



WEEKLY NEWSLETTER,
March 1, 2019

UPCOMING EVENTS

Thursday, March 7th
Parent Council in Library
Topic: STEAM Lab and
Maker Space
6:30

**Friday, March 22nd and
Monday, March 25th**
Conference Days
No School

Saturday, March 30th
WCA Spring Gala and
Auction Event at IDESST Hall
in Sausalito
5:00

Thursday, April 4th
Parent Council in Library
Topic: WCA's Arts and Music
Programs
6:30

April 8th-12th
Spring Break
No School

Thursday, May 2nd
Parent Council in Library
Topic: Meet the Middle
School!
6:30

Monday, May 27th
Memorial Day
No School

Friday, June 7th
Last Day of School
Crossing the Bridge
Ceremony
10:00

A Message from Ms. Seekins

Dear Willow Creek families,

Our second trimester ends next week! While it might seem hard to believe, we are already starting to prepare for all of our end-of-year celebrations.

I have included a one-page schedule of all of our spring events along with this Friday Post, and hard copies are available in our front office. This is a great resource to post on your fridge or bulletin board at home.

We welcome all friends and family members to our spring events, and we encourage you to mark your calendars early. I absolutely love meeting our students' extended families—they are so excited to introduce their favorite cousins, grandparents, aunts, and uncles when they visit! It's a true pleasure to share our beautiful school with all the people who are special in our students' lives.

Take care and enjoy your weekend!

Best,

Tara

Attendance Report

Average Daily Attendance this week: 95%
Funds lost this week due to absences: \$4,060
Total funds lost this year due to absences (est.): \$93,357

Please remember that you can request an Independent Study for your child for any planned absence of 3 or more days. Please visit Ms. Aleshia in the front office to complete an Independent Study form at least 7 days before the absence is scheduled to begin.

News and Reminders

Chef Guillaume and his team would like to remind families to make sure their school meals program accounts are up-to-date. Our Conscious Kitchen program is off to a great start this year, and we need to make sure that we're collecting all of the payments due in order to keep it sustainable. Families can pay their accounts online by visiting mymealtime.com. Please contact Erin Baker with any questions about your account or about setting up online payments: ebaker@willowcreekacademy.org.

Willow Creek Academy Spring Events 2018-19

Saturday, March 30th
WCA Spring Gala and Auction Event at IDESST Hall in Sausalito
5:00

April 8th-12th
Spring Break
No School

Monday, April 29th
CAASPP Testing Window Opens
Grades 3-8

Friday, May 3rd
K-2 Spring Concert in MPR
1:00-2:00

Wednesday, May 8th
1-5 Art Show in Library
6:30-7:30

Friday, May 17th
3-5 Spring Concert in MPR
1:30-3:00

Wednesday, May 22nd
6-8 Art Show in Library
6:30-7:30

Monday, May 27th
Memorial Day
No School

Thursday, May 30th
Open House
6:00-7:00

Friday, May 31st
6-8 Concert in MPR
1:30-3:00

Wednesday, June 5
8th Grade Graduation in MPR
10:00

Friday, June 7th
Last Day of School
Crossing the Bridge Ceremony
10:00

All are welcome! We look forward to celebrating our learning with all our families!

PARENT COUNCIL MEETING



Come learn about WCA's
Science Program!

Take a tour of our new STEAM Lab
& meet science teacher, Nate McDonald

THURSDAY, March 7th 6:30PM
Willow Creek Library

Childcare always provided by After School Staff

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p>Breakfast Hard Boiled Egg, Toast Orange, Milk</p> <p>Lunch Mac and Cheese Broccoli Apple, Milk</p>	<p>26</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Orange, Milk</p>	<p>27</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Veg Chili with Cheese Corn Bread, Assorted Vegetable Orange, Milk</p>	<p>28</p> <p>Breakfast Seasonal Baked Good, Yogurt Orange, Milk</p> <p>Lunch Chicken Parmesan Pasta, Cauliflower Banana, Milk</p>	<p>1</p> <p>Breakfast Scrambled Eggs, Toast Orange, Milk</p> <p>Lunch Cheese Burger, Veggie Burger Hamburger Bun, Cauliflower Apple, Milk</p>
<p>4</p> <p>Breakfast Hard Boiled Egg, Toast Apple, Milk</p> <p>Lunch Pasta Marmara with Cheese Broccoli Kiwi, Milk</p>	<p>5</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Nachos with Beans Nacho Cheese Sauce, Corn Chips, Pinto Bean, Apple, Milk</p>	<p>6</p> <p>Breakfast Seasonal Baked Good, Yogurt Orange, Milk</p> <p>Lunch Lemon Pepper Chicken Pasta, Salad Orange, Milk</p>	<p>7</p> <p>Breakfast Cereal Apple, Milk</p> <p>Lunch Grilled Cheese Bread, Potato Apple, Milk</p>	<p>8</p> <p>Breakfast Scrambled Eggs, Toast CK Fruit Salad, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Cauliflower Apple, Milk</p>
<p>11</p> <p>Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p>Lunch Mac and Cheese Broccoli Orange, Milk</p>	<p>12</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Beef Burrito, Bean Burrito Tortilla, Pinto Bean Banana, Milk</p>	<p>13</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Sloppy Joes Hamburger Bun, Carrots and Ranch Orange, Milk</p>	<p>14</p> <p>Breakfast Cereal Orange, Milk</p> <p>Lunch Chicken Noodle Soup Pasta, Potato Apple, Milk</p>	<p>15</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Cauliflower Apple, Milk</p>
<p>18</p> <p>Breakfast Hard Boiled Egg, Toast Orange, Milk</p> <p>Lunch Veg Chili with Cheese Corn Bread, Assorted Vegetables Kiwi, Milk</p>	<p>19</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Beef Taco Platter, Bean Enchiladas Brown Jasmine Rice, Pinto Bean Orange, Milk</p>	<p>20</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Pasta Marinara with Cheese Pasta, Broccoli Kiwi, Milk</p>	<p>21</p> <p>Breakfast Cereal Orange, Milk</p> <p>Lunch Shepards Pie Toast, Mashed Potato Apple, Milk</p>	<p>22</p> <p>Staff Day</p>
<p>25</p> <p>Staff Day</p>	<p>26</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Orange, Milk</p>	<p>27</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Pesto Pasta Pasta, Carrot Sticks Kiwi, Milk</p>	<p>28</p> <p>Breakfast Cereal Orange, Milk</p> <p>Lunch Chicken Alfredo, Pasta, Broccoli Orange, Milk</p>	<p>29</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Potato Apple, Milk</p>



WILLOW CREEK ACADEMY

*Meals will be prepared with fresh local organic seasonal sustainable
and non gmo ingredients as best we can
Substitutions may occur based on availability of ingredients*

consciouskitchen
fresh local organic seasonal non-gmo school meals



WCA SPRING 2019 ENRICHMENT PROGRAMS

REGISTER @ <http://www.electivitykids.com/wcaspring2019> (password wcaspr19)

