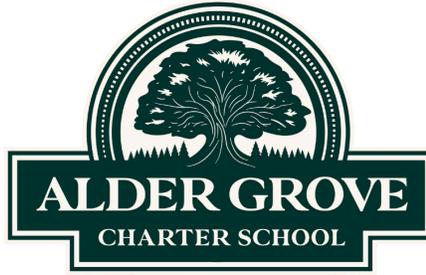


# March 2026 Newsletter

Jay Tilghman • 5 days ago • Wednesday, Mar 4 at 12:00 PM • **Alder Grove Charter School**



# SCHOOL NEWS

## CAASPP TESTING AND PHYSICAL FITNESS TEST

**REMINDER:** A LINK TO THE CAASPP PRACTICE TESTS IS AVAILABLE ON THE ALDER GROVE WEBSITE UNDER QUICK LINKS. PLEASE CONSIDER SITTING DOWN WITH YOUR STUDENTS AND GOING THROUGH EACH PRACTICE TEST TOGETHER. YOU AND YOUR STUDENT WILL BENEFIT FROM GETTING BETTER ACQUAINTED WITH THE TESTING PLATFORM AND THE TYPE OF QUESTIONS THAT WILL BE ON THESE ASSESSMENTS. YOU CAN FIND AN ANSWER GUIDE HERE: [HTTPS://WWW.CAASPP.ORG/TA-RESOURCES/PRACTICE-TRAINING.HTM](https://www.caaspp.org/ta-resources/practice-training.htm)

**PFT DUE BY MAY 8:** THE CALIFORNIA PHYSICAL FITNESS TEST (PFT) IS ALSO COMING UP FOR 5TH, 7TH, AND 9TH GRADE STUDENTS. THE TEST INVOLVES SEVERAL QUICK AEROBIC, STRENGTH, AND FLEXIBILITY ACTIVITIES, INCLUDING A TIMED ONE-MILE WALK/RUN. OUR ANNUAL ALDER GROVE SPRING FIELD DAY WILL BE HELD ON THURSDAY, MARCH 5 AT THE LIGHTHOUSE HUMBOLDT CHURCH ON HUBBARD LANE IN EUREKA. FOR THOSE WHO WISH TO DO THIS INDEPENDENTLY, FORMS, ALONG WITH LINKS TO INSTRUCTIONAL VIDEOS, ARE ALSO AVAILABLE ON THE ALDER GROVE WEBSITE. FORMS ARE DUE NO LATER THAN FRIDAY, MAY 8TH.

THANK YOU IN ADVANCE FOR HELPING US ACHIEVE 100% PARTICIPATION IN STATE MANDATED TESTING!

## TESTING SCHEDULE: MARK YOUR CALENDARS!

SPRING IS JUST AROUND THE CORNER, WHICH MEANS IT'S TIME FOR STATE-MANDATED TESTING, INCLUDING CAASPP AND THE PHYSICAL FITNESS TEST (PFT). THE FUTURE OF OUR SCHOOL DEPENDS ON STRONG STUDENT PARTICIPATION IN THESE ASSESSMENTS. PLEASE BEGIN CONVERSATIONS WITH YOUR FAMILIES NOW TO ENSURE STUDENTS ARE PRESENT, PREPARED, AND READY TO DO THEIR BEST.

**IMPORTANT TESTING DATES**  
**WEEK ONE: MARCH 30 – APRIL 3**

- STUDENTS IN GRADES 3-8 AND GRADE 11 WILL TEST IN:
  - MATHEMATICS
  - ENGLISH LANGUAGE ARTS
- STUDENTS IN GRADES 5, 8, AND SELECT 11TH AND 12TH GRADERS WILL ALSO TAKE THE CALIFORNIA SCIENCE TEST (CAST).
- TESTING WILL TAKE PLACE DURING REGULAR ON-CAMPUS CLASSES AND LABS.

**WEEK TWO: APRIL 6 – APRIL 10**

- CONTINUED CAASPP TESTING
- NO ON-CAMPUS CLASSES WILL BE HELD DURING WEEK TWO.

