

HERON SCHOOL FRIDAY FLYER

Week of September 19th-23rd



UPCOMING DATES TO REMEMBER

- Sep 22 School Site Council on Zoom @ 5:30pm
- Sep 23 Jog-A-Thon
- Sep 29 Back-to-School Night 6:30-8:00
- Sep 30 Retake Picture Day
Any student that was absent, forgot to take a picture or did not like their picture can have their picture retaken

[District Lunch Menu](#)

MONDAY - 9/19

TUESDAY - 9/20

WEDNESDAY - 9/21
Chicken Nuggets

THURSDAY - 9/22

FRIDAY - 9/23
Pizza, Cheese or Pepperoni

MESSAGE FROM MRS. SCHULZKUMP

Happy Friday Heron Families,

Our Heron School "Fly to the Future" Jog A Thon & Color Run is coming up NEXT WEEK! This is one of our most fun community events and raises much needed funds for our entire school - the library, our science and technology programs, elementary resources, PE equipment, and more!


We need your family's help to fundraise online at Pledgestar: <https://pledgestar.com/heron> as well as using the paper cash/check donation form sent home with your student last week.

We can also use your help as volunteers on the day of the event. You do NOT have to be a fingerprinted volunteer through the district in order to help with this event. You will just check in at the front office when you come onto campus. We need snack donations as well. Please sign up here: [Jog A Thon sign-up](#). Thank you for your support! Below is the schedule for the event.

| Warm Up | Run | Grade |
|---------|-------|-------|
| 8:45 | 9:00 | TK/K |
| 9:30 | 9:45 | 1-2 |
| 10:00 | 10:15 | 3-4 |
| 10:30 | 10:45 | 5-6 |
| 10:55 | 11:10 | 7-8 |

Back-to-School night has been rescheduled for Thursday, September 29th from 6:30-8:00. Parents/Guardians are to meet in the multipurpose room at 6:30 for the principal and PTSA message. At 6:55 the first of two sessions will start. The first session will be from 6:55-7:25 and the second session will be from 7:30-8:00. Both sessions will be the same. Middle school families will follow their student's schedule. You will receive more detailed information next week from the middle school staff. Please note that Back-to-school night is predominantly parents/guardians only. This is an opportunity for teachers to go over classroom expectations. In the spring we will have an Open House where students and their families can attend.

Thank you for your continued support,
Stephanie Schulzkump
Heron Principal



**If I'm not here,
I can't learn.**

Missing school matters. You can help.

- Get your child back to school after all breaks
- Schedule appointments after school hours
- Help boost your child's confidence



**Every Student
Present!**

California Universal Meals Program

Beginning 2022-23 school year, Natomas USD will implement the mandatory California Universal Meals program which will allow for all meals to be served for free to all students regardless of their status. Although all meals made available to all students are free to charge this year, a completed form will help us with our funding. There are two forms this year based on qualifying factors and your student's school attendance. Please use the following link to complete the form. [Meal Application Link](#)

NUSD Connect Provides Free Internet to Families

Natomas Unified School District is providing its own internet network called NUSD Connect, free of charge, to NUSD families who want additional internet access at home for their students and families. This is another major step NUSD is taking to close the digital divide for students. Students will be able to connect to this network from the comfort of their own homes, allowing them to engage with educational websites to support online learning. Please complete this survey to gain access to internet service or learn more. You can also visit <https://natomasunified.org/departments/instructional-technology/nusd-connect/> for more

Donations for The Heron Library

Looking for a way to help the Heron Library? We are always happy to have books donated for our students!

Two Way to Donate:

1. Scan the QR Code to see the Heron Library Amazon Wish List. Wish list items range from books that need to be replaced, to new books requested by students, to the most popular new releases. Books purchased from the list will be mailed directly to the library.
2. Amazon Gift Cards can also be donated to go towards the purchase of new books.

Thank you so much for your support of the library!

