>G</u> row Continuously	3. Walk safely on campus.
<u>E</u> ngage in Learning	4. Use kind language and appropriate voice levels.
<u>R</u> espect One Another and the Environment	5. Show school pride and keep Mesa clean.
<u>S</u> trive for Our Best	

## Student Behavior:

As we are looking into the new year, we have been reviewing school rules and procedures with our students.

If you could support the school, and please review the **Top School Rules** and **Guidelines for Success**. For more comprehensive rules and procedures, please review the handbook that was sent home at the beginning of the school year. If you need a new copy, please stop by the office.

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## Parking Lot:

### **MORNING DROP OFF**

Students may be dropped off in the two semi-circles in front of the school. Please be aware that this a loading zone, and no parking is permitted in the semi-circles. If you wish to come on campus with your child before the start of the school day, please park in a designated parking space (north rectangular lot or the two semi-circle lots) and walk on campus with your child. Due to safety concerns, children should not be dropped off in the parking lot and walk across the parking lot by themselves.

### **AFTERNOON DISMISSAL**

Families will be able to pick up their children in the front of the school. Parents or guardians will have to park in one of the three parking lots and walk in to meet their child in the front of the school. Due to safety concerns, do not have your child walk through the parking lot by themselves.

Due to the designated fire lanes, the two semi-circles will be closed during the afternoon pick up. No vehicles will be allowed in the two semi-circular loading zones at dismissal time. although this presents a bit of an inconvenience for some folks, it is far more safe for the children. The parking lots and crosswalks will also be staffed with additional adult supervision during the dismissal hours.

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## Supervision:

### **MORNING SUPERVISION**

You may drop your child off as early as 7:50am. There will not be supervision before that time.

### **AFTERNOON SUPERVISION**

There is afternoon supervision for 10 minutes after school. After that there is no supervision. Students not picked up by 2:50 on Mon, Tues, Thurs, Fri or by 1:25 on Wednesday will have to wait in the office area.

Students are NOT allowed to wait out in the front of the school or play on the blacktop or playground.

You will have to park your car and pick up your child from the office.

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## Delivering Items to Students:

Parents after the morning bell rings please do NOT deliver items such as backpacks or lunches to your child's classroom. Please drop them off in the school office. The school day begins at 8:10AM for grades 4-8 and 8:25AM for grades TK-3, so please help us protect instructional time and follow campus safety rules by always checking into the office during school hours.



# Comportamiento de Estudiantes y Recordatorios de Seguridad de la Escuela

## Comportamiento del Estudiante:

Así como comenzamos el año nuevo, hemos repasado las reglas y procedimientos de la escuela con nuestros estudiantes.

Si puede apoyar a la escuela, y repasar las **Reglas Principales de la Escuela** y las **Normas para Tener Éxito**.

Para reglas y normas más completas, por favor revise el manual que fue enviado a casa al comienzo del año escolar. Si necesita una nueva copia, por favor pase a la oficina.

<b>Guidelines for Success</b>	<b>Top School Rules</b>
<b>T</b> ake Responsibility	1. Respect myself and personal space and property of others.
<b>I</b> nteract Positively	2. Follow directions of adults immediately and respectfully.
<b>G</b> row Continuously	3. Walk safely on campus.
<b>E</b> ngage in Learning	4. Use kind language and appropriate voice levels.
<b>R</b> espect One Another and the Environment	5. Show school pride and keep Mesa clean.
<b>S</b> trive for Our Best	

## Estacionamiento:

### **DEJADA DE LA MAÑANA**

Los estudiantes pueden ser dejados en los dos semi-círculos delante de la escuela. Por favor, tenga en cuenta que esta zona de carga, y no se permite el estacionamiento en los semi-círculos. Si usted desea venir al plantel con su hijo/a antes del comienzo del día escolar, por favor estacione en un estacionamiento designado (lote rectangular norte o los dos lotes semi-círculo) y camine en el plantel con su hijo/a. Debido a las preocupaciones de seguridad, los niños no deben ser dejados en el estacionamiento y caminar a través del estacionamiento por sí mismos.

### **DESPIDO POR LA TARDE**

Los familiares podrán recoger a sus hijos en el frente de la escuela. Los padres o tutores tendrán que estacionarse en uno de los tres estacionamientos y caminar para reunirse con su hijo en el frente de la escuela. Debido a las preocupaciones de seguridad, no haga que su hijo camine a través del estacionamiento por sí mismo.