THANK YOU FOR YOUR SUPPORT IN HELPING OUR STUDENTS SHOW WHAT THEY KNOW AND MAKING THIS TESTING SEASON SUCCESSFUL FOR EVERYONE!

Alder Grove's Second Annual

**LET THE GAMES BEGIN!**

**FIELD DAY**

**ONLY PFT EVENTS WILL BE OFFERED!**

Thursday, March 5  
 2:30 - 4:30pm  
**LIGHTHOUSE HUMBOLDT**  
 2734 Hubbard Lane,  
 Eureka

All AGCS students are encouraged to attend!  
 Students in TK-3 should be accompanied by an adult.  
 Please wear comfortable clothes and shoes.

**GRADES 5, 7, & 9 CAN COMPLETE THEIR PFT HERE!**

### Physical Fitness Test Events

Due to the wet field we will offer only the required Physical Fitness Test events this year. These events allow 5th, 7th, and 9th grade students to complete their Physical Fitness Test requirements.

The following five events will be available:

- 1-Mile Walk/Run
- Sit-Ups
- Chin-Ups
- Flexibility Test
- Push-Ups

While these events are required for 5th, 7th, and 9th graders, ALL STUDENTS are welcome to participate.

Thank you for your understanding and support

*Arcata Marsh* [Sign up via Parent Square Post](#)

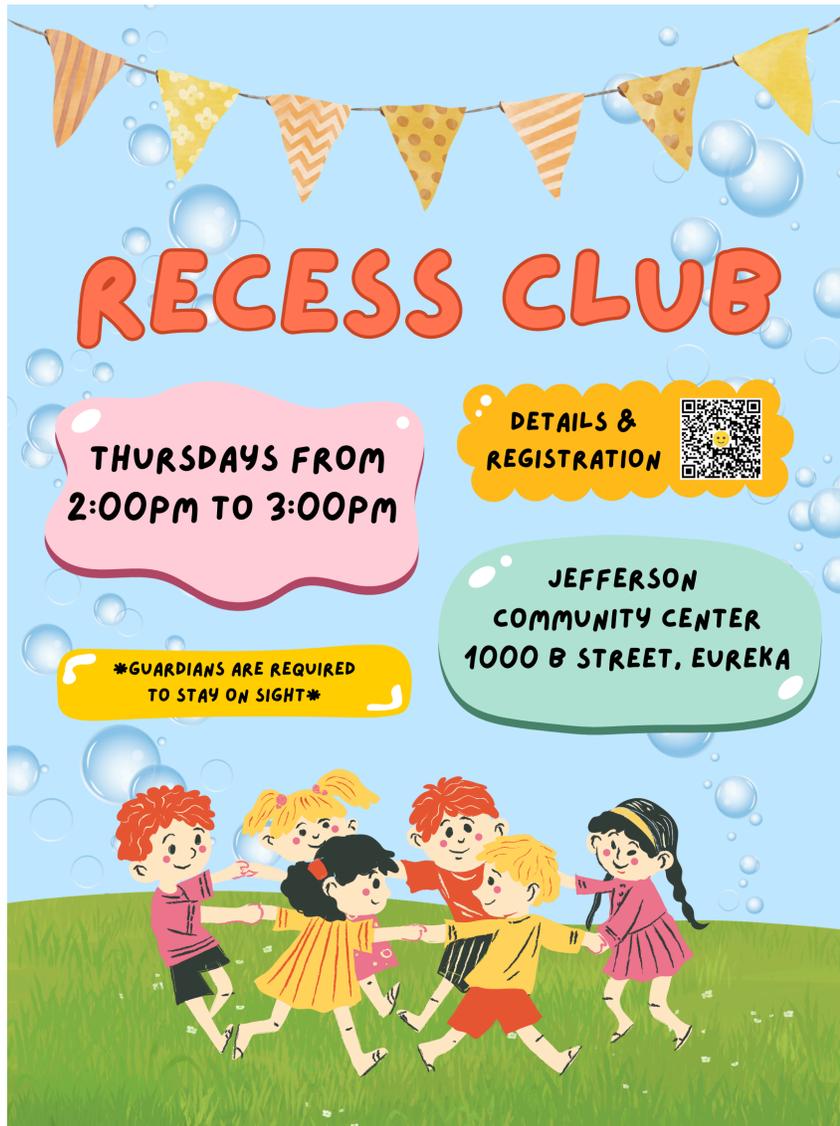
# Bird Watching Field Trip



**When:** March 17 @ 10 am

**Where:** Arcata Marsh  
Interpretive Center,  
569 South G Street,  
Arcata, CA 95521.

**Optional:** Bring binoculars, clip board  
and download "Merlin Bird ID" on your  
Phone!



# THE PHYSICAL FITNESS TEST IS BACK

The Physical Fitness Test (PFT) is part of the California state testing program. California has chosen the FITNESSGRAM as the annual PFT for students in public schools.



The FITNESSGRAM is a comprehensive health-related fitness test developed by The Cooper Institute.

## WHO?

AGCS Students  
5th, 7th & 9th  
Grades

## WHEN?

March 5 2026

## WHAT?

The FITNESSGRAM measures:

- Aerobic Capacity
- Abdominal Strength & Endurance
- Trunk Extender Strength & Flexibility
- Upper Body Strength & Endurance
- Flexibility

## HOW?

Your child's CT can administer the PFT, or they can attend AGCS's Field Day on Thursday, March 6 and complete it there!

Students with disabilities have the chance to participate in the PFT and should be given as much of the test as possible.

## WHY?

FITNESSGRAM results are one measure of information students and their families may use, along with other information, to monitor overall fitness.

Alder Grove may also use the results for the purpose of evaluating our physical education program.

## PARENTS:

Support your child's fitness by encouraging them to exercise for 60 minutes a day!

**ALDER GROVE CHARTER  
SCHOOL**

*TK & K Get Together*

**DISCOVERY MUSEUM**

612 G St STE 102, Eureka, CA 95501  
11:30-12:30 pm

October 30  
November 20  
December 18  
January 29  
February 26  
March 26  
April 30  
May 21

Join us for a TK & K Get Together at the Discovery  
Museum for a FREE playgroup.

Contact Aly & Randi to attend.  
[aly.lescht@aldergrovecharter.org](mailto:aly.lescht@aldergrovecharter.org) and  
[randi.mead@aldergrovecharter.org](mailto:randi.mead@aldergrovecharter.org)



# PBIS SPOTLIGHT

WE ARE SAFE, RESPECTFUL, AND RESPONSIBLE

MARCH 2026

## HAPPY SPRING FROM THE PBIS COMMITTEE

PBIS stands for Positive Behavior Interventions and Supports, and it helps everyone learn how to make good choices so our school!

## NEW RAFFLE!

Use Your Bark Bucks to Win...

### PBIS Monthly Raffle

#### TK-8<sup>th</sup> Grade Prizes:

- 3 small squishmallows
- 3 beanies

#### High School Prizes:

- 2 Humboldt Smokehouse gift cards for \$15
- 3 beanies

Drawings during lunch on March 25<sup>th</sup> & 26<sup>th</sup>

## SASQUATCH STATION REVAMP!

We are so excited to announce that there is now a High School Only section in the Sasquatch Station! We also have some new items available for our elementary and middle school students with more high interest items to come! Check it out!!

## REMINDER

Did you know we have free Social Emotional Learning books available? Check out the choices and order forms available in the lobby by the Hydration Station. Each student can get up to 2 free books!