Mrs. Gallagher

tgallagher@natomasunified.org



SCAN ME



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Arrival and Dismissal:

It is our goal that your children arrive at school and are dismissed from school in a safe, timely, and orderly manner. The safety of your children is our number one priority! . Students who are having breakfast report directly to the cafeteria; all other 1-6 grade students must wait in classroom lines until morning recess begins at 8:00am (blacktop only). 7-8 grade students report to the middle school blacktop. TK and Kindergarten students report to classrooms. 1-6 grade students have morning recess from 8:00- 8:10am; 7-8 grade students report to 1st Period. Class begins at 8:05am for Middle School and at 8:15am for TK-6. Dismissal is at 2:08 pm for TK and Kindergarten (Pick up from classroom), 2:25pm for Grades 1-6, and 2:50pm for Grades 7- 8. There is no outdoor supervision for students before 8:00am or after 3:00pm. Students that arrive late will need to go to the office and check in prior to going to class.

COVID Exposure Notifications and Protocols

The County Department of Public Health has been making frequent adjustments to guidelines to keep up with the surge, and we are doing our best to help our students and staff stay healthy while still keeping our main focus on our students and their academic, social emotional needs, and personal safety. You are going to see some change in how COVID cases are communicated and responded to at our school, including the following:

- 1) If there is a positive case in your child's classroom, the entire class will now be automatically notified of the potential exposure. You'll have to determine if your child was exposed based on the date the positive individual was last at school.
- 2) You will still have options to quarantine your child or have them tested due to an exposure, but we will no longer be testing all close contacts at school multiple times. If you would like your child tested, you can utilize a home test or one of the many testing options available, including testing office hours at Heron every day from 1:00-3:00. We now have a link on our website for you to sign up for a time if you would like to have your child tested at school.
<https://natomasunified.org/hes/>
- 3) The exception to this will be if a particular classroom or cohort has an outbreak, defined by 3 or more cases in a 14-day period. Those classrooms will be disinfected and all students not in quarantine will be required to be tested at school once a week until there is no longer an outbreak.
- 4) If there is a positive COVID case in your household, all students and staff who are vaccinated can continue to come to school as long as they are negative and do not have symptoms. However,

they must take a test on the 5th day after exposure to ensure they are still negative. If students and staff are not vaccinated, they will need to quarantine at home and take a test on Day 5 to return. If you do not wish to be tested, they must quarantine for the full 10 days.

- 5) If a student or staff member tests positive, they must stay at home for a minimum of 5 days, testing on the 5th day and returning the next day if the test is negative and they have no symptoms. Otherwise, the positive individual must quarantine at home for the full 10 days



Lunch Deliveries: Parents Must Report to School Office to Deliver Lunch - Food Delivery Services Not Allowed

Please be aware that if you are delivering lunch to your child, you still must come to the front office and check in as a visitor. Parents may not deliver food to their students directly at the gate outside. Students are not allowed to share food, so please be advised that parents may not bring large quantities of food intended for your child to share with others at lunch. Food delivery services such as DoorDash are NOT accepted in the office and will be turned away.

- **Parking Lot Safety-** Please only park your car on the street or in a **MARKED PARKING SPACE**. Please do not leave your car parked and unattended in the middle of the parking lot. This blocks other drivers in and backs up the parking lot into the street. Most importantly, it limits visibility of students and creates a dangerous situation. Please remember the the bus lane on Minden is reserved for our school busses only; that may not be used for pick up or drop off.



News from JIBE - Walk. Bike. Bus

The Walk to School Program is looking for a new Parent Champion. This is a paid, part-time position at \$20/hour. Parent Champions encourage students to walk and bike, scan in walkers/bikers as they arrive on campus, and help organize special events. Through their work, they help build the school community! Reach out to william@jibe.org for more information or to apply.