Debido a los carriles de bomberos designados, los dos semi-círculos se cerrarán durante la recogida de la tarde. No se permitirá ningún vehículo en las dos zonas de carga semicircular en la hora de despido. Aunque esto presenta un poco de un inconveniente para algunas personas, es mucho más seguro para los niños. Habrá supervisión adulta en los estacionamientos y los cruces peatonales y también durante las horas de despido.

## Supervisión:

### **SUPERVISION POR LA MAÑANA**

Puede dejar a su hijo a partir de las 7:50am. No habrá supervisión antes de esa hora.

### **SUPERVISIÓN POR LA TARDE**

Hay supervisión en la tarde por 10 minutos después de la escuela. Después de ese tiempo ya no hay supervisión. Los estudiantes que no han sido recogidos a las 2:50 el Lun. Mar. Jue. Vie. o a la 1:25 los miércoles necesitan esperar en la oficina.

NO se les permite a los estudiantes esperar en el frente de la escuela o jugar en el asfalto o jugar en los juegos. Necesitará estacionar su auto y venir a la oficina a recoger a su hijo.

## Entrega de Artículos a los Estudiantes:

Padres después de que suene la campana por la mañana por favor NO lleve artículos como mochilas o almuerzos al salón de su hijo. Por favor de llevar a la oficina. El día escolar comienza a las 8:10AM para los grados 4-8 y 8:25AM para los grados TK-3, por favor ayúdenos a proteger el tiempo de aprendizaje y siga las reglas de seguridad del plantel, siempre registrándose en la oficina durante las horas escolares.



# February 2019

## Mesa Union School

### BREAKFAST

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke artichoke hearts.

This institution is an equal opportunity provider.

#### Monday



4  
Mini Bagelful  
Bananas  
Milk

11  
Staff Development Day  
No School

18  
President's Day  
No School

25  
Cherry Frudel  
Bananas  
Milk

#### Tuesday

5  
Pancakes  
Pears  
Milk

12  
French Toast  
Bananas  
Milk

19  
Mini Cinnamon Roll  
Banana  
Milk

26  
Waffles  
Pears  
Milk



Menus subject to substitutions. Breakfast is served before school during all morning recesses. All meals are served with choice of regular or nonfat TruMoo Chocolate milk. Milk and water are sold at school. Please be sure to keep your student's accounts positive at times. Let me know if you have questions or concerns. Thank

#### Wednesday

6  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

13  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

20  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

27  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

#### Thursday

7  
Apple Frudel  
Applesauce  
Milk

14  
Chocolate Crescents  
Pears  
Milk

21  
French Toast  
Pears  
Milk

Pancakes  
Applesauce  
Milk

#### Friday



1  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

8  
Cereal  
Apple Juice  
Oranges  
Milk

15  
Cereal  
Apple Juice  
Oranges  
Milk

22  
Cereal  
Apple Juice  
Oranges  
Milk





# February 2019

## Mesa Union School

### LUNCH

Menu subject to substitutions. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar is offered to all students at lunch. Water and Milk are sold during the school day. Snack bar is open after school. Please be sure to keep your student's student's account positive at all times. Let me know if you have any questions. Thanks, Debbie @ dsussex@mesaschool.org



Nutrition Tip: Practice stealth health - sneak veggies into favorite light on the meat and top your pizza with vegetables like tomatoes, bell peppers, mushrooms, zucchini, and artichoke hearts.

This institution is an equal opportunity provider.



