

VOLUME 7

MARCH, 2024

THE GUSD PRESENTS... GR^{OVE}

CONGRATULATIONS TO THE SHINING STARS WHO DAZZLED AT THE SHASTA DAMBOREE COMMUNITY AWARDS NIGHT!





Social Media

FACTS AND GUARDRAILS FOR OUR CHILDREN

Here are some facts about social media and depression, as well as reasons why we should be careful about allowing children to spend too much time on their phones:

1. Social media and depression:

- Studies have shown a correlation between heavy social media use and increased rates of depression and anxiety among users, especially adolescents and young adults.
- Constant comparison with others on social media can lead to feelings of inadequacy and low self-esteem, which can contribute to depression.
- Cyberbullying on social media platforms can also have serious negative impacts on mental health and contribute to depression.

2. Reasons to be cautious about children's phone usage:

- **Impact on mental health:** Excessive screen time and social media use have been linked to poor mental health outcomes in children, including depression, anxiety, and low self-esteem.
- **Social skills development:** Spending too much time on phones can hinder children's ability to develop strong interpersonal skills and form real-world relationships, which are crucial for their social and emotional development.
- **Physical health:** Excessive screen time can lead to a sedentary lifestyle, contributing to obesity and other health issues.
- **Sleep disturbances:** Blue light emitted by screens can disrupt children's sleep patterns, leading to poor quality sleep and potential long-term health consequences.
- **Cyberbullying and online dangers:** Children are vulnerable to cyberbullying, online predators, and exposure to inappropriate content when they spend too much time unsupervised on their phones.

It is important for parents, guardians and caregivers to monitor and regulate children's screen time, encourage healthy offline activities, and educate them about the potential risks associated with excessive phone and social media use. Balancing screen time with real-world experiences and promoting open communication about online activities can help mitigate the negative impacts of technology on children's well-being.

A Message From Superintendent Kyle Turner

I am delighted to offer my congratulations to the exceptional individuals who were recognized at the recent Shasta Damboree Community Awards Night for their outstanding contributions to our GUSD community. These individuals have shown remarkable dedication and commitment, going above and beyond in their achievements.

Let's celebrate and honor the following awardees:

- Elementary Educator of the Year: Anna Boyes
- Secondary Educator of the Year: Wendy Roscoe
- Classified Employee of the Year: Colette Wilson
- Hometown Hero Award: Monica Orozco
- Citizen of the Year: Cinnamon Kern
- Volunteer of the Year: Karen Butler
- Youth of the Year: Arthur Wilson

Your hard work and accomplishments have not gone unnoticed, and we take great pride in having such talented and devoted individuals among us.

A special thank you to our District's presenters for their dedication in preparing for the event and also to Central Valley's Robotics students for speaking about their impressive program and displaying their innovative robots. Your commitment and passion for the GUSD community is inspiring!

The unity and support in our community never ceases to amaze me. We are fortunate to have such an incredible and encouraging community that values education and acknowledges the efforts of its people. I feel privileged to be part of this exceptional school community.

I extend my gratitude to everyone who helped to prepare for this special night. There are so many folks who gave up so much of their spare time to celebrate these amazing people. I know I speak for the entire GUSD staff when I extend a huge "THANK YOU" to all of those involved in making this such a fantastic event!

KT



BUCKEYE

End of 2nd Trimester:

We wrapped our 2nd trimester and we're excited celebrate our students and families striving for excellence in academics and attendance.

Spelling Bees:

Congratulations to Gabe Bledsoe from 2nd grade winner our K-3rd Spelling Bee and Liam Ricca, 5th grade and Brevin Malecke, 8th grade, for winning their respective Spelling Bees. Liam and Brevin have the opportunity to compete in the county-wide bee held at Sequoia Middle School. 4th-6th grades will compete on March 11th at 1:00 pm and 7th-9th grades will compete the following day at the same time.

Basketball:

4th/5th Grade Girls' and 4th/5th Boys' basketball season is up and running. First games of the season were held Tuesday, March 5th, 2024. Buckeye will be hosting 8 out of the 9 games scheduled this season - come join us in supporting our student athletes.

Baseball and Softball:

Baseball and Softball tryouts were held March 5th and 6th respectively.

Subaru: Operation Warm:

Buckeye was the recipient of a generous donation of over 100 winter coats. Thank you to Redding Subaru.

Drug Abuse Prevention Presentation:

8th Graders attended a Drug Abuse Prevention presentation at Cascade Theatre earlier this month. Student feedback has been extremely positive.

TK and Kindergarten Round-Up:

Buckeye is excited to announce that we are registering students for the TK and Kindergarten classes starting in the Fall of 2024. Come join us, Buckeye administrators, counselors, teachers and after school staff on Wednesday, March 20th, from 3:00-4:00 pm. Enjoy coffee, snacks, classroom tours and meet the Buckeye staff. Each student registering will receive a free Kinder Supply kit.



BUCKEYE



Thank you
Redding
Subaru!



 **Buckeye** 

School of the Arts

TK & KINDERGARTEN

ROUND-UP 

 Register now 2024-2025 

Join us: **MARCH 20th**  

3:00 - 4:00 pm

Join us for TK & Kindergarten Round-Up:

SNACKS COFFEE PUNCH

CLASSROOM TOURS FREE KINDER TOOLKIT

 **MEET AND GREET:** 

TEACHERS
ADMIN
AFTER SCHOOL STAFF
COUNSELORS 

FEEL THE FALCON PRIDE!



CENTRAL VALLEY HIGH SCHOOL

2024 California Distinguished School

Sports

- Spring sports are in full swing. Our spring sports consist of the following: Boys' Tennis, Boys' Golf, Baseball, Softball, Track & Field.
- CVHS will be hosting two track meets- John Frank, March 16, and Burt Williams, March 23.
- Congratulations to **Jose Mendoza** (12) for placing 5th and **Arthur Wilson** (12) for placing 6th at Masters.

Clubs/Extracurricular

- Drama is preparing for their spring performance, The Seuss Odyssey. Please come out and enjoy the student/staff production April 12th, 13th, 19th, and 20th. 10.00 Adult or 5.00 Student. Doors open at 6:00 and curtain is at 6:30.

Academics

- Great job to our **school counselors** for hosting FAFSA and Coffee two mornings for senior parents to help them submit their financial aid applications.
- ROP tech, **Danielle Easley**, hosted a preview day for the upcoming school year to entice sophomores and juniors to complete one of nine Career Technical Education pathways offered.

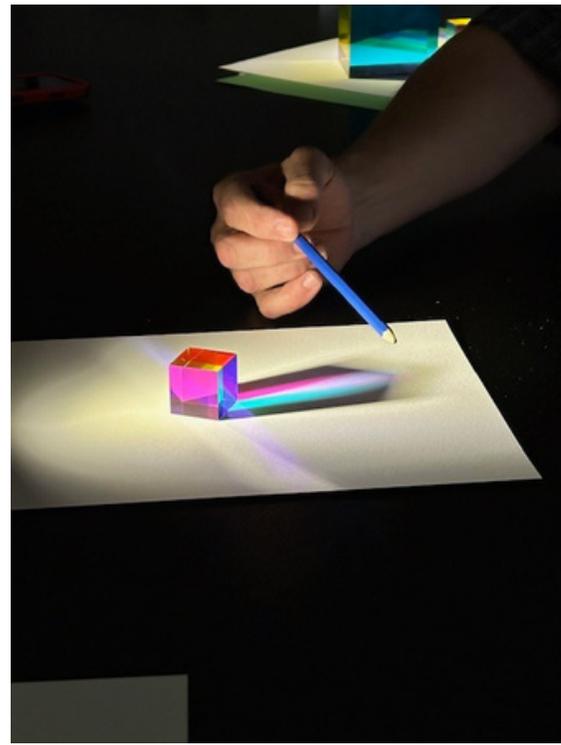
Shout-Outs

- Principal for a Day- Thank you **John Tumino**, Shasta Lake Sierra Pacific Industries Plant Manager, for spending March 6 on our campus.
- ROP Students of the Year: **Conner Dryden** (12), Information Technology.
- Youth of the Year for Shasta Damboree– **Arthur Wilson** (12)
- Citizen of the Year for Shasta Damboree– **Cinnamon Kern** (ELA Teacher)
- Most Improved Students for 23-24- **Calvin Todd** (9), **Gabby Savage** (9), **Jonny Rhoades** (9), **Madison VanOrden** (9), **Angel Rico** (10), **Jayden Kennedy** (10), **Caleb Farmer** (10), **Eden Fulk** (10), **Kendall Martin** (11), **Brooklyn Desmond** (11), **Kiera Wolfe** (11), **Hayden Webster** (11), **Dathan Dalton** (12), **Matthew Nicholson** (12), **Connor Dye** (12), and **Serenity Lewis** (12)

FEEL THE FALCON PRIDE!



CENTRAL VALLEY HIGH SCHOOL





GRAND OAKS

ELEMENTARY SCHOOL

Presidents Week Camp Recap:

During Presidents Week Camp, our students embarked on exciting adventures! They explored the Sacramento Zoo, indulged in delicious treats at When Pie Meets Bread bakery, hit the slopes at Mt. Shasta for some skiing fun, and enjoyed tasty pizza at Chuck E. Cheese. It was a fantastic experience for all!

End of 2nd Trimester/Report Cards:

The second trimester concluded on March 1st. We're thrilled to announce that report cards will be sent home on March 8th, showcasing our students' remarkable achievements. On March 15th, at our awards assembly, we will celebrate academic excellence, character development, and outstanding attendance at Grand Oaks School.

Spelling Bee Success:

Congratulations to Addison Ivey, a third grader, for clinching victory at the Grand Oaks spelling bee held on February 29th! Additionally, we commend Adam Heathcock and Makena Short, fifth graders, for securing the 2nd and 3rd positions respectively. Adam and Makena will proudly represent Grand Oaks at the upcoming Shasta County Spelling Bee.

Principal For A Day:

March 6th marks an exciting occasion as Alica Pizano steps into the role of Principal For A Day. Alica, along with her husband, owns Pizza Factory in Shasta Lake and Redding, and they have been remarkable supporters of our school and community. We look forward to Alica's insightful experience shadowing our principal and learning about the intricacies of Grand Oaks School.

Kindergarten Orientation:

The Kindergarten Kickoff event, aimed at prospective TK and kindergarten students, is scheduled to take place at Grand Oaks School March 14th. Attendees will have the unique opportunity to interact with our esteemed faculty, participate in a lively storytime session, and engage in various stimulating activities. Parents are strongly encouraged to accompany their children, allowing them to ask questions and explore our school facilities firsthand. This event serves as an exciting introduction to the Grand Oaks family, and we eagerly await the chance to welcome our newest members.





MOUNTAIN LAKES GATEWAY EDUCATIONAL OPTIONS/COMMUNITY DAY SCHOOL

Mountain Lakes High School and Community Day School are starting to implement our “phone free” policy. Students need to put their personal devices in a locked pouch during the school day which they keep on their person. At the end of each day, the pouches are unlocked and students take their personal devices with them. If you have any questions, please don't hesitate to reach out!

The School Site Council Committee met on February 27th and were available to talk with the WASC visiting team about the MLHS programs. The next meeting is coming up on March 17th at 3:30pm. We will be meeting to discuss school improvement ideas and safety needs. All are welcome to attend!

The Golden State Sports Club owner Bill Harris is teaching martial arts to all of our Community Day, Mountain Lakes and GEO students every Monday. Bill is a past graduate of Mountain Lakes High School and committed to serving his local community. Thank you Bill for what you are doing for our schools!!!

Our Gateway Educational Options (GEO) teacher, Heidi Hillesheim, had a guest speaker talk with her students about “rope tricks”. Also, Mrs.Hillesheim and Alice Stanfill took 9 students on a collaborative field trip to Shasta College where they experienced baby goats and explored the Shasta College Farm. The students and staff had a great time and represented our school well in the community! Great job GEO and Mountain Lakes team!





SHASTA LAKE SCHOOL

Celebrations:

- CVHS showed our 9th graders their future as a Falcon on 2/16
- SLS's MathCounts team placed 2nd place overall in the competition!
- Mrs. Sommers and 6-8 for put on a great Music Concert on 2/15

Looking Forward To:

- 4/5 Basketball, Softball, and Baseball start their seasons!
- Literacy Night 3/14/24 5:00-6:00
- 2nd Trimester Awards 3/15/24
- Kindergarten Orientation 3/20/24 3:30-4:30



BUSINESS DEPARTMENT

Hold onto your backpacks everyone – we are sprinting into Spring and starting to plan for next year!

This month we are going to spotlight another Business Services employee. I would like to introduce our Accounts Payable Technician, Gwen Bunn. Gwen processes on average over 750 invoices each month which results in over \$1.7 million in payments. As you can imagine, she is required to be extremely organized and have her finger on the pulse of what is going on throughout the District.

Gwen has been with GUSD since February 2020 – literally weeks before the pandemic hit. She was hired as the Office Manager for Buckeye School of the Arts and was very instrumental in helping that school navigate through all that was involved in those early days. In May of 2022, Gwen came over to the business department and is enjoying the quieter but seemingly fast paced life.

Gwen has been married to Wade for 28 years. She has 2 children, Chase (25) and Macey (20). Chase owns a fencing business, and he and his wife Taylor will be having Gwen's first grandbaby in May – I don't think we will be seeing her much in those weeks that follow!!! Macey is working as a phlebotomist and is hoping to start nursing school in the fall.

Gwen, we are so glad to have you on your team! You are an essential piece and we thank you for everything you do.





TECHNOLOGY DEPARTMENT

Keeping an eye on generative AI

Like the Internet, AI is a tool with much potential value, but it can also be misused. District and site administration are keeping abreast of this ever-changing tool that is being incorporated into more and more software. The remainder of this article regarding the pros and cons of generative AI and the short limerick at the end were generated by AI with some light editing.

Generative AI in education presents a dual-edged sword, offering transformative benefits while posing significant challenges. On the positive side, it personalizes learning, adapting content to fit each student's pace and understanding, thus making education more inclusive and effective. It can generate diverse learning materials, such as textbooks, quizzes, and interactive modules, reducing educators' workload and allowing more time for direct student engagement. Furthermore, generative AI can inspire creativity among students by providing them with tools to instantly explore various outcomes of their ideas.

However, reliance on generative AI in education introduces concerns about data privacy and security, as sensitive student information could be at risk. There's also the challenge of ensuring that AI-generated content is accurate and unbiased. The technology might inadvertently perpetuate existing biases or introduce new ones if not carefully monitored. Moreover, the increased screen time and dependency on technology could impact students' social skills and mental health. Balancing these benefits and drawbacks is crucial for responsibly leveraging generative AI's potential in education.

School Technology Limerick

Unsung heroes, the IT crew,
Silent guardians, ever true.
From cracked screens to hacked schemes,
They keep the digital school alive, its network a flame.
So here's to the techs, unseen, unheard, their expertise a silent word.





TRANSPORTATION

BEEP-BEEP Vroom!

Transportation has continued to keep the wheels moving from the month of February cruising right into March. Several drivers serviced the students along the Presidents Camp during the vacation.

