KINDNESS MATTERS

Registered for all elementary schools will take place at:
Paso Robles Joint Unified School District Office
800 Niblick Road
From 7:45 AM until 4:00 PM
March 2nd - March 13th
Follow the link below for more information: KINDER REGISTRATION

WHAT’S INSIDE...

• MEANINGFUL MEALS
• STEPS TO IMPROVE YOUR HEALTH
• KINDNESS MATTERS
• WORK-LIFE BALANCE
• BUILDING A RELATIONSHIP WITH OUR COMMUNITY
• SCHOOL HIGHLIGHTS FROM AROUND THE DISTRICT
• DISTRICT CONTACTS

ON THE CALENDAR

10 Feb
No School
Lincoln’s Birthday

11 Feb
Board Meeting
General Session
6:00 p.m.
PRJUSD Board Room

17 Feb
No School
Presidents Day

20 Feb
Parent Advisory Committee
5:30 - 7:00 p.m.
PRJUSD Board Room

21-22 Feb
PR Theatre Co.
Presents
Willy Wonka
6:00 p.m. & 7:30 p.m.
PRHS PAC

24-28 Feb
Parent/Teacher Conference Week
Elem. 12:35 Dismissal
Middle 12:43 Dismissal

25 Feb
Board Meeting
General Session
6:00 p.m.
PRJUSD Board Room
MEETING MEALS

MEET THE NEW PRJUSD DIRECTOR OF FOOD SERVICES

Joseph Vaughn is the new Director of Food Service for the Paso Robles Joint Unified School District. Joseph has been a school Food Service Director for 22 years and was most recently the Director for the Los Angeles Unified School District.
During his 22-year tenure, Joseph has garnered national recognition due to his ability to increase meal participation and turn around food service programs that were struggling financially. Before taking over in Los Angeles, Joseph was the Executive Director of Food and Nutrition Services for the Cleveland Metropolitan School District in Ohio where he is credited with turning around a food service program which was losing $3 million dollars per year.

After leaving Cleveland to join LAUSD, Joseph is credited with implementing a variety of new programs such as the “Hot Supper Meals Program” which generated millions of dollars in additional revenue. The increase in meal participation along with a variety of cost control measures that were implemented helped the district climb out of a $50 million-dollar deficit.
Joseph is quick to point out that he has always been surrounded by staff members who are willing to go above and beyond in order to provide the quality and service that students deserve. Joseph says that he is extremely pleased to be the new Director here at Paso Robles and is confident that he has the team in place to help Paso Robles become one of the best food programs in central California. He is truly honored to call San Luis Obispo County his family’s new home.

PASO ROBLES SCHOOL LUNCH

NEW MENU

Grades K - 8

$130 AMC Theater Gift Card

*Ravine Waterpark Season Pass

EAT AND WIN!

February 3rd - 28th

Try our new school menu and be entered for a chance to win AWESOME prizes!

Your student may qualify for FREE or REDUCED lunch prices!
Visit https://pasoschools.rocksanapps.com/ to complete a quick application.
**HEALTH AND WELLNESS**

**What can I do to improve my health?**

Learn what you can do to improve your health by scheduling health screening!
- Make an appointment online now at www.sischealth.com
- Get your numbers at the health screening event: March 30 & 31 from 10:30-4:30pm District Office Board Room
- Earn a $25 Amazon Gift Code. An Appointment is required.

See the attached flyer for more information.

**KINDNESS MATTERS**

Celebrated on February 17th, National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. It is a favorite day to many, as people everywhere are enjoying doing these acts of kindness.

Several studies have shown that kindness is indeed contagious. When a person does an act of kindness for another person, it makes the person receiving it more likely to do an act of kindness for someone else. This can unfold exponentially – like a ripple on a pond, so don’t think your act of kindness doesn’t matter because it does.

**7 Smart Ways to Avoid the Flu**

1) Wash Your Hands
2) Rest up, Eat Healthy
3) Sick? Stay Home!
4) Cover up Coughs and Sneezes
5) Clean Frequently Touched Surfaces
6) Take Your Antiviral Medications
7) Get a Seasonal Flu Shot

**YOU ARE A WORLD CHANGER. WE CAN TELL.**
Finding Your Center Rather Than Striving for Work Life Balance

by RACHEL HOLLIS
Author; Girl, Wash Your Face, Stop Apologizing
Originally published by The Costco Connection, March 2019

Work-life balance is a myth. More than that, it’s a hurtful myth; I don’t think anyone actually achieves it, yet we feel certain that other people have.

Someone somewhere mentioned this alleged balance as a possibility—their opinion, mind you—and the media latched on. Suddenly, achieving work-life balance was everywhere. It became the cure and the antidote to nearly every problem we had. Its popularity grew until it seemed that anytime life felt hard or overwhelming or off-balance and we were struggling to keep all our balls in the air, we assumed it was because we hadn’t figured out our work-life balance. Ugh! I detest anything that makes us feel wrong or less-than, so allow me to debunk this ridiculous idea.

Sometimes my kids have school activities or doctors’ appointments and I have to leave work to be present for those. Pursuing my dream of growing and scaling a media company means that sometimes I will have to miss out on family time in order to make it happen. Beating ourselves up for having to leave work for family—or leaving family for work—doesn’t serve any of us. And chastising yourself isn’t helping you or your family. In fact, it’s weakening you and allowing your negative self-talk and recriminations to fester and grow.

The key is to find your center. You cannot balance your life, but you can anchor yourself to the values that make you feel calm and capable despite what’s happening around you. For me, those anchors are my health, my faith, quality time with my family and striving to create experiences that make me laugh so hard I cry. For you the anchors may be different, but if you know the handful of things that give you a sense of peace and purpose, you won’t spin your wheels chasing the impossible. Instead, you’ll be able to appreciate the wild beauty of your crazy, ever-shifting life. You’ll get closer to being wholly centered even if you never achieve complete balance.
Spencer Degnan’s Good Citizen Award Luncheon with the Daughters of the American Revolution. Spencer, a senior at Paso Robles High School was chosen to receive this award and honored by the club. Daughters of the Revolution, founded in 1890 is a non-profit, non-political volunteer women’s service organization dedicated to promoting patriotism, preserving American History, and securing America’s future through better education for children.

The City of Paso Robles and PRJUSD partnered again for the 2020 MLK celebration on January 18. Students in grades 5th - 12th were recognized at this annual event for their artwork and essays honoring Dr. Martin Luther King, Jr.

Students at Liberty High School are participating in the "ME is WE" art contest sponsored by the San Luis Obispo Museum of Art by creating self-portraits and submitting them to be judged by a panel of well known judges with experience in the arts industry and productions, including Peter Hanaan. Students from Liberty submitting their work in the "ME is WE" contest include:

Francisco Castro, Erica McQuinn, Zachary Galusha, Juliet Barrera, Lisandro Cavazos, Jewel Anthony, Efren Soto Acuna, Emily Williams, Danko Beltran, Gabe Solario, and Jorge Alvarado.

For his Eagle Scout project, Paso Robles High School Junior Jesse Muth organized a dance with our special needs students in mind. This was a very fun and highly organized event in which Muth secured many donations from around the community for volunteers, food, and music.

With assistance from special educator Christina Reid, he also included coach Carroll’s Peer Class at PRHS, who came out in large numbers to serve, eat, and dance with the attendees. Everyone looked great and had a wonderful time. One thing Muth made sure to highlight was that while all students are welcome at all events such as prom, not all students with special needs (and their parents for that matter) feel comfortable at the big prom. This gives students an opportunity to attend with their family members and cut loose with no worries. Great job to all the people that volunteered their time and especially a sincere thank you to Jesse!
On January 31st schools across the district celebrated the 100th day of the 2019-20 school year!

**YOUNG ATHLETES PROGRAM**

Virginia Peterson 4th grade students help facilitate stations for a group of kindergarten students alongside our Adaptive Learning Center classroom students. The program is taught by Jolene Martin and Annie Mae Bohnsack, an intern from Cal Poly SLO. Our student leaders and our athletes look forward each week to working together to improve gross motor skills.

**MATH & SCIENCE NIGHT**

Kermit King had a fantastic turnout at Math & Science night! Students from Cal Poly, PRHS and our middle schools helped make this annual event possible.

**CAREER DAY**

Georgia Brown's first Bilingual Career Day was a resounding success! The purpose and goal of this event was to introduce our 3rd - 5th grade students to the value and varied future opportunities possible through developing bilingual fluency. Over fifteen bilingual professionals from within our community and representing a variety of businesses and trades provided presentations in Spanish to our students. The presenting professionals were very impressed with the student's interest and their ability to speak the Spanish language. This event was gratifying to students, and to the presenters as well. Georgia Brown hopes to expand the event to the lower grades next!
Flamson students in Honor Orchestra performed in Salinas after rehearsing for two days with guest conductor, Mrs. Grizwall, who was knowledgeable and inspirational. The students had sore fingers by the end but definitely made significant improvements. Both the Honor Orchestra and Honor Band performed. Thank you to all who sponsored these students!

Girls and Boys basketball teams showed excellent teamwork and determination this season. Go Leopards!

Thank you to all who came out in support of this wonderful Bearcat!

Paso Robles High School Leadership Class hosted 75 middle school leaders from both Flamson and Lewis Middle Schools. The theme of the day was “Being an Out of this World Leader!” We are so proud of our students for taking this large step for Bearcat kind! Bearcats are stellar!
Parents with children turning 5 on or before December 2, 2020 are encouraged to attend a Kindergarten Registration Parent Meeting

6:00 PM at Paso Robles High School
Tuesday, February 4th (English)
Wednesday, February 5th (Spanish)

Registration information and enrollment packets will be shared at the parent meetings. Beginning Thursday, February 6th, enrollment packets may be picked up at the District Office or your neighborhood elementary school.

- **Kindergarten** is for children who will be 5 years old on or before September 1, 2020. Kindergarten hours are the same as 1st-5th graders.

- **Transitional Kindergarten** is for children who will be 5 years old on or between September 2, 2020 and December 2, 2020. Transitional kindergarten is projected to be held at the following sites: Winifred Pifer, Virginia Peterson, and The Arts Academy at Bauer-Speck. Transitional kindergarten will also be taught in Spanish at Georgia Brown.

- **Early Entrance to Transitional Kindergarten** is for children who will be 5 years old on or between December 3, 2020 and March 1, 2021. Admittance for early entrance is based upon available space.

- **PRJUSD also offers prekindergarten programs.** Please visit [www.pasoschools.org/preschool](http://www.pasoschools.org/preschool) to review preschool program options.

Registration for all elementary schools including Georgia Brown will take place at:

*Paso Robles Joint Unified School District Office*

800 Niblick Road

From 7:45 AM until 4:00 PM

March 2nd - March 13th

- Georgia Brown dual immersion magnet school lottery for families wishing to transfer within PRJUSD schools will take place March 31st. Families must apply during the enrollment period.

- Transfer applications for families wishing to transfer from other districts will be accepted for consideration after April 1st.

Contact the District Office (805) 769-1000 for further information or visit [www.pasoschools.org](http://www.pasoschools.org)

When registering your child please provide copies of the following information:

- County birth certificate (proof of legal name and age)
- Immunization records
- Proof of address (utility/electric bill)
- Parent’s driver's license or identification card
MOVE YOUR HEALTH TO THE TOP OF THE LIST

…and earn a $25 Amazon.com gift card

We all have a lot to do’s. But shouldn’t your health be a priority? In 20 minutes learn the actions you can take to improve your health.

1. Make an appointment online now at sishealth.com or http://sishealth.com
2. Get your numbers at the health screening event.
3. Earn a $25 Amazon.com gift card code.

You must be enrolled in a SISC medical plan AND schedule a screening appointment to earn your award.

Employees of
Paso Robles Joint Unified School District

Monday, March 30th
Tuesday, March 31st

10:30 AM – 4:30 PM
District Office
800 Niblick Road, Paso Robles 9346

Schedule your appointment at www.sishealth.com

Online appointment scheduler is available 24-7.
Appointment cut off is at 6PM to be on the printed appt sheet. Same day registration and open time appointment are available 24-7.

Health Screening will include a finger stick for Total Cholesterol, HDL Cholesterol, Glucose, Blood Pressure, Body Mass Index and other key factors. Fasting is not required. Participants must be at least 18 years or older.

COULD YOU USE ANOTHER $100 – $1,000?

We will give one of every 50 SISC member participants another gift card of $100 – $1,000!

*Amazon.com is not a sponsor of this promotion. Except as required by law, Amazon.com Gift Cards (“GCs”) cannot be transferred for value or redeemed for cash. GCs may be used only for purchases of eligible goods at Amazon.com or certain of its affiliated websites. See complete terms and conditions, see www.amazon.com/gc-legal. GCs are issued by ACI Gift Cards, Inc., a Washington corporation. ©, ®.TM Amazon.com inc. or its affiliates, 2013. No expiration date or service fees.