EARLY REGISTRATION DEADLINE 2/28/2019 | FEES GO UP 3/1/2019

DAY/TIME	CLASS DESCRIPTION
MON Ukulele K 2.15-3PM Gr K MON Ukulele+ 3.15-4.15PM Gr 1 & up \$145 Min 8 Port. 2 7 classes: 3/4, 3/11, 3/18, 4/1, 4/15, 4/22, 4/29 No class 3/25, 4/8	Ukulele is a fun-filled class for young students. Fundamentals of ukulele and music will be introduced. Students will learn pulse and rhythm through clapping, movement and rhythmic chants and melody through group singing. End of the class will feature a performance. Returning students will be taught to their level. Note: Students bring their own ukulele.
MON Chess 3.15-4.15PM Gr 1 & up \$130 Min 8 Library 6 classes: 3/4, 3/11, 3/18, 4/1, 4/15, 4/22 No class 3/25, 4/8	Chess teaches strategic and tactical thinking. Students will be taught rules of the game, castling, check and checkmate, how to transform pawns into a powerful queen and more. They will learn defensive and positional strategies as their chess skills are honed. Meet outside the MPR.
TUE Mindful Yoga K 2.15-3PM Gr K TUE Mindful Yoga+ 3.15-4.15PM Gr 1 & up \$175 Min 10 Port. 1 8 classes: 3/5, 3/12, 3/19, 3/26, 4/2, 4/16, 4/23, 4/30 No class 4/9	Mindful Yoga combines mindfulness and yoga in a fun & playful way. Students practice asanas that build strength, flexibility & confidence. They learn breathing exercises & relaxation techniques which helps them quiet the mind, and use their energy more effectively. Over time, they become better at self-awareness, self-control, social skills, positive thinking and self-esteem. Mats & props provided.
TUE Soccer K 2.15-3PM Gr K TUE Soccer+ 3.15-4.15PM Gr 1-3 \$175 Max 10 Field 8 classes: 3/5, 3/12, 3/19, 3/26, 4/2, 4/16, 4/23, 4/30 No class 4/9	This high-energy soccer class is set in a fun, noncompetitive environment. Kids are introduced to the fundamentals of soccer through creative programming and imaginative games. Our dynamic coach utilizes a unique curriculum which is crafted to improve soccer skills, build self-confidence, and develop socialization skills.
TUE Hip Hop 3.15-4.15PM \$170 Gr 2 & up Min 8 MPR 8 classes: 3/5, 3/12, 3/19, 3/26, 4/2, 4/16, 4/23, 4/30 No class 4/9	Come ready to Dance and Sweat! This dance class emphasizes boosting confidence, building communities, and putting the fun back in fitness. With the hottest jams and simple combinations made for all levels, students are sure to stay fit while having fun!
WED Great Art 2.15-3.15PM \$175 Gr 1 & up Min 6 Room 27 7 classes: 3/6, 3/20, 3/27, 4/3, 4/17, 4/24, 5/1 No class 3/13, 4/10	Students explore Great Artists and their styles in our exciting Art class! We will study artists, their famous pieces of work, and create a project work around the inspiration. Great class for beginners and dedicated artists alike! Materials included. Meet outside the MPR.
WED Gymnastics 2.15-3.15PM \$178 Gr K-4 Min 10 MPR 8 classes: 3/6, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24, 5/1 No class 4/10	Gymnastics focuses on building body-confidence, coordination, motor skills, strength, and flexibility. Each class begins with a warm-up, incorporating age-appropriate songs and imagination games. Then, we focus on age appropriate tumbling passes and movement exploration that builds integrated strength and coordination for more advanced tumbling and inverted work.
THU Lego STEM 3.15-4.15PM Gr K-3 \$185 Min 10 Port. 1 8 classes: 3/7, 3/14, 3/21, 3/28, 4/4, 4/18, 4/25, 5/2 No class 4/11	Explore and build engineer-designed projects such as Motorcycles, Castles, Airplanes, and Monorails. Power on your engineering skills in the STEM+ class and apply real-world concepts in physics, engineering, and architecture through projects such as Catapults, Pneumatic Cranes, Arch Bridges, and Battletracks!
FRI Gadgeteer Kids K 2.15-3PM Gr K \$135 Max 10 Port. 2 6 classes: 3/8, 3/15, 3/29, 4/19, 4/26, 5/3 No class 3/22, 4/5, 4/12	Explore with us! This series of Sights & Sounds activities investigates dark and light, color and shadow, music and noise, and fantastical gadgets of every description. Find out how your eyes work, how your ears work, and what invisible waves have to do with it all. Materials included
FRI Martial Arts 3.05-3.50PM \$120 Gr K-4 Min 8 MPR 6 classes: 3/8, 3/15, 3/29, 4/19, 4/26, 5/3 No class 3/22, 4/5, 4/12	Martial Arts teaches discipline, awareness, motivation and focus. They include a diversity of self-defense techniques, hand and animal forms. Students will build confidence through training and develop better fitness, flexibility, reaction and coordination. Respect is also emphasized. The class also includes core and muscle strengthening and breathing and meditation techniques.



