PARENT NEWSLETTER



December 2021

Principal's Message

Meadow Lane Parents.

It's December, the most wonderful time of year! This month students will be working on the Character Trait of Fairness. Fairness is treating others equally in a way that is considered right or reasonable.

In the morning due to staffing and safety, we are using only one lane for drop off. That is the lane that is closest to the front gate. Please don't let your children out of the car until you get to the crosswalk right in front of the gate. In the afternoon we are using two loops. Please be mindful of staff crossing as you navigate through the parking lot. If you want your child to ride the bus please contact the school office. Thank you all for your patience with drop off and pick up this year.

If you child is sick, has COVID-19 symptoms, or if anyone in your household has been diagnosed with COVID-19 please keep your child home and call the school office. You will want to call the school office if your child is home sick so the absence can be changed to excused.

I hope that parent teacher conferences went well. If you have any questions or concerns please call the office to make an appointment. I value and appreciate feedback regarding your child's education. Thank you for partnering with us in your child's education. Have a wonderful holiday!

Tamara Kendall Principal

School Information

School Holidays & Breaks

12/20-1/3 Winter Break 2/21-25 Presidents Week Break 4/11-18 Spring Break

Student Absence

If your child is going to be absent please call the school office at (530) 378-7030. If you child is going to be absent for more than three days your child may qualify for Independent Study so they get credit for their absences upon return. It is also important to notify the office if you have a planned vacation where your child is going to miss three or more days.



11/29-12/3 Parent Conferences Minimum Days - Out at 1:15

12/7 Parent Booster Club Meeting 6:00

12/8 Minimum Day - Out at 1:15

12/17 Minimum Day - Out at 1:15

12/20-1/3 NO SCHOOL Winter Break

1/4/2022 School Resumes

DECEMBER SCHOOL NEWS

Holiday Theme Week

We have a fun week planned beginning Monday, December 13th through Friday, December 17th. Please take a peek at the flyer to see our dress up days for the week. Start planning your outfits now! Hint: hunt for green, red, and white clothes in your closet to start. Students and staff loves to participate in these.

Holiday Basket Raffle

The Parent Booster Club is hosting a raffle LIVE on Facebook on December 15th. Complete the bottom portion of the flyer included and return it to the office by December 10th. You can purchase 2 tickets for \$1.00. Classes are creating many amazing baskets. Don't wait buy your tickets now for a chance to win a Garden, Disney, Coffee, Baking or Movie Night themed basket to name just a few.

District Reading Challenge

Students are now able to take Accelerated Reader (AR) Quizes during the Winter Break. Tests are available Monday – Friday, 8:30-3:30. Students are challenged to achieve 50% of their Trimester Reading Goal by January 7th .

Every Penny Counts!

The Penny Drive raised a total of \$965 for the Memorial Fund. The classrooms who won the popcorn party were Ms. Peery, Ms. Lafferty, Ms. Hunter and Ms. Palmer each raised over \$100. Thank you everyone who checked under the couch cushions to donate your spare change. The Holiday Catalog fundraiser raised a total \$3, 287.

Parent Teacher Conferences

Conferences are currently being be held through December 3rd. December 1-3rd are *minimum days*, dismissing students at 1:15 pm. We hope you were able to discuss your child's needs and achievements in the classroom with their teacher.

Join the Parent Booster Club

Please mark your calendar. They meet the first

Tuesday of every month at 6:00 pm in room #4. They would love to see you at their meeting on December 7th.

School Clubs

Meadow Lane's 5th grade Leadership Team, has been busy planning and prepping a variety of clubs. Please check out the flyers included in this newsletter for more information on the Theater Club, Board Game Club, and Space Art Club. There is also a Disney Club for 1-2 grades that begins on December 7th hosted by one of our Disney loving staff members.

School Pictures

Thank you so much for your patience. The Studio 530 is experiencing delays like the rest of the nation. We are hoping that all the make up pictures taken will arrive before our Winter break.

Spirit Fridays & Kindness Tuesday

Please continue to show your school spirit on Fridays, wear your Meadow Lane Eagles t-shirts or school colors with pride. Wear a shirt on Kindness Tuesday with a positive message to promote kindness all over our campus!

Late Arrivals

If your student arrives after 8:00 am, please have them check in at the office for a pass to class. The office is able to then mark them present and avoids autodialer calls stating your student is absent. Thank you for your cooperation, it is important to have accurate attendance for student safety.

