

STEAM CONNECTION

Monthly Newsletter of Washington Elementary's STEAM Academy
Sacramento, CA

WELCOME MESSAGE

During the month of May, students contributed to Washington's newest mural that has a locomotive with our initiatives of "Lead, Innovate, Empower, Care" (see pics throughout this newsletter of the creative process!). Students continued exploring different forms of art with chalk, painting, paper projects, and dance!

This month will host our last day of school for the 2020-2021 school year, as well as the first day of our Summer Matters Program with STEAM Academy!

Check out this newsletter for other upcoming events, pictures of our very own Locomotives, recipe ideas, and more!



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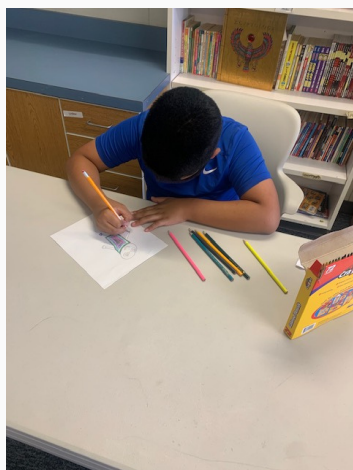
Flowers: Rose & honeysuckle
Tree: Oak
Birthstones: Pearl, alexandrite, moonstone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>May 30</u>	1 National Pen Pal Day Global Day of Parents World Reef Awareness Day Superman's Birthday	2 Global Running Day	3 Wonder Woman Day World Bicycle Day	4 Hug Your Cat Day National Doughnut Day
7 VCR Day	8 Ghostbusters Day World Oceans Day World Pet Memorial Day	9 Donald Duck Day Toy Industry Day	10 Race Unity Day Iced Tea Day	11 Corn on the Cob Day National Cotton Candy Day National Making Life Beautiful Day
14 Family History Day Flag Day World Blood Donor Day	15 Native American Citizenship Day Nature Photography Day Worldwide Day of Giving	16 National Fudge Day	17 Last Day of School! National Garbage Man Day Recess at Work Day	18 Autism Pride Day International Sushi Day Wear Blue Day
21 International Day of Yoga Make Music Day World Giraffe Day	22 HVAC Technician's Day Positive Media Day World Rainforest Day	23 National Hydration Day Pink Flamingo Day Typing Day	24 International Fairy Day World UFO Day	25 National Police Community Cooperative Day National Food Truck Day Take Your Dog to Work Day
28 First Day of Summer Matters (STEAM) National Logistics Day International Lightning Safety Day	29 World Camera Day	30 California Avocado Day Asteroid Day Disabled Veterans Day	<u>July 1</u>	<u>July 2</u>

IMPORTANT DATES

- **6/7/21-6/18/21:** Confirmation for Summer Matters Program / STEAM
- **6/17/21:** Last Day of School
- **6/28/21:** First Day of Summer Matters Program
- **7/30/21:** Last Day of Summer Matters Program

MAY HIGHLIGHTS





the center
sacramento chinese
community service center



SUMMER MATTERS 2021

with

STEAM ACADEMY

WASHINGTON ELEMENTARY

6/28/21 - 7/30/21

Monday-Friday | 8:00am-2:30pm

Incoming 1st-6th Graders



Theme: Summer
Around the World!

Application Due Date:

~ Closed ~

Parent Notification of Enrollment:

6/7/21-6/18/21

(From the STEAM Academy number, 916-585-6599)

Mandatory Parent Orientation:

6/21/21-6/25/21

Still interested in attending a Summer Matters program in SCUSD?

Contact Ms. Maren at maren@sccsc.org for more information!

SUMMER SAFETY TIPS

7 STAY SAFE

SUMMER TIPS

BE SUN SAVVY

wear waterproof sunscreen
& reapply every hour



Students may
bring sunscreen to
afterschool and
reapply as needed.
Students will need
to apply sunscreen
on their own.

STAY HYDRATED

water is the best way to prevent
dehydration in the heat.



H2O



Bring reusable
water bottles
and fill them up
often!

BE SPLASH SAFE

never swim alone & always
have an adult near by.



STRANGER DANGER

never leave a location
with a stranger.

BE BIKE SAFE

always wear a helmet
when riding a bike.



Wear helmets
while riding
bikes,
skateboards,
scooters, etc.

FIRST AID

have a fully stocked first aid kit easily
accessible in your home or car.



Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is **berries**



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of berries – like blackberries, blueberries, raspberries, strawberries – is a good source* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie.



Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.



Add blueberries to oatmeal, lowfat yogurt, or cereal.



Shopper's Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for berries in season to get the best value. Low-cost produce can be found at your local farmers' market. Or buy frozen berries year-round at the grocery store.

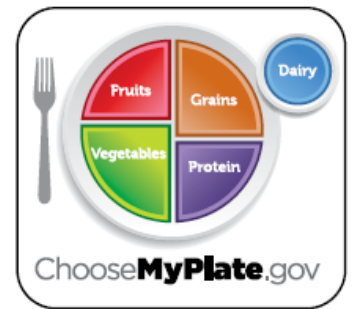
Let's Get Physical!

Local farms often have "pick-your-own" berry patches. Have fun and be active by selecting and picking your own fresh fruit.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net

Student Recipe

"I like to put berries in my pancakes. You use a usual pancake recipe, then add the blueberries or strawberries before cooking the pancakes. They're really good!"

-Amare (3rd Grade)

SCUSD MEALS MENU

June 2021



NEW ITEMS OFFERED THIS MONTH INCLUDE:

- Sabra
- Naked Juice
- Five Star Gourmet
- GoGo Squeeze



Nutrition Services
916-395-5600
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Memorial Day Holiday NO Curbside meal distribution	1 <i>Grab and Go meals</i> Lunch for today: Yogurt Meal with Granola New! Sabra Guacamole & Tortilla Roll Snacker Sunberry Trail Mix Breakfast for next day: Cereal Bowl Fruit	2 <i>Grab and Go meals</i> Lunch for today: Salami (pork) & Cheesewich Cheez-it Crackers Apricots Breakfast for next day: Nutrigrain Bar New! Go-Go Squeeze Applesauce Pouch	3 <i>Grab and Go meals</i> Lunch for today: Smoked Turkey Breast Stick with Hard-Boiled Egg Danimal Smoothie Naked Mighty Mango Juice Banana Breakfast for next day: Cereal Bowl Fruit	4 <i>Grab and Go meals</i> Lunch for today: New! Chicken Caesar Salad Apricots Wheat Thins Breakfast for next day: Belvita Breakfast Bar New! Go-Go Squeeze Applesauce Pouch
7 <i>Curbside meal distribution</i> • Featuring Cherries and Yakult • 11 am - 1 pm on Mondays only. Visit our website at thecentralkitchen.org for a complete list of sites. Free, curbside meals will be available to all enrolled SCUSD and associated charter students each Monday to cover their nutritional needs during their distance learning days.	8 <i>Grab and Go meals</i> Lunch for today: New! Sabra Hummus Cup with Pretzels Hard-Boiled Eggs Baby Carrots Breakfast for next day: Cereal Bowl Banana	9 <i>Grab and Go meals</i> Lunch for today: New! Asian Salad Bowl Naked Berry Juice Cut Mixed Fruit Breakfast for next day: Belvita Breakfast Bar Peach	10 <i>Grab and Go meals</i> Lunch for today: Sunbutter & Grape Sandwich Baby Carrots Sunchips Breakfast for next day: Cereal Bowl Banana	11 <i>Grab and Go meals</i> Lunch for today: Turkey & Cheese Sandwich Chex Mix Cut Mixed Fruit Breakfast for next day: Nutrigrain Bar Peach

We're now offering curbside meal services (on Mondays) at 60 school sites!

Abraham Lincoln	Elder Creek	John Sloat	Phoebe Hearst
Albert Einstein	Ethel I. Baker	John Still	Pony Express
Alice Birney	Ethel Phillips	Kit Carson	Rosa Parks
A.M. Winn	Fr. Keith B. Kenny	Leataata Floyd	Rosemont
Bowling Green	Fern Bacon	Luther Burbank	Sam Brannan
Bret Harte	Genevieve Didion	Mark Twain	School of Eng & Sci
Caleb Greenwood	Golden Empire	Martin L. King	Sequoia
California	H.W. Harkness	Matsuyama	Susan B. Anthony
Camellia	Hiram Johnson	New J. Bonheim	Sutterville
Caroline Wenzel	Hollywood Park	Nicholas	Tahoe
C.K. McClatchy	Hubert Bancroft	Oak Ridge	Theodore Judah
Crocker Riverside	Isador Cohen	O.W. Erlewine	Washington
David Lubin	James Marshall	Pacific	Will C Wood
Earl Warren	John Bidwell	Parkway	William Land
Edward Kemble	John F. Kennedy	Peter Burnett	Woodbine



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LAST Monday
 curbside meal distribution

Curbside meals will continue to be offered throughout the summer. Please check www.thecentralkitchen.org for more information on NEW curbside distribution days, times and locations.

15
Grab and Go meals
 Lunch for today:
 Smoked Turkey Breast Stick with Hard-Boiled Egg
 Danimal Smoothie
 Sunchips
 Fruit
 Breakfast for next day:
 Cereal Bowl
 Fruit

16
Grab and Go meals
 Lunch for today:
 Salami (pork) & Cheesewich
 Cheez-it Crackers
 Fruit
 Breakfast for next day:
 Nutrigrain Bar
 New! Go-Go Squeeze
 Applesauce Pouch

17
Grab and Go meals
 Lunch for today:
 Yogurt Meal with Granola
 Sunberry Trail Mix
 Naked Berry Juice
 Fruit
 Breakfast for next day:
 Cereal Bowl
 Fruit

18
Have a nice summer!
 Visit our website at thecentralkitchen.org for summer curbside meal distribution information!

Specialty bulk rice and produce items will continue to be offered curbside on Mondays, including fresh Cherries on Monday June 7th.

Students will be receiving Apricots from local farms in Kingsburg, CA in their Grab and Go Meals.

Summer update!!

We will continue to serve our student's nutritional needs into Summer.

Children must be present or enrollment verification will be required to pick up meals at our curbside meal distribution sites.

Check our website, thecentralkitchen.org, frequently for updates, including locations and meal service times.



CENTRAL KITCHEN



Follow us on Instagram!
 @theCentralKitchenSAC



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