#### Monday



**4**  
Spaghetti  
Garlic Bread  
Broccoli and Bananas  
Milk  
Salad Bar

#### Tuesday

**5**  
Grilled Cheese Sandwich  
Carrots  
Peaches  
Milk  
Salad Bar

#### Wednesday

**6**  
Corn dogs  
Baked Fries  
Pears  
Milk  
Salad Bar

#### Thursday

**7**  
BBQ Chicken Sandwich  
Carrot Stix  
Apple Slices  
Milk  
Salad Bar

#### Friday

**1**  
Pizza Day  
Carrots  
Peaches  
Milk and Jello  
Salad Bar

**8**  
Pizza Day  
Corn  
Peaches  
Milk and Jello  
Salad Bar

**11**  
**Staff Development Day**  
**No School**

**12**  
Sub Sandwich  
Bananas  
Carrot Stix  
Milk  
Salad Bar

**13**  
Mini Corn dogs  
Baked Fries  
Applesauce  
Milk  
Salad Bar

**14**  
Chicken and Rice  
Burritos  
Broccoli  
Pears  
Milk and Salad Bar

**15**  
Pizza Day  
Carrots  
Peaches  
Milk and Jello  
Salad Bar

**18**  
**President's Day**  
**No School**

**19**  
Hotdogs  
Carrots  
Bananas  
Milk  
Salad Bar

**20**  
Chicken Nuggets  
Corns  
Pears  
Milk  
Salad Bar

**21**  
Orange Chicken  
Carrots  
Orange Slices  
Milk  
Salad Bar

**22**  
Pizza Day  
Broccoli  
Peaches  
Milk and Jello  
Salad Bar

**25**  
Mac-N-Cheese  
Chili  
Bananas  
Milk  
Salad Bar

**26**  
Bean & Cheese Burrito  
Spanish Rice  
Carrot Stix and Pears  
Milk  
Salad Bar

**27**  
Corn dogs  
Baked Fries  
Applesauce  
Milk  
Salad Bar

**28**  
BBQ Beef Sandwich  
Peaches  
Carrots  
Milk  
Salad Bar





# Mesa Union PFO Accepting Board Nominations Now!

(2019-2020 School Year - Effective July 2019)



**GET INVOLVED**  
Make a Difference!



## WE NEED YOU - HELP KEEP MESA THRIVING!

Mesa Union School PFO is now accepting board officer nominations for the next 2019-2020 school year. Term is effective July 1, 2019. Elections are held at the May Annual Membership meeting.

### Board Officers Needed:

- **President**
- **Vice-President**
- **Treasurer**
- **Secretary**

Put together a team and make a difference!

Email [nominations@mesapfo.org](mailto:nominations@mesapfo.org) to submit your name or nominate a member for consideration. See rules regarding eligibility in our [Bylaws & Standing Rules](#). Nominated persons must be PFO dues paying members (you're eligible if submitted during Membership Drive at beginning of year).

Any questions? Contact the Elections/Nominations Chair Maribel Carino-Alvarez (Mesa Librarian) or any current PFO Board Officer or email above.

Mesa Union PFO is a nonprofit public 501c(3) charity. It runs like a nonprofit corporation with similar governance and reporting requirements. PFO operates on approximately a \$100,000+ budget each year dependent on fundraising goals met.

PFO provides for the general welfare of the Mesa's students and families with educational enhancement and school connectedness programs such as field trips, teacher room funds, special projects/programs, athletics funding, family nights, Carnival, hospitality, etc.

**Please note that if there is no Board elected, programs will be suspended. An interim Board may be empaneled to provide administrative oversight of business functions until a new Board is installed.**



# Mesa Union PFO Nominations Form

(2019-2020 School Year - Effective July 2019)

### PFO Officer Positions:

- 1. President.** The President will preside over meetings of the organization and Executive Board; serve as a leader and key contact for the organization; shall set the agenda for each monthly meeting, shall be an ex-officio member of all committees; coordinate the work of the officers and committees so that the purpose of the organization is served; appoint chairpersons for committees and ensure that the responsibilities of chairpersons are dutifully performed. President may sign with the Secretary or Treasurer contracts or any other instruments in transacting business in accordance with Annual Budget, programs, and actions approved by the General Membership or Executive Board.
- 2. Vice President.** The Vice President will assist the President and will perform the duties of the President in his or her absence or inability to serve. The Vice President shall perform other such duties as assigned by the President or the Executive Board.
- 3. Treasurer.** The Treasurer shall receive all monies of the organization; keep accurate records of disbursements, income, assets, and bank account information; pay out funds in accordance with approval of membership and the Executive Board; ensure that state and federal taxes are filed annually; ensure a monthly and annual audit are completed; and maintains liability insurance. Treasurer shall prepare monthly and annual financial reports. The Treasurer shall perform other such duties as assigned by the President or the Executive Board.
- 4. Secretary.** The Secretary shall keep all records of the organization, take and record minutes, handles correspondence, and post notices. The Secretary shall keep the official copy of minutes, bylaws, rules and Voting Members list. The Secretary shall perform other such duties as assigned by the President or the Executive Board.

Nominate yourself or someone else. All positions can be shared as "Co-". **Nominations must be received by March 16, 2019 and will be voted on at the PFO Annual Meeting Friday May 4, 2019.** Nominees will be contacted to ensure their interest before their name is officially placed on the ballot.

Please fill out this form and return to the front office or email your nomination to [nominations@mesapfo.org](mailto:nominations@mesapfo.org).

-----  
I would like to nominate:

Name: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

Position (Please Check one):

\_\_\_\_\_ President      \_\_\_\_\_ Vice-President      \_\_\_\_\_ Treasurer      \_\_\_\_\_ Secretary

Nominated by:

Your Name: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_





Do you have a child who ponders deeply, learns impatiently,  
feels intensely, and follows the beat of their own drum?



# Parenting Your Gifted Child

**SENG: Supporting the Emotional Needs of the Gifted**

## **SENG Model Parent Support Group**

Meetings will be on Wednesday mornings from 8:30- 10:00am

**February 20th- Sibling Relationships**

**March 13th- Honesty**

**April 10th- Underachievement**

**Mesa Union School Computer Lab**

3901 N. Mesa School Rd. Somis, CA 93066

*Many of our children have gifts, but not all students are formally identified as gifted. Some have asynchronous development: profound strengths mixed with neuro-typical, or delayed abilities creating a confusing profile. SENG groups offer parents an opportunity to share ideas, strategies and support in a relaxed setting, guided by SENG-trained facilitator. We emphasize positive parenting, avoiding power struggles, developing life skills, and enhancing relationships.*

### **Suggested reading:**

*A Parent's Guide to Gifted Children* by James Webb

*When Gifted Kids Don't Have All the Answers* by Judy Galbraith and Jim Delisle

**Please contact Michele Waggoner: [mwaggoner@mesaschool.org](mailto:mwaggoner@mesaschool.org)  
for more information and to register.**

\$10 per session donation is suggested.

**Facilitator: Cindy Hansen M.Ed., ET/P**

*"My passion for serving the twice exceptional community and gifted students began with my two very different children who became my first students and mentors." Cindy Hansen has been a SENG Model Parent Group Facilitator since 2011. She is the Parent Representative for the Pacific Region of the California Association for the Gifted and an active member in the region's Tri-County GATE Council as well as her professional certifying organization, the Association of Educational Therapists. As an Educational Therapist/Professional in private practice, Ms Hansen integrates her understanding of social-emotional skills while assisting learners and their families to embrace and grow their complex learning profiles.*

[www.CynthiaZHansen.com](http://www.CynthiaZHansen.com)





¿Tiene un niño que reflexiona profundamente, aprende con impaciencia, tiene sensaciones intensas, y sigue el ritmo de su propio tambor?



# Crianza de un Niño Dotado

**SENG Apoyando las necesidades emocionales de los Dotados**

## **SENG Grupo Modelo de Apoyo para Padres**

Las reuniones serán los miércoles por la mañana de 8:30-10:00a.m.

**February 20th- Sibling Relationships**

**March 13th- Honesty**

**April 10th- Underachievement**

**Laboratorio de Computadoras de Mesa Union**

3901 N. Mesa School Rd. Somis, CA 93066

Muchos de nuestros niños tienen dones, pero no todos los estudiantes son formalmente identificados como dotados. Algunos tienen *desarrollo asincrónico*: fortalezas profundas mezcladas con neurotípico, o habilidades retrasadas creando un perfil confuso. Grupos de SENG ofrecen a los padres la oportunidad de compartir ideas, estrategias y apoyo en un ambiente relajado, guiado por facilitador capacitado-SENG. Hacemos hincapié en la crianza positiva, evitando luchas de poder, desarrollo de habilidades para la vida, y mejora de las relaciones.

***Guía Para Los Padres de Niños Dotados*** por James Webb

***Cuando los Niños No Tienen Todas las Respuestas*** de Judy Galbraith y Jim Delisle

**Por favor, póngase en contacto con Michele Waggoner:**

**[mwaggoner@mesaschool.org](mailto:mwaggoner@mesaschool.org) para obtener más información y para registrarse.**

Se sugiere \$ 10 por sesión.

**Facilitador: Cindy M. Ed Hansen, ET / P**

*"Mi pasión por servir la comunidad dos veces excepcional y estudiantes dotados que comienzan con mis dos niños muy diferentes y se convirtieron en mis primeros estudiantes y mentores"* Cindy Hansen ha sido un facilitador del Grupo de Padres SENG Modelo desde 2011. Ella es la Representante de Padres para la región del Pacífico de la Asociación de California para los Dotados y un miembro activo en el Consejo GATE Tri-County de la región, así como su organización certificadora profesional, la Asociación de terapeutas de la Educación. Como una terapeuta educativa/profesional en la práctica privada, la señora Hansen integra su comprensión de habilidades sociales y emocionales, mientras que asisten a los estudiantes y sus familias para abrazar y hacer crecer sus perfiles de aprendizaje complejo.

**[www.CynthiaZHansen.com](http://www.CynthiaZHansen.com)**





**Dear Families,**

Welcome to the Six Flags® Read to Succeed Six Hour Reading Club!

Your child's school is participating in an exciting program that encourages students in grades K through 6 to read for fun. *Read to Succeed* is a free program sponsored by Six Flags Theme Parks. Every student who completes six hours of recreational reading before the school's deadline listed on the bottom of this page is eligible for a free admission ticket, valid at the participating Six Flags Theme Park that the school has selected.

Students will develop a greater appreciation for books when they see that you think reading is important too. You are sure to have fun as you investigate the world of reading together!

**Here's what you need to know:**

- Only students in grades K through 6 are eligible to participate.
- Review the attached reading log. Your child will use this reading log to record what and how long he/she reads.
- Your child must complete 6 hours, or 360 minutes, of recreational reading.
- Please initial each entry and then sign the reading log to verify that the 6 hours, or 360 minutes, of reading has been completed.
- Your child can read books, magazines, newspapers, or comic books (digital or hard copy). Reading for homework or a class assignment does NOT count.
- Students can read silently, aloud, or with an adult—you can read to your child, or your child can read to you.
- Remind your child to return the reading log to his/her teacher by the due date that the teacher has written on the reading log. Your child's school will submit your child's information and hours read.
- Late entries will NOT be accepted.

**About the Tickets**

- Tickets will be awarded to students by their teacher/school coordinator in May. Please make sure your child's teacher has awarded the ticket to your child by the end of the school year.
- The ticket is valid for admission to **ONE** Six Flags theme park on **SELECT DATES ONLY** during the 2019 season. Park name and valid dates will be printed on the tickets. Please understand that the school can only select one Six Flags Theme Park. The ticket will only be valid for the park that is listed on the ticket. The valid dates will not be announced prior to the ticket award date in early May.
- Tickets are valid for students in grades K-6 only and are not valid for anyone over the age of 13. No exceptions.
- Each ticket is valid for **one** free student admission only.
- A Season Pass upgrade offer will be available during the ticket valid dates. The upgrade offer information will be printed on the ticket.
- Tickets are **NOT** for resale and are **nontransferable**.
- They **cannot** be replaced if lost, stolen or damaged.

We hope that you and your child enjoy this free program and spend time reading together. If you have any questions about the program or have ticket questions, you will need to contact your child's teacher or school before the school year is over.

**Happy Reading!**

The Six Flags® Read to Succeed Team

School Deadline, please return the reading log to the teacher by:

Friday, February 22, 2019



**Estimado Padre,**

¡Bienvenido al Club de Lectura de seis horas de Six Flags® Read to Succeed!

La escuela de su hijo está participando en un programa muy interesante para motivar a los niños en los grados de K a 6 para que lean para divertirse. *Read to Succeed* es un programa gratuito de Six Flags Theme Parks. Cada estudiante que complete seis horas de lectura recreativa antes de la fecha límite de la escuela que está indicada abajo, es elegible para recibir una entrada gratuita válida en los parques temáticos de Six Flags participantes. Los estudiantes van a desarrollar un mayor aprecio por los libros cuando vean que usted también piensa que la lectura es importante. Ustedes se van a divertir mientras exploran el mundo de la lectura ¡juntos!

**Esto es lo que necesita saber:**

- Sólo los estudiantes en los grados de K a 6 son elegibles para participar en el Club de Lectura.
- Revise el registro de lectura de los estudiantes. Su hijo debe usar esta hoja para registrar qué y cuánto tiempo él/ella lee.
- Su hijo debe completar 6 horas, o 360 minutos de lectura recreativa. Ponga sus iniciales en cada entrada y luego firme el registro de lectura para verificar que las seis horas de lectura se han completado.
- Su hijo puede leer libros, revistas, periódicos o cómics. Lo que no cuenta es cualquier lectura que su hijo debe hacer para la tarea o un trabajo de clase.
- Los niños pueden leer en silencio, en voz alta, o con un adulto, usted puede leer a su hijo, o su hijo puede leerle a usted.
- Recuérdele a su hijo que devuelva el registro de lectura a su maestro / maestra en la fecha del formulario. No se aceptarán las inscripciones fuera de plazo.