Transportation Changes

Transportation changes must be in writing to ensure student's safety. You may send a note with your student to bring to the office, fax a note or email the transportation change before 1:00 pm to:

lanyon.schuster@cuesd.com and lisa.zumalt@cuesd.com

DECEMBER SCHOOL NEWS

October's CITIZENSHIP Character Award Recipients

Ava Crowell

Avery Costello

Brentley Wimmer

Charlie Roberts

Connor Duckett

Derek Wen

Devin Coleman

Dominiq Pimlott

Easton Hanger

Elyse Mason

Genesis Rodriguez

Glade Hauser

Hanna Wen

Heidi Boyt

Isaac De La Torre

Isabel Navarez

Jayden Dodd

JD Gallesos

Jinlang Wen

Kai Yang

Kameron Cloyd

Kiowa Ward

Lauren McAlpin III

Lilly Kesner

Lilyana Key Escobar

Mattis Murgia

Perla Ruiz

Ronnie Games

Sage Williamson

Seinna Wharton

Sofia Boyd

Summer Culver

Teegan Ide

Zoey Zoland

CHARACTER

Each month Meadow Lane spotlights a different Character trait.

November's character trait is *Fairness*.

Each teacher and all of our staff will be looking for students who are exhibiting this trait. Please talk to your child about what caring looks like for you and your family at home as well as ways they can demonstrate fairness at school.

Each teacher nominates students from their class who have been "caught" often demonstrating the character trait of the month. These students will receive an award from our Principal and Vice Principal.

Check out this YouTube video on fairness:

https://youtu.be/CrZiZwyAsBw



Here at Meadow Lane Elementary School we continue to use the second step digital program to teach Social Emotional Learning (SEL).

What is social emotional learning...it is

Skills for Everyday Success

Children need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning (SEL) curricula teach children techniques to:

- Gain confidence
- Set goals
- Make better decisions
- Collaborate with others in work and play
- Navigate the world more effectively

Please ask your child about the second step lessons they are learning each week. Here is a short video on why SEL is important.

https://youtu.be/ikehX9o1JbI

Fun at Meadow Lane

















Pumpkin Patch



Holy

Crepe

Reading

Reward























Halloween Spirit Week







Mrs. Harris is hosting a

STEM Marshmallow Challenge

and ALL 2nd GRADERS ARE INVITED

The Eiffel Tower in France is 1,063 feet tall...

The Empire State Building in the United States is 1,454 feet tall...

The Burg Khalifa in Dubai is 2,717 feet tall...

Can your tower beat them? Will you accept the challenge? Are you ready to show off your skills?

The challenge will be December 7, 2021 at 5:30 on ZOOM. Please RSVP by Friday, December 3rd by emailing Katherine.harris@cuesd.com.



Once you are signed up the directions and supplies will be sent to you on December 6th. We will meet on ZOOM and watch the building begin. Mrs. Harris is looking forward to seeing you all.



District Reading Challenge

Listed below are 3 options for reading to help your student meet the challenge.

- 1. **<u>Destiny Discover</u>**: Students can log into the Meadow Library from their classlink page and hold books. Books are picked up, from a convenient location, even if you are a Home School Student.
- 2. **Get Epic!** Digital reading of leveled books are provided here. Students are enrolled in their teacher's digital classroom and are provided a classroom code. Ask your child's teacher for details.
- 3. **SORA:** Students are members of NorthNet Library system, because they are enrolled in our school district. Access is available on the classlink page for students. Login is automatic. Please add the NorthNet Library to your libraries for thousands of eBook reading! Mrs. Reiley, our District Librarian is available if you need help.



Meadow Lane Elementary School Holiday Theme Week

Monday

December 13th: Holiday Cheer Day

Wear your Favorite Holiday Shirt/Sweater

and accessories...headbands, socks, blinking lights

Tuesday

December 14th: Frosty's Fun Day

Wear your Favorite Hat and Scarf

Wednesday

December 15th: Don't Be A Grinch

Wear Green or Grinch Clothes

Thursday

December 16th: Candy Cane Day

Wear Red and White

Friday

December 17th: Polar Express Day

Wear Your Pajamas comfy clothes

(No slippers please)



Holiday Basket Raffle

The Meadow Lane Parent Booster Club
will be hosting a raffle of baskets created by our
Meadow Lane classes

Live on Facebook!

