Fall Student Spotlight



A Resource for Parents & Students

TRIPLICATE 2019

Welcome Back!

By Jeff Harris Del Norte County Unified School District Superintendent



I'd like to welcome our students and families back to a new school year! It is an honor, as always, to work alongside of our teachers, classified staff and administrators on behalf of our students and our community. For those of you who are new to our community, I want to extend a warm welcome on behalf of our staff and Board of Trustees. Del Norte County Unified School District

and County Office of Education provide exciting opportunities for local students, and we are proud to continue to enhance and expand those programs this year.

The Board has adopted the mission of "Equipping Students for Success." We are committed, from preschool through our newly implemented adult education program, to ensuring that residents of every age in Del Norte County benefit from our efforts. We will continue to focus on early literacy for kindergarten through third grade students and to provide intervention for students beyond third grade who still struggle. We are committed to continuing to refining our programs to meet the needs of every student through inclusionary practices, multitiered systems of support, prevention and early intervention programs, universal free meal programs, research-based instructional strategies and other support services.

We also want to thank the community for their input and collaboration on improving District and County processes. As a result of your feedback and our conversations

together, we are improving our school to home and District to home communications, working with schools to provide support and resources to improve climate and culture, providing our classified and certificated staff with high quality professional development, and continuing with our collaborative conversations and professional growth. Our Local Control and Accountability Plan (LCAP), too, benefitted from your honest input, and we look forward to working with all of our stakeholders to develop

the next three year plan. The most important consideration of all, though, is that everything we do is focused on providing our community's youth with the education, experiences, and supports that they need to be successful.

For years, we've offered Spanish, Yurok and Tolowa language classes and added a Native Studies class at Del Norte High School. This year, we're proud to announce that the District and County Office are

Continued on Page 3





Cheers, to Sharper Skills, Better Scores, & a Brighter Future!

Live (Dusic Every Week

1215 Northcrest Drive, Crescent City | 707-460-1154 portopints.com | Find us on FB Port O'Pints Brewing Co



Cristina's Mexican Restaurant Welcome Back to School!

237 Price Mall Crescent City, CA 95531 1-707-464-9213

Monday 11 a.m. to 3 p.m. Tuesday –Friday 11 a.m. to 7 p.m.

Del Note Unified School District Vision / Vision Statements

Mission Statement **Equipping Students for Success**

Vision Statement Del Norte Schools are safe and welcoming environments where each student is provided with high-quality instruction to prepare them for career, college and life.

How to reach the Del Norte Unified School District School Board

Roger Daley Board Member District 4 rdaley@dnusd.org

Jamie Forkner Board Member District 5 iforkner@dnusd.org

Angela Greenough Vice/President Clerk District 2 agreenough@dnusd.org

Frank Magarino Board President District 3 fmagarino@dnusd.org

Don McArthur Board Member District 1 dmcarthur@dnusd.org



From Page 2

partnering with the Hmong Cultural Center to offer Hmong language for the first time as a District elective within the adult education program, with the goal of offering Hmong Heritage classes as a regular part of the high school in the next few years.

While everything above may seem overwhelming, it is just the very start of the list of all that our District and County offer to our students, families, and community members. Each person in our county is an integral partner in each child's success, and we value vour involvement.

Again, welcome back and thank you for partnering with us this year. Each member of our District and County Office is looking forward to working every day to inspire your child to achieve to his or her greatest potential. I wish you and your child all the best in the upcoming school year!

Jeff Harris is the Superintendent of the Del Norte Unified School District. He may be reached at 707-464-0200.

Welcome back Students!

Crescent Land Title Company has been servicing the needs of the real estate professionals, lenders, developers, contractors and citizens of Del Norte County since 1963.

Good luck to all!

CRESCENT LAND TITLE COMPANY "We do Good Deeds."



890 Third Street Crescent City, CA 95531 • (707) 464-9723 • www.cltitleco.com

THE MAIL ROOM **BUSINESS & SHIPPING CENTER**

Del Norte County's Only Authorized Shipper

UPS • FedEx • USPS • GSO/GLS

- Packaging & Shipping
 Freight Services
 - High Speed Internet Access
 - Full-Service Copying / Faxing
- Personal Mailboxes Notary Service

Phone: 707-465-4063 • Fax: 707-465-2007 900 Northcrest Drive in Crescent City, CA





CONVENIENCE IS OUR SERVICE Hours: M-F 8:30-5:30 & SATURDAY 10-2



Nice Thing About



is that you always have others on your side.

