MESA MATTERS

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

May 27, 2019

Upcoming Events

Mon May 27	NO SCHOOL Memorial Day
Wed May 29	Parent Volunteer Dinner 5:30PM-7:30PM - elementary blacktop
Fri May 31	3rd Annual PFO Campout *(see attached flier)*
Wed Jun 5	Early Dismissal 1:00PM grades TK-3; 1:05PM grades 4-8
Thurs Jun 6	Sports Banquet 5:30PM-7:30PM - elementary blacktop
Fri Jun 7	TK-5 Award Assemblies 8:20AM, 9:15AM, 10:00AM - Cafeteria
Tues Jun 11	Coffee with the Principal 8:30AM - cafeteria
Wed Jun	Jr High Awards Assembly 8:20AM - cafeteria
Fri Jun 14	***Last Day of School*** - Early Dismissal 1:00PM grades TK-3; 1:05PM grades 4-8
Fri Jun 14	***8th Grade*** Promotion Ceremony 2:30PM - elementary blacktop

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
Twitter:
@MesaUnionSchool
@jturnersupt
@Kim_Kuklenski_
Instagram:
@MesaUnionSchool
Facebook:
Mesa Union School District

School Message

Hello Mesa Families,

This week, students in grades 3-8 will take the Smarter Balanced Summative Assessments in Mathematics on Tuesday, Wednesday, Thursday, and Friday. To help your child get ready for the test you can:

- Encourage your child to take their time and try their best
- Talk about the test with your child
- Make sure your child gets a good night's sleep and eats a nutritious breakfast before testing.

You can also view sample test questions on the practice tests on the CAASPP Web Portal at www.caaspp.org/practice-and-training/index.html

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This year summer school is July 8 - July 26, 8:15AM-11:30AM. If you are interested in your child attending, please contact the office 805-485-1411 or email apuga@mesaschool.org by Thursday, May 30th.

If you have a change of address, email, phone number, or plan to not return next school year, please contact the office ASAP iramirez@mesaschool.org

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Please make sure your cafeteria account is current. To check you balance and/or make a payment go online to Parent Connect to pay by credit card or stop by the school office to pay by cash or check.

Mesa Union School currently has four employment opportunities for next school year: two elementary teaching positions, a food service and a facilities/maintenance position open. Apply at https://www.edjoin.org/Home/Jobs?keywords=mesa%20union&searchType=all

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May 13 - June 13 piloted social studies materials will be available in the MPR for the public to inspect and provide input prior to adoption.

MESA MATTERS

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

27 de mayo del 2019

Próximos Eventos

Lun. Mayo 27	NO HAY CLASES Día de Conmemoración
Mié. Mayo 29	Cena para Padres Voluntarios *(Ver el boletín adjunto)*
Vie. Mayo 31	3er Campamento Anual de PFO *(ver el boletín adjunto)*
Mié. Junio 5	La Escuela Sale Temprano 1:00PM grados TK-3; 1:05PM grados 4-8
Jue. Junio 6	Banquete de Deportes *(ver el boletín adjunto)*
Vie. Junio 7	Asamblea de Reconocimientos de TK-5° 8:20AM, 9:15AM, 10:00AM - en la Cafetería
Mar. Junio 11	Café con el Director 8:30AM - en la cafetería
Mié. Jun	Asamblea de Reconocimientos de Jr High 8:20AM - en la cafetería
Vie. Junio 14	***Último Día de Escuela*** - La Escuela Sale Temprano 1:00PM grados TK-3; 1:05PM grados 4-8
Vie. Junio 14	*Ceremonia de Promoción* - ***8vo Grado*** 2:30PM - en el asfalto de primaria

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

Mensaje de la Escuela

Hola Familias de Mesa,

Esta semana los estudiantes en los grados del 3-8 tomarán las Evaluaciones Sumativas de Smarter Balanced en Matemáticas el martes, miércoles, jueves y viernes. Para ayudar a su hijo a prepararse para su evaluación usted puede:

- Animar a su hijo a que se tome su tiempo y que intente de hacer lo mejor que pueda.
- Hablar acerca de la evaluación con su hijo.
- Asegurarse de que su hijo duerma bien y que coma un desayuno nutritivo antes de la evaluación.

