



# MESA MATTERS



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

March 18, 2019

## Upcoming Events

Fri Mar 15	<b>Grades TK-3rd</b> Report Cards Sent home with students
Mon Mar 18	NO SCHOOL Teacher Professional Development Day
Tues Mar 19	<b>Grades 4th-5th</b> Report Cards Sent home with students
Tues Mar 19	District Board Meeting 6:30 PM - MPR
Wed Mar 20	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Fri Mar 22	Mesa Challenge (Jog-a-Thon) Grades TK-2 8:45AM; Grades 3-8 1:15PM
Mon Mar 25	Kindness Club 2:45PM-3:45PM - library
Wed Mar 27	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Thurs Mar 28	School Site Council 3:30PM - school office
Wed Apr 3	Early Dismissal 1:00PM grades TK-3; 1:05PM grades 4-8
Fri Apr 5	TK-5 Award Assemblies 8:20AM-10:00AM - cafeteria

## School Message

Hello Mesa Families,



Mesa Union School strives to create a more balanced approach to student discipline, we have made recent changes that recognize and celebrate our students' positive efforts and behavior, such as an increase in praise, Tiger Tags, PAWS-itive behavior referrals, and Good News postcards. While the school shift of focus emphasizes highlighting positive behaviors of students, we all recognize the need for not only celebrating student success, but also holding students accountable for their behavioral choices with appropriate consequences. In addition, misbehavior provides a teaching moment to educate our students, and reflect on how to make better choices.

In grades 6-8, we will no longer use the Honor Card as a part of our school-wide behavior management system. Teachers will utilize their own classroom behavior management system to both celebrate behaviors demonstrating our Guidelines for Success and to provide appropriate consequences for not following school/class rules. More severe and/or habitual behaviors will result in a formal disciplinary referral. In such a case, parents will be contacted notifying them of the infraction and consequence, and receive a copy of the disciplinary referral. The student will be assigned to detention, campus beautification or another appropriate consequence as outlined in the Student Handbook.

If you have not yet returned the signed notification to your child's homeroom teacher, please do so by Tuesday, March 19, 2019.

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: @MesaUnionSchool

Facebook: Mesa Union School District

Check out our amazing @MesaUnionSchool parents that are #allin as Mesa Trolls promoting the Mesa Challenge! Donations due this Friday, 3/15 to count toward prizes! Donate at the PFO cart or online at [mesapfo.org](http://mesapfo.org) Thanks for ur support! #mesamoments



Parents, please remember to sign in at the school office when you enter campus between the hours of 8:10AM-2:40PM. Make sure you enter campus through the front main entrance by the cafeteria and office. (Please do not try to enter through any of the closed gates.) Thank you for your cooperation and remembering that safety comes first.

Families, in order to better meet the needs of our schedule and honoring our students, we have adjusted the times of the TK-5 Monthly Award Assemblies. If your child receives an award, please note the time change on the notification as follows:



Grades 4/5 8:20-9:00

Grades 2/3 9:15-9:55

Grades K/1 10:00-10:40



# MESA MATTERS



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18 de marzo del 2019

## Próximos Eventos

Vie. Mar 15	Se envían a casa las Boletas de Calificación con los estudiantes para los <b>Grados de TK-5°</b>
Lun. Mar 18	NO HAY CLASES Teacher Professional Development Day
Mar. Mar 19	Reunión de la Mesa Directiva 6:30 PM - MPR
Mié. Mar 20	La Escuela Sale Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Vie. Mar 22	Desafío de Mesa (Carrera) Grados TK-2 8:45AM; Grados 3-8 1:15 PM
Lun. Mar 25	Club de la Bondad 2:45PM-3:45PM - en la biblioteca
Mié. Mar 27	La Escuela Sale Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Jue. Mar 28	Consejo del Plantel Escolar (SSC) 3:30 - oficina de la escuela
Mié. Abr 3	La Escuela Sale Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Vie. Abr 5	TK-5 Asambleas de Reconocimientos 8:20AM-10:00AM - en la cafetería