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EARLY REGISTRATION DEADLINE 2/28/2019 | FEES GO UP 3/1/2019

<p>Fri Guitar 3.15-4.15PM \$125 Gr 2 & up Min 8 Room 4 6 classes: 3/8, 3/15, 3/29, 4/19, 4/26, 5/3 No class 3/22, 4/5, 4/12</p>	<p>Learn the fundamentals of guitar technique and how to produce clear, beautiful notes and chords. Students will discover how to control rhythm, tempo, and volume, and how to express themselves artistically. The guitar skills learned in this class will allow anyone to play any style of music, from hard rock to country-and-western. Meet outside the MPR. <i>Note: Students bring their own guitar.</i></p>
<p>CANCELLED: WED Table Tennis THU Lego STEM K, Basketball FRI Gadgeteer Kids+</p>	<p style="color: red;">Come try out our classes for the 1st week free!</p>

Explorers Fee: A \$25 drop-in fee is assessed by the Explorers program when students are at aftercare 15minutes after the end of an Electivity class. (i.e. Electivity class is dismissed at 4:15pm and the student is still at aftercare at 4:30pm. Families are not charged an aftercare fee when students are taken into aftercare should an Electivity class be cancelled for the day, without a 24-hour notification.


WCA Scholarship: Scholarship requests are handled on a first-come-first-served basis. Each qualifying child may request for 1 scholarship, subject to availability. Email electivitykids@outlook.com to submit your scholarship request stating Child's Name, Class Request, Contact info.

NO TRANSFERS AFTER THE 1st CLASS | NO FEE PRORATION



W E L C O M E

TO THE *Fabulous*
WILLOW CREEK
BENEFIT



Online Auction!

Opens FRIDAY, MARCH 1ST AT 8:00AM AND
Closes FRIDAY, MARCH 22ND AT HIGH NOON!

.....
CHECK OUT THE AUCTION WEBSITE

WWW.WILLOWCREEKACADEMY.SCHOOLAUCTION.NET/FABULOUSWCA/CATALOG

FOR A PREVIEW OF OVER 100 ITEMS FOR BIDDING!

.....

Winning Bids AWARDED BEFORE THE BENEFIT EVENT
SO THIS IS YOUR CHANCE TO GRAB THESE HOT ITEMS!

The WCA Benefit is on Saturday March 30. Don't miss out on this super fun night. Get your tickets online from the WCA website.

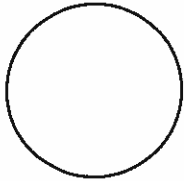
And it's a dress up if you want to.
Here's some ideas for you...





2019 Raising Healthy Families Community Education Series

Join us for this **FREE** informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.



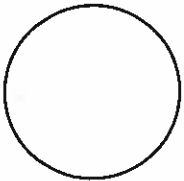
Teen Cannabis and Alcohol Use: What Parents Can Do

Presented by Adam Nelson, MD

When: Saturday, March 2, 2019, 9am – 11am

Where: Marin County Office of Education
1111 Las Gallinas Avenue, San Rafael, CA 94903

Today's widespread under-age use of alcohol and cannabis puts Marin adolescents at greater risk for emotional, physical, and cognitive harm than ever before, including risk for suicide and mental illness. Moreover, it is likely the recent legalization of recreational cannabis will only increase its use and availability for teens.



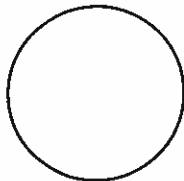
Raising Boys to be Heroes in an Age of Villains

Presented by Mark Edwards, LMFT

When: Tuesday, March 12, 2019, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

This program will offer an overview of the unique development of boys through childhood and adolescence with a specific focus on the development of emotional competence, the ability to recognize, understand, express and manage one's own emotions, and to respond appropriately to the emotions of others.



Embodied Resilience: Mindfulness for Challenging Times

Presented by Shai Lavie, LMFT

When: Thursday, March 28, 2019, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Adolescence is an emotionally challenging period for kids and parents alike. Embodied resilience, that is, being aware of one's own and others internal/non-verbal body signals strengthens our ability to access internal resources.

Thank you to our Sponsors!



Free Events

Co-hosted by
Community Institute for
Psychotherapy
&
Marin County Office of
Education

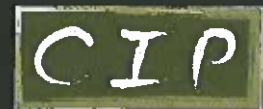
Community Raffle

Raffle Ticket \$5 or
6 for \$25
Available at door & online

For more information or to
register visit
www.cipmarin.org
Or call (415) 459-5999 x101

All event proceeds will go
directly to support CIP's
safety-net programs. Through
our sliding scale and pro bono
services, CIP assures that
disadvantaged families and
individuals have access to the
quality mental health care
they need to regain emotional
stability and live full,
productive lives.

Community Institute for
Psychotherapy
1330 Lincoln Avenue, #201
San Rafael, CA 94901



**JAZZ
AND
BLUES
BY THE
BAY**

SAUSALITO 2019

**SAUSALITO
PARKS AND REC
415-289-4152**

MAY 31, 2019

MARIA MULDAUR & HER RED HOT BLUESIANA BAND

JUNE 14, 2019

RALPH WOODSON BLUES BAND

JUNE 21, 2019

THE BLACK MARKET TRUST

JUNE 28, 2019

RON THOMPSON & HIS RESISTORS

JULY 5, 2019

THE HOT BAKED GOODS

JULY 12, 2019

ANTHONY ROSANO & THE CONQUERORS

JULY 19, 2019

TIN CUP SERENADE

JULY 26, 2019

THE DYLAN BLACK PROJECT

AUGUST 2, 2019

JOHNNY RAWLS

AUGUST 9, 2019

CATOR NATION

AUGUST 16, 2019

LOST DOG FOUND

AUGUST 23, 2019

EUGENE HOGGINS AND FRIENDS

FRIDAYS

MAY 31 - AUG 23

GABRIELSON PARK

DOMINICAN REPUBLIC LITTLE LEAGUE CLINIC & FUNDRAISER

*The Marin baseball community comes together
for a special day of baseball clinics, games and more to:*

**HELP BUILD THE FIRST-EVER LITTLE LEAGUE FIELD IN
LA PIEDRA, DOMINICAN REPUBLIC**

SATURDAY APRIL 27 & SUNDAY APRIL 28, 2019

TAM HIGH BASEBALL FIELD

10AM - 12PM (ages 6-9), 1PM - 3PM (ages 10-13)

Lunch will be served at noon along with a meet & greet with MLB pitcher Pedro Liriano.

SIGN UP! tinyurl.com/DominicanRepublicFundraiser




baseball IS béisbol

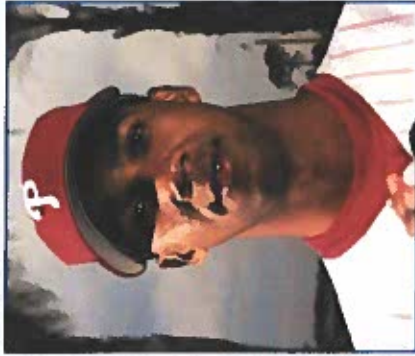
PLEASE BRING PAYMENT DAY OF EVENT

PRE-REGISTRATION \$55 (includes lunch)

EVENT DAY REGISTRATION \$65 (includes lunch)

SCHOLARSHIPS ARE AVAILABLE!!  **CALL/TEXT ISAIAS @ 958-220-5852**

DONATE! If you cannot attend the event, please donate here: gofundme.com/DominicanRepublicFieldOfDreams



PEDRO LIRIANO

“Spend the day with Major Leaguer Pedro Liriano who’s flying in from the Dominican Republic as he teaches the fundamentals of the game.”