También puede ver preguntas de la evaluación como práctica en el Portal de Web de CAASPP en www.caaspp.org/practice-and-training/index.html

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Este año la escuela de verano será 8 de julio al 26 de julio, de 8:15AM-11:30AM. Si usted está interesado en que su hijo atienda, por favor póngase en contacto con la oficina. 805-485-1411 o por correo electrónico apuga@mesaschool.org antes del 30 de mayo.

Si ha cambiado su domicilio, correo electrónico, número de teléfono, o no tiene planeado en regresar el próximo año escolar, por favor póngase en contacto con la oficina LO MÁS PRONTO POSIBLE iramirez@mesaschool.org

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Por favor, asegúrese de que su cuenta en la cafetería este al corriente. Para revisar su saldo y/o hacer un pago en línea en Conexión de Padre (Parent Connect) para pagar con tarjeta de crédito o pase a la oficina de la escuela para pagar con cheque o en efectivo.

La Escuela de Mesa Union actualmente tiene cuatro oportunidades de empleo para el próximo año escolar: dos posiciones en enseñanza en la primaria, una posición en el servicio de alimentos y una posición de mantenimiento de las facilidades. Aplique en https://www.edjoin.org/Home/Jobs?keywords=mesa%20union&searchType=all

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Del 13 de mayo al 13 de junio materiales de estudios sociales piloteados estarán disponibles en el MPR para que el público los inspeccione y proporcione su opinión antes de adoptar el plan.

School Attendance and Tardy Update

Our attendance and tardy goal is to have 97%. Even with the school year winding down, it's important to keep attendance as a priority.

2018-19 Attendance Rates:	School Wide	Elementary	Jr High
April 29 - May 3	96.62%	96.28%	96.97%
May 6 - May 10	96.62%	96.28%	96.97%
May 13 - May 17	95.85%	96.04%	95.66%
May 20 - May 24	96.70%	96.14%	97.27%

Every minute in school counts. Tardy students 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.***

2018-19 Tardy Rates	School Wide	Elementary	Jr High
April 29 - May 3	95.26%	96.28%	94.25%
May 6 - May 10	97.19%	96.91%	97.48%
May 13 - May 17	95.68%	96.00%	95.36%
May 20 - May 24	99.19%	98.94%	98.44%

Wow! What an improvement with our tardy rates. Way to go Tigers!

Actualización de Asistencia y Tardanzas

Nuestra meta de asistencia y tardanza es de 97%. Aún con el año escolar que se está concluyendo, es importante mantener la asistencia como una prioridad.

2018-19 Attendance Rates:	School Wide	Elementary	Jr High
29 de abril al 3 de mayo	96.62%	96.28%	96.97%
6 - 10 de mayo	96.62%	96.28%	96.97%
13 -17 de mayo	95.85%	96.04%	95.66%
20 - 24 de mayo	96.70%	96.14%	97.27%

Cada minuto cuenta en la escuela. Estudiantes que llegan tarde pierden tiempo valiosos de aprendizaje al comienzo de cada día escolar. ***Por favor tenga en cuenta de los horarios de comienzo: Grados 4-8 comienzan a las 8:10AM y Grados TK-3 comienzan a las 8:25AM.***

2018-19 Tardy Rates	School Wide	Elementary	Jr High
29 de abril al 3 de mayo	95.26%	96.28%	94.25%
6 - 10 de mayo	97.19%	96.91%	97.48%
13 -17 de mayo	95.68%	96.00%	95.36%
20 - 24 de mayo	99.19%	98.94%	98.44%

CAASPP Testing Kick Off

Tunnel Tuesday May 28	Workout Wednesday May 29	Thoughtful Thursday May 30	Fantastic Friday May 31
We invite all school members to join us in the front of the school to form a tunnel to welcome students with high fives and hold up posters with words of encouragement.	We will provide a list of quick physical activities for teachers to choose from to do with students before beginning testing.	Post-it notes with words of encouragement will be placed on every student's desk prior to the start of the day.	All students grades 3-8 will receive a popsicle at lunch for all their efforts.

