

## SAN CARLOS UNIFIED SCHOOL DISTRICT #20



Children need healthy meals to learn. **San Carlos Unified School District** will be participating in the **SFSP BREAKFAST AND LUNCH PROGRAM** as well as the **AFTERSCHOOL SNACK AND DINNER PROGRAM**. As part of this program, **Rice Elementary, San Carlos Middle School, San Carlos High School and Alternative Center will be implementing Special Assistance Programs** will offer healthy meals every day at NO COST to the students due to the implementation of **[the Community Eligibility Provision]** for school year **2020-2021**. Students will be able to participate in these meal programs without having to pay a fee or submit a household application. ALL CHILDREN 18 and under can participate.

Meals are served Monday through Friday. Weekend Meals will be served on Fridays. We will be serving meals in Grab n Go bags at the front of Rice Elementary, behind the Middle School.

WEEKEND MEAL SERVICE will begin Friday, February 12, 2021.

AFTERSCHOOL SNACK & DINNER SERVICE will begin on February 22, 2021.

### **FACE MASKS ARE FOR MEAL SERVICE**

**MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?** To find out how to apply for **Supplemental Nutrition Assistance Programs** or other assistance benefits, contact your local assistance office or call 1-855-432-7587.

*We exist to educate and empower students to become culturally responsive, global Nn'ee*

Thank you,

Shelly Fuller

Food Service Coordinator

San Carlos Unified School District #20

[s.fuller@sancarlos.k12.az.us](mailto:s.fuller@sancarlos.k12.az.us)

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*This institution is an equal opportunity provider.*

### CACFP At-Risk Afterschool Meals Enrichment Week 1

Date	Activities
	<ul style="list-style-type: none"> <li>• National Geographic: Weird Nature Quiz. Go to the webpage and take the quiz to learn about weird things in nature. (science) <a href="https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-weird-nature/">https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-weird-nature/</a></li> <li>• Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: <a href="https://www.metmuseum.org/art/online-features/metkids/time-machine">https://www.metmuseum.org/art/online-features/metkids/time-machine</a> Click on “Africa,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc.). (art, history)</li> </ul>
	<ul style="list-style-type: none"> <li>• Learn how to make a time capsule! Go to the webpage. (various subjects) <a href="https://family.gonoodle.com/activities/how-to-make-a-time-capsule">https://family.gonoodle.com/activities/how-to-make-a-time-capsule</a></li> <li>• Inventions by Kids! Seed Launching Backpack. Go to the webpage and watch the video. (science, tech) <a href="https://thekidshouldseethis.com/post/seed-launching-backpack-a-3d-printed-pollinator-friendly-invention">https://thekidshouldseethis.com/post/seed-launching-backpack-a-3d-printed-pollinator-friendly-invention</a></li> </ul>
	<ul style="list-style-type: none"> <li>• Bone Strength video from NFL. Go to the webpage to learn how to increase bone strength through nutrition and exercise! (science, phys ed) <a href="https://family.gonoodle.com/activities/bone-strength">https://family.gonoodle.com/activities/bone-strength</a></li> <li>• Watch live footage of African Animals. Go to the webpage and click on “African Wildlife.” Write a list of animals you see, or draw them. (science, social studies) <a href="https://explore.org/livecams">https://explore.org/livecams</a></li> </ul>
	<ul style="list-style-type: none"> <li>• Storyline Online- <i>Oh the Places You'll Go</i>, read by Michelle Obama. Go to the webpage and read along or listen to the book. (language arts) <a href="https://www.youtube.com/watch?v=nVpHc8wsRKE">https://www.youtube.com/watch?v=nVpHc8wsRKE</a></li> <li>• Kennedy Center: World of Music. Go to the webpage and learn about composers, music and orchestras from around the world and listen to the music. (art, social studies) <a href="https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/a-world-of-music/">https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/a-world-of-music/</a></li> </ul>
	<ul style="list-style-type: none"> <li>• UNICEF video: Song about handwashing showing people in countries around the world. Go to the webpage and watch the video. Then teach others about handwashing! (art, social studies) <a href="https://www.youtube.com/watch?v=0xprciOSq4c">https://www.youtube.com/watch?v=0xprciOSq4c</a></li> <li>• Spy Museum puzzle: Four Rotor Enigma Machine. Go to the webpage and click on “play” for the Four Rotor Enigma Machine Puzzle. (tech, history) <a href="https://www.spymuseum.org/education-programs/spy-resources/puzzles/">https://www.spymuseum.org/education-programs/spy-resources/puzzles/</a></li> </ul>
	<ul style="list-style-type: none"> <li>• K-3: Watch the video about Harriet Tubman, then click on an activity or quiz below the movie. (history, language arts) <a href="https://jr.brainpop.com/socialstudies/biographies/harriettubman/?_ga=2.81506644.277798122.1598322836-1349083136.1598322836">https://jr.brainpop.com/socialstudies/biographies/harriettubman/?_ga=2.81506644.277798122.1598322836-1349083136.1598322836</a></li> <li>• Grade 4-12: Watch the video about Fannie Lou Hamer, then click on an activity or quiz below the movie. (history, language arts) <a href="https://www.brainpop.com/socialstudies/famoushistoricalfigures/fannielouhamer/?_ga=2.119305546.277798122.1598322836-1349083136.1598322836">https://www.brainpop.com/socialstudies/famoushistoricalfigures/fannielouhamer/?_ga=2.119305546.277798122.1598322836-1349083136.1598322836</a></li> </ul>
	<ul style="list-style-type: none"> <li>• Fill up your plate with a balanced meal to blast off! Go to the webpage and click “play the game.” (science) <a href="https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html">https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html</a></li> <li>• TedEd: What Makes a Volcano Erupt? Go to the webpage and click on the video. (science) <a href="https://ed.ted.com/lessons/what-makes-volcanoes-erupt-steven-anderson">https://ed.ted.com/lessons/what-makes-volcanoes-erupt-steven-anderson</a></li> </ul>