Transportation would like to thank Rachel Ochoa and all ELOP staff involved for the inclusion of the participation! The connections established outside of the school bus between the drivers and the students, has extended into the school bus. As a result, for those drivers involved, Transportation is experiencing more connected, respected and positive relationships.

The highlight of the fleet is that the Transportation Department has received its first THOMAS BUILT school bus! *BUSWEST School Bus Sales* provided training services to the staff and district personnel. Two more buses have arrived from Nevada and are currently in Woodland California undergoing finalized inspections in preparation for delivery. These two buses are expected in the next month and will service the students in special education!



UPCOMING EVENTS:

-March 5th, 2024 Cascade Union hosts a RIDE & DRIVE with BusWest Instructors.

-Spring Recess Camp!

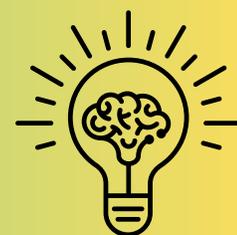
-Ninja Coalition!



NEW ARRIVAL!



72-PASSENGER THOMAS SAF-T-LINER C2!



It's not the Destination

It's the **JOURNEY...**



"Luck is a matter of preparation meeting opportunity." - Lucius Seneca



Student Services



We are excited to announce that our ELO-Program is beginning to offer a before school program at BSA and GOES this month. The program has been underway at SLS since January. Students attending the program participate in hands on and physical activities. It is a great way for students to prepare themselves for a productive day of learning and it provides some of our early arrival students a morning program.

Our District's Homeless and Foster Liaison is Catrina Gorman. Catrina is the perfect person for the job. Her caring instincts support the needs of our students and families. She attends multiple meetings to gain an understanding of where the district can provide the best support and to share information that help other agencies understand the needs of the student from the school's prospective. She works with families to meet transportation needs to support student attendance. Not only does Catrina serve in this capacity, she also is our department secretary supporting both Student Services and the Instructional Services. Her daily attention and support of these two departments keeps things flowing for programs like SAILS, ELOP, Indian Education, professional development, and a variety of curricular and other needed supply purchases for all the schools.

Beyond the office, Catrina, her husband Richard and two children, Saphira, and Christian open their home to international/foreign exchange students. She has hosted multiple students and continues to communicate with them after they return home. She comes from a big family and has a large heart. Our department is blessed to have Catrina!

Instructional Services



In this month's newsletter, we celebrate the vital role of literacy in the lives of young learners in grades K-3. Literacy skills are the foundation for academic success and future opportunities. Did you know that children who read for just 20 minutes a day are exposed to 1.8 million words per year? This incredible statistic highlights the positive impact of reading on young minds. Family members and educators play a crucial role in nurturing a love for reading, storytelling, and language development.

By fostering a supportive environment at home and in the classroom, we can inspire a lifelong passion for literacy in our young readers.

The District Literacy team has been taking a closer look at literacy instruction in the classroom. Instructional Services is using the input to drive decisions about curriculum and supports for next year. We're excited to say we're partnering with SCOE to bring Getting Reading Right to our Tk-5 teachers as part of our professional development for next year. It's hard to believe we are already planning for the 2024-2025 school year!



MAINTENANCE AND OPERATIONS **FOOD SERVICES DEPARTMENT**

This month, Maintenance and Operations would like to highlight the completion of a long awaited project on the BSA campus.

Added security lighting for staff and students in the west parking lot that borders Lake Blvd.

After multiple attempts, we were able to finally find a contractor willing and available to do this work. The lighting is a welcome addition to the darkness during those longer winter days and added security over night.



Food Services is “steady as she goes” with continued increases in lunch participation and some slight increases in breakfast participation on select campuses. The staffing is almost back to “full” status as we have had recent cook hires start this past month and we continue to interview for open positions.



GUSD
LET'S CONNECT!



GUSD Gateway Unified School District



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Also available at gatewayusd.org