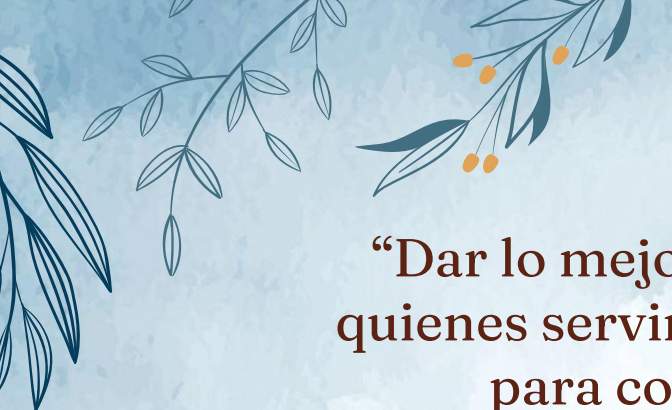


The background features a light blue and white watercolor wash. It is decorated with several botanical illustrations: a branch with orange berries in the top left, a holly leaf and a cluster of orange berries in the top right, a blue leafy branch on the middle left, a pine needle branch in the bottom left, and a thin branch with small leaves in the bottom right. Small white starburst icons are scattered throughout the design.

DELAC

01/30/2025

Bienvenidos! Welcome!



“Dar lo mejor todos los días para que aquellos a quienes servimos estén inspirados y empoderados para convertirse en su mejor versión.”



“To give our best everyday so that those we serve are inspired & empowered to become their true best.”



Nuestro Por Que
Our Why



* Agenda

- Welcome Back!
- Antelope Valley College – CTE
- Food Services
- Counseling Corner
- Testing Season
- Recommendations – Request Form
- Parent Workshop – Testing Info

- 
- Bienvenidos!
 - Colegio del Valle del Antilope – CTE
 - Servicios de Comida
 - De la Oficina de Consejería
 - Temporada de Exámenes
 - Recomendaciones
 - Taller de padres

Cosas Buenas! ✨
Good Things!



Junta Meeting Norms

- Zoom
- Verifique que su función de silencio esté activada al ingresar
- Los chats se graban y tenga en cuenta que también se captura el chat privado
- Ingrese todas las preguntas en el chat durante la sesión. Estaremos monitoreando durante la reunión.
- Esta presentación de zoom se grabará.
- Las preguntas específicas de su hijo (a) pueden hacerlas después de la reunión con fines de confidencialidad.

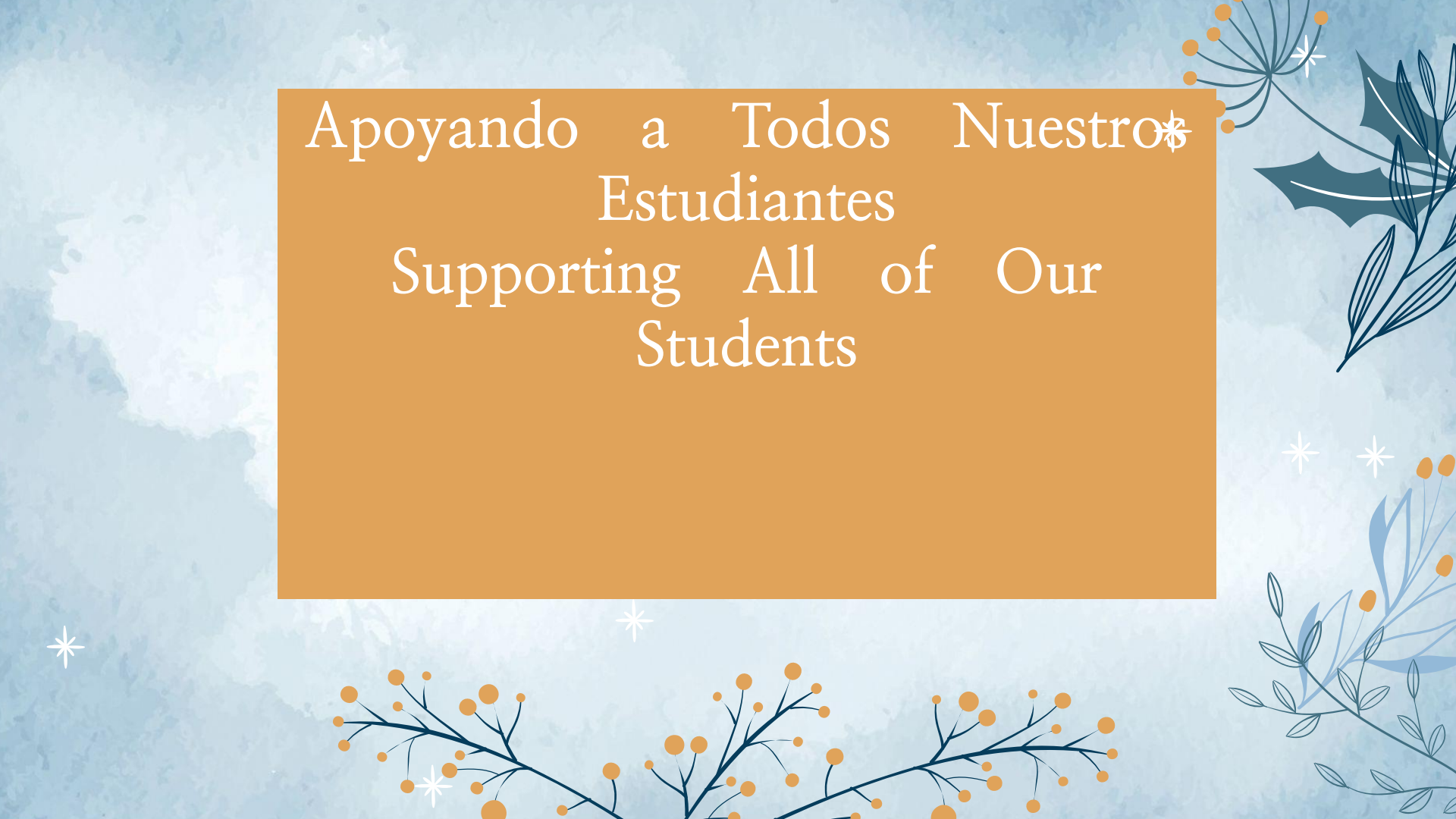
- Zoom
- Verify that your mute feature is on when logging in.
- Chats are recorded and note that private chat is also captured.
- Enter all questions in the chat box during the session. We will be monitoring during the meeting.
- This zoom presentation will be recorded.
- Questions specific to your child can be addressed after the meeting for confidentiality purposes.

*Aprobación de Minutas

Minutes Approval

- 2 Mociones
- 2 Motions

Apoyando a Todos Nuestros
Estudiantes
Supporting All of Our
Students



Nuestro Compromiso Our Commitment

- Board Policy 5145.13
- Administrative Regulation 5145.13
- LACOE – Immigrant Relations & Services
- Reminder of Obligation to Protect – Jan. 21, 2025

Caring For Our Students Is Our Top Priority

Immigration Messaging 2025

Dear Students, Parents and Guardians,

We know that with changes in leadership at the national level, some families may feel uncertain. Please know that the Antelope Valley Union High School District is committed to ensuring that every child—no matter their immigration status—receives a free, safe, and welcoming public education.

Here's what you should know:

We have strong policies in place to protect our students and families, which you can review here:

- [Board Policy 5145.13](#)
- [Administrative Regulation 5145.13](#)

The ACLU's Immigration Rights Resource is helpful for learning more about your rights. You can share it with others at [ACLU Know Your Rights](#).

We are here to support your family. Please see the attached information for more resources and support.

