



SFCS Weekly Bulletin

Principal Mindy Bolar | Office Phone: 209-742-6222

sierrafoothillcharterschool.org

VOLUME 5, ISSUE #21

Monday, January 30, 2017

CORE VIRTUES ASSEMBLY

Congratulations to the following students who were recognized at Friday's assembly for exemplifying the Core Virtues of *honor and integrity* in January:

Owen Eastwood (Ms. Stillwell)

Lillan Engstrom (Ms. Stillwell)

Levi Evans (Ms. Baumann)

Westley Sheffield (Ms. Baumann)

Chloe Blagg (Ms. Starchman)

Aidan Beutel-DePrano (Ms. Starchman)

Wyndham Evans (Ms. Miranda)

Anna Ramirez (Ms. Miranda)

Kolton Olson (Ms. Contreras)

Tyler Brown (Ms. Contreras)

The Core Virtue for February is *honesty*.

SWEETART DINNER UPDATE

The annual SweetART Dinner and Dessert Auction will be held on Friday, February 10th from 6-9PM at McCay Hall. In order to include more members of the community, the cost for dinner tickets has been reduced to \$15 for adults and \$5 for children. Buy tickets now in the school office to spend less time in line the night of the event. All proceeds benefit SFCS.

The next planning meeting is after school on Tuesday, January 31st at the home of Stephanie Evans (4769 School House Road). Volunteers are needed to help decorate McCay Hall on Thursday, February 9th from 3:30-6:00PM. Also, help is needed with set up on the afternoon of the event and clean up after the event. For more information, please contact the event coordinator, Kori Smith, at (209)617-9722.

LUNCH ORDERS

If your child will be late for school and planning to order a school lunch, please call the office before 9AM to place the order. Meal numbers are collected and called in by 9AM daily.

SCHOOL CALENDAR UPDATE

With the Snow Day called last week, the Snow Day scheduled for March 31 has been removed from the school calendar. This change aligns with MCUSD. An updated calendar is attached.

ENROLLMENT FOR THE 2017-18 SCHOOL YEAR

The window for Open Enrollment closes on April 12th. For current students, please submit re-enrollment forms as soon as possible, if you haven't already done so. This will help with planning for next school year.

LEARNING GARDEN: BE PREPARED!

Please make sure to send your children to school with warm coats and sturdy shoes or boots that can get muddy on their scheduled Learning Garden day. Unless it is raining, the students have lessons outside.

Monday - Gr. TK/K

Tuesday - Gr. 5/6

Wednesday - Gr. 3/4

Thursday - Gr. 7/8

Friday - Gr. 1/2

BOX TOPS FOR EDUCATION

Please remember to clip and send in your Box Tops for Education coupons found on General Mills products. Ask friends and family members to save them for SFCS too. This is an easy way to support our school. Volunteer Nancy Cordero counts and sends in Box Tops for us twice a year. Thanks, Ms. Cordero! Please clip and send them in soon for the next mailing.

DATES TO REMEMBER

- Every Monday - Early release at 2PM
- Jan. 16-April 12 - Open Enrollment Window
- Friday, 2/3 - Young Masters Youth Exhibition Opening, 3:30-5:00PM at 5009 Hwy 140, Mariposa
- Friday, 2/10 - SweetART Dinner, 6-9PM at McCay Hall



Home School Enrichment: Week of January 30, 2017

Any questions? Contact me-steph@sierrafoothillcharterschool.org or 209-742-6222

Core Virtues for February - Honesty

30 Monday - Early Release Day

TK/K	11:40-2 pm	Lunch and Rotations: Garden, PE and Tech Rotation
1st/2nd	11:40-2 pm	Lunch, Service Learning, etc.

31 Tuesday - Band and Music Day

TK/K	11:40-1:30	Lunch and Music Instruction
1st/2nd	1:30-2:00	Music Instruction
5th/6th	11:40-3:15	Lunch and Rotations: Garden, Tech, PE Rotation
7th/8th	11:40-3:15	Lunch and Service Learning
3rd-8th	Band	<u>Advanced Band</u> : 12:35-1:05, <u>Violin</u> : 11:10-1:30, <u>Guitar</u> : 1:35-1:55, <u>Winds</u> : 2:00-2:20, <u>Brass</u> : 2:25-2:45, <u>Percussion</u> : 2:50-3:10

1 Wednesday

3rd/4th	10:00-11:40	Recess and Math Games
3rd/4th	11:40-3:15	Lunch and Rotations: Garden, Tech, PE Rotation
5th/6th	1:30-2:5	Service Learning

2 Thursday

7th/8th	11:40-3:15	Lunch and Rotations: Garden, Tech and PE
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3 Friday

1st/2nd	11:40-3:15	Lunch and Rotations: Garden, Tech, PE and Yoga
3rd/4th	11:40-3:15	Lunch, Service Learning, Music and Yoga

Coming Up:

Tues, Feb 21st,

Meet at the California State Railroad Museum in Sacramento at 11am. Go [here](#) for more information. Train ride at 1pm.

SFCS Blogs and Web Sites:



Subscribing to classroom blogs and websites is a great way to get ideas from what is happening at school.

- The Home School Blog: <http://sfcshomeschooling.wordpress.com/>
- Mrs. Stillwell's TK/K's blog: <http://kindergartenfuninroom1.blogspot.com/>
- Mrs. Baumann's 1st and 2nd grades' Website: <http://mrsbaumannsclass.snappages.com>
- Ms. Starchman's 3rd and 4th grades' blog: <https://starchmanroom3.wordpress.com>
- Ms. Miranda's 5th and 6th grades' Blog: msmirandas5thand6th.com
- Mrs. Contreras's 7th and 8th grades' Blog: <https://mscontreras7thand8th.wordpress.com>
- The SFCS Garden Blog <https://sfcs garden.wordpress.com/> - all grade levels
- The SFCS Tech Blog: <https://sfcs tech.wordpress.com/> - all grade levels

MARIPOSA COUNTY UNIFIED SCHOOL DISTRICT

K-8 Breakfast & Lunch Menu

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																		
<p style="text-align: center;">PRICES</p> <table style="width: 100%; border: none;"> <tr> <td style="border: none;">BREAKFAST</td> <td style="border: none;">LUNCH</td> </tr> <tr> <td style="border: none;">Reduced \$.30</td> <td style="border: none;">\$.40</td> </tr> <tr> <td style="border: none;">Paid \$1.55</td> <td style="border: none;">\$2.75</td> </tr> <tr> <td style="border: none;">Adult \$2.05</td> <td style="border: none;">\$3.40</td> </tr> <tr> <td colspan="2" style="border: none;">Milk \$.35</td> </tr> <tr> <td colspan="2" style="border: none;">Adult Milk \$.40</td> </tr> </table>	BREAKFAST	LUNCH	Reduced \$.30	\$.40	Paid \$1.55	\$2.75	Adult \$2.05	\$3.40	Milk \$.35		Adult Milk \$.40		<table style="width: 100%; border: none;"> <tr> <td style="border: none; text-align: center;">Daily Breakfast Choices</td> </tr> <tr> <td style="border: none; text-align: center;">Juice & Fresh Fruit</td> </tr> <tr> <td style="border: none; text-align: center;">1% White or Non Fat Chocolate Milk</td> </tr> <tr> <td style="border: none; text-align: center;">Daily Lunch Choices</td> </tr> <tr> <td style="border: none; text-align: center;">Fresh Fruit & Vegetables</td> </tr> <tr> <td style="border: none; text-align: center;">1% White or Non Fat Chocolate</td> </tr> </table>	Daily Breakfast Choices	Juice & Fresh Fruit	1% White or Non Fat Chocolate Milk	Daily Lunch Choices	Fresh Fruit & Vegetables	1% White or Non Fat Chocolate	<p>*MENU SUBJECT TO CHANGE</p>		<p style="color: red;">Healthy Heart</p>  <p style="color: red;">Healthy You</p>
BREAKFAST	LUNCH																					
Reduced \$.30	\$.40																					
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1% White or Non Fat Chocolate																						
		<p>1 BREAKFAST: Honey Wheat Breakfast Bar</p> <p style="text-align: center;">LUNCH: Chili w/beans & Tortilla Chips</p>	<p>2 BREAKFAST: Ultimate Breakfast Round or Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Popcorn Chicken or PB&J</p>	<p>3 BREAKFAST: Strawberry Banana Muffin</p> <p style="text-align: center;">LUNCH: Pizza or Cheese Breadsticks</p>																		
<p>6 BREAKFAST: Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Sandwich w/Chips (Turkey, Ham or PB&J)</p>	<p>7 BREAKFAST: Honey Wheat Breakfast Bar or Asst. Muffin Tops</p> <p style="text-align: center;">LUNCH: Sloppy Joe or Turkey & Cheese Sandwich</p>	<p>8 BREAKFAST: Honey Wheat Breakfast Bar</p> <p style="text-align: center;">LUNCH: Breakfast for Lunch (Pancakes & Sausage)</p>	<p>9 BREAKFAST: Ultimate Breakfast Round or Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Min Corn Dogs or Taco Salad</p>	<p>10 BREAKFAST: Strawberry Banana Muffin</p> <p style="text-align: center;">LUNCH: Pizza or Cheese Breadsticks</p>																		
<p>13 BREAKFAST: Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Chicken Nuggets or PB&J Sandwich</p>	<p>14 BREAKFAST: Honey Wheat Breakfast Bar or Asst. Muffin Tops</p> <p style="text-align: center;">LUNCH: BBQ Rib Sandwich or Turkey & Cheese Sandwich</p>	<p>15 BREAKFAST: Honey Wheat Breakfast Bar</p> <p style="text-align: center;">LUNCH: Zesty Orange Chicken & Rice</p>	<p>16 BREAKFAST: Ultimate Breakfast Round or Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Pizza or Cheese Breadsticks</p>	<p>17</p> <p style="font-size: 1.5em; font-weight: bold;">HOLIDAY</p>																		
<p>20</p> <p style="font-size: 1.5em; font-weight: bold;">HOLIDAY</p>	<p>21 BREAKFAST: Honey Wheat Breakfast Bar or Asst. Muffin Tops</p> <p style="text-align: center;">LUNCH: Sandwich w/Chips (Turkey, Ham or PB&J)</p>	<p>22 BREAKFAST: Honey Wheat Breakfast Bar</p> <p style="text-align: center;">LUNCH: Teriyaki Chicken & Rice</p>	<p>23 BREAKFAST: Ultimate Breakfast Round or Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Mini Corn Dogs or Oriental Chicken Salad</p>	<p>24 BREAKFAST: Strawberry Banana Muffin</p> <p style="text-align: center;">LUNCH: Pizza or Cheese Breadsticks</p>																		
<p>27 BREAKFAST: Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Chicken Nuggets or PB&J Sandwich</p>	<p>28 BREAKFAST: Cereal & Graham Crackers</p> <p style="text-align: center;">LUNCH: Cheese Burger or Ham & Cheese Sandwich</p>																					

5 Steps to

FOOD SAFETY

1

**Be Clean,
Be Healthy**



Wash hand
when necessary



Do not work with
food if you are ill



Never touch
ready-to-eat food
with bare hands

2

**Keep it Cool,
Keep it Hot**



Keep cold foods
at 41°F / 5°C
or below



Keep hot foods
at 140°F / 60°C
or above

3

**Don't Cross-
Contaminate**



Don't store
raw foods over
cooked or ready-
to-eat foods.

Never prepare
ready-to-eat foods
on the same surface
or with the same
utensils used to
prepare raw
animal proteins.