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

Twitter:  
@MesaUnionSchool  
@jturnersupt  
@Kim\_Kuklenski\_  
Instagram: @MesaUnionSchool  
Facebook: Mesa Union School District

Kim Kuklenski  
@Kim\_Kuklenski\_

Check out our amazing @MesaUnionSchool parents that are #allin as Mesa Trolls promoting the Mesa Challenge! Donations due this Friday, 3/15 to count toward prizes! Donate at the PFO cart or online at mesapro.org Thanks for ur support! #mesamoments

## Mensaje de la Escuela

Hola Familias de Mesa,



La Escuela de Mesa Union se esfuerza por crear un enfoque más equilibrado en la disciplina estudiantil, hemos hecho cambios recientes que reconocen y celebran los esfuerzos y comportamientos positivos de nuestros estudiantes, tales como un aumento en alabanza, etiquetas de tigre, PAW-sitive referencias de comportamiento y postales de Buenas Noticias. Mientras que el cambio de enfoque de la escuela enfatiza en resaltar el comportamiento positivo de los estudiantes, todos reconocemos la necesidad de no solamente celebrar el éxito, sino también responsabilizar a los estudiantes por sus decisiones de conducta con consecuencias apropiadas. Además, el mal comportamiento proporciona un momento de enseñanza para educar a nuestros estudiantes, y reflexionar sobre cómo tomar mejores decisiones.

En los grados de 6-8, ya no usaremos la Tarjeta de Honor como parte de nuestro sistema de comportamiento. Los maestros utilizarán su propio sistema de manejo de comportamiento para celebrar los comportamientos que demuestran nuestras Pautas para el Éxito y para proporcionar las consecuencias apropiadas al no seguir las reglas de la escuela/clase. Comportamientos más severos y/o habituales resultará en una remisión disciplinaria formal. En tal caso, los padres serán contactados notificandoles la infracción y la consecuencia, y recibirán una copia de la remisión de disciplinaria. El estudiante será asignado a detención, embellecimiento del plantel u otra consecuencia apropiada como se describe en el Manual de Estudiante.

Si no ha firmado y devuelto la notificación al maestro/a de su hijo, por favor hágalo antes del martes, 19 de marzo del 2019.



Padres, por favor recuerde de registrarse en la oficina de la escuela cuando entre al plantel entre las horas de 8:25AM-2:40PM. Asegúrese de entrar el plantel por la entrada principal por la cafetería y la oficina. (Por favor no trate de entrar por ninguna de las puertas cerradas.) Gracias por su cooperación y recuerde que la seguridad viene primero.

Familias, con el fin de satisfacer las necesidades de nuestro horario y honrar a nuestros estudiantes, hemos ajustado los tiempos de las Asambleas Mensuales de Reconocimientos de TK-5. Si su hijo recibe un reconocimiento, por favor tome nota del cambio de hora en la notificación de la siguiente manera:

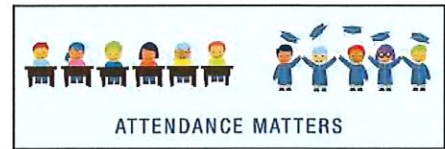


Grados 4/5 8:20-9:00

Grados 2/3 9:15-9:55

Grados K/1 10:00-10:40

## School Attendance and Tardy Update



Encouraging regular school attendance is one of the most powerful ways you can prepare your child for success—both in school and in life. When you make school attendance a priority, you help your child get better grades, develop healthy life habits, avoid dangerous behavior and have a better chance of graduating from high school. **Our attendance and tardy goal is to have 97%** of our students present and on time every day. If your student is absent due to illness or a family emergency, please send a note to the office or email [iramirez@mesaschool.org](mailto:iramirez@mesaschool.org)

<b>2018-19 Attendance Rates:</b>	<b>School Wide</b>	<b>Elementary</b>	<b>Jr High</b>
March 1- March 8	93.28%	93.65%	92.92%
March 11- March 15	95.46%	95.12%	95.80%

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.

