

GOLD GAZETTE

The Official Newsletter of the Marysville Joint Unified School District



Highlights in this issue:

**LINDHURST HIGH SCHOOL
OPENS DISTRICT'S FIRST
WELLNESS CENTER**

**ARBOGA STUDENTS
EMBRACE ATHLETICS
AMID CAMPUS EXPANSION**

**'CHARLES DARWIN' VISITS
CORDUA COMETS TO TALK
SCIENCE, BEETLES**

Greetings and Happy New Year! This is the January issue of the Gold Gazette newsletter — and it's our first issue of the 2023 calendar year! This month we are focusing on wellness.

In this issue of the Gold Gazette, you will learn about the district's priority around student and staff wellness and the actions being taken to support wellness activities. In this issue you will also get to know our new Director of Wellness and read all about the new wellness center that opened at Lindhurst High School.

If you have a story idea for a future issue of the Gold Gazette, please email Courtney Tompkins at ctompkins@mjuds.k12.ca.us.



MESSAGE FROM THE SUPERINTENDENT

Dear MJUSD Community,

We have had a wonderful start to the new year! I would like to wish each of you a year filled with kindness and respect.

In this edition of the Gold Gazette, you will learn about wellness activities across the district as we focus our efforts on student and staff well-being. MJUSD has introduced actions to support wellness by providing mental health services through a collaborative, integrated, and focused approach. We created a Wellness Department and hired a new Director of Wellness, Mr. Rob Gregor, who has a wonderful team of therapists, nurses, outreach consultants, and health aides who are working together to design a Wellness Plan to support our schools and our community. The district has also opened its first wellness center at Lindhurst High School.

As we roll into the rest of this school year, you will notice that we have shifted to one school Board meeting each month. We also have many projects underway, including renovations and new construction at Foothill Intermediate School and Covillaud Elementary School as well as the creation of new track and field complexes at Marysville High School and Lindhurst High School.

Our team is also working to establish secure fencing and points of entry at Lindhurst High School, Marysville High School, and the Marysville Charter Academy for the Arts.

Please join me as we continue to celebrate the dedicated teachers and support staff who work so hard every day to ensure our students are in a safe and supportive learning environment. I would like to extend a special thank you to our transportation and maintenance crews for keeping our schools clean and dry and for safely transporting our students to and from school despite the harsh, wet weather we've experienced this month. Lastly, a big thank you to our site administrators for their dedication and commitment to doing whatever it takes to make their schools a safe and happy place.

If you have questions or concerns, please email me at fasrani@mjUSD.k12.ca.us.

Respectfully,



Fal Asrani, Ed.D.
Superintendent



MJUSD BOARD OF TRUSTEES

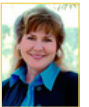
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MEET THE DISTRICT'S NEW DIRECTOR OF WELLNESS: MR. ROB GREGOR



Rob Gregor, Director of Wellness

My name is Rob Gregor and this month I started a new position as the Director of Wellness for the District. I am entering this new position with almost 20 years of experience as a school administrator and a total of 30 years as an educator. In our district, I have served as Principal at Cedar Lane, Ella, and Olivehurst elementary schools.

The experience I've gained in the past three decades allows me to step into this important role and serve as a bridge to connect our students with the resources and services that they need. Our students hold a special place in my heart and I am honored to be able to serve in this capacity.

In this new role I will be responsible for building a robust Wellness Program, which is one of the top priorities for our district. To do this, I will work with school administrators to help support students who are impacted by social and emotional trauma as well as monitor services to address classroom behaviors. I look forward to working with my incredible team of outreach consultants, counselors, nurses, and health aides to ensure no student is left behind.

As you may know, we recently opened a wellness center on the Lindhurst High School campus that serves as a safe space for students and offers access to a team of therapists and social workers who are there to connect students with services, support, and resources. I am currently working with Yuba County Health and Human Services and Yuba County Office of Education to obtain grants to support the creation of additional wellness centers on our campuses.

Staff wellness is just as important as student wellness which is why my team is also focused on offering wellness-related professional development opportunities and creating a work environment that supports mental and emotional well being.

If you have any ideas or suggestions as we begin the creation of this program, please contact me at rgregor@mjusd.k12.ca.us.

LINDHURST HIGH SCHOOL OPENS DISTRICT'S FIRST WELLNESS CENTER ON CAMPUS



The check-in desk in the LHS Blazer Support Center.