Parent volunteers will help make these kick off days successful.
If you are interested in helping, please contact Kim Kuklenski. kkuklenski@mesaschool.org

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Inicio de la Evaluación de CAASPP

Martes de Túnel Mayo 28	Miércoles de Ejercicio Mayo 29	Jueves Amable Mayo 30	Viernes Fantastico Mayo 31
Invitamos a todos los miembros de la escuela que se unan con nosotros en frente de la escuela para formar un túnel para dar la bienvenida a los estudiantes con choques de manos y sostener carteles de aliento.	Proporcionaremos una lista de actividades físicas rápidas para que los maestros escojan para hacer con los estudiantes antes de comenzar la evaluación.	Antes de comenzar el día se pondrán notas Post-it con palabras de aliento en cada escritorio de los estudiantes.	Todos los estudiantes del 3er al 8vo grado recibirán una paleta a la hora del almuerzo por su desempeño.

Padres voluntarios ayudarán a hacer a que estos días de inicio sean exitosos.
Si está interesado en ayudar, póngase en contacto con Kim Kuklenski.
kkuklenski@mesaschool.org

CHARACTER SPIRIT DAY

Grades TK-5

Show your school spirit!

Dress as a FAVORITE character!

….from a movie

….from a book

….or from real-life

EXAMPLES can include superheroes, sports figures, characters from stories you have read, or even dress as your teacher!
NO MASKS!

Wednesday, May 29, 2019!!!!!

CHARACTER SPIRIT DAY

Grados TK-5

¡Muestra tu espíritu escolar!

¡Vístete como un personaje FAVORITO!

… .de una película

... de un libro

... o de la vida real

¡Los EJEMPLOS pueden incluir superhéroes, figuras deportivas, personajes de historias que has leído o incluso vestirte como tu maestro!¡NO HAY MASCARAS!

Miercoles, el 29 de mayo de 2019!

YEARBOOK INFO:

Drop of at the office:

In an envelope:

$20 Cash or Check

(checks made out to Mesa Union School)

On envelope:

Student's first and last name

Student's teacher name

We Need Help!

We need people to help with each item below to have our Fall Carnival This Year. This is **URGENT**! Help your school by doing your part!

- Ticket Sales
- Activities Coordinator
- Food and Concessions Help (BBQ)
- Silent Auction and Raffle Coordinator

Please call or text Dan @ 805-701-8642 or email dpoole@mesapfo.org

Necesitamos Ayuda!

Necesitamos personas que nos ayuden con cada artículo a continuación para tener nuestro carnaval este año. Esto es **URGENTE**! Ayuda a tu escuela haciendo tu parte.

- Venta de Boletos
- Coordinador de Actividades
- Ayuda con Alimentos y Concesiones (BBQ)
- Coordinador de Rifas y Subasta Silenciosa

Por Favor llama o texto a Kami @ 805-216-4943 or email dpoole@mesapfo.org

MESA'S 3rd ANNUAL OVERNIGHT CAMPOUT

Friday, May 31 – Saturday, June 1

****THIS IS NOT A DROP-OFF EVENT. ALL STUDENTS MUST BE ACCOMPANIED BY THEIR PARENT(S) or OTHER RESPONSIBLE ADULT****

CHECK-IN: 5:30PM, FRIDAY **CHECK-OUT: 11:00AM, SATURDAY**

WHAT TO BRING:

~Lanterns, flashlights, headlamps, sleeping bags, tents, chairs, blankets
~Your own food**-dinner, snacks, drinks, breakfast
~Propane camping stoves allowed on field
~RVs/Trailers – Limited space available, please reserve your spot with us if you will be bringing your RV or trailer for the event