[Full job description](#)

News from the PTSA

- **Heron School Website** - Our website is a great resource of information about our school. You have access to current events information, our PTSA website, school supply lists, bell schedules, parent resources, school and district policies, after-school program information and athletic program information. Please make sure to visit it often!
<https://natomasunified.org/hes/>

Away For the Day Cell Phone Policy

- In order to minimize distractions, foster student communication and collaboration, and protect students' privacy at school, we follow an "Away For the Day" cell phone policy at Heron. Cell phones, smart watches, or other communication and listening devices may not be used during the instructional school day, including during passing periods and lunch. If you feel your child must have a cell phone, it must remain away for the day and be TURNED OFF from the first bell in the morning until after the dismissal bell in the afternoon. Texting and filming are not permitted anytime during the school day, except for a valid instructional purpose determined by a teacher. Any device with a camera, video, or voice recording function shall not be used in any manner which infringes on the privacy rights of any other person.
- Failure to follow these guidelines will result in confiscation of the phone and/or detention. The cell phone may be retrieved by the student at the end of the day on the first offense, and will only be returned to a parent or guardian for further offenses. Parents and guardians who need to communicate with their child during the school day should call the main office at (916) 567-5680. It is not advisable to send your child to school with a costly cell phone, as the school is not responsible for lost, stolen, or damaged cell phones. You may also refer to the NUSD Student Code of Conduct located at <http://natomasunified.org>.

Dress Code

Board Policy 5132(a) : The Board of Trustees believes that appropriate dress and grooming contribute to a productive learning environment. The Board expects students to give proper attention to personal cleanliness and to wear clothes that are suitable for the school activities in which they participate. Students' clothing may not present a health or safety hazard or create a distraction which would interfere with the educational process. Students and parents/guardians shall be informed about dress and grooming standards at the beginning of the year and whenever these standards are revised.

- All clothing must be clean, suitable, and appropriate for school activities, including PE and recess.
- Shirts should be long enough to cover bellies when hands are raised.
- Undergarments should not be visible
- Pants, shorts and skirts must be fit around the waist; no sagging. Shorts and skirts should not be inappropriately short.
- Shoes must be tie or strap-on and suitable for running and other recess or PE activities. Flip Flops are not allowed.
- Hats may be worn for sun protection outside; hats are to be removed inside all buildings.

- All clothing should be free of “put downs” or other forms of language contrary to supporting academics and student success. Clothing that contains images of violence, is known by local law enforcement to be gang related, is distracting to the learning environment, promotes or glorifies drugs or violence is strictly prohibited. Students wearing such clothing will be asked to call home for a change of clothes or required to change into clothing provided by the school.

SPORTS INFORMATION

HERON SCHOOL ATHLETIC PROGRAM Parent Information 2022-23

Thank you for your interest in having your student participate in our athletic program! We look forward to seeing our students compete and enjoy learning and playing sports here at Heron. Our sports program is for 4th-8th grade students.

Each year the Natomas Unified School District requires that each student have a Student Athlete Clearance Packet completed prior to being eligible to tryout or participate in a school-sponsored sports program. Part of the clearance packet is a physical form that needs to be signed by your child’s physician. It is very important that you plan ahead to have this completed by the posted deadlines.*

As we approach each sport a permission slip will be available for your student to take home to have you sign showing your authorization to participate. This permission form is required for each sport that your child would like to participate in. The Student Athlete Clearance Packet is only completed once per year and is due by the deadline of the first sport your child plays. All packets and permission slips are to be turned in to the Kerry House in the school office. Only fully completed packets will be accepted.

Completed Student Athlete Clearance Packets can be turned in anytime after the first day of school.

Please make sure to check the Friday Flyer each week for information regarding upcoming sports as well as weekly schedules. Information and the full schedules are posted on the Heron website as the information is available.

Thank you again for your support of our program and if you have any questions regarding the paperwork process, please contact Kerry House at 916-567-5680 or khouse@natomasunified.org.

Click here to open the [Student Athlete page](#) on our site website. You can locate the Clearance Packet and physical forms on our website.

Click here for [Urgent Care Now Natomas](#).

