



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>COST OF LUNCH IS \$3.00</b> <b>REDUCED MEALS .40</b></p> <p>You can purchase a carton of milk for .75</p>				
<p>6</p> <p>Bean and Cheese Burrito Chicken Smackers w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>7</p> <p>Hamburgers Cheese Bread Sticks w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>8</p> <p>Chicken Nuggets <b>NEW</b> Chicken Taquito's Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>9</p> <p>Orange Chicken and Rice Taco Nada Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>10</p> <p>Dominos Pepperoni Pizza Dominos Cheese Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>
<p>13</p> <p>Bean and Cheese Burrito Chicken Smackers w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>14</p> <p>Chicken Patty Sandwich Cheese Bread Sticks w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>15</p> <p>Mini Corn Dogs <b>NEW</b> Flat Bread Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>16</p> <p>Beef Hot Dog <b>NEW</b> Taco Nada Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>17</p> <p>Dominos Pepperoni Pizza Dominos Cheese Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>
<p>20</p> <p></p>	<p>21</p> <p>Hamburgers Cheese Bread Sticks w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>22</p> <p>Chicken Nuggets Chicken Taquito's Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>23</p> <p><b>NEW</b> Teriyaki Dunkers and Mash Potatoes Taco Nada Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>24</p> <p>Dominos Pepperoni Pizza Dominos Cheese Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>
<p>27</p> <p>Bean and Cheese Burrito Chicken Smackers w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>28</p> <p>Chicken Patty Sandwich Cheese Bread Sticks w/Goldfish Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>29</p> <p>Mini Corn Dogs Flat Bread Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>30</p> <p>Orange Chicken and Rice Taco Nada Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>	<p>31</p> <p>Dominos Pepperoni Pizza Dominos Cheese Pizza Sun butter and Jelly Sandwich Milk Choices from the Salad Bar</p>

The USDA and CDE are equal opportunity providers and employers. Web site: [Jeffersonschooldistrict.com](http://Jeffersonschooldistrict.com)  
Visit [mymealtime.com](http://mymealtime.com) to make pre-payments on your child's account or apply for free and reduced meals.

ILLNESS AND SCHOOL MEMO

I NEED TO STAY HOME IF						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Oral temperature of 100°F or higher.	Within the past 24 hours.	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching and/or "crusty" drainage from eye.	Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin).	Free from vomiting for at least 2 solid meals.	Free from diarrhea for at least 24 hours.	*Free from rash, itching, or fever. Evaluated by my doctor and have note to return to school.*	Treated with appropriate lice treatment at home and proof is provided to nurse.	*Evaluated by my doctor and have note to return to school.*	*Released by my medical provider to return to school.*

**\*To return to school, a doctor's note must be provided to the school nurse stating the date of return.**

STEPS TO REDUCE ILLNESS						
Drink plenty of water, eat a healthy variety of foods, and get at least 8 hours of sleep every night.	Get a flu shot.	Wash hands frequently using soap and water for at least 20 seconds.	Cover coughs and sneezes with tissues or by coughing into the elbow.	Keep children at home if they are sick. Separate sick family members from others.	Ensure parent emergency contact information is correct.	Call your doctor for: high fever, prolonged illness, respiratory problems, or other severe symptoms.

## **ATTENTION PARENTS:**

**In the attempt to minimize classroom interruptions, please email your child's teacher when dropping off forgotten items (lunch, homework, water bottle, etc.). Once the teacher reads the email, the teachers will send your child to the office during a break to pick up the forgotten item.**



**Please note that the instructional day does not allow much time for teachers to read their emails, so please do your best to send items with students in the morning before instruction begins because delivery is not guaranteed.**

**-Thank you for your cooperation and understanding!**





# REGISTER TODAY



## FOR BOYS & GIRLS AGES 5 to 14

Be a part of TRACK & FIELD in **TRACY** and help represent at Nationals

- Develop Speed
- Build Endurance & Strength
- Improve Running technique
- Have Fun With Friends
- Hill & Agility Training
- Improve coordination

