




Weekly Note Home

Office Hours: 7:00am - 3:30pm School Hours: 8:00am - 2:10pm
Telephone 530-357-2131 ~ Fax: 530-357-2138 ~ Website: hvusd.net

Martin Luther King, Jr.
(1/15/29-4/4/68)



“Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are.”

MINIMUM DAY 
School Release Time
Every Monday is a
Minimum Day
release time 1:10pm

PROJECT SHARE IS
CLOSED 1-10-22.
PLEASE MAKE
ARRANGEMENTS TO
PICKUP YOUR
STUDENTS.

Dates to Remember:

- 1-10: Minimum Day
- 1-10: Project Share Closed!
- 1-11: Board Meeting, HV Primary Cafeteria 6:00 p.m.
- 1-17: Martin Luther King, Jr. Day **NO SCHOOL**
- 1-24: Minimum Day
- 1-31: Minimum Day



Note from Mrs. Maki, Principal

Dear Happy Valley Primary Families,



On behalf of the staff at Happy Valley Primary School, I would like to wish all families and community members a Happy New Year! We would also like to thank everyone who supported our Angel Tree prior to Winter Break and donated gifts or food. Thirty-three families in our community received your generous donations! A special thank you to Mrs. Sandi Garcia and Mrs. Darcy Weekly for organizing the event and providing assistance to the receiving families.

As we get back into our daily routines, please remember that class starts at 8:00 a.m. every day. If your child needs to eat breakfast at school, be sure to drop them off no later than 7:40 a.m. to ensure they have plenty of time to eat and get to class on time. Chronic tardiness causes a disruption to student's learning and that of their classmates as well. Set your child up for success by preparing for school the night before and giving yourself plenty of time to travel to school. Please do not drop your child off before 7:30 a.m. Supervision for students begins at 7:30 a.m. daily. Thank you for your support!

Kindly,
Mrs. Maki

BREAKFAST

All breakfasts include fresh fruit, cereal, whole grain crackers and choice of milk.

LUNCH

All lunches include salad bar, fresh fruit, vegetables and choice of milk.

JANUARY 2022

Adult Breakfast \$2.50

Adult Lunch \$4.25

Happy Valley School District

Monday

3
Winter Break

10
Breakfast
Benefit Bar

Lunch
Cheese Pizza/Salad

Tuesday

4
Breakfast
Buttermilk Bar

Lunch
Corndog/Baked beans

11
Breakfast
Pancake sausage

Lunch
Chicken Sandwich/fries

Wednesday

5
Breakfast
French Toast Sticks

Lunch
Chicken Burrito

12
Breakfast
Cinnamon Bagel

Lunch
Chicken Fajita

Thursday

6
Breakfast
Sausage Cheese Muffin

Lunch
Turkey Sandwich

13
Breakfast
Biscuit and Gravy

Lunch
Spaghetti with meat sauce

Friday

7
Breakfast
Bagel with Cream cheese

Lunch
Hamburgers/fries

14
Breakfast
Pancakes

Lunch
Corndog/baked beans

17
Martin Luther King Jr. Day

24
Breakfast
Pancakes

Lunch
Corndog/Baked Beans

18
Breakfast
Buttermilk Bar

Lunch
Pulled Pork Sandwich

19
Breakfast
Sausage Cheese Muffin

Lunch
Bean and Cheese Burrito

20
Breakfast
Strawberry Bagel

Lunch
Sloppy Joes/Tater tots

21
Breakfast
Benefit Bar

Lunch
Fiesta Pasta

25
Breakfast
Biscuit and Gravy

Lunch
Hamburger/fries

26
Breakfast
Oatmeal/Fruit

Lunch
Turkey Sandwich

27
Breakfast
Cinnamon Toast/Yogurt

Lunch
Chicken Burrito

28
Breakfast
Buttermilk Bar

Lunch
Pulled Pork Sandwich

31
Breakfast
Benefit Bar

Lunch
Chicken Nuggets/Rice

Happy Valley Union School District offers free meals to all enrolled students under the Community Eligibility Provision as defined by the USDA. Menu subject to change.
In an effort to serve your children the freshest produce possible, the daily fruit and vegetable choice will depend on what is seasonally available. Happy Valley Union School District is an equal opportunity provider and employer.



CELEBRATE WINTER

A NEWSLETTER OF THE
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM

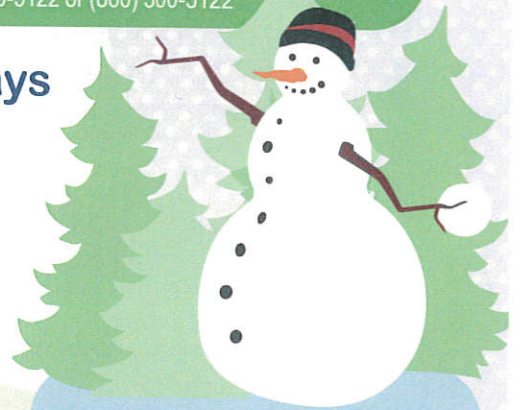
2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

Turtle Bay offers 'Five & Dime' discount days

On the 5th and 10th of every month, admission is \$5 for kids, \$10 for adults, free for kids 3 and under.

First Fridays with First 5 provides children ages 0-5 and their caregivers FREE access to Turtle Bay Exploration Park on the **First Friday of every month!** Reserve tickets for this day at turtlebay.org and gain access to exhibitions, playgrounds, animal exhibits and more.