Our team supports you!

NIBLACK INSURANCE SERVICES, LLC
License #0G11186

1337 Northcrest Dr. in the Old Town Center Crescent City • 707-465-2075



Del Norte High School Sports Schedules

Football Schedule

Start times: JV 5 p.m., Varsity 7:30 p.m. unless otherwise noted Aug. 23 - Del Norte @ Morrow Catholic, 4:30 & 7 p.m. Aug. 30 - Home vs Yreka

Sept. 6 - Home vs Lasalle Prep, varsity only, 7 p.m.

Sept. 13 - Del Norte @ Petaluma, 5 & 7:30 p.m.

Sept. 20 - Del Norte @ Mazama Sept. 27 - Home vs Fortuna, Homecoming

Oct. 4 - Del Norte @ Trinity

Oct. 11 - BYE

Oct. 18 - Home vs. St. Bernards, no JV

Oct. 25 - Del Norte @ Fotuna Nov. 11 - Home vs Eureka

Girls & Boys Soccer Schedule

Boys play first

Sept. 11 - Home vs Fortuna, 3:30 & 5:30 p.m.

Sept. 18 - Del Norte @ Ferndale, 3:30 & 5:30 p.m.

Sept. 21 - Home vs St. Bernard, 1 & 3 p.m.

Sept. 25 - Del Norte vs Fortuna, 5 &

7 p.m.

Sept. 28 - Home vs Eureka, 1 & 3 p.m. Oct. 2 - Del Norte @ South Fork, 3:30 & 5:30 p.m.

Oct. 5 - Del Norte @ St. Bernard, 1 & 3 p.m.

Oct. 9 - Home vs McKinleyville, 3:30 & 5:30 p.m.

Oct. 12 - Del Norte @ Arcata, 1 & 3 p.m.

Oct. 16 - Del Norte @ McKinleyville, 3:30 & 5:30 p.m.

Oct. 19 - Del Norte @ Ferndale, 1 & 3 p.m.

Oct. 23 - Home vs Ferndale, 3:30 & 5:30 p.m.

Oct. 26 - Home vs Arcata, 3:30 & 5:30 p.m.

Oct. 30 - Home vs South Fork, 3 & 5 p.m.

Volleyball Schedule Start times: 5:30 JV, 6:30 Varsity,

unless otherwise noted Aug. 24 - Del Norte @ YReka Tournament Aug. 29 - Hidden Valley Jamboree Sept. 3 - Del Norte @ Gold Beach,

Sept. 3 - Del Norte @ Gold Beach, 5:15 & 6:45 p.m.

Sept. 5 - Home vs St. Bernards

Sept. 10 - Del Norte @ Brookings, 5 & 6:30 p.m.

Sept. 13 - Del Norte @ Redbluff, Varsity only

Sept. 17 - Home vs Brookings

Sept. 19 - Del Norte @ McKinleyville Sept. 21 - Del Norte @ Brookings, JV only

Sept. 21 - Del Norte @ North Medford, Varsity only

Sept. 23 - Del Norte @ St. Bernards

Sept. 26 - Home vs Eureka

Sept. 28 - Del Norte @ Hidden Valley, JV only

Oct. 1 - Del Norte @ Fortuna

Oct. 3 - Del Norte @ Arcata

Oct. 5 - Del Norte @ Arcata, JV only

Oct. 8 - Home vs McKinleyville

Oct. 15 - Del Norte @ Eureka

Oct. 17 - Home vs Fortuna

Oct. 19 - Del Norte @ Marshfield, Varsity only

Oct. 22 - Home vs Arcata

Oct. 29 - NCS Playoffs

Cross Country Schedule

All meets at 4 p.m. unless otherwise noted

Sept. 25 - League @ Fortuna

Oct. 2 - League @ North Coast Prep

Oct. 9 - League @ Arcata

Oct. 16 - League @ Del Norte

Oct. 23 - League @ McKinleyville

Oct. 30 - League @ Eureka, 3 p.m.

Nov. 9 - HDN Championships @ Eureka, 11 a.m.

Nov. 23 - Meet of Campions

Nov. 30 - CIF Championships

Girls Tennis

Times: Tuesdays 3:30 p.m., Saturdays 10 a.m.