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

<b>2018-19 Tardy Rates</b>	<b>School Wide</b>	<b>Elementary</b>	<b>Jr High</b>
March 1- March 8	94.80%	96.30%	93.80%
March 11- March 15	93.85%	95.51%	92.20%

## Actualización de Asistencia y Tardanzas de la Escuela

Fomentar asistencia regular es una de las maneras más poderosas que puede preparar a su hijo para tener éxito—tanto en la escuela como en la vida. Cuando usted hace de la asistencia una prioridad, usted ayuda a su hijo a obtener mejores calificaciones, desarrollar hábitos de vida saludables, evitar comportamientos peligrosos y a tener una mejor oportunidad de graduarse de la escuela secundaria. **Nuestra meta de asistencia o tardanzas es tener un 97%** de estudiantes presentes y a tiempo todos los días. Sin embargo, si su estudiante falta por enfermedad o una emergencia familiar, por favor envíe una nota a la escuela o por correo electrónico [iramirez@mesaschool.org](mailto:iramirez@mesaschool.org)

<b>Tasa de Asistencia del 2018-19:</b>	<b>Toda la Escuela</b>	<b>Primaria</b>	<b>Secundaria</b>
1 al 8 de marzo	93.28%	93.65%	92.92%
11 al 15 de marzo	95.46%	95.12%	95.80%

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.

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

<b>Tasa de Tardanzas del 2018-19</b>	<b>Toda la Escuela</b>	<b>Primaria</b>	<b>Secundaria</b>
1 al 8 de marzo	94.80%	96.30%	93.80%
11 al 15 de marzo	93.85%	95.51%	92.20%



## Grades TK-5 Perfect Attendance Recognition



The following TK-5 students have perfect attendance for the entire second trimester. Way to go! Thanks for being here everyday!

### Reconocimiento de Asistencia Perfecta de los Grados TK-5

Los siguientes estudiantes de TK-5 tienen asistencia perfecta por todo el trimestre. ¡Muy bien hecho!  
¡Gracias por estar aquí todos los días!

**AINSWORTH:** WILLIAM BUENROSTRO, ELLA SILBER, NOAH SILBER

**MORGAN:** VIOLETA GODINEZ, OTTO HAMPTON, SAMANTHA RODRIGUEZ, CRYSTAL SANCHEZ

**PUGA:** ISABELLA CASTANEDA, DELILAH REYNOLDS

**WHITE:** AMY AREVALO, KATIA LARA, CHRISTIAN SAMANIEGO

**GARZA:** KAITLYN CHANDLER, ROCIO GARCIA AGUILAR, MERCEDES HERNANDEZ-PEDRAZA,  
LUCAS SABEDRA

**REYES:** JONATHAN MARQUEZ-CHAMBERS, MIA RIOS, MILA SAHAGUN, ADRIAN SAMANIEGO, JENNEVA  
STOCKER, YASMIN TELLO

**VOLLMERT:** AMELIA AGUILAR, AYDEN ANDRADE-OROZCO, XANDER AVELAR, JOSHUA DOBBIN,  
ANTONELLA GARCIA, DAVID RAMIREZ, CHARLIE ZAVALA

**DAHLIN:** JAZMIN GALICIA, ADRIAN LARA, JACOB PROVENCIO

**WEBSTER:** ANGEL AVALOS, EDEN CARROLL, ZACHARY ORNELAS, ELLA WONG

**WILLIAMS:** SANTIAGO ALFARO, JACQUELINE GALICIA, ANDREW GARCIA, MURDOC MANSON, ALEXANDER  
MATHIS, JOAQUIN MAYO

**FORD:** CONNOR CANBY, OLIVIA DRYDEN, RILEY ESPINOSA, AVA LARA, TAIJO OKAMURA, SOPHIA  
RAMIREZ, LIZ MARGARET REFERENTE, PAUL MATTHEW REFERENTE, RAUL VERA