TEST DRIVE TURTLE BAY. Free Day Admission: Check out a pass from Shasta Public Libraries' Redding Branch (1100 Parkview Avenue). Good for you and one guest.
TURTLE BAY FOR ALL: EBT card holders pay \$3 per person with valid EBT card & photo ID.
Questions? Call (530) 243-8850.



Kids Sick with Lead Don't Look Sick

Lead poisoning can harm a child's brain and cause learning and behavior problems that may last a lifetime.

Most children who are poisoned by lead **do not look or act sick.** Symptoms, if present, may be confused with common childhood complaints, like stomachache, crankiness, loss of appetite or headaches.

You might see these symptoms:

- Nausea
- Anemia
- Constipation
- Weight loss
- Inability to sleep
- Irritability
- Dizziness
- Headache

A blood test is the **ONLY** way to know the Blood Lead Level (BLL) of your child. Talk to your child's health care provider to see if your child is at risk for lead poisoning.



Shasta County
**Health & Human
Services Agency**

Redding Library Storytimes

<p>Mondays • 6pm Sweet Dreams Storytime Interactive storytime for the whole family to enjoy before bedtime.</p>	<p>Tuesdays • 11am Little Learners Stories and activities with a focus on learning early skills. Ages 4-6.</p>
<p>Wednesdays • 11am Toddler Time Get early literacy started with stories and social interaction. Ages 2-4.</p>	<p>Thursdays • 11:30am Baby Bookworms Start literacy early. Playtimes & stories for babies and caregivers. Ages 0-2.</p>

SHASTA COUNTY PUBLIC LIBRARIES

Fluoride varnish, sealants protect kids' teeth

School Readiness Tip from Toothy

Sealed teeth are protected teeth. Medi-Cal Dental covers molar sealants for children and teens up to age 21.

smile CALIFORNIA

"Dental health is very important. Protecting the brightness and strength of your smile is a big part of the overall health picture for your children."
—Redding dentist Dr. Lila Wilson, DDS

Sealants are a great way to protect your little one's teeth from cavities. These quick, easy and painless molar coatings are covered by Medi-Cal — up to age 21! To learn more about how molar sealants prevent cavities, visit SmileBigShasta.com or SmileCalifornia.org.

Come to Redding Library Storytime

Wednesdays
11am

Whether you have a walker or a wiggler, toddlers and caregivers can learn social interaction and develop early literacy skills. Ages 2-4.

TODDLER TIME



Free Health Exams, Immunizations

Uninsured or no preventive care insurance?

The Child Health and Disability Program (CHDP) provides FREE children's health exams and immunizations.

Call to find out if you qualify:

(530) 225-5122 or (800) 300-5122.



Slow Cooked Meat & Onion Stew

Ingredients

2 pounds beef, pork or chicken.
Trim fat and skin off.

$\frac{3}{4}$ cup Worcestershire sauce

1 tsp. garlic powder

2 onions, small, chopped

4 potatoes, medium, chopped

4 carrots, chopped

2 stalks celery, chopped

1 can (10.5 ounces), cream of mushroom soup

2 ounces dry onion soup mix, packaged

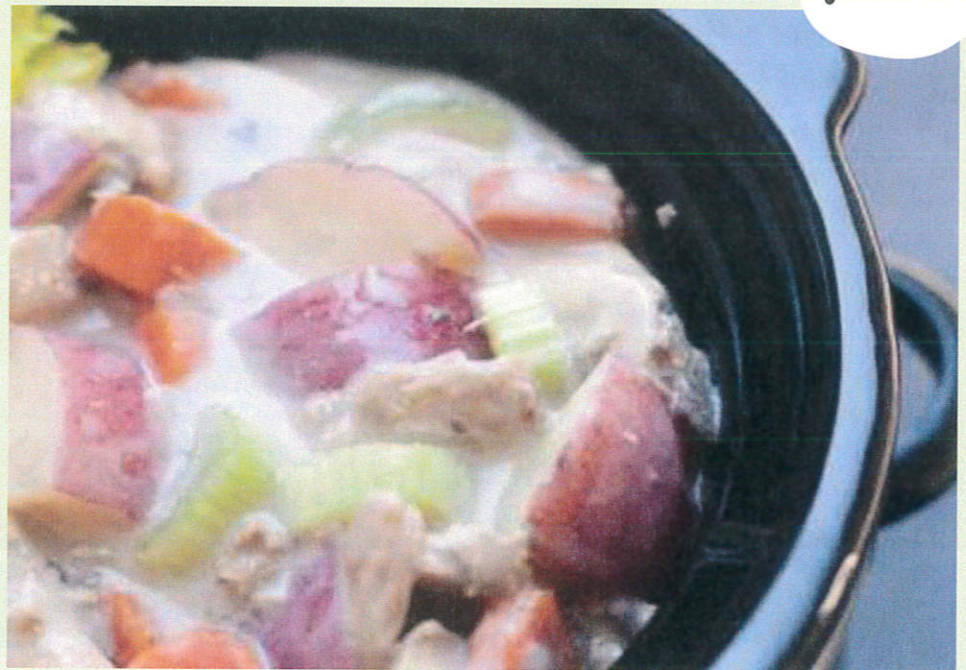


Photo attribution: My Tu Duong

Directions

1. With a fork or knife, poke several holes in meat.
2. Set meat in a bowl or resealable bag and cover with Worcestershire sauce. Refrigerate for several hours or overnight.
3. Place all ingredients, except potatoes, in a slow cooker.
4. Add 3 cups of water.
5. Cook on high for 3 hours.
6. Add potatoes and cook on low until done, 3-4 more hours.

Source: [The Tenderloin Cooking School Cookbook](#), CalFresh Healthy Living – [EatFresh.org](#)