California Courts

<https://www.courts.ca.gov/>

Immigration Resources Directory

<https://www.courts.ca.gov/immigration.htm>

Immigration Legal Help

<https://www.courts.ca.gov/35558.htm?rdelocal=Attr=en>

Family Separation Preparation/Help

<https://www.courts.ca.gov/35565.htm>

American Civil Liberties Union - Immigrant Rights

<https://www.acLU.org/know-your-rights/immigrants-rights/>

Immigration Advocates Network

<https://www.immigrationadvocates.org/nonprofit/>

National Immigration Law Center

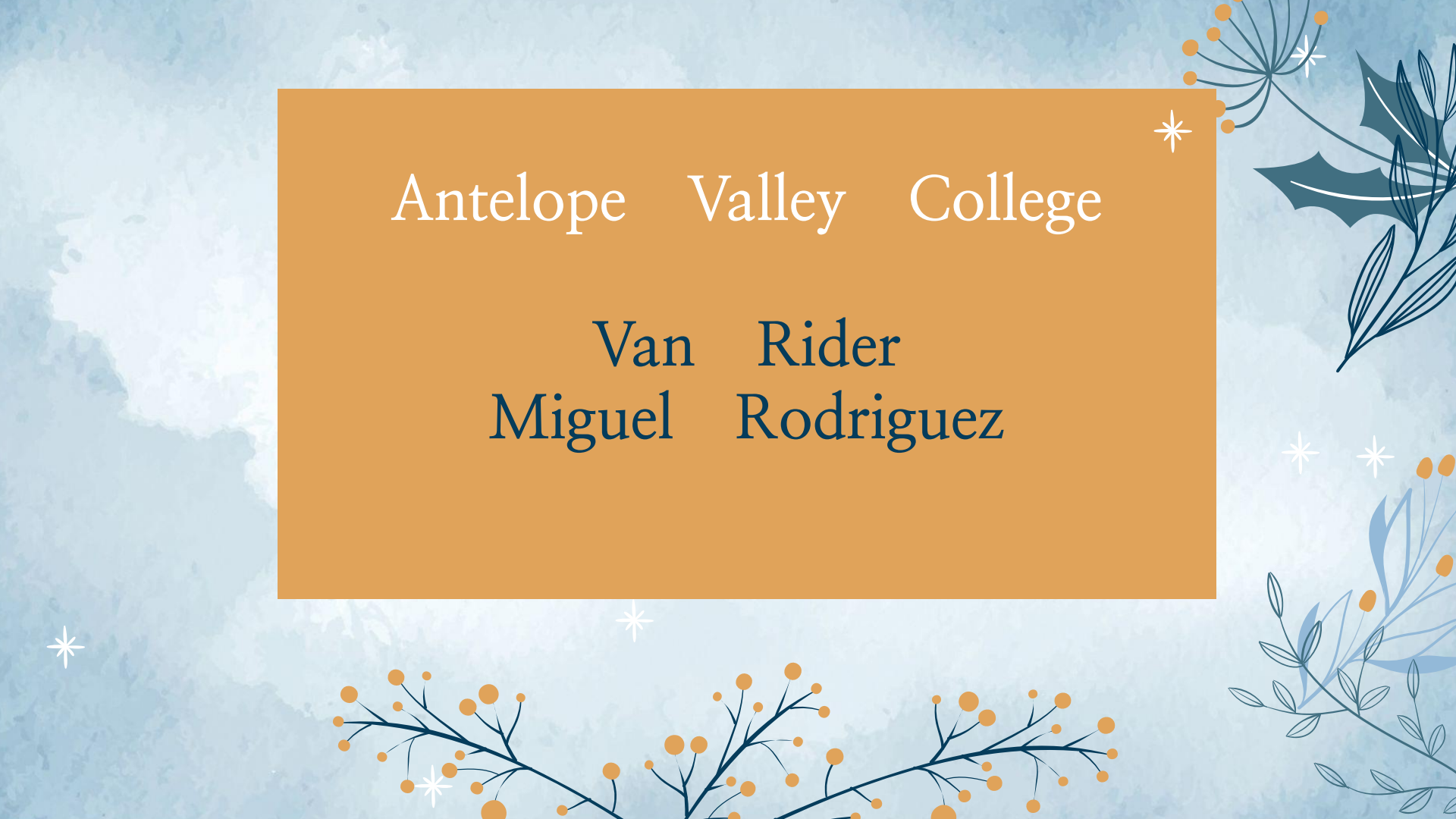
<https://www.nilc.org/>

Immigrant Legal Resource Center

<https://www.ilrc.org/>

Mexican American Legal Defense and Education Fund

<https://www.maldef.org/>



Antelope Valley College

Van Rider
Miguel Rodriguez



Construyendo la fuerza
laboral
del mañana hoy



Why should my student consider being in a career technical program?

The student will develop improved:

- Critical thinking
- Creativity
- Communication
- Work ethic
- Teamwork
- Decision making skills



The student will:

- Become more responsible for their education
- Have higher success and achievement in school
- Be better prepared for both academic and professional pathways

¿Por qué debería mi estudiante considerar participar en un programa técnico de carreras?

El estudiante desarrollará y mejorará:

- **Pensamiento crítico**
- **Creatividad**
- **Comunicación**
- **Ética laboral**
- **Trabajo en equipo**
- **Habilidades para la toma de decisiones**



El estudiante:

- **Se volverá más responsable de su educación**
- **Alcanzará un mayor éxito y logro en la escuela**
- **Estará mejor preparado tanto para caminos académicos como profesionales**

Career Training Opportunities

Advanced Manufacturing

Aeronautical & Aviation
Technology

Air Conditioning,
Refrigeration & Ventilation

