

KUA News

October 2023 Newsletter



Empowerment Through Opportunity

Our mission: to break down barriers for students by providing more instructional time, enriching programs and a high-expectations, no-excuses environment to ensure high school graduation, college success and career readiness are reasonable goals for all students regardless of race, language, ethnicity, gender, economic status or zip code.

Administrators' Message

Fall is in full swing, and Kids Unlimited Academy is celebrating with an entire month of seasonal – and multicultural – events and activities.

Hispanic Heritage Month continues through October with festivities that bring sights, sounds and flavors of Latin America to KUA.

Flags from Chile, Costa Rica, El Salvador, Guatemala, Honduras, Mexico and Nicaragua will be represented Oct. 12 by each KUA class. This Olympics-style spectacle will feature students parading their countries' flags around the KUA gym. A pupusa vendor will prepare the national dish of El Salvador for sale from 10 a.m. to 2 p.m. Oct. 12 on the school campus.

Ballet Folklorico will headline the KUA Royals assemblies Oct. 18 and 19, performing traditional Mexican dance. Our month of celebration concludes Oct. 30 with recognition for Dia de los Muertos with our school remembrance table outside the front office and the evening's Harvest Festival from 6 to 7:30 p.m., where families can enjoy food, treats, games, crafts, a costume contest, face painting and more.

All of these events and more invite KUA parents to join the fun while fulfilling their six required volunteer hours per our parent-student-school contract. Parents can visit KUA classrooms to share stories about their culture, participate in arts and crafts projects and donate items toward some of our displays, including a banner the English Language Development staff has created with student stories, artwork and biographies.

KUA's ELD team also is putting on our annual Trunk-or-Treat Oct. 31, from 11:05 a.m. to 1:30 p.m., in the school parking lot. As this is an unfunded event, candy donations from families are needed and

should be delivered to classroom teachers by Oct. 30. Parents can volunteer to decorate their own cars for the event, with setup starting at 8:30 a.m. Oct. 31. Sign-up sheets are at the front office and also will be sent out through Remind.

Healthy foods are the focus of our Harvest Festival. Each KUA class will participate by choosing and preparing a spooky snack that incorporates wholesome ingredients, such as fresh and dried fruits and veggies, nuts and whole-grain products. As an example, try our seasonal spin on hummus in this newsletter's What's Cooking? section.

From banana ghosts to pretzel stick spiders, each class's Halloween-themed treat will be offered for tasting at the Harvest Festival. Donations of ingredients are needed, along with parent assistance in KUA classrooms Oct. 30.

As KUA advocates healthy alternatives to Halloween candy, we encourage students to eat our free school lunch, prepared from scratch daily with fresh ingredients in KUA's on-site kitchen. Lunch brought from home should be ready to eat without any heating. The cafeteria no longer has a microwave, which previously required staff supervision and constrained the lunch period.

Sharing food among students during lunchtime also is not allowed. Allergies — and conflicts — can be triggered when students swap food items. Energy drinks, additionally, should not be brought to or consumed at school.

Lindsay Ochs — KUA Principal, lindsay.ochs@kuaoregon.org

Lupita Vargas — KUA Director of Educational Services, lvargas@kuaoregon.org

Emmanuel Balan — KUA Director of School Culture, emmanuel.balan@kuaoregon.org

Crystal Hidde — KUA Director of Early Learning, chidde@kuaoregon.org



Why year-round school?

We can't speak highly enough of our year-round academic calendar, which is overwhelmingly supported by our families. Below are a few key reasons why we decided in 2021 to become Oregon's first year-round public school.

- Students retain what they learn all year, rather than experience summer learning loss.
- Additional time for authentic hands-on learning opportunities, excursions and field trips.
- Additional school days help to close the achievement gap.
- Increased opportunities for extra help and tutoring.

Consistent routines lead to better-adjusted students — and teachers

- Easier access for vacations during the school year.
- Decreased teacher and student absences.



Attendance matters!

Regular school attendance promotes school success and is **required by Oregon Law**, which mandates that students miss no more than 15 school days each academic year. Any student absent for 10 or more consecutive days will be dropped from KUA enrollment. **Your child may lose his/her spot at KUA.**

ATTEND TODAY
ACHIEVE TOMORROW



The loss of learning that takes place when your child is absent cannot be replaced. Chronic absenteeism in kindergarten can predict lower test scores, poor attendance and retention in later grades. If you need help getting your child to school on time, please reach out to us!

Always notify the school, by calling the office between 7:30 a.m. and 9 a.m., when your child is absent or going to be absent for any reason. Please provide the student's full name, grade and reason for absence. A doctor's note is required for absences of longer than 3 days.

Medford: 541-774-3900

White City: 541-500-0700



What's cooking?

All KUA students are eligible for free breakfast, lunch and dinner — cooked from scratch using fresh ingredients in our on-site kitchen. We are an equal opportunity provider and employer. Check out monthly menus online at kuaoregon.org/menu.

Our nationally recognized, award-winning food program is unique in the Medford school district, and we take pride in providing students' daily nutrition. Build your kids' healthy habits at home with whole foods instead of processed ones.

Canned pumpkin puree (not pie filling) has B vitamins, fiber and a lightly sweet flavor that enhances dips and spreads, like this seasonally themed hummus. Decorating the dish like a cute pumpkin invites kids to dig in!

Pumpkin Hummus

Ingredients

- 2 (15.5-ounce) cans chickpeas (garbanzo beans), drained or cooked-from-scratch chickpeas
- 1 (15-ounce) can pumpkin puree (not pie filling)
- 2 tablespoons tahini
- 2 garlic cloves, peeled and chopped
- 1 teaspoon salt
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon paprika

Instructions

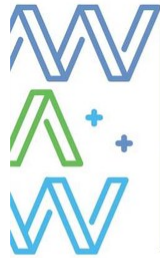
1. Combine all the ingredients in a blender or food processor and blend until smooth. Add more olive oil if it's too thick.
2. To create a pumpkin shape, spoon hummus into a mound in a bowl and, using a spoon, carve curved, vertical lines into hummus' surface. Fashion a green stem using fresh snap peas, cucumbers, lettuce or any other green veggie. Serve with crackers and cut-up fresh vegetables for dipping!

Makes 4-6 servings.



Upcoming Dates

OCTOBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12 Site Council @ 5:45 p.m. MEETING	13 No School	14
15	16	17	18 Royals Assembly Kinder & 1st: 8:45 - 9:30 a.m. 2nd & 3rd: 9:35 - 10:20 a.m.	19 Royals Assembly 6th - 8th: 8:45 - 9:30 a.m. 4th & 5th: 9:35 - 10:20 a.m.	20	21
22	23	24	25	26	27 Dinner Theater	28
29	30 No Bus Harvest Festival	31 Trunk or Treat	1	2	3	4
5	6	7	8	9	10	11



Check out some pictures from September!








Kids Unlimited of Oregon — Medford Campus

 Facebook

 @KidsUnlimitedA1

 821 N. Riverside Ave., Medford ...

 541-774-3900

 kuaoregon.org