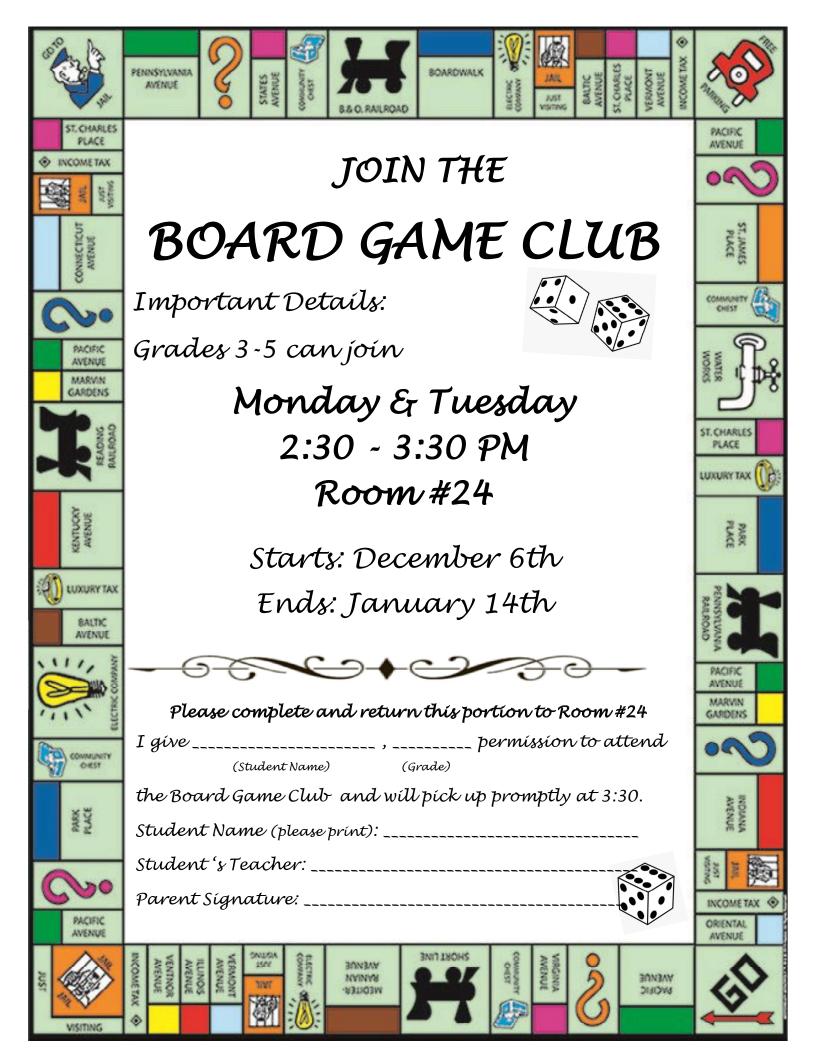
All baskets will be raffled off at random on December 15th after school through the Meadow Lane Booster Club Facebook page.

To enter the drawing, please return the bottom portion of this flyer to the office by 2:00pm on December 10th

Baskets included in the raffle are:

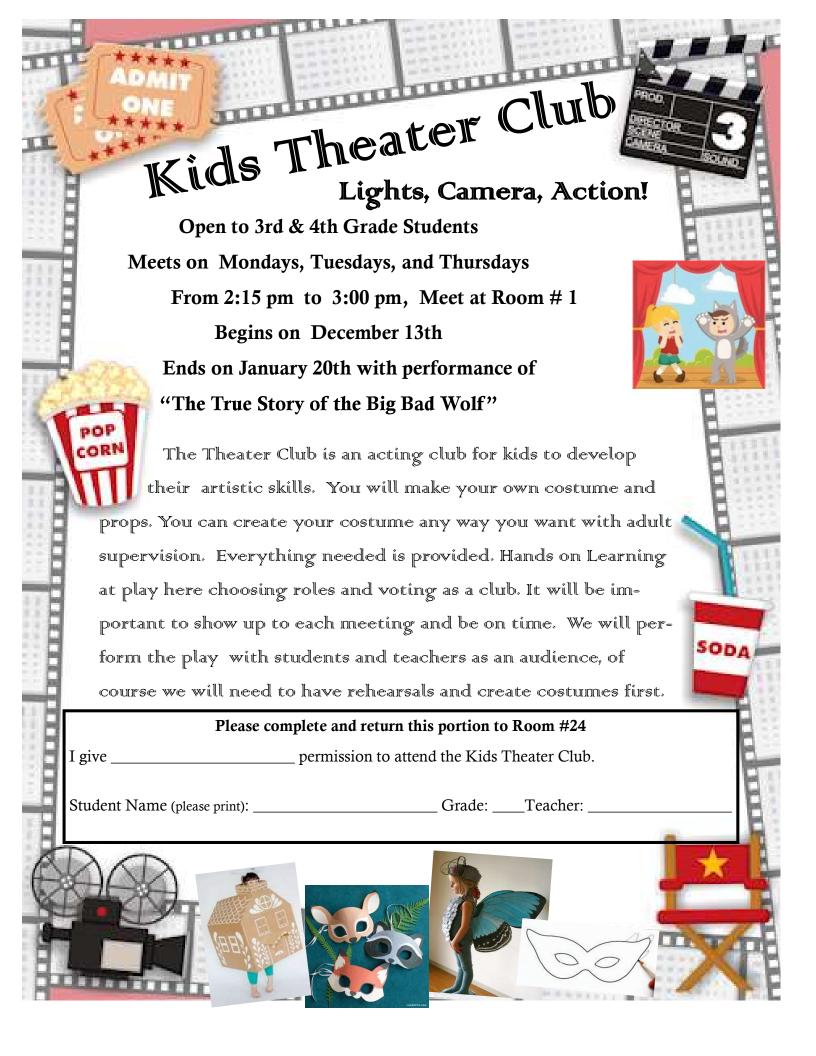
Boy toys	Girls toys	Disney	Reading
Spa Till	Garden	Art/Craft	Pet care
coffee/Tea	Game night	Cooking	Baking
Movie night	Stocking stuffer	Outdoor fun	Snacks
Car care	Fishing	Camping/Campfire	Rainy day fun