4

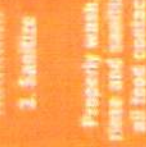
**Wash, Rinse,
& Sanitize**



1. Wash



2. Rinse



3. Sanitize

Properly wash,
rinse and sanitize
all food contact
utensils and
equipment

5

**Cook It &
Chill It**



Cook food until
it reaches a
proper internal
temperature.



Rapidly cool food
to 41°F / 5°C
or below.



safe Cooking

Good cooks keep
everything in the
kitchen clean -
this is called
food hygiene

BEFORE YOU START

Wash your hands with warm
water and soap then dry
them. Make sure your nails
are clean:

- ✓ before you start to cook
- ✓ after handling raw food
- ✓ after going to the toilet
- ✓ when you cough, sneeze or blow your nose

Do not lick your fingers!

Even though you can't see
them, microbes on your
hands can quickly spread
and make you or
other people ill.
Keep your hands
clean.



An apron keeps food
clean and protects your
clothes. Look at people
who handle food in shops.
What do they wear on
their heads? Why?

What could you do to
make sure your food
technology area is a
safe place?

- ✓ Put on an apron before you start cooking.
- ✓ Tie back long hair.
- ✓ Do not wear jewellery.
- ✓ Do not sneeze or cough over food - this can spread infections.
- ✓ Make sure your work area is clean and tidy.

Did you know that
a sneeze can travel
at over 100 miles
per hour!

2016-2017 School Year Calendar

July 2016						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2016						
S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016						
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23	24	25	26	27	28	29
30	31					

November 2016						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sierra Foothill Charter School

4952 School House Road
Catheys Valley, Ca 95306

(P) 209-742-6222 (F) 209-742-6922

www.sierrafoothillcharterschool.org

Aug 12	*TK/K Meet and Greet
Aug 15-16	*Teacher Work Day
Aug 17	First Day of School
Sep 2 - 5	*Non School Day/Labor Day
Sep 26	*Teacher Work Day
Nov 10	End of 1st Trimester
Nov 11	*Veterans' Day
Nov 14	*Parent/Teacher Conferences
Nov 15 - 16	Parent/Teacher Conferences
Nov 21 - 25	*Thanksgiving Break
Dec 19 - Jan 2	* Winter Break
Jan 3	* Teacher Work Day
Jan 16	* Martin Luther King Jr Day
Feb 17	* Non School Day
Feb 20	* President's Day
Mar 3	End of 2nd Trimester
Apr 14	* Snow Day
Apr 17 - 21	* Spring Break
Apr 24	*Teacher Work Day
May 26	* Snow Day
May 29	* Memorial Day
Jun 8	Last Day of School - NOON Dismissal
Jun 9	* Teacher Work Day

* = non-student day

Special Events to Mark on Your Calendar

Aug 25	Back to School Night
Oct 30	Fall Festival
Dec 12 - 16	Spirit Week
Dec 15	Winter Program
Feb 3	100th Day of School
Feb 4	Sweetheart Dinner
Mar -TBD	Storytelling Festival Assembly
Mar 14	Pi Day Carnival
Apr 28	Spring Festival / Earth Day
Apr 28	Chili Cook Off
May 2	Teacher Appreciation Day
May - TBD	Spring Band Concert
May - TBD	Track & Field Day
Jun 1	Open House / Science Exhibit Day
Jun 6	Talent Show
Jun 7	8th Grade Promotion Ceremony

January 2017						
S	M	T	W	T	F	S
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29	30	31				






February 2017						
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26	27	28				




March 2017						
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April 2017						
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30						

May 2017						
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28	29	30	31			

June 2017						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

	First & Last Day of School		Collaboration Days/2 pm Early Release
	Parent Teacher Conferences		
	Teacher Work Day		
	End of Trimester		

	Non School Day
	Holiday
	Snow Day

Board Approved: 4/26/16