**MAYES:** LEONEL ESPARZA, SARA HENTLEY, KLARISA LARA, DANIKA OGAWA, ISAAC TELLO ARZOLA,  
LINDSEY WALLACE

**CATLETT:** JUAN CAMPOS, DANIEL CASTANON, ANALIA LOPEZ, ANALISE MANSOUR, JULIAN MAYO,  
COURTNEY PINKERTON, MEILINN RONQUILLO, NATALIE SCLAR, ARPAN SHRESTHA, SOPHIA TURNER

**FISHER:** ISAAC BARRAGAN, JOCELYNN ELSTON, JUAN GIL, ANGELICA MAGNAYE, JIAHE SHEN, COLLIN  
WONG

**CHENEZ:** JAZMYN CAMARENA, GAEL CASTRO, CATE MADELEINE REFERENTE, IAN TOREJA, LEILANI  
VICENTE

**DEMARIA:** SANTIAGO ANDRADE, ARTURO BANOS, JANET GALICIA, JEFFREY HENTLEY, KAMILA LARA,  
GABRIEL MERCADO, FAITH RODRIGUEZ, DOMITILA VILLANUEVA

**GROGAN:** ADRIAN AVALOS, SEBASTIAN BOISSELIER, ANDRES JIMENEZ, DREENA OGAWA, LILAC REYES,  
AVANI SHRESTHA

**TORRES:** ANGEL SANCHEZ BASTIAN, EVERARDO TELLO, BRONX WEATHERFORD



## Soccer Coach



We are in need of a volunteer for a soccer coach for Mesa Union School Jr High team. The season is starting soon, and without a coach, we cannot compete in the spring league. If interested, please contact Mr. Rosen at [rosen@mesaschool.org](mailto:rosen@mesaschool.org)

## Entrenador de Fútbol

Necesitamos un voluntario para entrenar el equipo de fútbol de Junior High de Mesa Union. La temporada va a comenzar pronto, y sin un entrenador, no podemos competir en la liga de primavera. Si está interesado, por favor póngase en contacto con el Sr. Rosen en [rosen@mesaschool.org](mailto:rosen@mesaschool.org)



## Spring 2019 Coffee Concerts Conciertos de Primavera Coffee

**Thursday 3/14** 2:15-2:30PM - 6th Grade Band & 7th Grade Combined Band  
**Thursday 3/21** 8:30-8:55AM - 5th Grade Band & 3rd Grade Recorder  
**Thursday 3/21** 10:30-10:50AM - 8th Grade Guitar  
**Friday 3/29** 8:25-8:50AM - 4th Grade Ukulele



*Please join us in the Music room for several days of concerts. The concerts will also be video recorded and posted to a secure link on YouTube if you cannot join us.*

*Coffee and refreshments provided by the PFO.*

**Jueves 3/14** 2:15-2:30PM - Banda de 6to Grado y Banda de 7to Grado  
**Jueves 3/21** 8:30-8:55AM - Banda de 5to Grado y Grabadora de 3er Grado  
**Jueves 3/21** 10:30-10:50AM - Guitarra de 8to Grado  
**Viernes 3/29** 8:25-8:50AM - Ukulele de 4to Grado

Por favor acompañenos en el salón de Música durante varios días de conciertos. Los conciertos también serán grabados en video y se publicarán en un enlace seguro por YouTube por si no nos puede acompañar. El café y botanas serán proporcionadas por PFO.



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 20th- Honesty**

**April 3rd- 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)

## School Clubs



Are you interested in having more school clubs at Mesa? All we need is an interest and parent volunteer to be the club advisor. Clubs in school are awesome because they give students opportunities to explore their passions, connect with others who have similar interests, and have fun!

This month a new Kindness Club was formed with parent advisor, Mrs. Shelly Ehler. Some other ideas of clubs are Lego, robotics, photography, gardening, community service, engineering, dance, and there are so many more!