I would like to purchase		tickets at 2 for \$1	
Teacher/Grade		<u> </u>	_
Student Name		<u> </u>	

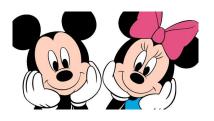




Please con	iplete and return this portion to Room #24
l give	permission to attend the Space Art Club
and will pick up my	student promptly at 3:30.
Student Name (plea	se print):
Student 's Teacher: _	
Parent Signature:	



1st & 2nd Graders



who's the leader of the club that's made for you and me?

M-1-C-K-E-4 M-0-4-5-E!

JOIN OUR DISNEY CLUB AT MEADOW
LANE!

OPEN 2ND AND 1ST GRADE ON TUESDAY'S

AND THURSDAY'S, 2:45-3:30

COME ENJOY SNACKS, MOYIES, GAMES,

AND CRAFTS!

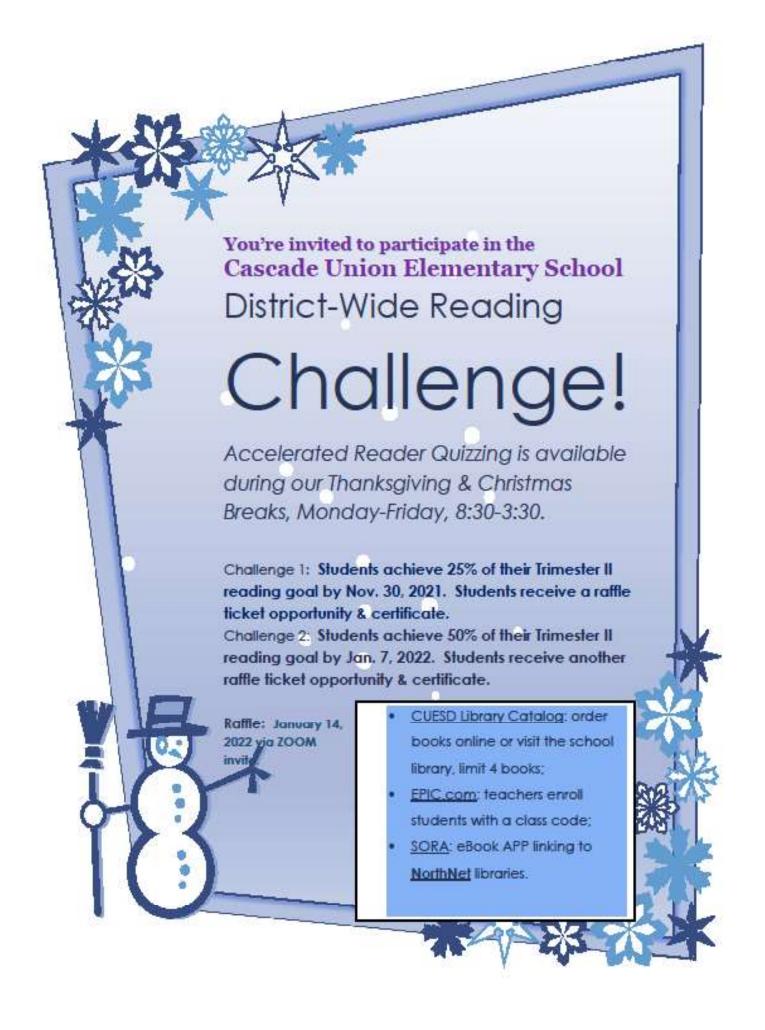
CONTACT MISS L (ROOM 13) OR SIGN UP
ON THE SIGN UP SHEET IF YOU'RE
INTERESTED!