**Acerca de las Entradas**

- Las entradas serán distribuidas a los estudiantes por su profesor/coordinador.
- La entrada es válida para la admisión a **un** parque temático Six Flags **en fechas específicas** durante la temporada 2019. Las fechas serán incluidas en las entradas.
- Las entradas son válidas para los estudiantes de los grados K - 6, sólo y no lo válidas para cualquier persona mayor de 13 años de edad. Sin excepciones.
- Cada entrada es válida para una admisión de estudiante gratis solamente.
- Un Pase Anual oferta de actualización estará disponible durante las fechas de las entradas válidas. La información de oferta de actualización será impreso en la entrada.
- Las entradas no son para reventa ni son intransferibles.
- No pueden remplazarse en caso de pérdida, robo o daño.

Esperamos que usted y su hijo disfruten de este programa gratuito y pasen buenos momentos leyendo juntos. Si usted tiene alguna pregunta sobre el programa o si tiene preguntas de entradas, tendrá que ponerse en contacto con el maestro o la escuela de su hijo antes del año escolar ha terminado.

**¡Feliz lectura!**

Por favor motive a su hijo para completar las seis horas de lectura recreativa y devuelva el registro de lectura a su maestro/maestra por:

**Viernes, 22 de Febrero 2019**









USYVL presents

# Camarillo Youth Volleyball

Volleyball Starts Here!



## Pleasant Valley Community Center

1605 E. Burnley St.  
Camarillo, CA 93010

Starts Wed., April 03, 2019  
Wednesdays 6:00 - 7:00 PM and  
Saturdays 9:00 - 10:00 AM

## SIGN UP NOW FOR SPRING!

- 8 weeks of instruction in a safe, fun and encouraging environment.
- 4 coed age divisions for boys & girls, 7-15.
- Registration price includes a volleyball, t-shirt and participation award.

## PLAN AHEAD AND SAVE.

Early: \$150 due by 12/1/2018

Regular: \$175 until 3/1/2019

Late: \$195 until 4/1/2019

Multiple child family discount and financial aid available to those who qualify.

Register online at  
**usyvl.org**

## Make A Difference. Volunteer.

USYVL depends on volunteers. We provide training & support and respect your time. There's no feeling quite like helping a child learn, so volunteer today!

UNITED STATES YOUTH



VOLLEYBALL LEAGUE™

# TITAN



## WATER POLO CLUB

### SPRING SEASON 2019 YOUTH WATER POLO Ages 8-14

- Rio Mesa HS and Camarillo HS Pools
- January 7 – April 28, 2019
- Practice days: Monday, Tuesday, & Thursday
- Practice Time: 6:15 p.m. – 8:15 p.m.
- Games: Saturdays in Ventura County
- \$420 per player
- We accept cash, credit cards, online payments, Apple Pay, payment
- For more information contact:

Debi Owens or Andrea Murillo

[debio21@hotmail.com](mailto:debio21@hotmail.com)/[andrea.murillo091@gmail.com](mailto:andrea.murillo091@gmail.com)

(805) 443-0491/(805) 512-4553

\*For information in Spanish, speak with Andrea\*

Nonprofit 501(c)(3) #45-5046417

[www.titanwaterpoloclub.com](http://www.titanwaterpoloclub.com)







**TEMPORADA de PRIMAVERA 2019**  
**WATER POLO JUVENIL**  
**Edades 8-14**

- Piscinas de Rio Mesa HS y Camarillo HS
- 7 de enero – 28 de abril del 2019
- Días de practica: lunes, martes, y jueves
- Horas de practica: 6:15 p.m. – 8:15 p.m.
- Partidos: sábados en el condado de Ventura
- \$420 por jugador
- Se acepta efectivo, tarjetas de crédito, pagos en línea, Apple Pay, plan de pagos, y descuentos por hermanos.
- Para más información contactar a:

Debi Owens o Andrea Murillo

[debio21@hotmail.com](mailto:debio21@hotmail.com)/[andrea.murillo091@gmail.com](mailto:andrea.murillo091@gmail.com)

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