NOT ALLOWED:
~Absolutely no alcohol, no smoking, and no pets allowed
~No charcoal grills allowed, no open fires/burning firewood on the field

****FOR SALE THE NIGHT OF - we'll do the cooking for you!**

- $3 Hamburgers, $1 Drinks, $1 Bags of Chips

PFO WILL PROVIDE: FREE Popcorn & S'mores, FREE coffee & hot chocolate
A *MARVEL* Movie Semi-Marathon, from sunset to sunrise!
PFO GRILL OPEN for grilling up your own food!
Pancakes for breakfast Saturday morning!

WANT TO HELP? We'd greatly appreciate the following:
~ a food crew to help serve dinner and breakfast
~ volunteers to serve as "night watch" throughout the evening
~ donations of s'mores ingredients-marshmallows, chocolate, and graham crackers
~ hot chocolate donations

"I WANT TO COME, BUT DON'T WANT TO STAY OVERNIGHT"
and that's perfectly fine! Please come join us for the evening and enjoy some time with your fellow Mesa families under the stars. Go home, get some sleep, and feel free to come back in the morning! ☺

RSVP and get for more info – info@mesapfo.org
Hope to see you all camping!

****THIS IS NOT A DROP-OFF EVENT. ALL STUDENTS MUST BE ACCOMPANIED BY THEIR PARENT(S) or OTHER RESPONSIBLE ADULT****

Campamento
Anual Nocturno de Mesa

Viernes 31 de Mayo – Sabado 1 de Junio

** Este no es un evento para dejar a los estudiantes. Todos los estudiantes deberán estar acompañados por sus padres o por otro adulto responsable.**

INICIO: VIERNES 5:30PM **TERMINO: SÁBADO 11:00AM**

QUE TRAER:

~Linternas, lámparas de mano, linternas de cabeza, saco de dormir, casas de campana, sillas, mantas,cobijas.
~Traer su propia comida**: cena,snacks,bebidas,desayuno
~Estufas para campo de gas propano son permitidas en la cancha
~Trailers y RVs- habrá espacio limitado para estos. Favor de reservar su lugar con nosotros

~No alcohol, no fumar y no mascotas.

VENTA - <u>nosotros cocinamos por ti</u>!**

- Hamburguesas $3, bebidas $1, Bolsas de papitas $1

PFO PROVEERA: Palomitas y S'mores GRATIS, Cafe y Chocolate caliente GRATIS
Un maratón de películas de *MARVEL* desde el anochecer hasta el amanecer.
El asador de PFO estará abierto para que puedas cocinar tu propia comida.
Plato de Hot Cakes

DESEAS AYUDAR: Agradeceríamos ayuda con lo siguiente:
~Voluntarios para ayudar a servir la cena y el desayuno
~Voluntarios para guardia nocturna a lo largo del evento
~Donación de ingredientes para los S'mores: malvaviscos,chocolate y galletas graham
~Chocolate Caliente

DESEAMOS ASISTIR PERO NO QUEDARNOS TODA LA NOCHE

Esta perfecto tambien! Acompananos por la tarde y disfruta de tu tiempo con las familias de Mesa bajo las estrellas. Ve a casa, descansa y te esperamos aqui para el desayuno! ☺

Reserva tu lugar y obten mas informacion – info@mesapfo.org
Esperamos verte en el Campamento de Mesa!

** Este no es un evento para dejar a los estudiantes. Todos los estudiantes deberán estar acompañados por sus padres o por otro adulto responsable.**

RIO MESA HIGH SCHOOL
FOOTBALL & ATHLETICS PRESENTS

CASINO NIGHT

SATURDAY JUNE 1ST

Join us for a fun night of fundraising!

Casual luau attire suggested

21+

REGISTER BY:
Saturday, May 25th
Receive 2 complimentary drink tickets!