CLUB BEGINS DECEMBER 7TH UNTIL WINTER BREAK, THEN RESUMES ON

JANUARY 4TH









2022 Anderson Little League Baseball & Softball Sign-ups



Tee Ball - 4-5vr.old --Farm - 5-6yr. old-

Jr Minors - 7-8yr. old --Minors (Baseball) - 9-11vr.old+ Minors (Softball) - 8-11yr, old-

Major (Baseball) - 9-12vr. old-Major (Softball) - 9-12vr.old+

Junior League - 13-14vr. old+ (Baseball & Softball)

POSSIBLE Senior League – 15-16yr. old** (Baseball)

Try-Outs:

January 15th & 22nd Times to be announced! "League age as defined by Little League Baseball



ONLINE

On-line registration open www.andersonlittleleague.com

Paperwork turn-in*:

January 8th 10am-2pm January 13th 6pm Anderson City Hall Arts and Crafts Room

For registration to be considered complete the following must be turned in: Birth Certificate. medical release & proof of residency (3 forms) or school enrollment form.

NO PLAYER WILL BE PLACED, DRAFTED OR ASSIGNED TO A TEAM UNTIL ALL PAPERWORK IS TURNED IN AND REGISTRATION IS COMPLETE.

*In-person help for player registration will be available during the paperwork turn in.



Tee Ball, Farm & Jr. Minors \$80

> Minor/Major Baseball-Softball

Jr Baseball-Softball

EARLY BIRD DISCOUNT

\$10.00 discount per player before January 14th Try-out fee of \$25 will be assessed to all Minor and major registrations received after January 14th.

> Field Workdays Feb. 13th & 20th

www.AndersonLittleLeague.com

If you are interested in managing, coaching or other volunteer position please send an email to

president@andersonlittleleague.com

This flyer is distributed at the request of the organization listed on the flyer. This is NOT a Cascade Union Elementary School District sponsored program and CUESD accepts no liability or responsibility for the program or activity.

We want to thank our volunteers who play their part, so that Little Leaguers everywhere can live their own epic series.



Questions?

530-365-1391

informationofficer@andersonlittleleague.com

Pathways to Hope for Children and the Redding Rancheria Tribal Health Clinic Present...

Family Vaccination Clinic

For Youth 5-17 and Their Parents

December 4th from 9 am - 1 pm Anderson Teen Center | 2889 East Center Street - Anderson

This holiday season, consider family's health. This family clinic is for first shots of the Pfizer vaccine*

Registration Required at: familyvax.eventbrite.com



at least one member of the family must be between 5-17 years of age

Each participating family member will receive:

- \$50 gift card to Safeway
 - A free lunch
 - A family resource bag
- Information for the Pfizer second dose

Questions? Call: 530-241-5816 or email info@hopeshasta.org









Ongoing Assistance

supplement your food budget so you and he programs below are intended to nutritious food to eat each our family have enough month. Commodities are

(formerly Food Stamps) CalFresh helps people CalFresh

also available (see back)

healthy food. Apply for CalFresh benefits: with low or no income buy

· by telphone: 1-877-652-0731

- online at www.C4Yourself.com
- in person at any Shasta County regional office. Call 2-1-1 for a ocation near you.

with infants, and young children eat well. Women, Infants and Children (WIC) WIC helps pregnant women, mothers WIC provides:

- checks to buy healthy foods
- breastfeeding support
- nutrition and health education
- referrals

Call 225-5168 and find out if you qualify

Shasta Food Group (530) 605 - 1091

www.shastafoodgroup.org Find us on Facebook or at

USDA Commodities

USDA Commodities

Government sumplus commodifies are distributed monthly at the following ocations:

Anderson, 2nd Friday of month, 9 - 10 am, Anderson River Park

10:30 - 11:30 am, Veteran's Hall Burney, 3rd Friday of month,

Cottonwood, 1st Friday of month, 9 - 10 am, Community Center

Happy Valley, 2nd Thursday of month, 9:30 - 10:30 am, Community Center

Lakehead, 1st Thursday of month, 9 - 10 am, Lakehead Lions Club

Redding, call 226-3071 for date,

9 - 10 am, Redding Convention Ctr.

Round Mountain, 3rd Friday of month, 9:30 - 10:30 am, Community Center Shasta Lake City, 2nd Tuesday of month, 9 - 10 am, First Baptist Church

Shingletown, 2nd Monday of month, 9:30 - 10:30 am, Black Butte Jr. High School gym

call 226-3071 or visit ssnpweb.org Learn more about commodities,



Assistance Programs

රේ

Food Banks

fighting hunger in Shasta County

nformation &

Need A Meal Today?

