

the Pathways Phoenix



From Executive Director

Sara Jordan

Dear Students, Parents and Staff:

As our school year draws to a close, I want to thank you all for your participation in our Pathways' learning community. As I end my first year as Director, I have been reflecting on our year and pondering the years to come as well. We began this year in staff inservice with our theme and area of focus centered around the three "E's": Equity, Engagement and Empathy.

We have talked with staff about how these three "E's" closely relate to the three "R's" of rigor, relevance and relationships. I want to briefly speak to the relationship aspect which I believe sets Pathways apart from other similar schools. Our unique setting allows us to forge relationships and partnerships in a meaningful manner. I have spent my first year as director visiting each region, and I have seen how our focus on building relationships takes many forms: teacher and student leaning over the same book reading side-by-side; small group classes engaged in discussions on their

In This Issue:

- School Year in Review From Executive Director Sara Jordan
- Sonoma Regional Update
- Marin Regional Update
- Napa/Solano Regional Update
- Smarter Balanced Testing Update
- Field Trip Update
- Websites for Summer Skill Retention
- Facebook Page-links to connect
- CTE Program Info
- Student Work Showcase

“travels around the globe”; clusters of students in the garden sharing lunch together; students and teachers using a laser cutter to produce products conceived by young minds; community members dialoguing with staff at Board meetings on maintaining the vision of the school; toddlers to adults roller skating together at annual celebration events; little ones sitting on a teacher lap to share a favorite book or a new discovery at a monthly meeting, original board games being shared with family members of all ages and all of the many other experiences that make Pathways a unique place to teach and learn.

We know that you have choices about how to educate your child and which charter school to choose as your partner in your schooling-at-home endeavor. We hope that Pathways can continue to provide the support, enrichment, teaching expertise, opportunities and relationships that make this the place you choose to be! We know this year has been hard for many, from the devastating fires in October to the daily challenges that life brings, yet it is through community that we overcome these hardships. Next year we will continue to focus on our three “E’s” and look for



new ways to support students and families. A few of our ideas include: online parent training webinars; increased access to tutorial and other intervention

supports; expanded formats and access to our new High School Career Technical Education Pathways courses in Information Technology; our newly renovated learning center site in American Canyon where our Solano and Napa populations will come together. Some of our staff and some of our families are leaving us at the end of this school year, and we wish them the best in their retirements and next steps on their educational journey. To all families and staff, I want to give a hearty thank you for engaging in such a powerful model of education, and wish you all a wonderful summer. To everyone returning or newly joining us in the Fall of 2018, I look forward to more exciting learning opportunities and growth in our work around equity, empathy, and engagement.

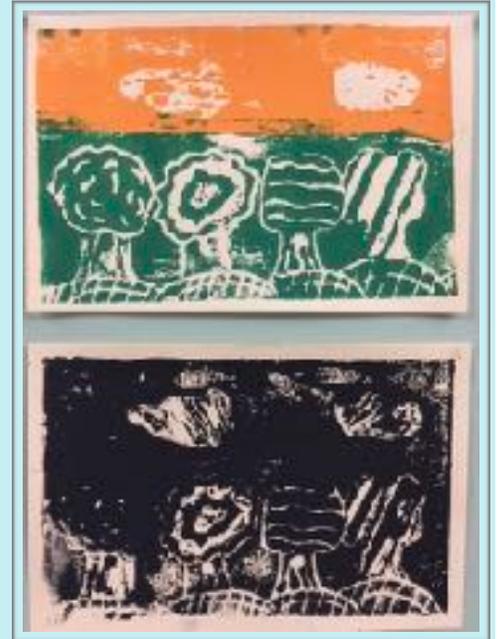
Hello Sonoma Families!

Byron Laird (Sonoma Region Principal)

What an amazing year. Yes, it has gone by that fast! Before we bring this year to a close, we have a few more exciting events to celebrate.

On May 10, to commemorate SBAC test completion, all students are invited to a Skate Party at Golden Skate located right down the street from the Learning Center. The event will take place from 2-4pm. Please join us!

On May 17, our Performance Fair is set to take place at the Rohnert Park Community Center from 2:30-4:00pm. Please join us and witness all the fantastic talent Pathways has to offer!



On May 31, 8th Grade Promotion will take place from 5-6:30pm at the Early Learning Institute (which is located right down the street from our Learning Center).

All in all, my first year has been nothing short of fantastic! I look forward to seeing you around. We have a great thing here and we could not do it without all your support and commitment to the greater school community at large!



Greetings From Marin

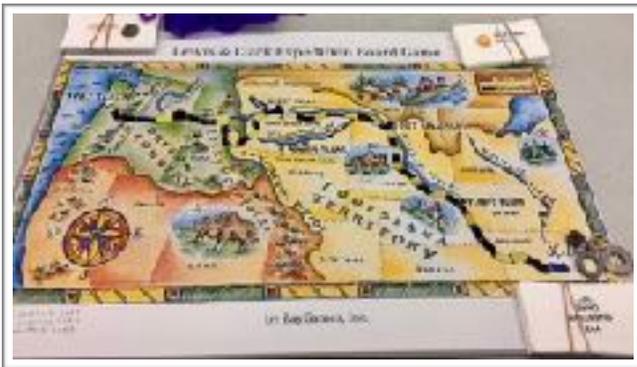
Michele Blaisdell, Principal

Late spring can be such a busy time, as we begin to *wrap up year-long projects and courses, tackle a variety of assessments* (Smarter Balanced summative, Ren and Early Literacy progress checks, high school course finals, math diagnostics, student portfolios), *take stock of this year's activities*, and *look ahead to summer and the coming fall*.

With the end of the year fast approaching, *we also think about our graduates*: the 8th graders preparing for high school, and the high school seniors transitioning into the adult world. This year, we have a record 14 *graduating 8th graders*, and we look forward to celebrating with them at our

annual year-end social and graduation on Friday, June 1, at Marinwood Park. As for the five *Marin high school graduates*, we're excited to tell you a bit about their plans for next year:

Ericka Cuscul will be studying at *College of Marin*, following her twin interests of early childhood education and photography. **Emily Keon**, a mid-year grad, is also staying in the Bay Area, but will be in residence at *California College of the Arts*, pursuing her passion for interaction design. **Makenna Matessi** will keep making music, focusing on her career as a *singer and songwriter*. **Liam McCormick** is heading to the *University of Minnesota Twin Cities College of Science and Engineering*. Finally, mid-year grad and **Pathways valedictorian**, **Skye McCormick**, will be attending *Cornell College in Mount Vernon, Iowa*. We're so proud of each student, and we can't wait to hear about their adventures in years to come. All Pathways high school graduates will be honored at a schoolwide ceremony in Santa Rosa on Friday, June 8.



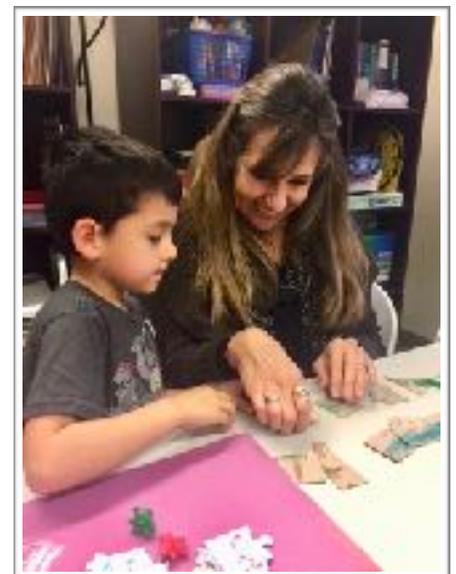
Looking ahead to next year, we're excited to offer several *enrichment and support classes for students in grades K through 12*, as well as a few *new parent opportunities*:

Mondays will still be the day for *middle schoolers* to take classes and have small group meetings with their teachers, while *Wednesday mornings* are set-aside for *elementary students* and their small group classes. For

the first time in Marin, we're offering *twice weekly high school math and English classes, on Tuesday and Thursday mornings*; and we'll continue with our *Thursday morning study support for middle school students*.

In the fall, parents will have the chance to come together with our teachers for some guidance and discussion about *designing robust*

English Language Arts and Mathematics programs for elementary and middle school students. New families and veterans alike will be able to walk away with pointers on important elements to include in any literacy or numeracy program, key skills to master, activities to try, and ways to work with different curricula and different learning styles. So much to ponder as we wend our way to June and beyond!



Solano/Napa Families

Jill Dorsey, Solano/Napa Principal

Over the summer we are moving! As a school community, we are excited to announce the new Solano-Napa regional site will be located at 15 Poco Way in American Canyon. This site should be ready for an Open House event in late August. This site is located at the corner of Poco Way and Melvin Road, which is easily accessed from Napa-Vallejo HWY CA 29 between Donaldson Way and Rio del Mar on the edge of a residential area. The American Canyon public library is within walking distance of the new site. More information will be posted to the website and sent via eBulletins soon.

Spring Semester: Only six more weeks of Spring semester which ends June 8th. 6-12th grade students will be busy with completing their history fair projects, end of course exams and math placement assessments for fall. Please make sure to mark your calendar that site classes are end May 25th.

History Fair: Students should have been working on their research papers over the last few weeks and be sharing their draft essays with their IST especially before working on their poster board presentation elements. Students will continue to work on their projects weekly to stay on track with the suggested tasks and timeline. The Solano events will be held on May 30th & 31st and the Napa event will be held on Friday, June 1st. Please note: 8th grade ceremonies will also be held during the history fair event.

Teacher Appreciation: Students, please take the time to show your IST and Class Instructors your appreciation for all they do during Teacher Appreciation week May 7-11, 2018. Teachers work diligently to motivate, inspire and encourage students to do their best.



Smarter Balanced: Why it Matters

By Sara Jordan

As I write this, we are in the final stages of preparing for our annual state accountability testing: Smarter Balanced for grades 3-8 and 11. As a charter school, our participation and performance on this test are one way we demonstrate to the state that our program is helping students to make as much progress or more progress than their peers in local public schools. We acknowledge that this test is only one measure, a snapshot, of what students know and can do. However, **we also greatly depend on students' participation and sincere effort on these tests!!** As a charter, we are required to achieve at least 95% participation rate and to improve performance on the tests each year. Last year, we did not quite make the 95%; we came in at 94%. This coming year, if we do not make the 95% participation it will negatively impact our "score" on the new school dashboard. To find our current "score" go to: <https://caschooldashboard.org/#/Home> and search for Pathways Charter. **We urge families to work with their IST's and regional staff to ensure that their children can participate in testing.** We will make every accommodation possible to make the testing logistically possible and as low-stress as we can. Students often enjoy the testing because they find the days to be very "social." Thank you for partnering with us in this important compliance effort.

Calling all High School Students!!

Join our CTE programs to earn career certificates in High School! See your IST for an informational brochure and to register for Fall 2018 classes.

All Pathways require 2 semesters (A & B) of a concentrator course and 2 semesters (A & B) of a capstone course, plus one semester Leadership course.

"Help Desk" Tech Support Pathway

"Graphic Arts" Graphics & Media Pathway

"Game Design" Games & Simulations Pathway

Field Trips 2017-18

This school year, we offered 33 field trips, and we had over 663 participating students and parents total! One of our most popular field trips this year was Bubble Science, which was so popular that we had to offer a second session, and then a third! Many thanks to Ron Schultz. Ron received a BA in Math/Physics from UC Berkeley, and after graduating, was appointed lead mathematician at the fledgling USAF Space Command. While there, he received an MA in Neuroscience and completed his Post-Doc through Duke University. After publishing over a dozen papers and a career in a wide variety of industrial scientific projects, Ron taught at Chesapeake College before retiring. He is committed to bringing hands-on science to homeschoolers through his website and programs: <http://bubblescience101.com/>

with school

Pathways Official School

Pathways Parent Connection

Summer Skill Retention

Consider some of these free and Pathways-provided supplemental resources to help retain core academic skills over the summer:

- freerice.com
- ixl.com
- brainpop.com
- number2.com
- khanacademy.org
- enchantedlearning.com
- readinga-z.com

Don't Lose Touch!!

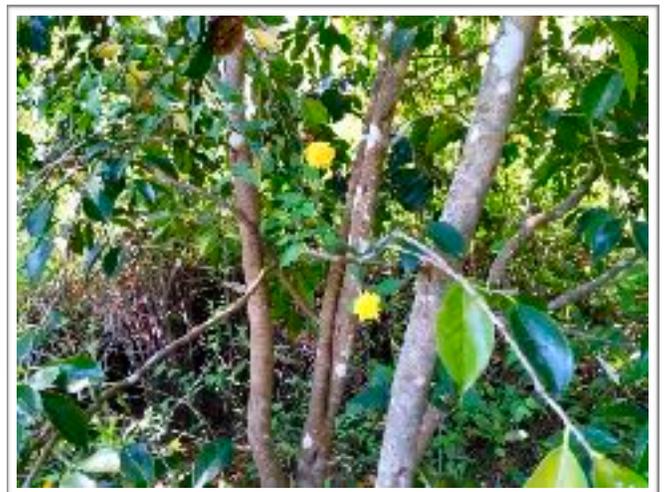
Join our Pathways Facebook Page and the Parent

Connections Page to keep in touch over the summer and stay connected and the Pathways social network.

Facebook Page: <https://www.facebook.com/pathwayscharter/>

Facebook Page: [https://www.facebook.com/groups/](https://www.facebook.com/groups/1043803055640967/)

[1043803055640967/](https://www.facebook.com/groups/1043803055640967/)



Student reenactment of Pearl Harbor News Report



Concurrent Enrollment Opportunities



Santa Rosa Junior College
Fall 2017 Voice 17A

Student Participation at SRJC

Healthy Diet, Exercise, and How to Make Healthy Choices Health Brochure



by Paula Valdez



First thing for a healthy diet is to consume a variety of foods. Not all the nutrients and other substances in foods that contribute to good health have been identified, so eating a wide

assortment of foods helps ensure that you get all of the disease-fighting potential that foods offer (Berkley wellness). Another good key is to keep an eye on portions. Also a good key is to eat plenty of produce; you should aim for 2½ cups of vegetables and 2 cups of fruit a day to have a 2,000-calorie diet. One good key in a diet is to get more whole grains; at least half your grains should be whole grains. Limiting refined grains and added sugar is a good key to a healthy diet. Other good keys for a healthy diet is to eat more fish and nuts, cut down on animal fat, shun trans fat, don't worry about cholesterol, keep sodium down and potassium up, watch your calcium and vitamin d, choose food over supplements, be aware of liquid calories, and limit alcohol.

“It's Not A Short Term Diet. It's a Long Term Lifestyle Change”

-Unknown



10 Tips for Making Healthy Choices

1. Find out what you need- get personalized information that is based on your age, gender, height, weight, and physical activity level.
2. Enjoy your food but eat less- use smaller plates at meals
3. Strengthen your bones- choose foods like fat-free and low fat milk
4. Make half your plate fruits and vegetables- add fruits to meals as part of main or side dishes
5. Drink water- sip water or other drinks with few or no calories to help maintain a health weight
6. Eat whole grains more often- Choose whole grains like brown rice and whole grain pastas
7. Learn what is in foods- use both ingredients and nutrition facts labels to discover what various foods contain
8. Cut back on some foods- cut calories by cutting out foods in solid fats and added sugar
9. Be a better cook- try healthier recipes that use less solid fats



10. Be active whenever you can- set a goal to fit in at least 2 ½ hours of moderate physical activity in your week

Instead of this...	Try This...
 <p>High fat meats such as beef and pork buns are often high in saturated fat, the fat that research has shown to increase cholesterol. And, don't forget the extra toppings—cheese and bacon—can add even more bad fat.</p>	 <p>Trading in beef for leaner meats such as turkey is a healthier, lower fat way to enjoy some of the meals you love. Plus, oven-baking your fries will save you an additional 80 calories and 25g of fat per cup!</p>
 <p>Buttery crust, cheese and toppings, such as bacon and sausage, can make pizza a culprit for poor heart health.</p>	 <p>You can even make pizza healthier! Start with whole grain pizza bread, use your favorite marinara sauce and top with mozzarella cheese and vegetables!</p>
 <p>Salt and fat, oh my! French fries and pork rinds can be high in sodium and saturated fat.</p>	 <p>Fruit and walnuts are healthier snack alternatives! Not only are they lower in fat and calories, they also provide a boost of antioxidants!</p>
 <p>Frozen and convenience meals are quick and easy to prepare, but are often full of sodium.</p>	 <p>Oatmeal is a quick and easy meal that provides fiber to help lower your cholesterol and keep your heart healthy. Make up a head of steam!</p>
 <p>Even the classic sip is a culprit for poor heart health as it can be high in fat and sodium!</p>	 <p>When grain crackers and hummus are a healthier appetizer alternative, try the various flavors of hummus: roasted red pepper, garlic or fennel—to find a new favorite dip!</p>
 <p>Milk chocolate consumption should be limited as it contains high amounts of saturated fat and sugar.</p>	 <p>Dark chocolate is rich in flavonols, magnesium and copper to name a few of the heart-healthy minerals. It's also high in antioxidants and can help improve blood flow and lower blood pressure. You should still keep serving sizes limited to 1 oz.</p>



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