If you are interested or have any other ideas, please reach out to Kim Kuklenski, assistant principal, at [kkuklenski@mesaschool.org](mailto:kkuklenski@mesaschool.org)

## Clubes Escolares



¿Está usted interesado en tener más clubes en Mesa? Todo lo que necesitamos es el interés y un padre voluntario para ser el asesor del club. Los clubes en la escuela son maravillosos porque les da la oportunidad a los estudiantes a explorar sus pasiones, a conectarse con otros que tengan un interés similar, y para divertirse!

En este mes un nuevo Club de Bondad fue formado con una mamá asesora, Sra. Shelly Ehler. ¡Otras ideas de clubes son Lego, robotica, fotografía, jardineria, servicios comunitarios, ingenieria, baile, y hay bastantes más!

Si usted esta interesado o tiene otras ideas, por favor comuníquese con Kim Kuklenski, subdirectora, a [kkuklenski@mesaschool.org](mailto:kkuklenski@mesaschool.org)

## Parent Connect - Q

Parent Connect is a web application that provides parents with direct access to student data via the Internet. Using a confidential PIN (**Personal Identification Number**) and password, parents can connect to the school district's student database and view their child's progress reports, attendance records, report cards, transcripts, and more.

You can access Parent Connect from [www.mesaschool.org](http://www.mesaschool.org), by clicking on the "**Quick Links**" tab in the top right hand side, drop down menu bar and selecting "**Parent Connect**". Please contact the office to obtain your PIN and password.

The screenshot shows the 'ParentConnection Login' page. It features a green header with the 'ParentConnection' logo. Below the header, there are two input fields: 'PIN:' and 'Password:'. To the right of the 'Password:' field is a 'Log In' button. Below the input fields is a link that says 'Forgot Your Password?'.

## Parent Connect - Q (Conexión de Padres en Q)

Parent Connect es una aplicación de web que proporciona a los padres acceso directo a los datos de los alumnos a través del Internet. Utilizando el PIN (**Número de Identificación Personal**) y la contraseña, los padres se pueden conectar a la base de datos estudiantiles del distrito escolar y ver los registros de asistencia, las boletas de calificaciones, las transcripciones y más.

Usted puede acceder Parent Connect en [www.mesaschool.org](http://www.mesaschool.org), haciendo clic en la pestaña "**Quick Links**" en la parte superior en el lado derecho, desplégela la barra de menú y seleccione "**Parent Connect**". Por favor contacte la oficina para obtener su PIN y contraseña.



# 2019 RMHS Open House



**\*Save the date!\***

*Parents & Incoming 8<sup>th</sup> Grade Students,*

*Come join us for an opportunity to learn about our different departments, meet faculty & staff, and ask questions!*



**When: Wednesday, March 27, 2019**

**Time: 6:00 pm-7:30 pm**

**Where: RMHS Quad**

- *Clubs will be selling food*
- *Demonstrations of student learning*
- *Performances by Visual & Performing Arts*

**\*For more information, please contact:  
Dr. Gil, RMHS Associate Principal @805-278-5500**

***Students First: Every school, Every day, Every classroom***



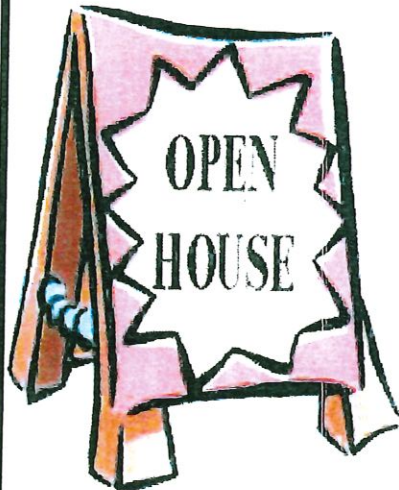


2019  
RMHS Casa Abierta



**\*Reserve el dia!\***

*Futuros padres y estudiantes del noveno grado,  
Acompáñenos para una oportunidad de aprender sobre los diferentes  
departamentos, conocer a maestros y personal de la escuela, y  
preguntar preguntas!*



