

KUA News

April 2024 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

Welcome back, students and families, from our two-week spring break! We hope the period of rest and warmer weather has recharged your energy to finish the school year strong.

State testing is a major focus for Kids Unlimited Academy's third trimester. Mathematics kicks off the Smarter Balance Assessment Consortium (SBAC) testing period for grades 3-8 this month, followed by May's state assessments in English language arts (ELA). Parents can help their students prepare physically and mentally with a few simple strategies for success, according to KUA's math instructional coach Cheryl Graham.

- Get to school on time. Arriving late compounds stress and anxiety for students, particularly on test days.
- Eat healthy meals to fuel the body and brain. Find a recipe suggestion in this newsletter for a protein- and veggie-packed frittata that can be prepared the evening before and quickly reheated the next morning for breakfast. KUA will not provide snacks for students this year, with the exception of one class testing at 9 a.m.
- Research shows that sucking on peppermint candies during testing reduces feelings of worry, said Graham, who stocks up on peppermints for spring.
- Make time over the next few weeks to practice students' math facts because calculators are not available for all test questions. Math facts, including addition, subtraction and multiplication, should be mastered by third grade, said Graham.

Math computer adaptive testing at KUA is scheduled for April 22-26. Math performance task testing is scheduled for April 29 through May 3.

Computer adaptive testing in English language arts is scheduled for May 6-9. English writing tests will be held May 20-23.

Improving state test scores is a major focus for Graham and Erin Monteith, KUA's instructional coach for ELA. Parents at February's Site Council meeting heard Graham's presentation about testing preparedness and SBAC, which creates common core standards adopted in a number of states. These tests measure proficiency in state standards.

Oregon students in grades 3-8 and grade 11 are required by state and federal law to take online assessment tests in math and English language arts. If they pass all of them in high school, they get a seal on their diploma, which is a benefit when applying to colleges, said Graham.

Testing results also help the state Legislature and Oregon Department of Education to make decisions about resource allocation and educational priorities. The results are published publicly, track student progress and compare schools with similar demographics. KUA staff look for correlations between SBAC performance and diagnostic tools. KUA also relies on this data to address students' areas of academic weakness.

This is what the numbered SBAC scores indicate:

1: Students have not met the achievement standards and need substantial improvement in the skills of math and ELA critical to future success.

2: Students are developing and nearly meet the level of proficiency on state standards for math and ELA.

3/4: Students are considered on track to demonstrating knowledge and skills in math and ELA necessary for college and career readiness.

5: These students, said Graham, are "geniuses." In her 30-year career as an educator, Graham said she has known three high school students who scored this high.

Did you know? Students should have a dedicated space at home for studying and homework. This space should NOT be the student's bed, where the brain is trained to sleep. "The most popular place is on the kitchen table," said Graham, adding that this central spot helps parents to monitor their kids' homework completion and offer assistance, if necessary.

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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?

Our new Food Program puts more variety on students' plates.

Breakfast, lunch and dinner menus through March correspond to a theme that rotates each quarter. Pulled pork sliders and potato and sausage soup are new recipes to complement favorites like taco salad and chicken and cheese enchiladas. Check out the [menu](https://kuaoregon.org/menu) at kuaoregon.org/menu

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.

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.

Spring is the season for high-quality eggs, available everywhere from locally owned grocers and farmers markets to roadside farmstands and backyard hens. Pound for pound, eggs are the most

affordable and versatile protein source. And quick cooking eggs make fast weeknight dinners, such as this frittata. Add any vegetables your family prefers, bulk it up with cooked, diced potatoes or use frittata to stretch a bit of leftover meat.

Any Veggie Frittata

Ingredients:

- Nonstick cooking spray, as needed
- 1 1/2 pounds vegetables, such as broccoli, spinach, cauliflower, carrots or bell peppers
- 8 ounces mushrooms (optional)
- 1/4 cup fresh parsley, thyme or basil leaves, or a combination, for optional garnish
- 12 medium eggs
- 1 teaspoon dried dill, thyme or oregano, or a combination
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 medium onions, peeled and diced
- 4 ounces low-fat cheddar cheese, grated



Instructions:

1. Preheat oven to 350 F and coat a 9-by-13-inch baking dish with nonstick cooking spray.
2. Rinse and cut the veggies evenly into small pieces. If using, slice the mushrooms and rinse and chop the fresh herbs.
3. Bring a large pot of water to boil. Add cut veggies to boiling water. Briefly boil, for about 30 seconds. Using a colander, drain veggies.
4. In a large bowl, crack the eggs and whisk with a fork until well blended. Whisk in the dried herbs and salt and pepper. Set aside.
5. Coat a medium skillet with nonstick cooking spray. Heat over medium high heat. Add the onions and cook until soft, for about 5 minutes. If using mushrooms, add to skillet and saute for 2 minutes. Add boiled veggies. Continue cooking until soft and some of their juices have evaporated, for about 5 minutes more.
6. Layer ingredients in baking dish in the following order: veggie mixture, egg mixture and the cheese
7. Bake in preheated oven until eggs are firm and cheese is melted, for about 35 minutes. A thermometer inserted in center should read 160 F.
8. If using, garnish frittata with the chopped fresh herbs.
9. Cut into 8 equal-size portions.

Makes 8 servings.

Recipe from cookingmatters.org

Upcoming dates

04/11 – Site Council, 5 p.m., Medford Pre-K building

04/11 – Family Night, 6 p.m.

04/18 – Kindergarten orientation via Zoom

04/22 – SBAC math computer adaptive testing begins

04/25 – Kindergarten launch

04/29 – SBAC math performance task testing begins

Check out some pictures from March!



Pi Night



Spirit Week



March Madness Family Night

Kids Unlimited of Oregon – Medford Campus

Website: kuaoregon.org

Location: 821 N. Diverside Ave. Medford, OR, USA



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Facebook: facebook.com/kidsunlimitedacademy

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Sarah Lemon

Sarah is using Smore to create beautiful newsletters