TRACK WILL  
MAKE YOU A  
BETTER ATHLETE



### BOYS AND GIRLS DIVISION \*Parent Volunteers and coaches needed\*

KINDER & 1ST GRADE    2ND & 3RD GRADE    4TH & 5TH GRADE    6TH GRADE    7TH & 8TH GRADE

**Sign-Ups:** TRACY LIBRARY MEETING ROOM  
20 E Eaton Ave Tracy CA  
**DATE:** TUESDAY January 21st @ 5:30pm to 7:30pm

**Practices will be every Mon/Wed or Tue/Thurs**  
**All Students, Ages 5 to 14    5:00pm- 6:00pm**

- Practice 2 Days Per Week for 1 Hour
- Local Meets on Saturdays
- Runners Compete in age Groups & gender/  
Run in Relays & Compete in Field Events
- Practice starts in February & Meets starts in March

### TOTAL FEES: \$220.00

Fees includes Registration, Uniforms, Team Dues for Feb, Mar & Apr and 5 NORTH TRACK Meets.

\*Class fees for workout club: \$175.00 which includes Registration & Practices.

**REGISTRATION NOTE:** Late register can be online up to the 3rd week. All students ages 5-14 are accepted. Please Pre-register on or before registration date. TRACK Meets Starts in MARCH. TRACK MEETS ARE LOCAL. There is a \$100 Mandatory Fundraiser Raffle Due at Registration. **NOTE:** (Post Dated Check for Raffle excepted)

**PRE-REGISTRATION LINK:** <https://forms.gle/dMAy8xof83L197339>

For More Information Please Call ,Text (209) 276-5312, email: [Fundamentalys@gmail.com](mailto:Fundamentalys@gmail.com) or Log on to

**WWW.5NORTHTRACK.COM**

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TRACY PARKS & RECREATION

# WINTER & SPRING

2020 Activity Guide

CHECK OUT OUR NEW WINTER & SPRING  
CLASSES!



NEW!  
McDonald Park  
Splash Pad

REGISTRATION OPEN NOW!



What's Inside:  
Seasonal Activities, Swim Lessons,  
Educational Classes, Sports & More!

Parks  
Make  
Life  
Better!



For more information please call (209) 831-6202  
Register online at: [www.tracyartsandrec.com](http://www.tracyartsandrec.com)  
In person at City Hall, Parks & Recreation Front  
Counter 333 Civic Center Plaza, Tracy, Ca. 95376

Connect with us @playinsidethetriangle





# CITY OF TRACY PARKS & RECREATION DEPARTMENT



## SENIOR ACTIVITIES

Fitness Programs  
Special Events  
Gardening



## ADULT ENRICHMENT

Crunch at Lunch  
Dog Obedience  
CPR



## SPORTS ACTIVITIES

Soccer  
Tennis  
Tae Kwon Do



## YOUTH PROGRAMS

Aquatics  
Coding  
Archery

## STAY CONNECTED!



Follow us on Facebook & Instagram:  
**@PlayInsideTheTriangle**





# PLAY INSIDE THE TRIANGLE!



**REGISTER ONLINE OR IN PERSON:**  
333 Civic Center Plaza, Tracy, CA 95376



**FOR MORE INFORMATION:**  
(209) 831-6202  
[www.TracyArtsandRec.com](http://www.TracyArtsandRec.com)

**Parks  
Make  
Life  
Better!**

*Together we create memorable experiences  
that link Tracy's past, present & future!*

## **MealTime Just Got Easier! Make Deposits online\***

**Check your students account balance online\*\*  
You can still deposit cash and checks through your  
school site clerks**

Welcome! Jefferson School District has chosen MealTime Online to provide the opportunity for you to make credit card deposits into your student's cafeteria account or view your student's purchase history via the internet.

### **To Use MealTime Online:**

Visit Jefferson School District web site <https://www.jeffersonschooldistrict.com/> and locate the link to the Food Services department. Find the link to Meal Time or go directly to: <http://www.mymealtime.com/> .

**Step 1:** Create a MealTime Online profile. Click on the "Create new profile" link and enter a Username and Password that you will use to login to MealTime Online. The Username and Password must be at least 6 characters. For example, Username: jsmith Password: pty845.

**Step 2:** Add your student. Login to your MealTime Online account (using the Username and Password that you created in Step 1), click on Meal Account Deposits then click the "Add New Student" link and add your student by entering their first name and student ID number. You can find your students ID number through your Aeries Portal.

**Step 3:** Make a Deposit. Click on the "Make Deposit" link to make a deposit into a school account. **There is a transaction fee for making deposits.** Click on the "View Details" link next to your student's name to view their cafeteria account balance and purchase history.

### **Note:**

**Online Deposits are now processed every 5 minutes!!**

*\*Small charge from MealTime*

## **ATTENTION TUSD INTERDISTRICT TRANSFER (IDA) FAMILIES:**

It's time to fill out Interdistrict transfer forms for the 2020-2021 school year if you reside within Tracy Unified School District's boundaries. The window to submit IDA forms closes **January 15, 2020**. IDA forms must be filled out and approved annually.

Link to the TUSD Interdistrict Attendance Transfer Agreement (IDA) forms

Submit completed forms to:

Melanie Alvernaz at [malvernaz@tusd.net](mailto:malvernaz@tusd.net).

Tracy Unified School District Office

1875 W. Lowell Drive

Tracy, CA, 95376

209-830-3284 (fax)



## YEARBOOK PICTURES

If you have any Winter Program pictures or pictures from a spirit day please email them to [hmarchini@jsttracy.com](mailto:hmarchini@jsttracy.com)

Monticello Elementary

## YEARBOOKS ON SALE!!



All books include:

- \*68 full color pages that vibrantly capture school memories.
- \*Durable, sturdy hard cover to preserve your keepsake.
- \*Original cover design that reflects the uniqueness of our school.
- \*Extra options available to enhance your child's book!

For questions about ordering books please contact school office at 209-833-9300

**MUST ORDER  
ONLINE!!!**

Go to website  
Enter code  
Select book & pay

**IT'S THAT EASY!!!**



**Online ordering ends March 27**

JOIN US FOR  
**Storytime**

**For SIBLINGS of Monticello Students**

❖ **Every Monday**

❖ **Monticello Library**

❖ **8:15 a.m. to 9:00 a.m.**

**Start time begins following morning announcements.**

It's story  
**TIME**  
@your library™

***If a student misses 2 days of school per month, they are missing over 10% of their school year!***

The importance of daily school attendance must start at home, stressing the value of a consistent educational experience. It is vital for the Jefferson School District to build on this value, maintaining an essential partnership between school and home, to ensure punctual daily school attendance is a priority. Absent work completed at home is not a sufficient substitute for the quality instructions received while present in class.

Should your child need to be absent, California Education Code allows **EXCUSED** absences for the following reasons:

- Illness
- Medical/Dental Appointment
- Quarantine
- Funeral of Family Member
- To spend time with student's immediate family member who is an active duty member of the uniformed services.
- Participation in religious exercise

**Please call the school at 209-833-9300 if your child is absent for ANY REASON.**

The parent/guardian of the student must phone or send a note to clear any of these excused absences. The answering machine is activated after school hours for your convenience, and is checked at the start of the next school day. Failure to excuse your students' absence will result in a recorded truancy on the student's permanent record.

Being absent for any of the following reasons will result in an **UNEXCUSED** absence:

- Personal Days
- Going shopping
- Visiting Relatives
- Student's Birthday
- Oversleeping
- Childcare by the student at home
- Car Trouble
- Vacation
- Family moving from one home to another
- Cutting school

**Education Code 4820:** Students shall be classified as truant if absent from school without a valid excuse three full days in one school year, or tardy or absent for more than any 30-minute period during the school day without a valid excuse on three occasions in one school year, or any combination thereof. Such students shall be reported to the Superintendent or designee. (Education Code 48260)