## CONGRATULATIONS TO OUR FEBRUARY RAFFLE WINNERS

- Alijah Peruchin
- Finn Murphy
- Rory O-Hanen
- Willow Price
- Zayla K.
- Arianna Porter
- Cole Sprague
- Ben Woodard
- Skylar Smith
- Zeo Ward-Armstrong

# COMMUNITY

March 2026

## Care Corner

### Monthly Check-ins!

Dear Alder Grove Families,

I am writing to express our sincere gratitude for taking the time to complete our February Alder Grove Family Check-In. We received 32 responses. Your insights are incredibly valuable to us and play a crucial role in helping us improve and enhance our services. Your 100% anonymous responses generate themes that we can use to improve your experience here at Alder Grove. We'd love more families to give their honest input, so we're re-opening the survey for a couple more days. It's only 3 short questions, is 100% anonymous, and makes a huge difference. Here's the link:

Thank you in advance for your participation. Please [click on this post!](#)

We plan to take these next steps to continue to improve our services:  
Present these themes in our teacher/staff meetings  
Make adjustments based on your feedback, as applicable

Thank you once again for your participation and for contributing to our continuous improvement, and thanks in advance to those who are willing to complete the short 3 question 'Real survey' in the next couple days. If you have any additional thoughts or questions, please do not hesitate to reach out.

Warm regards,

Shana Langer  
Community School Coordinator  
[shana.langer@aldergrovecharter.org](mailto:shana.langer@aldergrovecharter.org)

Top 10

## Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health. *Here are 10 ways to improve your mental health!*

- 1. Get enough sleep.**

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

- 2. Exercise.**

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

- 3. Open up to someone.**

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

- 4. Be mindful.**

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

- 5. Deal with stress.**

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.

- 6. Be grateful.**

Notice the things you are thankful for in your everyday life. Regularly reflect on, and feel grateful for, each of these things.

- 7. Eat healthy.**

Research shows that eating healthy foods like fish, fruits, and vegetables will help keep your body and your mind healthy and strong.

- 8. Help someone else.**

Helping others has been shown to reduce stress and improve your mental health. It also just makes you feel good.

- 9. Reflect.**

Put your phone away, turn off the TV, and take some time every day to rest, relax, and reflect. You might also try writing your thoughts in a journal.

- 10. Reach out for help.**

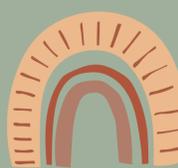
Just like with physical health, we sometimes need the help of a professional to be at our best. If you'd like to feel better, talk to a counselor, advisor, or your family doctor.

Taking care of your mental health is important, and needing help isn't a sign of weakness. If you need help or just need to talk, contact the Crisis Text Line by texting HOME to 741741.



For more, watch this quick video! VIDEO

woodburnpress.com Item 1090  
01122



# Wellness Matters



## SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone 

**It's time to take action if you notice these signs in family or friends:**

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
  - Withdrawal from or changing social connections/situations.
  - Changes in sleep (increased or decreased).
  - Anger or hostility that seems out of character or out of context.
  - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

988

SUICIDE & CRISIS LIFELINE  
PEP24-988-009

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

Mary Fisher PPSC, School Wellness Specialist: 707-572-7898 (Call/Text)

STOPit SOLUTIONS

STOPit: Report bullying, harassment, violence, threats, or weapons possession, alcohol or drug related issues, discrimination, etc:

<https://appweb.stopitsolutions.com/login/AlderGroveStopIt>

**Are you a student or family in need of support? Use this form to get connected to the Wellness Center or other campus supports for help with emotions, behavior, basic needs, or access to helpful resources.**

**Link to Wellness Center/On Campus support referral form:**  
<https://forms.gle/kPNWX3m4xRp3wZiH6>



A colorful invitation for a Pi Day Pizza Party. The background is light beige with scattered icons of pizza slices, pepperoni, mushrooms, and the number 3. The main title is written in large, bubbly, yellow and red letters. The text is centered and uses a mix of red and brown colors for emphasis.

**YOU'RE INVITED TO OUR**  
**CONQUER THE CAASPP**  
**PIZZA PARTY**

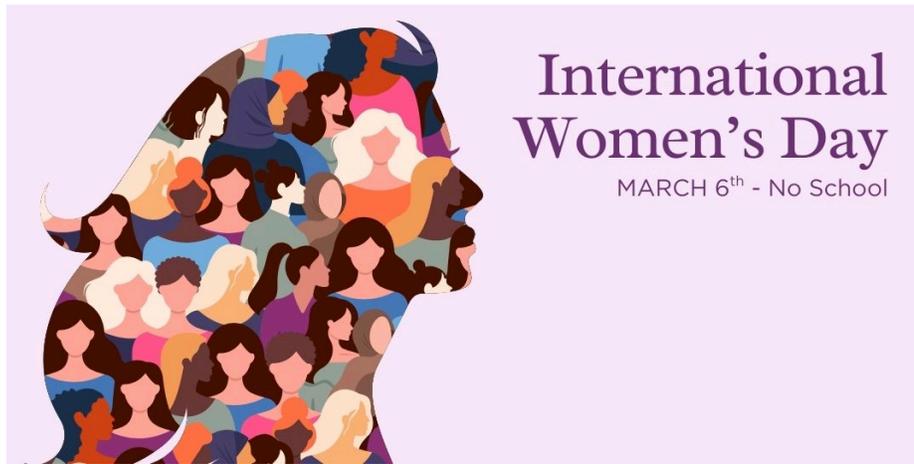
🎉 Celebrate Your Success! Join Us for a Pi Day Pizza Party! 🎉  
Calling all dedicated students! Your hard work deserves a delicious reward. Join us for a special Pi Day celebration:

**Eligibility:**  
Complete 70% or more of your Conquer the CAASPP program by February 24th.

**Event Details:**  
Date: Friday, March 13, 2026  
Time: 3-4 PM  
Location: Alder Grove Lunchroom

**What to Expect:**  
🍕 Pizza and treats  
🏆 Awards

For questions, more details, or to RSVP:  
📧 Contact Randi at [randi.mead@aldergrovecharter.org](mailto:randi.mead@aldergrovecharter.org)



# COMMUNITY OPPORTUNITIES

# Youth Arts Studio



## SCHEDULE

### School Break Workshops

FEB

**Presidents Break Camp (3rd-5th)**

**Dates: Wednesday, February 18th - Friday, February 20th**

*Wed.-Fri./ 8:30-4 pm*

*\$200 (Non-Member)/ \$180 (Member)*

APR

**Spring Break Camp (6th-8th)**

**Dates: Tuesday, April 14th - Friday, April 17th**

*Tues.-Fri./ 8:30-4 pm/*

*\$250 (Non-member) \$225 (Member)*

### After School Classes

APR

**After School Classes (6th-8th)**

**Dates: Thursdays, April 23, 30 & May 7, 14**

*4 Week Series/ Thursdays/ 3:30-5 pm*

*\$150 (Non-Member) \$135 (Members 10% off)*

MAY

**After School Class (9th-12th)**

**Dates: Thursday, May 28**

*One Day Class/ Thursday/ 3:30-5:30 pm*

*\$50 (Non-Member) \$35 (Members 10% off)*



# HealthSPORT Swim School

## **Building Strong Swimmers!**

At HealthSPORT, we believe swimming is more than just a skill—it's a lifelong journey of safety, health, and fun. The mission of HealthSPORT Swim School is to empower children by providing a safe, supportive, and energetic environment to develop water mastery and confidence that lasts a lifetime.

**Small  
Classes**

**Focused  
Instruction**

**Progress  
Automatically**

**Easy  
Monthly Enrollment**

**Fun  
Themed Levels**

**Exciting  
Goals to Reach!**

### **READY TO DIVE IN?**



Scan the code to view our current schedules, pricing, and to register online.

SCAN



HealthSPORT Eureka & Arcata

HealthSPORT.com/SwimSchool

## Upcoming Events

**Thu 3/05, 2:30 pm - 4:30 pm • Spring Field Day**

**Fri 3/6 • Int'l Women's Day *School Closed***

**Tue 3/17, 10:00 am - 12:00 pm • Bird Watching Field Trip**

**Mon 3/30, 8:00 am - 4:30 pm • CAASPP Testing**

**Tue 3/31, 8:00 am - 4:30 pm • CAASPP Testing**