Heron School Athletics September 19, 2022 to September 23, 2022

[\(Please check our website calendar for the most up-to-date information\)](#)

| | | | |
|-------------|-----------------|-------------|-----------------|
| TEAM | SCHEDULE | TEAM | SCHEDULE |
|-------------|-----------------|-------------|-----------------|

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|---|--|--|--|
| <p>4th/5th Grades Volleyball</p> | <p>Practice, September 23, 2022 Friday 2:30 - 3:30</p> <p>September 19, 2022, Monday Heron @ Twin Rivers 4th grade: 3:00 5th grade: 4:00</p> <p>September 21, 2022, Wednesday American Lakes @ Heron 4th grade 3:00 5th grade 4:00</p> | <p>4th and 5th Grades Flag Football</p> | <p>September 19, 2022, Monday Heron @ Two Rivers 4th grade: 3:00 5th grade: 4:00</p> <p>September 21, 2022, Wednesday American Lakes @ Heron 4th grade 3:00 5th grade 4:00</p> <p>September 22, 2022, Thursday, Practice 2:35-4:00</p> <p>September 23, 2022, Friday, Practice 2:35-4:00</p> |
| <p>6th Grade Volleyball</p> | <p>September 20, 2022, Tuesday GAME Heron @ PVS 3:30</p> <p>September 22, 2022, Thursday Practice 2:30 - 3:15</p> <p>September 22, 2022 Thursday 9/22 Jefferson @ Heron 3:30</p> | <p>6th Grade Flag Football</p> | <p>September 20, 2022, Tuesday GAME Heron @ PVS 3:30</p> <p>September 22, 2022 Thursday 9/22 Jefferson @ Heron 3:30</p> <p>September 23, 2022, Friday Practice 2:35-3:50</p> |
| <p>Middle School Volleyball</p> | <p><u>Heron 2 (Coach Clement)</u></p> <p>Monday 9/19 Home game vs NCS1 @ 3:30</p> <p>Tuesday 9/20 practice 3:30-5:00</p> <p>Wednesday 9/21 Away game vs NCS2 @ 3:30 (Travel with Heron 1)</p> <p>Thursday 9/22 practice 4:30-6:00</p> <p><u>Heron 1 (Coach Riedel)</u></p> <p>Practice September 19, 2022 , Monday 4:30- 5:30</p> <p>Tuesday 9/20 Away Game @ PVS 4:30</p> | <p>Middle School Flag Football</p> | <p>Tuesday September 20, 2022 GAME Heron @ Paso Verde 3:30-4:30</p> <p>Practice September 21, 2022, Wednesday 3:00 pm to 4:00 pm</p> <p>Thursday September 22, 2022 Game: Jefferson @ Heron 3:30-4:30</p> |

| | | | |
|--|--|--|--|
| | <p>Wednesday 9/21 Away game @ NCS 2 4:30 (travel with Heron 2)</p> <p>Thursday 9/22 Home game (vs JFS) @4:30</p> <p>Practice September 23, 2022, Friday 3:30-5:00</p> | | |
| <p>Cross Country 4th-6th Grades</p> | <p>Practice September 19, 2022, Monday 2:30 pm to 3:15 pm</p> <p>Practice September 21, 2022, Wednesday 2:30 pm to 3:15 pm</p> | <p>Cross Country 7th and 8th Grades</p> | <p>Practice September 19, 2022, Monday 2:30 pm to 3:15 pm</p> <p>Practice September 21, 2022, Wednesday 2:30 pm to 3:15 pm</p> |



Natomas
Unified School District
Connecting students to their future



JOEY'S FOOD LOCKER

Every Friday
4:00 p.m.-5:30 p.m.

Natomas High School
3301 Fong Ranch Road
(behind the school near the tennis courts)

**JOEY'S FOOD LOCKER IS A
COMMUNITY FOOD BANK
THAT PROVIDES FREE FOOD
FOR FAMILIES IN THE
NATOMAS AREA.**

FOOD DISTRIBUTION WITH THE OPTION OF
DRIVE-THRU STYLE OR WALK-THROUGH WITH
SOCIAL DISTANCING

Questions about Joey's Food Locker or Donations?

Oswaldo Ortiz

Cell: 916-870-1659 Email: oortiz@natomasunified.org