3075 Veda Street, Redding, 244-6810 **Good News Rescue Mission**

- · Breakfast: 6:30 am
- Lunch: Noon, Mon. Sat., Sundays 1 pm
- Dinner: 5:45 pm.

Second Baptist Church

2560 Bunker Street, Redding, 222-4041

Dinner: Sundays 7-8 pm after service

100 Mercy Oaks Dr., Redding, 226-3071 Shasta Senior Nutrition Programs

- · Low or no-cost senior dining centers
 - throughout Shasta County
- Meals on Wheels home delivery

Solid Rock Four Square Food Pantry

20343 Tamarack Ave. Burney, 335-4300 or 949-4379

4th Thursday of month, 4 - 6 pm Dinner and emergency food:

Twin View Church

621 Twin View Blvd. Redding, 241-0551 (serving kids age 6-14 yrs)

· Dinner: Wednesdays, 5:30 - 6:15 pm



Where To Find Emergency Food

Hill Country Health & Wellness Center 29632 Hwy.299E., Round Mountain

- · Monday- Friday, 9 am 5 pm
- Food box available 2 times per year.
- · Call for an appointment.

Anderson-Cottonwood Christian Assistance (ACCA)

2979 East Center St. Anderson, 365-4220

- · Tuesday & Friday, 10 am 2pm
- Proof of address, picture ID required
- After hours, please call 604 5503

Fall River Mills Community Food Pantry 43504 Hwy 299E, Fall River Mills

336 - 5304 or 336 - 5127

residents from Pit One Grade to Day Rd. Emergency food bags available for

Good News Rescue Mission

 Food bank Fridays, 8 –10 am - arrive early 3075 Veda Street, Redding, 241-5754

· Bread available everyday

Living Hope Compassion Ministries 1043 State Street, 243-8066

Call 243-8066 for more information. · Food Co-op Program.

People of Progress

Emergency food Mon. – Fri., 10 am - 1 pm. 1242 Center Street, Redding, 243-3811

SS# and Identification requested

Saturday by appt.

The Salvation Army 2691 Larkspur Lane, Redding, 222-2207

- Food bank on Mon., Wed. and Thurs. 9 - 11:30 am.
 - · Proof of age, address & income

1501 McConnell Ave., City of Shasta Lake 275-3568 or 275-8052 Shasta Lake Community Food Pantry

 Food bank on last Friday on the month. 9 - 10 am

Shasta Senior Nutrition Programs 100 Mercy Oaks Dr., Redding, 226-3071 not just for seniors)

- · Food bank on 1st and 3rd Fridays,
- 8 9 am, limit one distribution per month
 - Picture ID and proof of address required.

Shepard's Heart Community Food Bank 3320 Brush St. Cottonwood, 347-3691 2nd & 4th Tuesdays

9am - noon

7752 Ponderosa Way, Shingletown (Black Shingletown Grassroots Food Pantry Butte Elementary School, room 19), 474 - 4220

9:00 am - 4:00 pm or by appt Food bank on Wednesdays,

St. Francis of Assisi Catholic Church 37474 Juniper Ave., Burney, 335-2372

- Last Friday of month, 1–3 pm
- · First come, first served

37477 Main St., Burney (Intermountain Tri County Community Network Community Center), 335-4600

from 10 am—noon w/ \$25 food gift card. Nutrition on a Budget class every Wed Available every 6 months.

Valley Christian Fellowship 3180 Rancho Rd., Redding, 243 -7479

Lunch in Caldwell Park every Sunday

Food Assistance List

Resource Information Provided by People of Progress

POP helps 14,000 people annually with food for 290,000 meals, etc.

FOOD BANKS

People of Progress Resource Center & Food Bank
1242 Center St. Redding 243-3811 Mon - Fri 9 to 12:00 (clothing 9 - 9:30)
Weekday afternoone & Saturday morning food bank by appointment only.
Emergency help for people in Shasta County. Food, clothing, information.
(SS# required. ID requested. Call first if you can't arrive during program hours)

Anderson Cottonwood Christian Assistance
2979 East Center Street Anderson 365-4220 10 - 1:45 Tues. & Fri.
(ID & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required.
Redding services limited to addresses south of Knighten road only.)

Good News Rescue Mission. No Food Bank. Bread Only. 3100 S. Market St. Redding 241-5754 Bread available every day after 10:00

Redding Loaves & Fishes 1180 Industrial St. (behind Grocery Outlet) 241-1108 Saturdays 9-1:00 Photo ID, SS#, and proof of address required

The Salvation Army - Compassion Food Ministry - Closed Tues & Fri 2691 Larkspur Redding 222-2207 Food: Mon, Wed & Thurs. 9-11:30 Monthly food for seniors & families with kids. Weekly perishables for anyone. All other assistance (clothing, utilities, etc.) is by appointment on M, W, TH, afternoons. (Photo ID., SS#, address, age and income verification required)

Shasta Senior Nutrition Program -- Friday Food Bank NOT JUST FOR SENIORS 100 Mercy Oaks Dr. Redding 226-3071 1st & 3rd Fridays 8 - 9:00 a.m. for all low income persons. Photo ID, proof of address

Bread of Life Food Pantry Redding, 227-3827 (Wednesday 9 a.m.)
Fall River Mills Community Food Pantry 336-5304 336-5127
Hill Country Health & Wellness Center, Round Mountain 337-6243
St. Francis of Assisi Catholic Church, Burney 335-2372 335-4741
Shasta Lake Community Pantry (also breakfast & clothing) 275-3568 275-8052
Shasta Lake United Methodist Church (by appointment) 241-5000 or 275-2720
Shepherd's Heart Community Food Bank, Cottonwood 347-3691
Shingletown Grassroots Emergency Food Closet 474-4220
Solid Rock Four Square Church, Burney 335-4300
Tri County Community Network, Burney 335-4600

MONTHLY FOOD

CALFRESH (FOOD STAMPS) ELIGIBILITY IS BROADER FOR FOOD STAMPS THAN FOR OTHER PUBLIC ASSISTANCE PROGRAMS.

You can get CALFRESH even if you are working. You do not need to be on CALWORKS or General Assistance to qualify. Call toll-free 1-877-652-0731 for info — or you can apply online at www.C4Yourself.com or visit an HHSA Regional Office in Anderson, Burney, Downtown Redding, Enterprise or Shasta Lake.

USDA COMMODITIES: NOT JUST FOR SENIORS

Pick up free food monthly — easier eligibility than food stamps!

For all low or no income individuals and families, working or not. Operated by Shasta Senior

Nutrition Program and available at nine locations throughout Shasta County. 226-3071

PREGNANT WOMEN, INFANTS, CHILDREN: Shasta County WIC Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. 1220 Sacramento St., Redding, 225-5168 2801 Silver Street, Anderson 225-3715 Call for other locations.

Living Hope Food Co-op 1043 State St. Redding 243-8066

MEALS

Good News Rescue Mission — 3100 South Market St. Redding 241-5754 Everyone is welcome for meals seven days a week whether they stay overnight or not: Breakfast - 6:30, Lunch - 12:00 (on Sundays at 1:00) Dinner - 5:15 Be there by 6:30 to stay in the shelter for men, women & children.

Twin View Church Redding, Wed. Dinners for Kids age 6-14 241-0551 Solid Rock Four Square Church, Burney, Dinners 4th Thurs. 335-4300 Valley Christian Fellowship Sunday lunch in Caldwell Park 243-7479

SENIORS — contact Shasta Senior Nutrition Program about low cost meals served at four centers; their Meals on Wheels home delivery program; and their Brown Bag program (groceries twice per month). 226-3071

Easy Ways to Eat 5 Servings of Fruits & Vegetables a Day

Breakfast -- eat half a banana or half an apple along with whatever else you normally have for breakfast.

Lunch — eat a medium carrot or half an apple mid-morning. Have two cups of dark leafy green lettuce in a salad with lunch.

Dinner: snack before dinner on a carrot or half an apple then have a vegetable or fruit side dish with your meal.

- . The size of one serving is half a cup so a large apple counts as two!
- Fiber in beans, vegetables and fruit help keep your heart healthy.
- Fresh, frozen or canned? These all have about equal nutrition value.
 Rinse fruits if in heavy syrup and choose "light syrup" for less calories.
- Carrots, celery, onions, oranges and apples last a long time after you buy them so they are easy to keep on hand in your kitchen.
- Whenever you make canned soup at home, you can add in extra fresh, frozen or canned vegetables to boost the nutrition.
 Or grate a zucchini or carrot in the soup -- small pieces can't be tasted.
- For healthier pizza, ask them to put on only half the cheese and give you the rest to use later. Tastes about the same -- but with about half the fat!
- Get Take-and-Bake pizzas and then boost the nutrition by adding thinsliced zucchini or onion, or chopped bell peppers at home before baking.

Tasty, Quick, Easy & Healthy

Pumped Up Mac & Cheese

Make mac and cheese then stir in one can tuna and some canned green beans or peas — an instant casserole in your pot!