Sept. 7 - Home vs Northcoast Prep

Sept. 10 - Home vs Fortuna

Sept. 14 - Home vs Ferndale

Sept. 17 - Del Norte @ St. Bernard

Sept. 21 - Del Norte @ McKinleyville

Sept. 24 - Del Norte @ Eureka

Sept. 28 - Home vs Arcata

Oct. 1 - Del Norte @ Northcoast Prep

Oct. 5 - Del Norte @ Fortuna

Oct. 8 - Del Norte @ Ferndale

Oct. 12 - Home vs St. Bernard

Oct. 15 - Home vs McKinleyville

Oct. 19 - Home vs Eureka

Oct. 22 - Del Norte @ Arcata

Oct. 26 - HDN Singles @ Fortuna

Nov. 1 - HDN Doubles @ Fortuna

Nov. 9 - HDN Makeups

Del Norte Unified School District Back-to-School Nights ...

Sept. 5

Bess Maxwell Elementary School 1124 El Dorado St., Crescent City 5:30-7 p.m.

Mary Peacock Elementary School 1720 Arlington Drive, Crescent City Kindergarten: 5:30-6:30 p.m. All other grades: 6-7 p.m.

Sept. 10

Margaret Keating Elementary School 300 Minot Creek Road, Klamath 5:30-7 p.m.

Mountain Elementary School 55 Azalea Lane, Gasquet 6-7 p.m.

Sept. 17

Joe Hamilton Elementary School 1050 E St., Crescent City 6-7 p.m.



DEL NORTE COUNTY UNIFIED SCHOOL DISTRICT

2019-2020 Academic Calendar

Wednesdays will be District Wide Minimum Days for all sites for Staff Development

	0			
М	Т	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

	U			
М	Т	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

	August				
М	Т	V	Th	F	
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	#20	^21	22	23	
26	27	28	29	30	
SPEC	SPED starts 8/20 - Certificated 8/21				

26	27	28	29	30		
SPED starts 8/20 - Certificated 8/21						
First Day of School - Aug. 26						

	September				
М	Т	W	Th	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					
9/2 - Labor Day					
	9-23 K-1	l2 Minim	um Day		

	22				
M	T	W	Th	F	
	1	2	3	ယ် 4	
7	8	9	10	~ 11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30	31		
10-4 Staff Dev. Day - No School					
K-8 I	Parent C	onferen	ce - Min.	Day	

	November				
М	Т	W	Th	F	
				1	
4	5	6	7	8	
11	12	13	14	* 15	
18	19	20	21	~ 22	
25	26	27	28	29	
11/11 - Veteran's Day					
K-12 Minimum Day					
	11/25 - 29 Thanksgiving				

0 20 11 12 mmman 2ay					
	December				
М	Т	W	Th	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30	31				
	12/23 - 1	1/3 Winte	er Break		

	19			
Μ	Т	V	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	** 24
27	28	29	30	31
12/23 - 1/3 Winter Break				
	1/20	O-MLK	Day	

	18				
M	T	8	Th	ш	
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	
2/14 & 1	2/14 & 17 - President's Day Weekend				

	Ma	rch		21	
М	Т	W	Th	F	
2	3	4	5	6	
9	10	11	12	~ * 13	
16	17	18	19	20	
ယ် 23	24	25	26	27	
30	31				
3/9 K-12 Minimum Day					
3/17 to 20 Parent Conf. Min Days					
3/23	3 Staff D	ev. Day	- No Sch	ool	

	April				
M	Т	V	Th	F	
		1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		
	4/13-17 Spring Break				

	May			
M	T	V	Th	F
				~ 1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
5/22 - 5/25 - Memorial Day				

June				9
М	Т	8	Th	F
1	2	3	4	5
8	9	10	* **11	12
15	16	17	18	19
22	23	24	25	26
29	30			
6/1 K-12 Minimum Day				
Last Day of School - Min. Day				
Certificated Last Day of Work				

First Day & Last Day of School
= Special Ed. Staff Returns
^ = Certificated Staff Returns
* = End of Trimester (K-8)
~ = 6-week Grading for High School
** = End of Semester (9 - 12)

First Day - Last Day of School			
ပ် = Staff Development - No School			
School Holiday			
Minimum Day - K-12			
! = Minimum Day - High School TBD			
// = Minimum Day - Grade Level Meet (K-8) TBD			

	1. August 26 - November 15		
~ Trimesters:	2. November 18 - March 13		
	3. March 16 - June 11		

Some dates are subject to change. Please check the District Website for an up-to-date calendar

SCHOOL SCHEDULES

Bess Maxwell Elementary School

1124 El Dorado St., Crescent City Regular Schedule Kindergarten — 7:50 a.m. - 12:55 p.m. Grades 1-5 — 7:50 a.m. - 2:10 p.m. Wednesdays Grades K-5 — 7:50 a.m. to 12:55 p.m.

Joe Hamilton Elementary School

1050 E. St., Crescent City Regular Schedule Kindergarten — 7:50 a.m. - 1:05 p.m. Grades 1-5 — 7:50 a.m. - 2:05 p.m. Wednesdays Grades K-5 — 7:50 a.m. - 12:45 p.m.

Margaret Keating Elementary School 300 Minot Creek Road, Klamath

Regular Schedule
Grades K-6 — 8:15 a.m. - 2:30 p.m.
Wednesdays

Grades K-6 — 8:15 a.m. - 12:55 p.m.

Mary Peacock Elementary School 1720 Arlington Drive, Crescent City

Regular Schedule

Kindergarten — 8 a.m. - 1:15 p.m. Grades 1-3 — 8 a.m. - 2:15 p.m. Grades 4-5 — 8 a.m. - 2:30 p.m. Wednesdays Kindergarten — 8 a.m. - 12:35 p.m. Grades 1-5 — 8 a.m. - 1 p.m.

Mountain Elementary School 55 Azalea Lane, Gasquet

Regular Schedule Kindergarten — 8:40 a.m. - 1:25 p.m. Grades 1-5 — 8:40 a.m. - 3:10 p.m. Wednesdays Kindergarten — 8:40 a.m. - 1:25 p.m. Grades 1-5 — 8:40 a.m. - 2 p.m.

Pine Grove Elementary School

900 Pine Grove Road, Crescent City Regular Schedule Kindergarten — 8 a.m. - 1:10 p.m. Grades 1-5 — 8 a.m. - 2:25 p.m. Wednesdays Grades K-5 — 8 a.m. - 1 p.m.

Redwood Elementary School 6900 Lake Earl Drive, Crescent City

Regular Schedule Kindergarten — 8:20 a.m. - 1:15 p.m. Grades 1-3 — 8:20 a.m. - 2:15 p.m. Grades 4-8 — 8:20 a.m. - 3:05 p.m. Wednesdays Kindergarten — 8:20 a.m. - 12:30 p.m. Grades 1-8 — 8:20 a.m. - 1:10 p.m.

Smith River Elementary School

564 First St., Smith River Regular Schedule Kindergarten — 7:55 a.m. - 1:30 p.m. Grades 1-8 — 7:55 a.m. - 2:30 p.m. Wednesdays Grades K-8 — 7:55 a.m. - 12:30 p.m.

Crescent Elk Middle School

994 G St., Crescent City Regular Schedule Grades 6-8 — 8 a.m. - 2:47 p.m. Wednesdays Grades 6-8 — 8 a.m. - 1:08 p.m.

Del Norte High School

1301 El Dorado St., Crescent City Regular Schedule 8:05 a.m. - 3:10 p.m. Wednesdays 8:05 a.m. - 1:47 p.m.

Sunset High School

2500 Elk Valley Cross Road, Crescent City Daily Schedule 8:010 a.m. - 3 p.m.



2, 4, 6, 8
Who do we appreciate?

Students, Faculty, & Staff!



Downtown Crescent City
707-464-2909

COUPON -----

McCafe Beverage Get One Free

of equal or lesser value





McDonald's

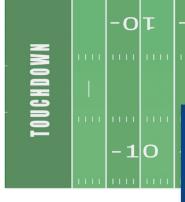
380 M Street Crescent City

Expires 10/31/2019

8256337mC0831

Success and Winning are Measured On and Off the Field!







The Del Norte Unified School District Salutes All Student Athletes.



Del Norte County Unified School District Board Members, Teachers & Staff.

DEL NORTE 301 W. Washington Blvd., Crescent City • 707-464-0200

Back to School School Bus Safety Reminder:

Do not pass a school bus with its flashing red lights and stop sign extended in either direction on an undivided highway. If multiple-lane or divided highway, stop if traveling in the same direction as the bus.