APPETIZERS • PRIZES • RAFFLES • SILENT AUCTION • MUSIC by DJ RICK ROCK

Texas Hold'em Tables • Craps Table • Roulette Table • Black Jack Tables

$50 for Casino • $100 for Texas Hold 'em

Pre-registration due: May 25th

Bob Jones Ranch Party Pavilion
5160 E. Vineyard Ave
Oxnard CA 93036

6:00 pm BAR OPENS • 7:00 PM GAME TABLES OPEN

Pre-purchase drink tickets for $5 • Drinks will be $7 at the bar

Casino guests will receive gambling currency - Big prizes for Top Poker Tournament Winners

ATTENDEE NAME:_____ POKER ($100)_____ OR CASINO ($50)_____

PHONE NUMBER:_____ cell/home EMAIL:_____

Drinks ($5 each) x _____ + Set of 25 Raffle Tickets ($20 each set) x _____ + Entry Fee(s) = _____

*Pre-order now & drink tickets and raffle tickets will be at check-in

Payment Options and Instructions: EventBee Online : https://www.eventbee.com/event?eid=140680503#/

PayPal: Direct Link: PayPal.me/RMHSFootball or Search for email: rmhsfootballprogram@gmail.com
Directions: Use Sending to a friend & include in notes: Name, phone number, email address & detail your purchase

Cash/Check: Can be turned in to the school office.
Please make checks payable to: RMHS Football
School address: 545 Central Ave. Oxnard 93036

Venmo: @RMHS-FootballProgram
*When paying via Venmo, a copy of this form must be emailed to: rmhsfootballprogram@gmail.com

Referred by: _____
Student/Athlete Name and Athletic Team/Club

Event contact: Jim Bittner (805) 501-4350

NOTHING bundt CAKES®

Make Graduation Sweeter

Order our handcrafted "You Did it" Decorated Bundt Cake
in Your School Colors!

GET $5.00 OFF

an 8" or 10" Decorated Bundt Cake

Offer Valid 5/1/19 - 6/30/19 at These Bakery Locations

Ventura
1794 S. Victoria ave.
Suite A
Ventura, CA 93003
805-918-4560

Thousand Oaks
1610 Thousand Oaks Blvd.
Suite D
Thousand Oaks, CA 91362
805-446-3082

NothingBundtCakes.com

2019 CEC SUMMER CAREER CAMPS

Advanced Technology · Innovative **July 1st – July 26th** *Instruction · Irresistibly Engaging Curriculum*

CEC CAMPUS

CEC CAMARILLO
465 Horizon Circle
Camarillo, CA 93010

Business Camp	9am-12pm	Grades: 6-8
Environmental Camp	1pm-4pm	Grades: 6-8
Fun Fitness Academy	1pm-4pm	Grades: 6-8
Photo Journalism Camp	1pm-4pm	Grades: 6-8
Plants as Medicine	9am-12pm	Grades: 6-8
STEM Camp	9am-12pm	Grades: 6-8
Summer Coding Camp	9am-12pm	Grades: 6-8
Video Production Camp	9am-12pm	Grades: 6-8
Film, TV and Media Production	1pm-4pm	Grades: 6-8

CEC MOORPARK
5700 Condor Dr
Moorpark, CA 93021

EAST COUNTY HIGH SCHOOL CAMPUS

SANTA PAULA HIGH SCHOOL
404 N 6th St
Santa Paula, CA 93060

Art & Creativity Camp	9am-12am	Grades: 6-8

WEST COUNTY HIGH SCHOOL CAMPUS

CHANNEL ISLANDS HIGH SCHOOL
1400 Raiders Way
Oxnard, CA 93033

Mariachi Camp	1pm-4pm	Grades: 6-8

HUENEME HIGH SCHOOL
500 W Bard Rd
Oxnard, CA 93033

Mariachi Camp	8am-11am	Grades: 6-8

ONLINE OR CEC CAMPUS REGISTRATION

HOW TO REGISTER

cec.gosignmeup.com

1. Pre-register for a CEC career camp online at: http://cec.gosignmeup.com **A parent or guardian must complete this step.** You will be pre-registered and will move on to the enrollment process.
2. You will receive a confirmation email with enrollment documents and next steps.
3. All enrollment documents are due by 5/31/19

Career Education Center - Camarillo
465 Horizon Circle
Camarillo
(805) 437-1420

Career Education Center - Moorpark
5700 Condor Drive
Moorpark
(805) 437-1580

2019 CEC VERANO
CAMPAMENTOS DE OFICIO

Tecnología Avanzado · Innovador Instrucción **1 al 26 de julio** *Currículo Irresistiblemente Atractivo*

CEC CAMPUS

CEC CAMARILLO
465 Horizon Circle
Camarillo, CA 93010

Transporte estará disponible de y hacia el CEC Camarillo solamente. Las rutas de autobús llegan al CEC Camarillo a las 9am y saldrán del CEC Camarillo a las 4pm.

Campamento de Negocio	9am-12pm	Grados: 6-8
Campamento Ambiental	1pm-4pm	Grados: 6-8
Academia Aptitud Divertida	1pm-4pm	Grados: 6-8
Campamento de Periodismo Fotografico	1pm-4pm	Grados: 6-8
Plantas como Medicina	9am-12pm	Grados: 6-8
Campamento STEM	9am-12pm	Grados: 6-8
Campamento Codificación de Verano	9am-12pm	Grados: 6-8
Campamento de Producción de Video	9am-12pm	Grados: 6-8

CEC MOORPARK
5700 Condor Dr
Moorpark, CA 93021

Produción de Cine, TV y Medios	1pm-4pm	Grados: 6-8

CAMPUS DE LA ESCUELA SECUNDARIA DEL CONDADO DEL ESTE

SANTA PAULA HIGH SCHOOL
404 N 6th St
Santa Paula, CA 93060

Campamento de Arte y Creatividad	9am-12am	Grados: 6-8

CAMPUS DE LA ESCUELA SECUNDARIA DEL CONDADO DEL OESTE

CHANNEL ISLANDS HIGH SCHOOL
1400 Raiders Way
Oxnard, CA 93033

Campamento de Mariachi	1pm-4pm	Grados: 6-8

HUENEME HIGH SCHOOL
500 W Bard Rd
Oxnard, CA 93033

Campamento de Mariachi	8am-11am	Grados: 6-8

REGISTRACION EN EL CEC CAMPUS O EN LÍNEA

COMO REGISTRARSE

cec.gosignmeup.com

1. Pre-registrese para un campamento del CEC en línea: http://cec.gosignmeup.com **Un padre or guardián debe completar este paso.** Se pre-registrara y pasara a inscribirse.
2. Recibira una confirmacion por correo electronico con documentos de inscripcion y como proceder.
3. Todos los documentos de inscripcion se deben entregar el 31 de mayo de 2019.

Career Education Center - Camarillo
465 Horizon Circle
Camarillo
(805) 437-1420

Career Education Center - Moorpark
5700 Condor Drive
Moorpark
(805) 437-1580

TITAN
WATER POLO CLUB

SUMMER SEASON 2019 YOUTH WATER POLO
Ages 8-14

- Rio Mesa & Camarillo High Pools
- May 6-July 14, 2019
- Registration Mon. May 6 Rio Mesa Pool
- M, T & TH 6:15—8:15 p.m.
- Saturday games in Ventura Co.
- 10 week season
- $390.00
- Call or email for info: Debi Owens

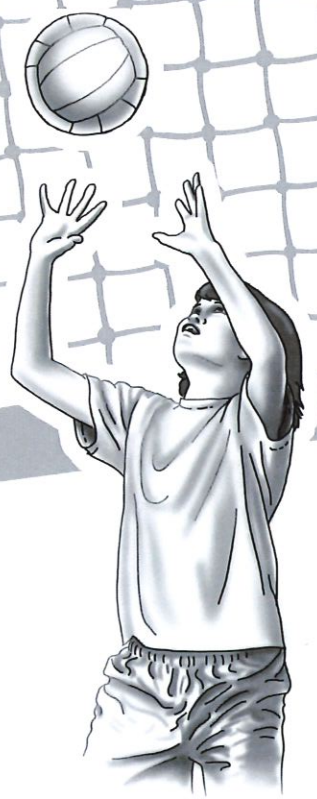
805. 443-0491 (cell)
debio21@hotmail.com
***Non Profit # 3451210