Instant Pizza

Spread tomato paste (more flavor and nutrition than tomato sauce) directly on bread or a flour tortilla or pita bread. Sprinkle on italian seasoning and top with chopped leftover meats or lunch meat and a sprinkle of grated cheese. Heat in toaster oven. Use less cheese — still delicious but way less calonies!

Breakfast Wrap

Cut a slice of hunch meat and a slice of cheese in half and line them all up in the center of a corn or flour tortilla. Microwave for 15 seconds. Then add salsa if you like and roll it up! (whole wheat tortillas are most nutritious)

Kids' Carrot Salad

If you get them to try this, they will love it. Peel and grate some carrots.

Add raisins and/or chopped apples. Stir in just enough low-fat sour cream
or plain or varilla yoghurt to moisten. Add just a little bit of frozen concentrated lemonade to sweeten. Add a pinch of cinnamon for a flavor-punch.

Easiest Fruit Salad -- Everyone Loves It
Use any combination of fruit you have. Apples, oranges, bananas, pears,
grapes, etc. For the "dressing," use a tablespoon of frozen orange puice
concentrate and a pinch of circummon. Stir. Kids absolutely love it and the
orange juice keeps fruit from turning brown overnight if you have leftovers.

Sneaky Snack Cake

Use a spice cake mix. Follow directions but instead of oil, use applesance in the same amount. Add two cups grated carrots and/or a cup of raisens. Bake a little longer than the directions call for. Sneaky Snack Cake is delicious and moist without frosting and "sneaks" in some fruits and vegetables.

Rice and Beans Make a Protein Equal to Meat When eaten in the same meal, nice and beans or tortillas and beans combine to make a complete protein. If you soak beans or nice overnight or for a few hours, you can then cook them covered, and with water, in a microwave.

NOTE: Programs may change times or day of service. Information is correct 3/1/14.

Some programs request or require photo ID, proof of address and income.

None require referrals. Most programs that are not located in Redding only serve people living in their own community or area. This fiver provided by People of Progress
Copyright © 2014 Redding, CA USA. Please copy & distribute with this credit line.



Safe & Healthy Holiday Gatherings Updated 10/15/2021

Outdoor gatherings are safer than indoor gatherings

If indoors, make sure it is well-ventilated

We encourage indoor masking for everyone, vaccinated or not, in communities with high transmission rates

Protect yourself and those around you – if you are feeling sick, STAY HOME

More information on how to remain healthy this holiday season can be found at:

Holiday Tips (cdc.gov) Event Planning FAQs | CDC

Travel | CDC Small and Large Gatherines | CDC







ROBALD W. NOCETTI, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE - 4658 DUCKHORN DRIVE - SACRAMENTO, CA 95834 - (916) 239-4477 - CIPSTATE.ORG

While the California Department of Public Health (CDPH) Guidance requires that face coverings are to be worn when playing all indoor sports unless wearing a mask during play has been determined to pose a choking hazard by a well-recognized health authority such as the American Academy of Pediatrics (currently those sports include competitive cheer, gymnastics, wrestling, indoor aquatics), the CIF has confirmed with the CDPH that if a local health jurisdiction or well-recognized health authority deems wearing a mask while participating in any other indoor sport to pose a choking hazard, then one of the following must be strictly adhered to:

- Conduct these activities outdoors; or
- Perform at least weekly screening testing with either PCR testing (1:1 or pooled PCR) or antigen testing of all individuals, including those who are fully vaccinated.

Given the limited options above from the CDPH, the CIF Sports Medicine Advisory Committee supports the position that all CIF member schools should have the option to adhere to one of those two alternatives in place of wearing a mask in all indoor sports other than those specifically mentioned by the American Academy of Pediatrics.

The CIF continues to recognize the authority of the local county health departments to be more restrictive. If there is no separate local county health department guidance for youth sports (including education-based sports), schools should confer with their local county health department if they are considering the above options for any indoor sports other than those specifically mentioned by the American Academy of Pediatrics and for any other specific requirements or recommendations related to youth sports (including education-based sports). CIF member schools must comply with the guidance of the county in which they are located and the county in which the contest is played if the guidance of that county is more restrictive. Prior to a scheduled contest, the host school and visiting school should discuss any COVID-19 requirements/guidelines that a visiting team must adhere to while competing at the host school site.

- Q. A contest is played between two schools from different counties. County A permits testing in lieu of mask wearing, but County B requires mask wearing. What is the correct protocol?
- A. Game is played in County A, local school is not required to wear masks, but it is the responsibility of the County B school to comply with their County B requirement of mask wearing.
- Q. A contest is played in County B that is more restrictive and requires masks to be always worn, and a school from County A that allows testing in lieu of mask wearing. What is the correct protocol?
- A. The school from County A would be required to follow County B guidance and compete while wearing a mask.