**Fecha: Miércoles, 27 de marzo de 2019**

**Hora: 6:00 pm-7:30 pm**

**Lugar: patio principal de RMHS**

- *Los clubes venderán comida*
- *Exhibiciones de trabajos de estudiantes*
- *Presentaciones de artes visuales y bellas artes*

**\*Para más información, por favor de contactar:  
Sra. Gil, Sub Directora de RMHS @ 805-278-5500**

***Students First: Every school, Every day, Every classroom***

# OXNARD KNIGHTS YOUTH FOOTBALL

## Recruiting Now!

All Equipment Provided, No Experience Necessary. Ages 6-14  
Season Training Starts in July!



## “Work Hard, Never Quit!”

**Come Find Out What it Means to BE a KNIGHT and  
Join our Family, Building Lifetime Friendships, and  
Valuable Skills for High School and Beyond!**

**Registration Dates: Jan 23/ Feb 6, 17, 20, 24/ Mar 3, 6, 10, 20, 27/**

**Apr 3, 7, 14, 17, 28/ May 1, 5, 15, 19, 29/ Jun 5, 9, 19**

**\*\*Please check for times and locations on our website.**

**Sunday Conditioning Camp @ Rio Lindo Park  
(except holidays) check social media for hours!**

For More Information call (805) 807-9920 & visit us online.

Webpage: [oxnardknightsfootball.com](http://oxnardknightsfootball.com)

Instagram: Oxnard Knights Football

Facebook: Oxnard Knights Youth Football and Cheer.

You can also visit us at our sign up locations posted online.

# OXNARD KNIGHTS YOUTH FOOTBALL

## Reclutando ahora!

Ninos de 6 a 14 anos de edad, experiencia no es necesaria, todo el equipo es proporcionado.



**“Trabaja duro, nunca te rindas!”**

**Ven a descubrir lo que significa ser un caballero (Knight) y unete a nuestra familia, construyendo amistades de por vida y habilidades para la preparatoria( High school) y mas alla!**

**Registration Dates: Jan 23/ Feb 6, 17, 20, 24/ Mar 3, 6, 10, 20, 27/  
Apr 3, 7, 14, 17, 28/ May 1, 5, 15, 19, 29/ Jun 5, 9, 19**

**\*\*Please check for times and locations on our website.**

**Campamento de Ejercicio los Domingos en Rio Lindo Park (expto dias festivos) revisa nuestra red social para horario!**

Para mas informacion llama (805) 807-9920 y visita nuestra pagina de

Web: [oxnardknightsfootball.com](http://oxnardknightsfootball.com)

Instagram: Oxnard Knights Football

Facebook: Oxnard Knights Youth Football and Cheer

You can also visit us at our sign up locations posted online.

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](http://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

# March 2019

## Mesa Union School

### BREAKFAST

Menus are subject to substitution. Breakfast is served with choice of 1% regular or nonfat TruMoo chocolate milk. Breakfast is available before school and during all morning recesses. Milk and water are sold during school. Snack bar is open after school. Please be sure your student's accounts are current at all times. Thanks, Debbie dsussex@mesaschool.org



**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 hearts.

This institution is an equal opportunity provider.



#### Monday



**4**  
Tornadoes  
Fruit  
Juice  
Milk

**11**  
Sausage Dog  
Fruit  
Milk

**18**  
No School  
Teacher Development  
Day

**25**  
Cherry Frudel  
Fruit  
Juice  
Milk

#### Tuesday



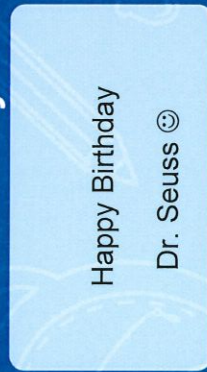
**5**  
Apple Frudel  
Cheese Stix  
Fruit  
Milk