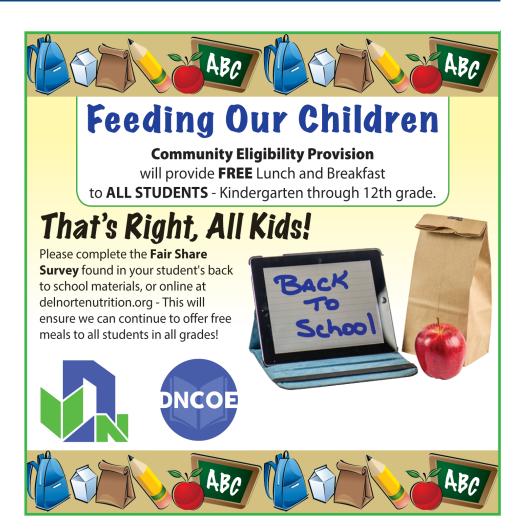
Let's work to keep our children safe!





To get a complete list of all bus routes please visit: www.dnusd.org/transportation











Wishing you a great first day and a great year!

Hemmingsen Contracting 1841 Northcrest Dr.

Crescent City **707-464-5225**







Jelly Belly Candies

🥕 Chocolates

🤼 Greeting Cards

🥀 Toys

🤼 Office Products

🤼 Copy Center

and

🤼 so much more!

240 I Street Crescent City, CA 95531 Mon. - Fri. 8am - 6pm Sat. 10am - 4pm 707-464-5680



TIRES, BRAKES, SHOCKS, WHEELS & BATTERIES

Be Fast Be Furious

GO WARRORS!



1105 Northcrest Dr., Crescent City
Monday - Friday 8am-6pm • Saturday 8am-5 pm
707-464-2156 • www.lesschwab.com

MOORE HEATING & AIR 6

707.460.6333 www.CrescentCityHVAC.com

HEATING & AIR Family Owned and Operated Experience you can trust!

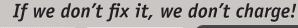
Service, Installation and Mechanical Design:

- American Standard heat pump systems
- Daikin ductless mini-split systems



- Regency wood, gas, and pellet stoves
- Oil Furnaces
- Chimney Cleans

FREE consultation with estimate















PARENTS' GUIDE TO IMMUNIZATIONS REQUIRED FOR SCHOOL ENTRY JOSPH



Starting July 1, 2019

Students Admitted at TK/K-12 Need:

• Diphtheria, Tetanus, and Pertussis (DTaP, DTP, Tdap, or Td) — 5 doses

(4 doses OK if one was given on or after 4th birthday. 3 doses OK if one was given on or after 7th birthday.) For 7th-12th graders, at least 1 dose of pertussis-containing vaccine is required on or after 7th birthday.

Polio (OPV or IPV) — 4 doses

(3 doses OK if one was given on or after 4th birthday)

• Hepatitis B — 3 doses

(Not required for 7th grade entry)

- Measles, Mumps, and Rubella (MMR) 2 doses (Both given on or after 1st birthday)
- Varicella (Chickenpox) 2 doses

These immunization requirements apply to new admissions and transfers for all grades, including transitional kindergarten.

Students Starting 7th Grade Need:

- Tetanus, Diphtheria, Pertussis (Tdap) —1 dose (Whooping cough booster usually given at 11 years and up)
- Varicella (Chickenpox) 2 doses (Usually given at ages 12 months and 4-6 years)

In addition, the TK/K-12 immunization requirements apply to 7th graders who:

- previously had a valid personal beliefs exemption filed before 2016 upon entry between TK/Kindergarten and 6th grade
- are new admissions

Records:

California schools are required to check immunization records for all new student admissions at TK/Kindergarten through 12th grade and all students advancing to 7th grade before entry. Parents must show their child's Immunization Record as proof of immunization.

Who Can Provide School Health Services?

willo call Flovide School Health Services:					
Mandate	Credentialed School Nurse	Registered Nurse	Licensed Vocational Nurse	Unlicensed Assistant	California Ed. Code
Minor First Aid	Yes	Yes	Yes	Yes	49400
Assessment & Management of Trauma	Yes	Yes	limited	No	49400
General Health Assessment	Yes	Yes	Basic, Vital signs	No	49422, 49426, 56324
Vision Screening	Yes	No	No	No	49452, 49455
Hearing Screening	Yes	No	No	No	44879, 49452
Scoliosis Screening	Yes	No	No	No	49422, 49452.5
Individualized Health Plans, Emergency Care Plans	Yes	Yes, maybe	No	No	49426
Specialized Physical Health Care Services (Train, Supervise)	Yes	No	No	No	49423.5
Specialized Physical Health Care Services (Direct Care)	Yes	Yes, if supervised by School Nurse	Yes, if supervised by School Nurse	Yes, if supervised by School Nurse	49423.5
Medication - Train & Supervise	Yes (program)	No	No	No	49423, 49480
Medication - Administration	Yes	Yes	Yes, if supervised by School Nurse	Yes, if volunteer/No	49423
SPED, SST Assessment	Yes	No	No	No	56324
Section 504 Assessment	Yes	No	No	No	49426
Maintain Student Health Records	Yes	Yes	Yes	Yes	
Health Education	Yes	Yes, maybe	No	No	49426
Crisis Response	Yes	Yes (follow written plan)	Yes (follow written plan)	Yes (follow written plan)	32282
Child Abuse Mandated Reporter	Yes	Yes	Yes	Yes	32282
Communicable Disease (prevention & control)	Yes	Yes, Limited	No, Limited	No, Limited	49403, 49426, 49451
CHDP & Oral Health Assessment	Yes, and interpret	Yes	Yes	Yes	49426, 49452.8
Case Managment	Yes	Yes, maybe	No	No	49426
Referral & Follow-up	Yes	May assist School Nurse	May assist School Nurse	May assist School Nurse	49426, 49456
Health Counseling	Yes	Yes	No	No	49426

Margaret Keating Elementary School

Extra curricular activities: After school program weekdays from 2:30pm-5:30pm

The Yurok Tribe uses the gym during evenings (6:00pm) starting in October for local basketball practice in fall/ winter.

Special Projects:

In conjunction with the Del Norte and Tribal Lands Community Food Council they are working to maintain and improve their school garden. They are updating our school library throughout the year. Community donations are appreciated and can be sent/made out to the Margaret Keating School Parent Teacher Organization, 301 W Washington Blvd., Crescent City, CA 95531

Contacts at Margaret Keating are: Kristian Stremberg (Principal) kstremberg@dnusd.org

Nancy Bessette (School Secretary) nbessette@dnusd.org Elsie Wilder (Kindergarten Teacher & Parent Teacher Organizer) ewilder@

dnusd.org

Mary Peacock Elementary School

New teachers:

Missie Ferguson, preschool teacher Deb Shamblin, special education

Continued on Page 10



Back-to-School Health - Swidelines

A ugust marks back-to-school season, an ideal time for parents in California to help improve their children's health. Follow this back-to-school "health checklist" to help children succeed inside and outside the classroom:

Good to get a Comprehensive Eye Examination

Since about 80 percent of what children learn is through their eyes, a child's first comprehensive eye exam should occur before age 1, again at age 3 and before entering school. If no vision issues are detected, school-aged children should have an exam at least once every two years. A school's vision screening is not a substitute for a comprehensive eye exam, as screenings can miss conditions such as poor eye alignment, focusing issues and farsightedness.

The inability to see clearly can affect a child's physical, emotional and social development, which can affect academic and athletic performance. Children often don't

complain if their vision isn't normal, so it's important to look for possible signs such as squinting while reading or watching television, difficulty hitting or catching a ball, or headaches when watching 3D movies.

Be aware of digital eye strain, which is caused by prolonged use of computers or smartphones. Help your child practice healthy vision habits by keeping computer screens at least 30 inches from their eyes, resting their eyes every 20 minutes and blinking frequently to avoid dry eyes.

Get a Dental Cleaning

Maintaining proper oral health matters more than just keeping a sparkling smile – it's also important for overall health, especially true for children. Untreated dental problems may diminish attention, decrease selfesteem and limit a child's ability to learn at school.

Tooth decay is largely preventable,

yet it ranks as the most common chronic disease among children. About 33 percent of young kids (ages 2 to 8) have cavities in their baby teeth, and 20 percent of kids in the same age group have cavities in their adult teeth. Parents should schedule dental exams every six months, especially at schools that require a back-to-school dental checkup.

Parents with teenagers should recognize the risks of opioid addiction, especially after wisdom teeth removal. If you or a loved one is prescribed an opioid following a dental or other medical procedure, ask your health care professional if there are alternatives, including over-the-counter pain relievers such as a combination of acetaminophen and ibuprofen.

Get Recommended Immunizations

Many schools in California require that children are properly immunized before they enter the classroom to help to avoid serious diseases and prevent other students from contracting them. Children's vaccines are 90% to 99% effective and may protect kids from diseases such as mumps, tetanus and chicken pox. By reducing the risk of contracting diseases such as the flu, children may have fewer school absences.

Parents should check with their doctor to determine what immunizations are appropriate based on age. Most shots are given by the time children are 2 years old, but some are administered into the teen years. Minor side effects, such as a low-grade fever or swelling in the shot location, typically last a couple days. Apply a cool, wet washcloth on the sore area to help ease discomfort but check with your doctor about overthe-counter pain medications.

Back-to-school season is an exciting time for many children and their parents. These guidelines can optimize your child's health and success throughout the school year.

From Page 9

kindergarten teacher Kaylin Poff, kindergarten teacher Trevor Capon, grade 3 teacher

Upcoming events:

Setp. 3-9th: PTSO Book Fair in the library.

Sept. 5th: Back to school night, (K at 5:30) 6:00-7:00

Mini days every Wednesday and Sept. 23

Mountain Elementary School

Sept.10th: Back to School Night, 6 p.m.
October 7th: Picture Day.

Crescent Elk Middle School

Upcoming events: Sept. 12th: Redwood Medical Center will be offering free jr. high sports physicals from 3-5 p.m.
1st Tuesday of Every month: CE
Morning Cup of Joe from 7-8:30 a.m.
Sept. 3rd: Volleyball Tryouts, 3:15 p.m.

Some Exciting Developments In the District

Entire school district will be qualified for Community Eligibility Provision

(CEP), meaning all students will receive free meals.

The lunch menus have switched from paper to completely green.

New assistant superintendent of education services Tom Kissinger

Brand new district website to enhance communications tools.

LCAp community information session

Parent's Roadmaps to Common Core

The Council of the Great City Schools' parent roadmaps in English language arts/literacy provide guidance to parents about what their children will be learning and how they can support that learning in grades K-8. These parent roadmaps for each grade level also provide three-year snapshots showing how selected standards progress from year to year so that students will be college and career ready upon their graduation from high school.

The Parent Roadmaps to the Common Core State Standards may be reprinted or posted online for non-commercial purposes without the Council's prior consent. Please include attribution to the Council of the Great City Schools.

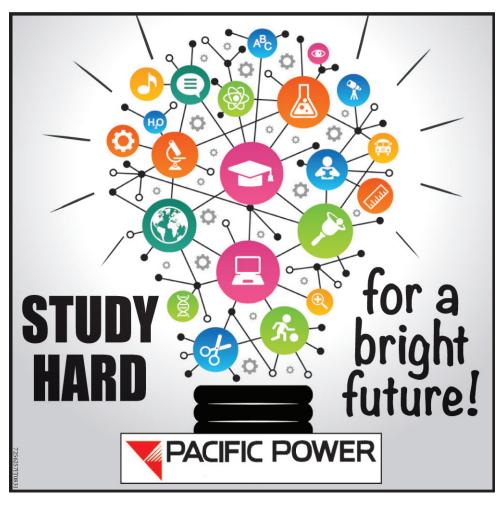


For more details, visit the Del Norte Unified School District's website at delnorte.k12.ca.us.









Is your home Really smoke free?



Over 4,000 people in Del Norte live in a home with shared walls.

Only 35% of them are protected by a smoke free lease agreement.



Home is the main place where children are exposed to secondhand smoke.

	Del Norte	Humboldt
Youth Asthma rates	12%	9%
Adult smoking rates	24.7%	14.4%

Ask for Smoke Free Buildings For help call TUPP at 464-3191

- 1. Del Norte County Assessor's records, accessed 2/25/2019; cross referenced with Google earth and calling.
- 2. US Census, www.census.gov/quickfacts/delnortecountycalifornia
- 3. Centers for Disease Control: Smoking and Tobacco Use Fast Facts
- 4. Centers for Disease Control: Smoking and Tobacco Use: Secondhand Smoke
- 5. Open Door Asthma prevalance rates for patients under 18 in Del Norte and Humboldt County; accessed 2/27/2019
- 6. California Tobacco Fact and Figures 2018