Lindhurst High School officially opened the district's first wellness center on Jan. 3, the day students returned from winter break. The Blazer Support Center serves as an on-campus resource for students, teachers and parents to access mental health services and other offerings to enhance wellness. The beautiful space is calm, relaxing, and inviting and is open to students every day school is in session. It's been so successful that district administrators are already looking at ways to recreate this concept on other campuses.

"Our children are our future. Taking care of them is what we do each and every day, and that includes supporting them academically, mentally, and emotionally," said Superintendent Dr. Fal Asrani. "We are committed to designing a robust Wellness Program as student wellness continues to be a top priority for the district. I would like to thank the Yuba County Health & Human Services and Yuba County Office of Education teams for obtaining the grant funding for this project and working with us to create this safe space for our students, staff, and their families."

Wellness Center continued on p. 3

Equipped with a team of therapists and social workers, the wellness center was established in response to the growing need of mental health resources for students and their families, according to Yuba County Prevention Specialist Kaitie Patterson, who works daily with the students. In the week since its opening, Patterson said that students have shown great interest in the space.

“Students are curious. We had some self referrals on the first day. The students who come to visit have said that this is the nicest place on campus. They have been extremely receptive to this space,” she said.

Prior to opening the Support Center, the school’s team of mental health professionals released a survey for students and parents to identify the specific social-emotional needs of the community. Anxiety, depression and trauma were some of the most common mental health issues listed among students, but the survey allowed students to bring issues like eating disorders to the attention of the mental health team. Students are able to schedule sessions with a team of professionals including a full-time therapist, a part-time therapist and two part-time social workers. When not attending a session, students can also use the Support Center as a mental break area by participating in mindful activities to destress. White noise and light music are also played while students are in session for added privacy.

Elva Cortez, a full-time licensed clinical social worker and former student at Lindhurst High School, said that students who hold regular sessions with her are given a full mental health assessment to develop a necessary treatment plan. As a school alumni, Cortez is excited to share her experience treating mental health to a new generation of students and families.

“I love being able to serve my community and making someone’s heart smile. My motto has always been, ‘I am here to help save the world, one child and family at a time,’” Cortez said.

Patterson said the team has seen up to 50 students per day since the center’s opening. Attendance has also increased as students become more aware of the services offered. In order to access these mental health services, students must see their academic counselor for a referral which is processed by the Support Center within 24 hours. Students are then able to schedule an appointment with one of the mental health professionals on staff to assess their unique needs.

Cortez said that the Support Center gives students and families an opportunity to access other resources related to health, food and housing assistance. A resource drive is updated weekly to coordinate students with programs they may qualify for such as Cal-Fresh and Medicaid.

“Our goal really is just to provide excellent care with the ease of being on site and addressing needs as they come up and connecting community resources as necessary,” Cortez said.

With the opening of the Blazer Support Center, Director of Wellness Rob Gregor hopes to offer mental health care options to more schools in the district.

“Finding solutions for mental health is near and dear to our district. We are continuously pursuing mental health grant dollars and actively seeking to get two more mental health programs started at different schools,” he said. “We have kids who have come out of trauma in need of assistance. We want to find ways to foster relationships and resources for our students.”

The original version of this article was published in the Appeal Democrat.



Inside the Blazer Support Center at Lindhurst High School. Students come here to relax, color, play a game, read, and/or connect with a mental health provider.

TODAY'S YOUTH ARE GROWING UP AMIDST A 'MENTAL HEALTH EPIDEMIC'

by Fal Asrani, Ed.D., Superintendent

Since we returned to in-person learning in the fall of 2021, educators have been sounding the alarm about an uptick in school-based violence and a need to direct resources to support student wellness. Violence in schools has taken many forms and has affected all members of the school community including students and their families, teachers, support staff, administrators, and school board members.

Schools are required to provide a safe learning space where students can thrive and grow. We recognize that creating that space requires us to address the whole student, which includes mental and emotional well-being. This year we are making big strides in this area by prioritizing investments in student and staff wellness. MJUSD is in the process of designing a robust Wellness Program to meet our commitment for student wellness, as identified in Goal 4 of the district's Strategic Plan.

In December, the school Board approved the appointment of Principal Rob Gregor as the new Director of Wellness. This month the district opened its first wellness center at Lindhurst High School — the Blazer Support Center — to serve students and families in the community. The creation of these safe spaces was made possible through a partnership with the Yuba County Office of Education and the Health and Human Services Department. We are already looking into creating additional wellness centers at other schools to serve our community. The district employs nurses, health aides, counselors, and outreach consultants to assist with an increased need for mental health resources. For the past year, MJUSD has also provided the free services of Care Solace, an organization that works with families, free of cost, to access physicians for mental health support services.

All of us who work in the field of education have had some level of experience with the increased social, emotional, and mental health challenges facing our young students today. I'd like to share some of the research that I've found with you. You can read more about mental health care in schools at www.effectiveschoolsolutions.com.

- Earlier this year, the chief science officer of the American Psychological Association, Mitchell J. Prinstein, called for greater investment in mental health services for our country's youth. To make his point, Prinstein notes that, on average, there are two students in every American classroom who are experiencing mental health issues severe enough to affect "their ability to concentrate and learn — and potentially threatening their lives."
- Many major health organizations, including the U. S. Surgeon General's office, have released statistics about the youth mental health crisis and have issued calls to action to address it. The CDC's Youth Risk Behavior Survey for 2009–2019 revealed alarming statistics about high school students. In March 2022, two full years after the COVID-19 pandemic caused widespread school closures, the CDC revealed that in 2021 more than 4 in 10 American teens reported feeling "persistently sad or hopeless."



**BE KIND
To
YOURSELF**



Mental Health continued on p.5

- The steady rise in student mental health problems clearly preceded the pandemic. It is also true, however, that the pandemic's unique set of stressors exacerbated existing issues for many and at the same time created an environment that gave rise to symptoms in previously healthy youth. Experts have many hypotheses about the factors that contribute to the teen mental health crisis. For example, it does not appear to be accidental that the rates of anxiety and depression began to rise around the same time that smartphone and social media usage became ubiquitous. It is important to note that this is not an indictment of the digital age. There are, of course, numerous benefits attached to internet and social media usage, and for many youngsters it provided a much-needed lifeline to counterbalance isolation during COVID lockdowns. Like so many other things in life, however, moderation is the key, as well as an awareness of which children are more vulnerable to potential detrimental effects.
- Girls and young women are particularly vulnerable to societal judgments about weight and appearance, and the tendency to engage in negative self-comparisons and to try to measure up to societal ideals portrayed online can be powerful. Some researchers have noted that smartphone/social media involvement per se may not be damaging to any given youngster, but rather how it interferes with other healthy behaviors. For example, for many young people the constant use of electronics replaces sleep, exercise, and in-person social interactions. Getting appropriate amounts of sleep and exercise is critical to mental wellness, and the ability to be alert and function academically. In-person interactions are necessary to develop communication, conflict resolution, and emotion regulation skills.
- Finally, youth who have been exposed to trauma or other adverse childhood experiences (ACEs) are at risk for depression as well as other mental health diagnoses. The myriad stressors related to the pandemic cannot be ignored, of course, especially as this crisis has exacerbated other troubling aspects of our society. Children are growing up in a world that feels less safe and predictable. Gun violence, climate disasters, economic distress, racial strife, political divisiveness — these all impact the health and well-being of parents and caregivers and inevitably the mental health of American youth.

Here are some signs and symptoms that could be an indication that your child may benefit from access to mental health resources:

- A loss of interest in activities the child previously enjoyed;
- Persistent feelings of sadness, hopelessness, pessimism, guilt, worthlessness, and/or helplessness;
- Trouble at school, particularly if the child is typically a good student;
- Increased irritability, frustration, or restlessness;
- New risky or dangerous behaviors;
- Decreased energy, fatigue;
- Changes in eating or sleeping habits, including sleeping more or sleeping less;
- Difficulty concentrating or remembering;
- Spending more time alone than usual;
- Withdrawing from activities the child once loved;
- More frequent medical complaints — aches or pains, headaches, cramps, or digestive problems without a clear physical cause and that do not ease after treatment.

Our children are the future. Taking care of them is what we do each and every day. Our teachers, administrators and staff members are here to help. Please remember that you are not alone. If you notice any of the warning signs or symptoms listed above, please reach out to our Director of Wellness, Mr. Rob Gregor, at rgregor@mjsud.k12.ca.us, and he will connect you with all available resources.

GET TO KNOW TWO OF OUR ELEMENTARY SCHOOL COUNSELORS

MJUSD has some really incredible school counselors who are passionate about working with students to help them overcome challenges, learn new coping skills, and find healthy ways to express their emotions. In this issue, we are going to get to know two of them: Jessica Alcantar, who works at Covillaud Elementary School, and Luvpreet (Luv) Sahota, who works at Johnson Park Elementary School.

Q&A WITH JESSICA ALCANTAR, COVILLAUD ELEMENTARY SCHOOL COUNSELOR



Jessica Alcantar, Covillaud Elementary School Counselor

Q. Hi Jessica, can you start by telling us a little bit about your background?

A. I went to college to be a teacher and even started my credential program. But an opportunity came up for me to work full time as a social worker as long as I got a Master's in Counseling. So, I did. I have lived and worked in the Yuba-Sutter area for the last 20 years. My very first placement, when I was a trainee in college, was at Covillaud, 19 years ago! I have had many different roles in the mental health community, but I do think school counseling has been my favorite.

Q. How long have you been a school counselor?

A. This is my 4th year as a counselor; my first year was during the 2019/2020 school year which proved to be quite the challenge!

Q. What led you to pursue a career in counseling?

A. I worked as a Marriage and Family Therapist locally and was starting to feel burned out. Working with insurance companies sometimes made it really hard to get the job done. I knew I needed some new energy and a new challenge. I liked the idea of working with elementary aged students and my goal was to try it for one year. Now, I cannot imagine doing anything different.

Q. What is your favorite part about being a school counselor?

A. I love being able to teach learners about understanding and managing their emotions. And oftentimes, I get to do this through play! It is the most amazing feeling when I see them practicing their skills on the playground or when parents reach out and tell me how their child is using the tools we are learning to manage big feelings at home.

Q. What would you say are some of the biggest challenges students are facing today?

A. This is all my opinion, of course, but students are not spending enough time playing and being kids. The increased use of technology is directly affecting their social interactions, executive functioning, and mood. This was an issue pre-Covid, but now it seems intensified. They need to be outside. They need to use their imaginations and play.

Q. How do you like to spend your time outside of work?

A. I like to be outside and hike or go for walks. I like to read and travel, especially anywhere with a beach!

Q. What is something about you (a fun fact) that not many people know?

A. I spent my junior year in Chile as an exchange student and am bilingual.

Q. Are there any words of wisdom you would like to share with our community?

A. You are not alone. I understand that it may feel that way sometimes, and that community resources seem limited, but they are out there. MJUSD has a program that matches students, staff and family with a therapist. They work with you and your insurance and make the calls and contact for you. You can contact your school's counselor for more information. If you need resources, please reach out to your school counselor or Outreach Consultant. We would love to help!

School Counselors continued on p. 7

Q&A WITH LUV SAHOTA, JOHNSON PARK ELEMENTARY SCHOOL COUNSELOR



Luv Sahota, Johnson Park Elementary School Counselor

Q. Hi Luv, can you start by telling us a little bit about your background?

A. Hello, my name is Luv Sahota and I am the school counselor at Johnson Park Elementary. I am a native to the Yuba-Sutter area. I received my Bachelor's degree from Sacramento State University in Criminal Justice and Master of Educational Counseling from National University.

Q. How long have you been a school counselor?

A. This is my second year as a school counselor.

Q. What led you to pursue a career in counseling?

A. I have always been interested in working with the youth. After completing my Bachelor's Degree I worked various jobs working with children (Youth4Change/SYBH Counselor) and also coached basketball. From these experiences I decided to pursue a career that will work directly with students to help them become successful students, work with them to help effectively deal with social-emotional problems, and build trusting relationships.

Q. What is your favorite part about being a school counselor?

A. I really enjoy working with the students and staff at Johnson Park. I love building relationships and connecting with each student on different levels.

Q. What would you say are some of the biggest challenges students are facing today?

A. The social emotional needs of students have changed so drastically in the past few years. The impacts of social media, poverty, and defiance have created numerous challenges for student success.

Q. How do you like to spend your time outside of work?

A. I enjoy spending time with my family, taking walks with my dog, Stella, traveling, and staying active.

Q. What is something about you (a fun fact) that not many people know?

A. I played college basketball.

Q. Are there any words of wisdom you would like to share with our community?

A. Our emotional health is just as important as our physical health. Take care of yourself and ones around you. There are people here to support you!



Our District Reads!

So far this school year, MJUSD students have read ...

108,587 BOOKS
343,242,447 WORDS
for **17** minutes per day!



HOW TO USE CARE SOLACE TO CONNECT WITH A MENTAL HEALTH PROVIDER TODAY

It's National Thank You Month! Thank You Month is a time for us to spread kindness by thanking all the people who've helped us along the way.

Did you know that gratitude makes you happier? Appreciation has been shown to lessen symptoms of depression and improve overall mental health. By thanking others for their support and kindness, we also help our own mental well-being. Taking time to say "thank you" can be a small moment that makes a big difference in someone's day. As you go through this month, spread gratitude on campus by thanking a friend, teacher, staff member, or anyone who has made a difference in your life.

As you reflect on how you've been supported through the years, there might be moments where you realize you need a little extra support for yourself. In January 2022, the Marysville Joint Unified School District partnered with Care Solace to support the well-being of students and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs, regardless of circumstance.

If you or a family member are looking for help with mental health or substance use treatment and would like to use Care Solace to help you find a provider:

- Call 888-515-0595. Support is available 24/7/365 in over 50 languages.
- Visit www.caresolace.com/mjUSD and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Thank you for being part of our community. You are a valued member of Marysville Joint Unified School District and we look forward to a great year ahead!

10 TIPS TO STAY HEALTHY DURING COLD & FLU SEASON

by Jordan Wells, RN, Health & Wellness Supervisor

We are so excited to have our students back on campus and in the classroom following winter break! I hope you all had a wonderful holiday season. Please know that we are working daily to ensure the health and wellness of our school communities. Colds, the flu, COVID-19, and other illnesses can make for misery at home, school, and the workplace, which is why I want to share 10 tips to stay healthy this winter season.



Wash Your Hands

Washing your hands is the first and best defense to protect yourself from germs. Regular hand washing can greatly reduce respiratory illness transmission. Make it a habit at every possible break. Rinse your hands and lather with soap, scrubbing for at least 20 seconds.



Use Hand Sanitizer

If soap and water aren't available, use an alcohol-based hand sanitizer containing at least 60 percent alcohol.



Stop Biting Your Nails

No matter how good you are about washing your hands or using sanitizer, your fingers touch everything, and your nails collect it – including germs and bacteria. Touching your face or biting your nails puts those germs on a direct route to your mouth and nose, giving them the ability to start making you sick.

Healthy Tips continued on p. 9



Disinfect High-Touch Areas

Germes can live on hard surfaces for several hours – some up to several days. Kitchen and bathroom countertops, door handles, and gym equipment are all breeding grounds for germs and bacteria. That's why it's essential to disinfect often. You should also be wiping down phones, remotes, and light switches.



Laundry

Clothes, towels, and bedding – and yes, those favorite stuffed animals – can be a key culprit in spreading infectious germs and flu. Wash items in the hottest water safe for the fabric and use color-safe bleach to wipe out germs. When handling dirty laundry, carry items in a basket instead of hugging potentially contaminated clothes to your chest. Pour the items directly into the machine if possible and wash your hands after handling dirty materials.



Get Good Sleep

Getting quality sleep on a regular basis strengthens your immune system (and has many other benefits), helping your body fight off colds, the flu, and other infections.



Boost Your Immune System

You can boost your body's ability to fight off sickness by adding the right vitamins and nutrients to your diet. Some research suggests vitamin C can help shorten the duration of colds or even help prevent them. Research also has shown that zinc may decrease how long your common cold lasts, and vitamin D3 has been shown to support your immune system.



Get a Flu Shot/ COVID-19 Vaccine

Getting immunized is the best way to avoid influenza. Flu viruses mutate each season, so you need to get a vaccine each year. Everyone older than 6 months of age should get a flu vaccine, especially the elderly and those with weakened immune systems. COVID-19 vaccination helps protect you by creating an antibody response without you having to experience potentially severe illness or post-COVID conditions. If you would like an at-home COVID-19 test kit, please contact your child's school or the District Office, and a test kit will be provided.



Avoid Close Contact

Avoid close contact with others who are sick if possible. If you are sick, stay home. Cover your mouth when you cough, preferably with something other than your hand.



Get Some Fresh Air – Even When It's Freezing Out

One of the reasons sickness spreads more easily in winter is because we're all inside sharing the same air. Opening a window to let in some fresh air or stepping outside for a brief walk can do wonders for clearing out the lungs. If that's not an option, an air purifier is an excellent investment. Some models are specifically designed to remove allergens and inactivate bacteria, and neutralize viruses.

MJUSD works with state agencies designed to promote student and staff wellness. Our goal is to support school health and wellness programming. Fostering the physical health of students also helps to support students' health and academic success.

STUDENTS EMBRACE NEW ATHLETICS PROGRAM AT ARBOGA AMID CAMPUS EXPANSION

By Tami Straolzini, Arboga Athletic Director & Eric Preston, Principal

The 2022-2023 school year marks significant changes for Arboga Elementary School. This year we embarked on the journey of including a middle school program, and all the extra-curricular excitement that comes with it. One area that tops the list of what the 6th & 7th graders are most excited about is the opportunity to play competitive sports with other teams in our area.

Our fall season was brimming with excitement as the first of our student athletes competed in volleyball and football. Our Cougar pride was contagious as we filled bleachers in our new gym and stacked the sidelines with spectators for our football games. These athletes worked extremely hard during the season, learning important lessons along the way in foundational skills, perseverance, and sportsmanship. Our football team was often outsized and outmatched, but they would never give up, and cannot wait for next year's opportunity to play when we can also have 8th graders on the team. Volleyball is a sport that girls typically aren't exposed to until they hit middle school, so building this program from a zero knowledge base was a fun experience. The girls grew so much as the season progressed, allowing them to end the season with a winning record and earn our school's first trophy and the Spirit Award at our very first tournament.



The Arboga's girls volleyball team shows off their trophy at the end of the season.



The boys basketball team takes the court in the brand new gym.

As fall sports came to a close, the girls rolled right into basketball season. With fundamentals and teamwork at the heart of our program, our girls once again took the court against several of our local teams. Even though most of them had never played basketball before, we came away with a close to perfect record, losing only once all season. And now it's our boys' turn to take the court. After only one week of practice, they played hard in front of a full crowd and came away with their first win. It was a great way to kick off what looks to be an exciting season. Once basketball is over, there is one final sport that will round out our first year of athletics, track and field, at our newly installed track complex.

I would be remiss if it did not recognize the other “players” who allowed our first athletics season to be such a success. Our coaches are all members of our staff who put in a full day's work, then give hours more each week building the skills necessary to nurture our student athletes. Arboga's Student Leadership Team, our very own 'sixth man', do everything on game day from supporting the student spirit section, to running the scoreboard, to helping our Arboga PTSO with concessions. The parents are there providing support to their children and making all the necessary arrangements to arrange transportation for practices and game days. We have to provide our own officials for our home games, and they, too, are affiliated with Arboga School and we could not host other teams without their help. Finally, the support we get from our administrators speaks to how committed they are to creating a successful program. Not only are they there to support our athletes at home games, but we often see them in the stands at our away games cheering these athletes on. Being a member of a team is such a valuable experience for students because they are learning skills that will help them for the rest of their lives.

School has long been a safe place to learn, and now that Arboga has expanded to include middle school, we are excited about the opportunity for our students to learn how to become student athletes. It is our hope that students who hadn't previously thought about trying out for a sports team will now give it a shot. This first year of Arboga Athletics is shaping up to be a great one. We cannot wait to see what the future holds. It's a great time to be an Arboga Cougar!!

EDGEWATER STUDENTS LEARN STATE MATH CONCEPTS AT SCHOOL-WIDE FESTIVAL

by Renee Henderson, Principal



Edgewater students and parents participate in a Math Festival on January 5, 2023.

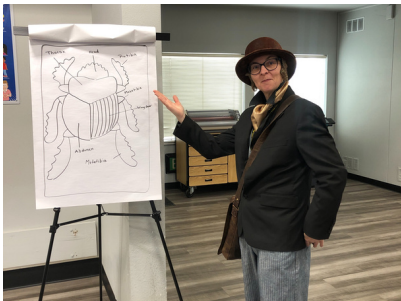
Edgewater Elementary School hosted an all day Math Festival on Jan. 5th around number sense. Through this event, students experienced Common Core Standards at a stimulating, hands-on festival where they went to 12 stations, each one with different problem solving activities that incorporated one or more of the California math standards. Each station had different level task cards to meet the student abilities and skills of all our students in grades TK-6th.

Parents were offered a choice of coming in during the day to support and work with students or joining the evening event which was designed for families to work together on math skills and strategies. It was an amazing experience for all ages!

I would like to give a big shout out to the students from Lindhurst High School who volunteered their time and energy during the evening event. We look forward to our next family and community event!

'CHARLES DARWIN' PAYS A VISIT TO CORDUA TO TEACH STUDENTS ABOUT BEETLES

by Karen Dow, Principal



The Cordua Comets had a visit from Charles Darwin on January 18th. Some students were able to take part in an educational experience learning about dung beetles and painting their very own beetles to take home. Did you know that there are over 5,000 different types of dung beetles and that they live almost everywhere in the world? The students that participated in this PBIS experience learned many interesting facts and created some amazing art. The staff at Cordua would like to give a very special thank you to our very own MJUSD Stars provider Antje Miethe (Charles Darwin) for making this experience so special for our students!

Earlier this month, Superintendent Dr. Fal Asrani and the administrative team delivered bagels and coffee to members of the Transportation and Maintenance departments as a "thank you" for working so hard to keep our schools dry and transport our students to and from school during the weeks of wet weather we experienced.



Members of the Maintenance (left) and Transportation (right) teams enjoy bagels and coffee on a wet winter morning.

OUTSTANDING STAFF AND STUDENTS WHO ARE MAKING A POSITIVE IMPACT

Every month we celebrate students and staff members who are nominated for making a positive impact across the district. From the list of nominees, 10 staff members and 10 students are randomly selected to be recognized at the school board meeting. Here are the winners for the month of December who were recognized at the January 17th Board meeting:



STUDENTS:

Addison Osbourn, Cedar Lane Elementary School *Addy is so respectful and helpful. She is always willing to help out those in need and works hard to achieve her goals. Her smiles are infectious and Cedar Lane would not be the same without her presence.*

Adrian Charlton, Browns Valley Elementary School *Adrian is such a happy and cheerful student. He tackles every assignment with a joyful heart and an eagerness to try.*

Annabella Morris, Loma Rica Elementary School *Annabella has made huge social progress this year in her general education classroom. She is participating in grade level academics with support, making friends and building confidence. It is so great to see her actively wanting to be successful in school.*

Autumn Wilson, Marysville High School *For going above and beyond in everything she does.*

Jace Ochoa, Kynoch Elementary School *Jace is such a kind friend to others. He is always looking for ways he can help those who need extra support, and he welcomes all new and anxious students. Jace is a wonderful role model for his peers, and I am proud of him daily.*



Students receive their Positive Impact Award at the January 17th Board of Trustees meeting.

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Logan Beach, Marysville High School *Logan goes above and beyond. Never complains with all the passes he has to run for the attendance office and is always willing to help others in any classes they are struggling in. He brings in a positive attitude daily and encourages a great school culture for staff and peers.*

Makenna Hunter, Johnson Park Elementary School *Makenna is someone who consistently exhibits Super Jet qualities in and outside the classroom every day! She comes to class with a smile on her face and is ready to learn. She is actively engaged and participates in class during lessons. Makenna is a great friend to others. She is kind, caring and can always be relied on to follow directions.*

Rigoberto Zermeno, Yuba Gardens Intermediate School *Rigo is a great young man, who is always polite and hard working. He always has a good attitude and is willing to help others.*

Recognitions continued on p. 12

Rozlynn Barrera Gomez, Johnson Park Elementary School *Rozlynn is always mindful of what she is doing in and out of class. She follows directions, participates in class and is very well-behaved.*

Summer Setters, Browns Valley Elementary School *Summer is a very conscientious student. She strives to her best at all times and is a friend to everyone. She is very responsible and dependable.*

STAFF:

Ana Correa, District Office *Ana is always so helpful. She is our go-to person for so many things. We couldn't live without her in the Ed Services Department. Thank you, Ana, for all you do to help us out.*

Andy Magenheimer, Cedar Lane Elementary School *I wanted to thank my admin for being extremely supportive as I navigated this part of the school year pregnant (and headed towards maternity leave.) They have made many accommodations and have checked-in with me often. Thank you for being there for me during this special time!*



Staff receive their Positive Impact Award at the January 17th Board of Trustees meeting.

Carol Chilton, Lindhurst High School *Carol has been with the district for many years! One thing that has been constant with her has been her smile, her love for the children and her friendliness with the staff! Carol has truly embraced what working in education is all about! Thank you, Carol!*

Charlotte Jackman, Loma Rica Elementary School *Charlotte goes above and beyond to get to know our students, support students and staff and provide a welcoming/decorated office experience. Charlotte is new to our school and has really done a great job so far.*

Itzella Bedolla, Cedar Lane Elementary School *Itzy has been wearing many hats at Cedar Lane. She is always on the move and doing the job of three people. She goes above and beyond in completing her tasks instantly. She is so hard working and dedicated to helping the whole school function to help serve our students and families. Thank you Itzy for all you do for us. You are our superhero.*

Kayla Haka, Lindhurst High School *Kayla has been a great addition to our school. She does a wonderful job and brings a lot of cheer and smiles to everyone she's around.*

La Song, Lindhurst High School *La is a very conscientious person and cares deeply for the students. She is always helpful and kind. Thank you La for being who you are!*

Marcy Tarr, Kynoch Elementary School *Mrs. Tarr has created such a welcoming and safe environment in her classroom. She ensures that all students have the best learning environment and that all of their academic and social/emotional needs are met.*

Rebecca Evers, Cedar Lane Elementary School *I wanted to thank my admin for being extremely supportive as I navigated this part of the school year pregnant (and headed towards maternity leave.) They have made many accommodations and have checked-in with me often. Thank you for being there for me during this special time!*

Taylor Elkins, Lindhurst High School *Taylor is very patient and upbeat. He has a genuine concern for the students and can often be seen walking with them around campus. He does a great job and it's nice to have him around. Thank you Taylor, for all you do!*



MJUSD Dental Office

The Happy Toothmobile is a mobile dental office offering full service dentistry to Yuba County Children! Through the joint efforts of Marysville Joint Unified School District, Peach Tree Health, & First 5 Yuba, screenings, cleanings, sealants and restorative treatments are available at various school sites in Marysville, Olivehurst, and Linda, CA.

Children don't have to attend the host school to be seen at the Toothmobile!

For appointments & Information call

530-788-3578

Happy Toothmobile Schedule - 2022/23

Linda School (6180 Dunning Ave, Marysville)
October 14th - December 15th

Yuba Feather POP-UP Dental (18008 Oregon Hill Rd, Challenge)
November 30th - December 2nd

Covillaud School (628 F Street, Marysville)
December 16th - February 2nd 2023

Cedar Lane School (628 F Street, Marysville)
February 3rd - March 30th

Johnson Park School (4364 Lever Ave, Olivehurst)
March 31st - May 4th

Kynoch School (1905 Ahern St., Marysville)
May 5th - June 16th



JANUARY SCHOOL SITE NEWSLETTERS

Cordua Elementary



Covillaud Elementary

Dobbins Elementary



Edgewater Elementary

Ella Elementary



Johnson Park Elementary

Kynoch Elementary



Linda Elementary

Lindhurst High School



Marysville High School

McKenney Intermediate



South Lindhurst High School

Yuba Feather Elementary



Yuba Gardens Intermediate



Abraham Lincoln
Principal David Jones
530-749-6105
djones@mjuds.com



Arboga Elementary
Principal Eric Preston
530-741-6101
epreston@mjuds.com



Browns Valley Elementary
Principal Karen Dow
530-741-6115 ext. 3804
hmarshall@mjuds.com



Cedar Lane Elementary
Principal Rebecca Evers
530-741-6112
revers@mjuds.com



Cordua Elementary
Principal Karen Dow
530-741-6115 ext. 1804
hmarshall@mjuds.com



Covillaud Elementary
Principal Kari Ylst
530-741-6121 ext. 4004
kylst@mjuds.com



Dobbins Elementary
Principal Duane Triplett
530-692-1665 ext. 1204
dtriplett@mjuds.com



Edgewater Elementary
Principal Renee Henderson
530-741-0866
rhenderson@mjuds.com



Ella Elementary
Principal Jennifer McAdam
530-741-6124
jmcadam@mjuds.com



Foothill Intermediate
Principal Ashley Vette
530-741-3204
avette@mjuds.com



Johnson Park Elementary
Principal Tracy Pomeroy
530-741-6133
tpomeroy@mjuds.com



Kynoch Elementary
Principal Derek Morrison
530-741-6141
dmorrison@mjuds.com



Linda Elementary
Principal Zachary Schulz
530-741-6196
zschulz@mjuds.com



Lindhurst High School
Principal Chris Schmidt
530-741-6150 ext. 2504
cschmidt@mjuds.com



Loma Rica Elementary
Principal Ashley Vette
530-741-4204
avette@mjuds.com



Marysville Charter
Academy for the Arts
Principal James Lohman
530-749-6156
jlohman@mjuds.com



Marysville High School
Principal David Vujovich
530-741-6108 ext. 3102
smathews@mjuds.com



Marysville School for Adults
Director Bob Eckardt
530-740-6424
beckardt@mjuds.com



McKenney Intermediate
Principal Joe Seiler
530-741-6187
jseiler@mjuds.com



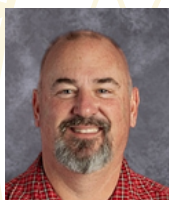
North Lindhurst High School
Principal David Jones
530-749-6919
djones@mjuds.com



Olivehurst Elementary
Principal Heather Marshall
530-741-6191 ext. 5804
mrgregor@mjuds.com



South Lindhurst High School
Principal David Jones
530-749-6919
djones@mjuds.com



Yuba Feather
Principal Duane Triplett
530-675-2382
dtriplett@mjuds.com



Yuba Gardens Intermediate
Principal Jim Hays
530-741-6194 ext. 7004
jhays@mjuds.com