

VOLUME 5  
JANUARY 2024

# THE GUSD PRESENTS... THE GROOVE

INSIDE THIS ISSUE OF  
THE GROOVE!

College Application Tips and Sleep Benefits!  
Photos with School and District Updates

## TRENDING!

WE ARE LIVE! Come and check out GUSD at [Gatewayusd.org](http://Gatewayusd.org)

Strategic Plan on January 18th and 19th!

NEW GUSD WEBSTORE OPENING THIS WEEK. BE ON THE LOOKOUT AT OUR  
SOCIAL MEDIA PAGES:



GUSD Gateway Unified School District



@officialgusd

## PHOTOS FROM STAFF DAY!

# Work Hard/PLAY HARD!



# COLLEGE TIPS FOR PARENTS

**Here are five tips for parents who are learning about the college application process:**

- 1. Start Early: Encourage your child to start preparing for college early in their high school years. This includes activities such as researching potential colleges, preparing for standardized tests, and building a strong academic and extracurricular record.**
- 2. Support and Encourage, but Avoid Taking Over: It's important for parents to be supportive and encouraging during the college application process, but it's equally important to avoid taking over the process. Encourage your child to take ownership of their application, essays, and decisions.**
- 3. Understand Financial Aid and Scholarships: Familiarize yourself with the financial aid and scholarship opportunities available. This includes researching different types of financial aid, understanding the Free Application for Federal Student Aid (FAFSA) process, and exploring scholarship opportunities.**
- 4. Communicate Openly: Keep an open line of communication with your child about their college aspirations, concerns, and preferences. Understanding their goals and preferences will help you provide better support throughout the process.**
- 5. Seek Professional Guidance: Consider seeking guidance from high school counselors, independent college counselors, or other professionals who can provide insight into the college application process. They can help navigate the complexities of applications, essays, and deadlines.**

**Remember that the college application process can be overwhelming, so being supportive and informed as a parent can make a significant difference for your child.**

# IMPORTANCE OF ZZZZZZs

**Here are the top 5 reasons why sleep is essential for kids:**

- 1. Growth and Development:** Sleep plays a crucial role in the growth and development of children. During sleep, the body produces growth hormones, which are essential for physical growth, muscle development, and repair of tissues.
- 2. Cognitive Function:** Adequate sleep is necessary for optimal cognitive function, including attention, memory, and learning. Children who get enough sleep are better able to concentrate, solve problems, and perform well in school.
- 3. Immune System Support:** Quality sleep is vital for a healthy immune system. Children who get enough sleep are better equipped to fight off illnesses and infections, reducing the risk of common childhood illnesses.
- 4. Emotional Regulation:** Sleep is important for emotional well-being and regulation. Children who get enough sleep are better able to manage their emotions, cope with stress, and maintain a positive mood.
- 5. Physical Health:** Adequate sleep is linked to overall physical health in children, including a reduced risk of obesity, better cardiovascular health, and improved metabolism. Children who sleep well are more likely to engage in physical activities and maintain a healthy weight.

**These reasons emphasize the importance of ensuring that children get the recommended amount of sleep for their age group to support their overall health and well-being.**

## *A Message From Superintendent Kyle Turner*

January always brings a spirit of new beginnings and within the GUSD this is undoubtedly the case. We launched the new GUSD website and freshened up our look at the District Office to begin the new year. The response from our parents and community has been tremendous as we continue to explore ways to get to know our students, families, and community a little bit better each day. Please bookmark us at "GATEWAYUSD.ORG" so that you can enjoy access to all of our District's information on your phone or preferred mobile device. I want to thank our schools for the ongoing information they send daily via their social media platforms. Here is to all of our GUSD fans jumping on board to share the exceptional things happening in the GUSD! Give our District and schools a follow on Facebook and Instagram.

On January 8th, our teachers gathered within their grade levels while branching out across the District to align practices and learning targets with other GUSD schools. We will continue to collaborate and design curriculum to meet the diverse learning needs of our students. I'd like to thank our fantastic teachers for their diligence, care, and hard work throughout the first semester as their effort is valued in the highest regard. I remain grateful for the collective effort of our entire classified, certificated, and administrative staff as they consistently display a servant's heart and a willingness to go above and beyond for our students and schools.

This month, we will be meeting with key representatives from our schools and District over two days to formulate our strategic plan which will chart the overall direction of Gateway. With representation from parents, students, staff, community, and our Board of Trustees, we will explore where we currently stand and develop a focused plan as to how we will grow, create, and maximize our resources to create a thriving school community that prepares all of our students for an amazing future.

Our GUSD swag website will be open for about ten days so visit us on the aforementioned social media pages for the links out this week. Check us out online and get geared up for the winter and spring!

I'd like to wish continued success for our co/extracurricular teams, groups, and clubs as they always represent our District with class and character. We would love to see you at one of our many events this winter so please review our the District calendar at [gatewayusd.org](http://gatewayusd.org) for your school's action this week. Thanks for all of your support and we will see you around campus soon!

Kyle Turner  
Superintendent







# BUCKEYE

# SCHOOL

## **SPORTS**

Boys' Basketball kicks off its season with the U-Prep Tournament on Friday and Saturday, Jan. 12th and 13th, 2024. We are super excited for our season and to see our student athletes represent.

## **CLUB**

Cheer is kicking off its season in the month of January. In its second year and Coached by our very own Ms. Andrea the squad consists of 10 students.

## **KIWANIS FALL STUDENT RECOGNITION**

Congratulations and Shout-Out to Kiwanis Fall Semester Student Recognition recipients: Isabella Camarena, Diego Valle, Kaliah Rainey, Rowdy Nelson, Sophie Moore, Jayden Saechin, Daphne De La Pena Lysek, Shyren Martinez-Detablan. Students are recognized during a Drive Thru dinner pick-up and an award presentation, courtesy of Shasta Dam Kiwanis. Super proud of our students, Way to Go!

## **THE GREAT KINDNESS CHALLENGE**

Buckeye students are able to participate in the Great Kindness Challenge. Students are presented with a list of possible ways to demonstrate kindness and are asked to complete either 15 or 25 minimum (dependent of grade level). It is always an amazing week of students showing off their big hearts via acts of kindness. January 22nd-26th, 2024.

## **ALL STARS**

Congratulations and job well done to Mia Dugan and Danica Anderson on being selected for the 2023 All Stars' team. Way to Go!

## **FAMILY LITERACY NIGHT**

Thank you to all our families who joined us for an extremely successful and fun Family Literacy Night. Games were played and prizes were won. Thank you Shasta Dam Kiwanis for the book donations and Christmas dinners provided to BSA families.. Congratulations to Shyla Martinez-Detablan winner of an HP Chromebook.







FEEL THE FALCON PRIDE!



# CENTRAL VALLEY HIGH SCHOOL

## **Sports**

Basketball started league at the beginning of the month. Games are typically played on Tuesday, Thursday and Friday. The NAL league games consists of Anderson, Lassen, UPrep, West Valley, and Yreka. Winter homecoming will be in February along with Senior Night for both girls and boys.

Soccer, boys and girls, travel together to all matches. League started in January as well. Home games are being played at CVHS this year.

Wrestling is off and running. Arthur Wilson placed 2nd at the most competitive tournament all year! Highest placing CV wrestler at this tournament in the last 15 years!

## **Clubs/Extracurricular**

Robotics will be hosting a competition on Saturday, January 27 in the Al Rose Gym. This is an exciting day of young minds coming together and displaying their skills in robotics. CVHS teachers are the judges for the competition.

Key Club will be hosting its second blood drive of the year on January 23 during the school day for students at least 16 and staff.

## **Academics**

The month of January brings about our winter NWEA testing in the areas of English, math, and science. The assessments guide teachers in their lesson planning to make students prepared with mastery of standards in their grade levels.

Seniors will have FAFSA Night on Tuesday, January 23. Counselors will guide parents and students with filling out their FAFSA for financial aid for their first year of college in the library with pizza provided to all those that attend.

## **Shout-Outs**

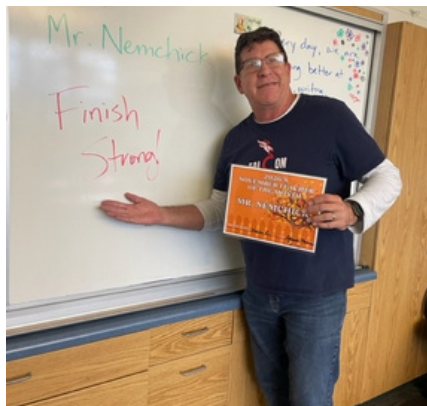
Thank you to Shasta Dam Kiwanis for providing Christmas dinners to families at CVHS.

Congratulations to Stacy Hardesty with the arrival of her baby girl, Hallie, on January 9.

FEEL THE FALCON PRIDE!



# CENTRAL VALLEY HIGH SCHOOL



Way to go! 2nd place

Recognizing Teachers



Future FALCON!

1/8 Teacher Collaboration





# GRAND OAKS ELEMENTARY SCHOOL

## **Basketball:**

Girls and boys are excitedly signing up to play basketball, providing a fantastic opportunity to learn the fundamentals of the game. Tryouts will take place in mid-January.

## **Raffle Raffle:**

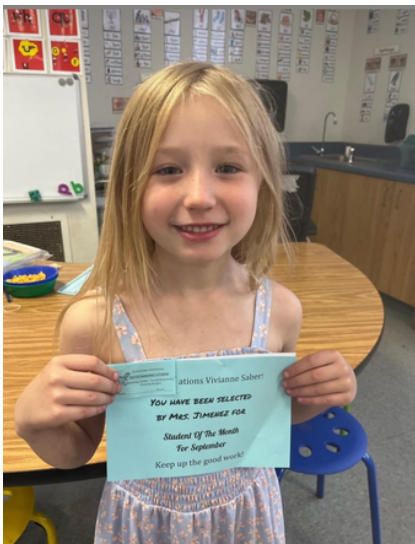
The East Redding Rotary is set to host its annual Raffle Raffle check distribution luncheon this month. Grand Oaks successfully raised \$10,000, with Kessler Anderson emerging as the top seller. Kessler will proudly represent Grand Oaks students at the luncheon.

## **January 16th - Halfway Day:**

Believe it or not, January 16th marks the 90th day of school and signifies the halfway point of the academic year. Time flies, and we've already completed half of the school year.

## **January 30th - 100th Day of School:**

Get ready for the excitement as January 30th marks the 100th day of school. Primary classrooms will spend the day exploring the concept of 100, sharing their unique 100 collections, and engaging in various other activities. It's always a thrilling day for everyone involved.





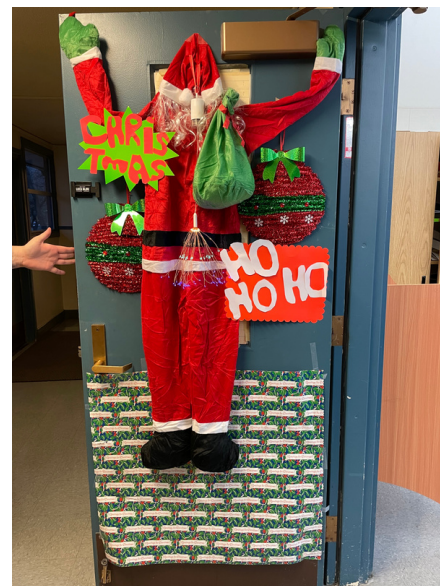
# MOUNTAIN LAKES GATEWAY EDUCATIONAL OPTIONS/COMMUNITY DAY SCHOOL

The School Site Council Committee met on December 12th and reviewed the site budgets for all three schools. Also, the team reviewed a list of ideas that a student generated for “how to improve the school”. “Charlie’s List” generated a lot of discussion and dreaming about additional ideas. We are so proud of our student for taking the initiative with creating the list! The next meeting is coming up on January 16th and we will be continuing the discussion around improvement ideas and safety needs. All are welcome to attend!

The Rotary Club is giving a donation to Mountain Lakes High School to support our efforts of offering students a couple school dances a year. This donation will be used for decorations and food so student admission is FREE! Thank you Rotary Club!!!

Mountain Lakes, GEO and CDS are all a part of the Community Schools Grant through Shasta County Office of Education. As a result, we have been awarded funding to help support our students with a variety of resources. Our first purchase was a BRAND NEW VAN! The van will allow the schools to better access community resources and provide transportation for a variety of special needs.

The Mountain Lakes High School Leadership class organized a door decorating contest before winter break. The students did a great job and had a lot of fun! The pictures are the doors that won the contest. Great job students and staff!







# SHASTA LAKE SCHOOL

- Thank you, Kiwanis, for delivering winter turkey dinners for many of our students' families. There was also a special gift for students to open!
- The Santa Shop was a huge hit! All of our students had the option to shop for their families and take home already-wrapped gifts to surprise their family members before the break. Thank you, Parent Club, for all of your support in organizing and leading this event!
- Our Winter Music Performance was a great showcase for our students in various music programs to shine for their parents and community. Thank you, Ms. Beadle and Mrs. Sommers for leading this event!
- Congratulations, Luna Blankenship, 8th-grade student, for being awarded Rotary's Student of the the Fall Semester!
- 6th-8th-grade Boys Basketball season was kicked off with their first game at SLS on 1/10/24. Good luck and GO RAMS!



**SLS BOYS BASKETBALL**  
6TH GRADE 4:00, 7TH GRADE 5:00, 8TH GRADE 6:00

1/10 W. COTTONWOOD @ SLS  
1/11-1/13 8TH GRANT COUGAR CLASSIC TOURNEY  
1/12-1/13 6TH & 7TH W. COTTONWOOD TOURNEY  
1/17 SLS @ PACHECO  
1/22 SLS @ VISTA  
1/24 SLS @ BERRENDOS  
1/29 SLS @ EVERGREEN  
1/31 ANDERSON @ SLS  
2/1-2/3 6TH/7TH/8TH ANDERSON TOURNEY  
2/5 HAPPY VALLEY @ SLS  
2/7 VISTA @ SLS  
2/12 EVERGREEN @ SLS  
2/14 SLS @ W. COTTONWOOD

# Technology Department



**Initiatives:** We hope you are enjoying the launch of our new District and school websites and will promote them with our families. We will launch a new auto dialer system in February or March that integrates with our new website. Improved workflows are planned, and integrations between various systems, such as Escape and Aeries, are also being developed. More news on some of these initiatives will follow in future Groove articles.



**Security:** Beware of third-party companies falsely claiming affiliations with the State of California or your pension plan, not endorsed by our District or state institutions. They may misuse your public information, like job details, to sell unnecessary services. If contacted, don't share personal or financial information and confirm the organization's legitimacy with your pension plan or HR. Be alert to phishing attempts, as seen in recent cyber-attacks on school districts, including a large district in southern California. Report any suspicious activities to the technology department. Your privacy and security are our top priorities. Contact us for any concerns or questions. The technology department thanks you for your vigilance in these matters.



# **BUSINESS DEPARTMENT**

Welcome back! The staff in the Business Dept enjoyed a few days to relax with our families over the holiday break. We have been back with a full staff and “business as usual” since January 2nd. January is a transition month in our department. We are starting to get laser focused on next year and what that looks like in the financial world, while we are still working to ensure our staff and students have what is necessary to have the best learning environment possible.

This month I would like to introduce you to our Business Technician – Colette Wilson. Colette has been an employee at GUSD since 2001, but she has lived and breathed GUSD most of her life. Colette graduated from Central Valley High School in 1990 then started her career at Grand Oaks as a Paraprofessional in 2001. In 2004, she moved into the kitchen as a cook, then finished her Grand Oaks time as their librarian until 2012. In March of 2012, Colette became the Office Manager at Shasta Lake School. Her dedication and drive to see the whole picture has been an exceptional asset for the District as a whole. In 2019, Colette became a part of the Business Department. She is a Jane of all Trades AND a master of ALL. Colette works to keep all the School Site Office Staff informed and well trained on top of her day-to-day duties. At home, Colette is a mom to 2 young men and wife to Kevin for almost 30 years. Their oldest son Wyatt is working as a wildlife consultant, and Wade is an officer with the CHP. Both of their children have been a part of the GUSD family since kindergarten and graduated from Central Valley High School.

Thank you, Colette – your commitment to the GUSD family is evident in everything you do!

# TRANSPORTATION

Transportation has been steadily busy bringing in the New Year by chauffeuring our students to the events that were taking place January 2nd-5th during the Winter Recess's Extended Learning Opportunities Program!

The staff involved shared wonderful commentary that was heard over the shuttling. One example, a student who stated, "This is the BEST DAY EVER!"

On January 5th several drivers assisted the staff and became the "passenger" instead of the driver, which was a treat for them, while being chartered to Sacramento for a Kings Game!

For the Transportation Department to be apart of this experience, is one that all the drivers expressed with gratitude is one to be thankful for.

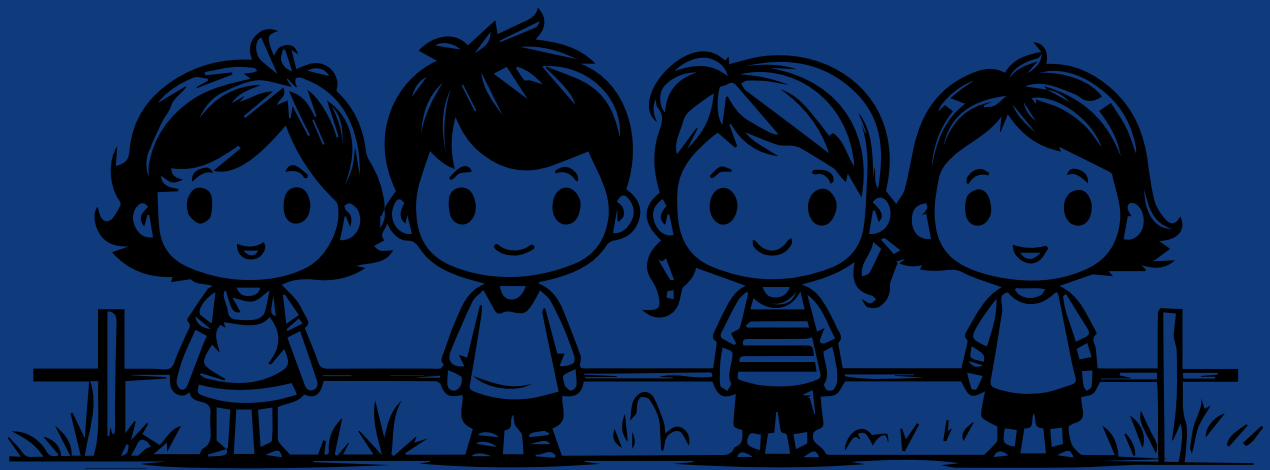
## COMING SOON

Interviews were conducted Jan 5th and two applicants have been selected!



Transportation would like to thank the Human Resource Department during this process!

Happy  
New Year!





# INSTRUCTIONAL SERVICES

## PROFESSIONAL DEVELOPMENT

January 8th was a busy first day back. District-wide teachers focused on instructional alignment. TK-5 spent the morning focusing on math instruction while 6-12 looked at ensuring students are prepared with the skill demands as they move from year to year. The collaboration was impressive--we're stronger together! Additionally, a number of our paraprofessionals attended a training on the Science of Reading, learning practices that they'll be able to use to further support our students in small reading groups. Their role in the classroom is much appreciated!



## COMMUNITY NIGHT

Thank you to all who attended the GUSD Community Night! The input we received will be a key component of our Strategic Plan as well as other driving pieces such as LCAP. Thank you to the CVHS Culinary Arts program for providing delicious soup and fresh baked bread!





# **MAINTENANCE AND OPERATION** **FOOD SERVICES DEPARTMENT**

Maintenance and Operations continued working throughout the District on maintaining the campuses during the winter months.

The added wrought iron fencing to aid in campus security at GOES has been installed and the installer is finishing up with the "gate closure" equipment this week.

The Bond Committee has accepted the recommendation from the department to purchase and install a shade structure in the south area of the playground to be a covering during those hot days while providing a location for staff and students to stand when raining when school is dismissed. They have also accepted the recommendation that the remaining bond dollars be spent on "exterior painting" of the school site. These recommendations will be presented to the Board on the 17th.

## **Food Services**

A special thank you to those FS staff that were willing to not take their entire break off and come in and work during our Winter Camps at BSA, SLS and GOES!

As we move into the winter months, oranges and mandarins are being served up in our cafeterias from local farmers. They are always a "sweet" favorite this time of year! We are also trying out some locally grown "purple broccoli" and "11 way" salad mix from a local farm outside of Chico this week.



**GUSD**

**LET'S CONNECT!**