Auto Body and Repair

Electrical Technology

Welding

Emergency Medical
Technology

Medical Assisting

Nursing Science

Radiologic Technology

Respiratory Therapy

Film and Television

Digital Media

Commercial Music

Commercial Photography

Commercial Photography

Deaf Studies

Business Information
Professionals

Real Estate

Computer Applications

Engineering



Oportunidades de Entrenamiento de Carreras



- **Manufactura Avanzada**
- **Tecnología Aeronáutica y de Aviación**
- **Aire Acondicionado, Refrigeración y Ventilación**
- **Carrocería y Reparación de Automóviles**
- **Tecnología Eléctrica**
- **Soldadura**
- **Tecnología Médica de Emergencia**

- **Asistencia Médica**
- **Ciencias de la Enfermería**
- **Tecnología Radiológica**
- **Terapia Respiratoria**
- **Cine y Televisión**
- **Medios Digitales**
- **Música Comercial**
- **Fotografía Comercial**
- **Fotografía Comercial**
- **Estudios sobre la Comunidad Sorda**
- **Profesionales de Información Empresarial**
- **Bienes Raíces**
- **Aplicaciones Informáticas**
- **Ingeniería**



AVUHSD
Servicios de Comida
Food Services

Joe Cook
Christina Reynolds

Food Services

- Universal Meals at all AVUHSD Schools!
Breakfast & Lunch Offered to all students at no-charge.
- 2.3 Million Breakfast & Lunches Served in 2023-2024!
- Freshly Prepared Meals Daily
Choices available through multiple lines on campus(es)
- Student Focus Groups: Taste Testings

Servicios de Comida

- ¡ Comidas Universales en todas las escuelas de AVUHSD!
¡ Desayuno y almuerzo ofrecidos a todos los estudiantes sin costo alguno!
- ¡ 2.3 millones de desayunos y almuerzos servidos en 2023–2024!
- Comidas Preparadas Frescas a Diario
Opciones disponibles en múltiples líneas en los campus
- Grupos de Enfoque Estudiantil: Pruebas de Sabor
- Los menús cumplen con las regulaciones del USDA y CDE

Served the week of:	MONDAY <i>Red/Orange</i>	TUESDAY <i>Red/Orange & Other</i>	WEDNESDAY Beans	THURSDAY Dark Green	FRIDAY Starchy & R/O
08/12/24 09/16/24 10/21/24 12/02/24 01/27/25 03/03/25 04/14/25 05/19/25	Breaded Chicken Strips Macaroni & Cheese <i>w/broccoli</i> Garden Salad w/ Dressing Baby Carrots Fruit Cup Fresh Fruit Fruit Juice	Sub Sandwich Celery Sticks Lettuce & Tomatoes Baby Carrots Fresh Fruit Fruit Cup Fruit Juice	Nachos Refried Beans Lettuce & Tomatoes Jicama Fruit Cup Fresh Fruit Fruit Juice Cookie	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Juice Fruit Cup	Crispy Chicken Filet Baby Carrots Roasted Corn Fresh Fruit Fruit Cup Fruit Juice
08/19/24 09/23/24 10/28/24 12/09/24 02/03/25 03/10/25 04/21/25 05/26/25	Boneless Chicken Wings Sweet Potato Fries Garden Salad w/ Dressing Fruit Cup Fresh Fruit Fruit Juice	Cheeseburger w/ grilled onions and peppers on Ciabatta Roll Celery Sticks Lettuce Pickle Cup Baby Carrots Fresh Fruit Fruit Cup Fruit Juice	Tamale Refried Beans Roasted Corn Fruit Cup Fresh Fruit Fruit Juice Cookie	Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Juice Fruit Cup	Angry Bird on Ciabatta Roll with Onion Rings Seashore Spuds Baby Carrots Fresh Fruit Fruit Cup Fruit Juice
08/26/24 09/30/24 11/04/24 12/16/24 02/10/25 03/17/25 04/28/25 06/02/25	Chicken & Waffles Cucumber Slices Sweet Potato Fries Fruit Cup Fresh Fruit Fruit Juice	Cheese Pizza w/ham or Pepperoni & Pineapple Seasoned Green Beans Baby Carrots Fruit Cup Fresh Fruit Fruit Juice	Pupusa w/Curtido Refried Beans Roasted Corn Fresh Fruit Fruit Cup Fruit Juice Cookie	Firecracker Chicken Bowl with Brown Rice Broccoli Fresh Fruit Fruit Juice Fruit Cup	Chili Cheese Fries Baby Carrots Fresh Fruit Fruit Cup Fruit Juice Breadstick
09/02/24 10/07/24 11/11/24 01/13/25 02/17/25 03/31/25 05/05/25	Buffalo Chicken Wings Breadstick Cucumber Slices Baby Carrots Fruit Cup Fresh Fruit Fruit Juice	Hot Sub Sandwich Sweet Potato Fries Celery Sticks Fruit Cup Fresh Fruit Fruit Juice	Taco Salad Seasoned Beef or Chicken Refried Beans, Cheese, Sour Cream, Avocado Lettuce & tomato Jicama Fresh Fruit Fruit Cup Fruit Juice Cookie	General Tso's Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Juice Fruit Cup	Western BBQ Burger with Onion Rings Lettuce & Pickle Cup Side Winder Fries Baby Carrots Fresh Fruit Fruit Cup Fruit juice
09/09/24 10/14/24 11/18/24 01/20/25 02/24/25 04/07/25 05/12/25	Glazed Chicken Wings Dinner Rolls Garden Salad w/ Dressing Baby Carrots Fresh Fruit Fruit Cup Fruit Juice	Cheese Pizza w/ham or pepperoni & pineapple Seasoned Green Beans Baby Carrots Fruit Cup Fresh Fruit Fruit Juice	Chicken & Cilantro Rice Bowl Roasted Corn Pinto Beans Fruit Cup Fresh Fruit Fruit Juice Cookie	Pot Stickers Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Juice Fruit Cup	Baked Potato Bar Cheese, Chili, Butter, Sour Cream Broccoli Baby Carrots Fresh Fruit Fruit Cup Fruit Juice Breadstick

ALL MEALS INCLUDE CHOICE OF 1% MILK OR NON-FAT FLAVORED MILK
 MENU SUBJECT TO CHANGE
 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Pattern Guidelines

Lunch Minimum Requirements			
Food Group	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	½ per day 2 ½ per week	½ per day 2 ½ per week	1 per day 5 per week
Vegetables (cups)	¾ per day 3 ¾ per week	¾ per day 3 ¾ per week	1 per day 5 per week
Grains (ounces)	1 per day 8-9 per week	1 per day 8-10 per week	2 per day 10-12 per week
Meat/Meat Alternatives (ounces)	1 per day 8-10 per week	1 per day 9-10 per week	2 per day 10-12 per week
Milk (cups)	1 per day 5 per week	1 per day 5 per week	1 per day 5 per week

National School Lunch Program:

Grade Group	Current Sodium Limits: In Place Through June 30, 2027	New Sodium Limits: Must Be Implemented by July 1, 2027
Grades K-5	< 1,110 mg	< 935 mg
Grades 6-8	< 1,225 mg	< 1,035 mg
Grades 9-12	< 1,280 mg	< 1,080 mg

School Breakfast Program:

Grade Group	Current Sodium Limits: In Place Through June 30, 2027	New Sodium Limits: Must Be Implemented by July 1, 2027
Grades K-5	< 540 mg	< 485 mg
Grades 6-8	< 600 mg	< 535 mg
Grades 9-12	< 640 mg	< 570 mg

Pattern Guidelines

Requisitos Minimos de Comida

Grupo de Comida	Grades K-5	Grades 6-8	Grades 9-12
Fruta (tazas)	½ por día 2 ½ por semana	½ por día 2 ½ por semana	1 por día 5 por semana
Vegetales (tazas)	¾ por día 3 ¾ por semana	¾ por día 3 ¾ por semana	1 por día 5 por semana
Granos (onzas)	1 por día 8-9 por semana	1 por día 8-10 por semana	2 por día 10-12 por semana
Carne/Alternativos (onzas)	1 por día 8-10 per semana	1 por día 9-10 por semana	2 por día 10-12 por semana
Leche (tazas)	1 por día 5 por semana	1 por día 5 por semana	1 por día 5 por semana

Programa Nacional de Almuerzo

Grado	Limite de Sodio: Asta Junio 30, 2027	Nuevos limites de sodio: debe ser implementado 1 Julio 2027
Grados K-5	<1,110 mg	<935 mg
Grados 6-8	<1,225 mg	<1,035 mg
Grados 9-12	<1,280 mg	<1,080 mg

Programa de Desayuno

Grado	Limite de Sodio: Asta Junio 30, 2027	Nuevos limites de sodio: debe ser implementado 1 Julio 2027
Grados K-5	<540 mg	<485 mg
Grados 6-8	<600 mg	<535 mg
Grados 9-12	<640 mg	<570 mg



Looking For:

Staffing - Go onto EdJoin and search Cafeteria Helper under AVUHSD

Wellness Committee Stakeholders to help shape District's Local District Wellness Policy

Engagement: Go to AVFood.ORG to Learn More about Food Services!



Questions?



Food Services: Estamos Buscando Ayuda!



Personal: Ingresa a EdJoin y busca Cafetería Helper bajo AVUHSD

Comité de Bienestar: Participa como parte interesada para ayudar a dar forma a la Política de Bienestar Local del Distrito



Participación: ¡Visita AVFood.ORG para obtener más información sobre los servicios de alimentos!

¿Preguntas?



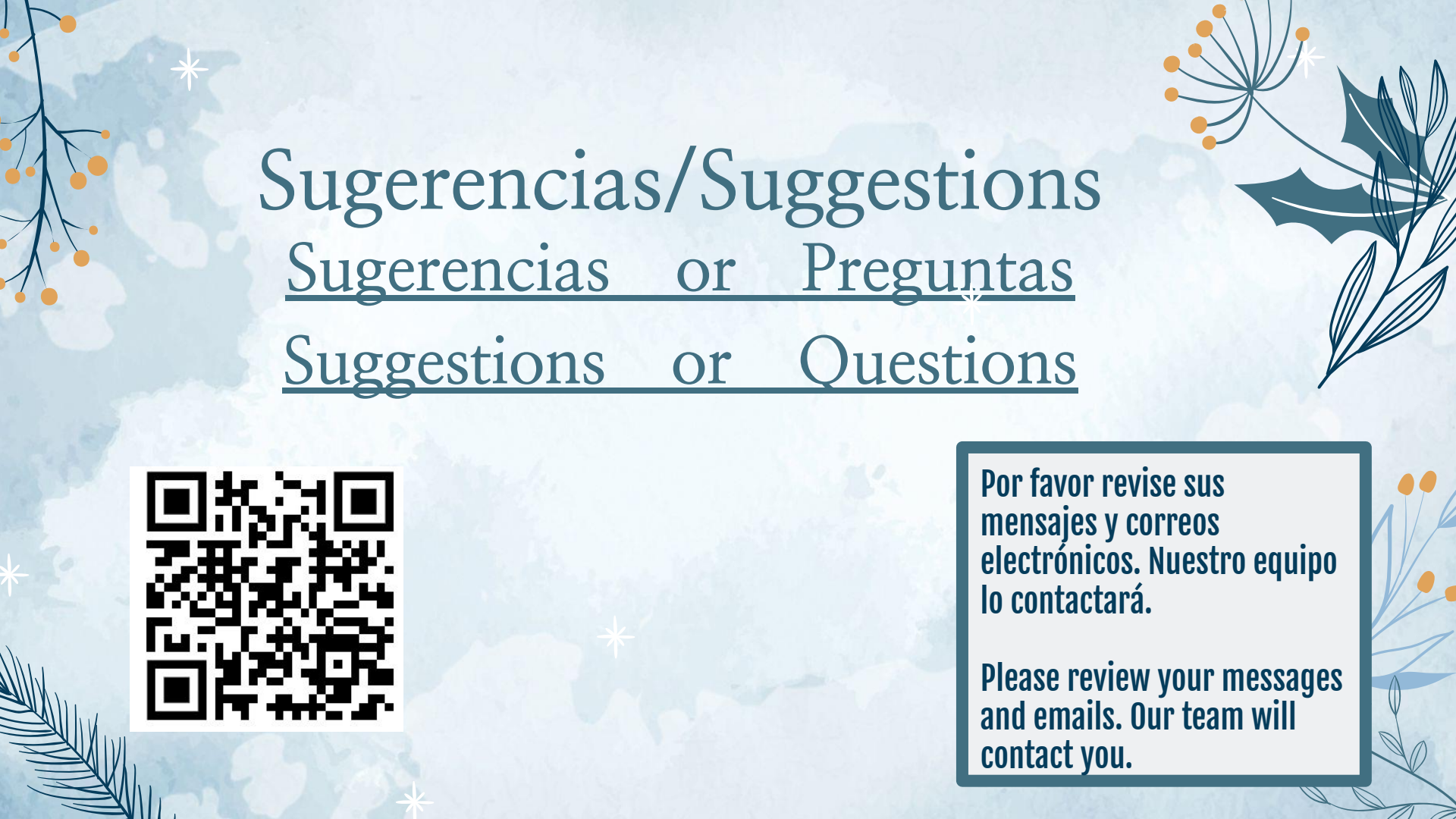
avfood.org

*Temporada de Exámenes Testing Season

- ELPAC – Aprendices de Inglés/EL Students
- NWEA
- CAASPP – 6th, 7th, 8th, & 11th
- SAT
- AP Exams

*De La Oficina De Consejería From the Counseling Office

- 1st Semester – review grades! Revisen los * grados!
- Class changes or moves to continuation schools – Juniors
- Temporada de exámenes – testing season



Sugerencias/Suggestions

Sugerencias or Preguntas

Suggestions or Questions



Por favor revise sus mensajes y correos electrónicos. Nuestro equipo lo contactará.

Please review your messages and emails. Our team will contact you.

Riffa Raffle





Gracias! Thank You!

Siguiente DELAC
Next DELAC
02/27/2025
In Palmdale