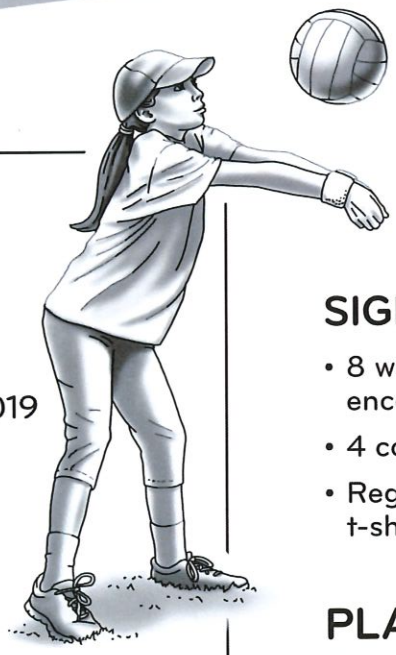
www.titanwaterpoloclub.com

USYVL presents

Camarillo Youth Volleyball

Volleyball Starts Here!®





PLEASANT VALLEY COMMUNITY CENTER

1605 E. BURNLEY ST.

CAMARILLO, CA 93010

Starts Wednesday, Sept. 11, 2019

Wednesdays: 5:30 - 6:30 PM and

Saturdays: 10:00 - 11:00 AM

SIGN UP NOW FOR FALL!

- 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 07/01/19

Regular: $175 until 08/01/19

Late: $195 until 09/01/19

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™

USYVL Non-Profit #77-0460698
©USYVL All Rights Reserved

Brazilian Martial Arts

(Taught by Mr. Goad)

- Capoeira Camarillo -

Call To Schedule Your Free Class

Kids	Adults
Wed 5:50-6:50PM	Tu/Th 5:50-6:50PM
Sun 10:00-11:30AM	Sun 11:00-12:30PM

2 Classes a Week: $79 a Month
3 Classes a Week: $99 a Month

www.CBCamarillo.org • (805) 728-0935
Classes at B2 Fitness • 846 Arneill Rd

Self-Discipline • Self-Defense • Gymnastics • Fitness • Music • Fun!

Join us for YWC 2019!
NEW 10-12th Grade classes at UCSB & CLU !

WORKSHOPS DESIGNED TO DEVELOP CONFIDENCE AND CREATIVITY ACROSS ALL WRITING GENRES.

EACH GROUP OF 20-30 STUDENTS LED BY TWO CREDENTIALED TEACHERS WHO LOVE TO WRITE AND TEACH WRITING.

FIELD TRIPS, GUEST AUTHORS, DAILY JOURNALS, ART, PUBLISHED ANTHOLOGY & MUCH MORE!

EARLY BIRD REGISTRATION (UNTIL APRIL 30)	**$355**
REGULAR REGISTRATION (MAY 1 - MAY 30)	**$375**
LATE REGISTRATION (FROM JUNE 1 ON)	**$400**

Text

All camps run JULY 8-19 Mon.- Fri.

CLU (Thousand Oaks)

Creative Writing

(Grades 3-12)

CLU Camps run from 1 PM - 4:30 PM

UC Santa Barbara

Creative Writing (Grades 3-12)

Writing in Digital Spaces (Grades 7-12)

UCSB Camps run from 9 AM - 12:30 PM

Registration opens in February!
scwripyoungwriters.wordpress.com/register

(805) 893-5899
scwripywc@gmail.com
Facebook.com/SCWriPYWC

The South Coast Writing Project is a 501(c)(3) nonprofit. EIN 95 - 6006145

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
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 (exepto dias festivos) revisa nuestra red social para horario!