**12**  
Bagel w/cream cheese  
Fruit  
Juice  
Milk

**19**  
Cinnamon Rolls  
Cheese Stix  
Fruit  
Milk

**26**  
Breakfast Sandwich  
Fruit  
Juice  
Milk

#### Wednesday



Happy Birthday  
Dr. Seuss ☺

**6**  
Muffins  
Yogurt  
Fruit  
Milk

**13**  
Muffins  
Yogurt  
Fruit  
Milk

**20**  
Muffins  
Yogurt  
Fruit  
Milk

**27**  
Muffins  
Yogurt  
Fruit  
Milk

#### Thursday



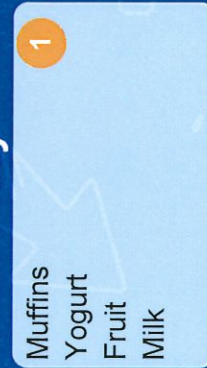
**7**  
Pancakes  
Fruit  
Juice  
Milk

**14**  
Cinnamon Rolls  
Fruit  
Cheese Stix  
Milk

**21**  
French Toast  
Fruit  
Juice  
Milk

**28**  
Waffles  
Cheese Stix  
Fruit  
Milk

#### Friday



**1**  
Muffins  
Yogurt  
Fruit  
Milk

**8**  
Cereal  
Fruit  
Cheese Stix  
Milk

**15**  
Cereal  
Fruit  
Juice  
Milk

**22**  
Cereal  
Fruit  
Cheese Stix  
Milk

**29**  
Cereal  
Fruit  
Juice  
Milk

# March 2019

## Mesa Union School

### LUNCH

**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 establishment is an equal opportunity provider.**



Menu subject to substitution. All meals served with choice of 1% nonfat TruMoo milk. Salad bar offered daily. Milk and water are during the school day and our snack bar is open after school. Please ensure your student's accounts are current at all times. Thanks, dsussex@mesaschool.org



#### Monday



**4**  
Grilled Cheese Sandwiches  
Homemade Soup  
Fruit and Milk  
Salad Bar

**11**  
Sub Sandwiches  
Goldfish Crackers  
Fruit and Veggies  
Milk and Salad Bar

**18**  
No School  
Professional Development Day

**25**  
Chicken and Rice Burritos  
Fruit and Veggies  
Milk and Salad Bar

#### Tuesday



**5**  
Spaghetti  
Garlic Bread  
Fruit and Veggies  
Milk and Salad Bar

**12**  
Orange Chicken  
Rice Bowls  
Fruit and Veggies  
Milk and Fortune Cookies  
Salad Bar

**19**  
Bean & Cheese Burrito  
Fruit and Veggies  
Milk and Salad Bar

**26**  
Grilled Cheese Sandwich  
Homemade Soup  
Fruit and Milk  
Salad Bar

#### Wednesday

Happy Birthday  
Dr. Seuss

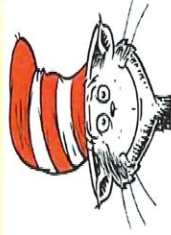
**6**  
Chicken Nuggets  
Baked Fries  
Fruit  
Milk  
Salad Bar

**13**  
Corn dogs  
Baked Fries  
Fruit  
Milk and Salad Bar

**20**  
Hotdogs  
Homemade Chili  
Fruit  
Milk and Salad Bar

**27**  
Mini Corn Dogs  
Baked Fries  
Fruit and Milk  
Salad bar

#### Thursday



**7**  
BBQ Chicken Sandwich  
Fruit and Veggies  
Milk  
Salad Bar

**14**  
BBQ Beef Sandwich  
Veggies  
Fruit  
Milk  
Salad Bar

**21**  
Mac and Cheese  
Bread Sticks  
Fruit and Veggies  
Milk and Salad Bar

**28**  
Taco Bowls  
Rice and Beans  
Fruit and Veggies  
Milk and Salad Bar

#### Friday

**1**  
Green Eggs & Ham  
Pizza  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**8**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**15**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**22**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**29**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar