

# MITCHELL WEEK AT A GLANCE

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WEEKLY EDITION

March 29, 2026

## A MESSAGE FROM THE PRINCIPAL

Greetings Mitchell Families,

We had an exciting and memorable week, beginning with the Sacramento County Office of Education Art Gallery. Five of our students were recognized for their incredible artwork, which will be on display through May. We are also proud that one of our students received the distinguished honor of *Best in Age Group (7-8)* in the county!

Our students also put forth strong effort during the English Language Arts state assessment. Thank you for your continued support and for encouraging them to do their very best. We will begin Math CAASPP testing when we return from Spring Break.

As a reminder, there is no instruction this upcoming Friday. Spring Break will take place from Friday, April 3 through Friday, April 10.

### **8th Grade Field Trip**

Our 8th graders are invited to attend Sunsplash on Tuesday, May 19. The deadline to turn in permission slips has been extended! Please make sure your student submits a completed form no later than next Thursday. The cost for Sunsplash is \$25 per student. Please note that students must meet the eligibility criteria in order to attend the grade level field trips. [Grade Level Activities, p. 21.](#)

### **Glimpse of our Upcoming Events**

Students will be presented with the following slideshow this week: [2026 - A Glimpse of our Upcoming Events.](#)

### **5 STAR Student Store**

Over the past few weeks, students have been earning points for demonstrating our 3 B's: Be Safe, Be Respectful, and Be Responsible. Students may redeem their points through our digital student store in 5-Star.

<https://mtms.fcusd.org/students/5-star>

Please encourage students to use their points. The digital store opens on Mondays at 3:00 p.m. and closes at the end of the day. Items selected for purchase will be delivered on Fridays toward the end of 7th period. Thank you for your continued support!

### **Reminder: Minimum Days - Mark Your Calendar**

Please see below for the list of the remaining minimum days, dismissal time 12:45pm.

- Wednesday, April 15
- Friday, May 8
- Friday, May 22
- Wednesday, May 27
- Thursday, May 28

### **Yearbook**

Yearbooks are a wonderful way for students to remember their middle school experience, classmates, and milestones as they prepare for the next chapter. Please be sure to place your order before the deadline to guarantee your student receives a copy. [Click here](#) to purchase your yearbook before we sell out! Thank you for your continued support.

### **A MESSAGE FROM OUR INSTRUCTIONAL COACH**

Did you know **metacognition**—thinking about your own thinking—is a teachable skill? And students who learn to reflect critically on their own learning accelerate their progress. They’re learning all the time, both in and out of a middle school classroom—and when they head for high school. Encourage your child to take time every day to build the habit of using metacognitive strategies: example questions that reflect on learning include:

- “Do I need to reread this?”
- “Why did they choose this illustration, I wonder?”
- “What do I need to do before I start writing?”
- “This section reminds me of what we discussed yesterday, so I’m going to highlight it because I think it may be important.”

Try out our district’s [Calming Room](#) for ways to destress and keep positive energy for you or your student. Also remember that FCUSD is providing access to [Care Solace](#) services until December 2026.

*Does your student need support to continue this marking period successfully?* Our staff offers [opportunities](#) to create academic success here at Mitchell Middle School in the new quarter. Please do not wait until May to ask the questions and look for the opportunities that will build strong learning and skills in January.

Families and students have access to all *state test results* in PowerSchool. You cannot access these on a mobile phone: you must be on a laptop, Chromebook, or computer. If you have questions about any of your student’s scores or how to locate them, please contact [chatcher@fcusd.org](mailto:chatcher@fcusd.org)

### **Flex Update**

Students will choose their Flex sessions this Tuesday during Advisory for only **Wednesday and Thursday** this week. Absent students should log in from home to sign up before 1 PM Tuesday in **Adaptive Scheduler (via PowerSchool)**. Thank you for helping your student make purposeful Flex choices each week!

## **A MESSAGE FROM OUR ATTENDANCE TEAM**

### ***When is it Okay for my Child to Stay Home***

It is important to stay home when your child is truly sick. Keep your child home if they have:

- A fever of 100.4°F or higher (wait 24 hours after it's gone with no medicine)
- Vomiting or diarrhea in the past 24 hours
- A contagious illness like strep throat, pink eye, or COVID-19

If your child just has a mild cough, runny nose, or feels a little tired, it is usually okay to send them to school. They can always visit the nurse if they need a break.

Click here: [Report an Absence](#)

### **SCHEDULE THIS WEEK**

- Monday, March 30: Academic After School Help
- Tuesday, March 31: Academic After School Help
- Wednesday, April 1: Academic After School Help
- Thursday, April 2: RFEP Recognition
- Friday, April 3: No Instruction
- April 3 - April 10: Spring Break - No Instruction

### **LOOKING AHEAD**

- Wednesday, April 15: Math CAASPP Testing, Minimum Day 12:45pm, School Site Council Meeting
- Thursday, April 16: Band Field Trip
- Saturday, April 18: Music Field Trip, Spanish Field Trip
- Monday, April 20: 6th Grade Field Trip
- Friday, April 24: School Dance
- Saturday, April 25: Planet Earth Field Trip
- Sunday, April 26: SEVA Awards Night
- April 30 - May 1: Spring Musical - Cinderella

In partnership,  
Sandra Garcia, Ed.D.  
Principal, Mitchell Middle School