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

May 2019

Mesa Union School

BREAKFAST

Menu subject to substitutions. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Breakfast is served before school and during all morning recesses. Milk and water are sold throughout the school day. Please make sure your student's accounts are kept positive at all times. Thank you ☺ Debbie Sussex

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	Tuesday	Wednesday	Thursday	Friday
		1 Cereal Juice Fruit Milk	2 Pancakes Cheese stix Fruit Milk	3 Chocolate Muffins Yogurt Fruit Milk
6 Sausage Dogs Fruit Juice Milk	7 Apple Frudel Oatmeal Fruit Milk	8 Chocolate Muffins Yogurt Fruit Milk	9 Waffles Cheese Stix Juice Milk	10 Cereal Juice Fruit Milk
13 Tornadoes Fruit Juice Milk	14 Bagel w/Cream Cheese Juice Fruit Milk	15 Chocolate Muffins Yogurt Fruit Milk	16 French Toast Cheese Stix Fruit Milk	17 Cereal Juice Fruit Milk
20 Chocolate Crescent Juice Fruit Milk	21 Breakfast Sandwich Juice Fruit Milk	22 Chocolate Muffins Yogurt Fruit Milk	23 Cinnamon Rolls Cheese Stix Fruit Milk	24 Cereal Juice Fruit Milk
27 Happy Memorial Day No School	28 Cherry Frudel Oatmeal Fruit Milk	29 Chocolate Muffins Yogurt Fruit Milk	30 Pancakes Cheese Stix Fruit Milk	31 Cereal Juice Fruit Milk

May 2019

Mesa Union School

LUNCH

Menu subject to substitution. All meals are served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered to all students with hot lunch. Milk and water sold throughout the day. Please make sure your student's accounts are positive at all times. Please let me know if you have questions or concerns. Thank you ☺
Debbie Sussex dsussex@mesaschool.org

Fitness Tip: MyPlate recommends:
- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Orange Chicken Rice Bowls Fruits and Veggies Milk and Fortune Cookies Salad Bar	2 Spaghetti Garlic Bread Fruit and Veggies Milk Salad Bar	3 Pizza Day! Salad w/dressing Fruit Jello Milk and Salad Bar
6 Bean and Cheese Burritos Spanish Rice Veggies and Fruit Milk and Salad Bar	7 Grilled Cheese Sandwich Homemade Soup Fruit and Veggies Milk Salad Bar	8 Chicken Nuggets Baked Fries Fruit Milk Salad Bar	9 Sub Sandwiches Goldfish Crackers Fruit and Veggies Milk Salad Bar	10 Pizza Day! Salad w/dressing Fruit Jello Milk and Salad Bar
13 Shepherd's Pie Bread Sticks Fruit and Veggies Milk Salad Bar	14 BBQ Beef Sandwich Fruit Veggies Milk Salad Bar	15 Corn Dogs Baked Fries Fruit Milk Salad Bar	16 Taco Bowls Cornbread Fruit Milk Salad Bar	17 Pizza Day! Salad w/dressing Fruit Jello Milk and Salad Bar
20 Pulled Pork Sandwich Fruit and Veggies Milk Grahams Salad Bar	21 Chicken and Rice Burrito Pinto Beans Fruit Milk Salad Bar	22 Hotdogs Baked Fries Fruit Milk Salad Bar	23 Chicken and Gravy Mashed Potatoes Country Biscuit Fruit and Veggies Milk and Salad Bar	24 Pizza Day! Salad w/dressing Fruit Jello Milk and Salad Bar
27 Happy Memorial Day No School	28 Orange Chicken Rice Bowls Fruit and Veggies Milk and Fortune cookies Salad Bar	29 Chicken Nuggets Baked Fries Fruit Milk Salad Bar	30 Spaghetti Garlic Bread Fruit and Veggies Milk Salad Bar	31 Pizza Day! Salad w/dressing Fruit Jello Milk and Salad Bar