



THE WEEKLY MEMO

2022-2023, Issue #36 - June 12, 2023- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

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- 5) UV Protection Chart

Meetings and Trainings

June 12 —Monday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
 - 8:45-9:45 NEP, Library
- 9:00-11:00 Ed Dept. Meeting, Teams
- 1:30-2:30 Hold for FA Interview, Virtual

June 13 —Tuesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 8:00-11:00 Hold for SM (JxCo) Interviews, Virtual
- 9:30-12:30 Hold for EHS Interviews, Library
- 1:00-3:00 Hold for Education Interviews, Virtual

June 14 —Wednesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-10:30 Department Directors, Tap Rock
- 11:00-4:30 Hold for Area Assistant (JxCo) Interviews, Library

June 15 —Thursday

- 8:30-9:30 Health Dept. Meeting, Library
- 1:00-3:00 Hold for Education Interviews, Library

June 16 —Friday

- 8:00-10:00 Center Meeting: Center A
- 11:00-1:00 Center Meeting: Center B
- 1:00-3:00 Hold for SM (JoCo) Interviews, Library
- 1:00-2:00 Hold for Interview for EHS TA, Virtual

you're ONE



in a MELON!

@MUCHSKETCH

Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

Fun Times at Rogue River!

Sharing some fun times at RR these last few weeks! For family tie dye day, every parent was here! Tons of fun! Gardening is an everyday event.



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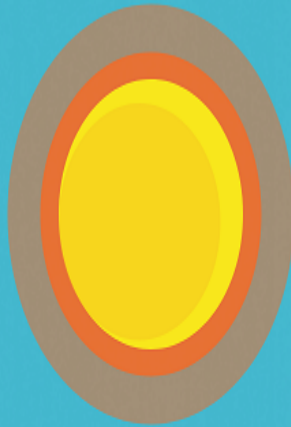
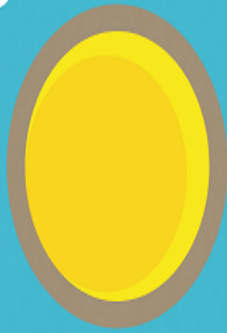
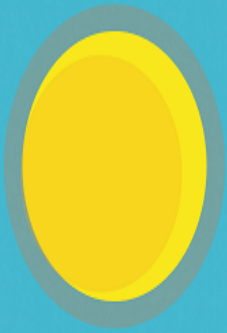
Tearful Goodbye

It was a tearful goodbye (and dog pile) as we thanked Mr. Ron for all of his time spent in the classroom volunteering. He has been an important part of the duration classroom at Progress; teaching the children Spanish, helping the teachers with clean up and wrangling the little ones and even joining Maggie in the kitchen from time to time. We couldn't have done it without his support!

THANK YOU RON!



UV Protection Chart



Low (0 - 2)	Medium (3 - 5)	High (6 - 7)	Very High (7 - 10)	Extremely High (11 +)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	
				Staying indoors between 10 a.m. - 4 p.m.

Citrus Salad



Makes: 8 servings

Total Cost: \$\$\$\$

This recipe can help make half your plate fruits and vegetables. Grapefruit sections are a great addition to fruit or green salads.

Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cups fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

Directions

1. Wash hands with soap and water.
2. Cut fruit into bite size pieces.
3. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Notes

Learn more about:

- [Grapefruits](#)
- [Oranges](#)
- [Lettuce](#)
- [Onions](#)
- [Limes](#)

Source:

Quick and Healthy, Vol.II

ScaleDown Publishing, Inc.

Brenda Ponichtera, RD

Nutrition Information

Serving Size: 1/8 of recipe

MyPlate Food Groups



Nutrients	Amount
Total Calories	48
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	8 mg
Carbohydrates	8 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	26 mg
Iron	0 mg
Potassium	191 mg

 Fruits 1/4 cups
 Vegetables 3/4 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated