

# Month 10 Newsletter

3 files • Mayra Estrada • 17 hours ago • Monday, Mar 24 at 3:00 PM • DU - Bellflower, 8th Grade, 9th Grade, 10th Grade, 11th Grade, 12th Grade, Alanis, Antunovich, Orcutt, Ramirez, Spear, Villegas, Yocky

Hello OFY-LA Jaguars Families!

With the arrival of Spring and the flowers beginning to bloom, we are excited to announce that our Spring events are just around the corner! We can't wait to celebrate this vibrant season with all of our graduating seniors. Stay tuned for more details on upcoming activities and events that will bring joy and fun to everyone!

At the same time, we want to remind everyone that state testing is here. **The first state test will be the Physical Education Test for all 9th graders.** We encourage all students to stay focused and prepared as we head into this important time. Your support in helping your child feel ready for the test will make a big difference!

## Month 10 Calendar

Our Month 10 calendar is attached for your reference. Please take time to review this newsletter at your earliest convenience.



## Month 9 Progress Report

Month 9 progress report cards are available via StudentTrac. As always, feel free to reach out to your child's teacher with any questions or concerns.

### **Attendance Matters**

Students are required to attend all school appointments. If a student is going to be absent, they must notify the teacher to schedule make-up arrangements.

## **State Testing**

### **PFT**

All **9th Graders** are scheduled to take the **Physical Fitness Test** on **Friday, April 10th**. Please make sure you check in with your teacher with any questions you may have. We encourage students to be prepared and give their best effort during this test!

# PHYSICAL FITNESS TEST ON

# 4/4/25

**ADDRESS: 10058 ROSECRANS AVE, BELLFLOWER, CA  
90706**

**STARTS AT 9:00 AM**

## Health and Wellness

### Community Service Month

April is **National Volunteer Month**, and we want to dedicate this month to honoring all of the incredible volunteers in our communities. We also encourage everyone to consider giving their time and skills to help others this month of April. Volunteering can have a meaningful impact on both the community and yourself. Whether you're looking to help out locally or beyond, there are countless ways to get involved.



APRIL  
— NATIONAL —  
**VOLUNTEER**  
*Month*

Here are two great websites to help you find volunteer opportunities near you:

**L.A. Works****Volunteer Opportunities in Compton****Monthly Recipe**

This month, I'm excited to share with you a delicious and versatile recipe: Pan-Seared Citrus Shrimp! I hope you enjoy making this recipe with your family. It's quick, fresh, and sure to be a hit.

This dish can be served in a variety of ways:

- Pair it with white or brown rice for a simple and satisfying meal.
- For pasta lovers, try it with linguine or angel hair pasta, and serve it hot with a sprinkling of Parmesan cheese for extra flavor.
- My son's favorite way to enjoy this shrimp is as a taco filling - it's fun and tasty twist!
- Or, for a lighter option, check out the Citrus Shrimp Avocado Salad, which will be next month's featured recipe. Stay tuned!

# Pan-Seared Citrus Shrimp Recipe

## Ingredients:

- 1 tablespoon olive oil
- 1 cup fresh orange juice (about 2 oranges)
- 1/2 cup fresh lemon juice, (about 3 lemons)
- 5 garlic cloves, minced or pressed
- 1 tablespoon finely chopped red onion
- 1 tablespoon chopped fresh parsley
- Pinch red pepper flakes
- Freshly ground black pepper and kosher salt
- 3 pounds medium shrimp
- 1 medium orange, cut into slices
- 1 medium lemon, cut into wedges

## Instructions:

1. In a medium bowl, whisk together the olive oil, orange juice, lemon juice, garlic, onion, 2 teaspoons of the parsley, and pinch of red pepper flakes. Pour the mixture into a large skillet set over medium heat. Bring to a simmer and cook until reduced by half, about 5 to 8 minutes.
2. Add the shrimp, season with kosher salt and freshly ground black pepper, cover, and cook until they turn pink, about 5 minutes
3. Top with the remaining parsley and serve with orange and lemon slices on the side.



Citrus shrimp pasta so simple and delicious #pasta #foodie #recipes...



**School Meals**

Healthy school meals are available every day at no cost to our students. Meals are limited, students talk to your teacher if interested.



# SCHOOL MEALS

*Available*



**Healthy Lunches**



**Available Every Day**



**No Cost to Students!**

*For more information call or visit your child's school.*



Bellflower: (562) 867-0815

Compton : (310) 885-1477

Watts : (310) 329-3626



April - Breakfast		Grades 9-12 SBP OVS		
Pensieve Foods LLC		2024		
Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03	04	05
<b>ENTREE:</b> Honey Scooters Cereal <b>FRUIT:</b> Fresh Apple Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Banana Medium Muffin <b>FRUIT:</b> Mango Bits Apple Sauce <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Marshmallow Mateys Cereal <b>FRUIT:</b> Mango Bits Diced Pears <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Apple Breakfast Bar <b>FRUIT:</b> Fresh Apple Diced Pears <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Cinnamon Toasters Cereal <b>FRUIT:</b> Fresh Orange Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese
08	09	10	11	12
<b>ENTREE:</b> Apple Cinnamon Medium Muffin <b>FRUIT:</b> Fresh Banana 100% Juice Grape Juice <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Marshmallow Mateys Cereal <b>FRUIT:</b> Fresh Orange Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Blueberry Breakfast Bar <b>FRUIT:</b> Mango Bits Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Honey Scooters Cereal <b>FRUIT:</b> Fresh Apple Apple Sauce <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Whole Wheat Bagel <b>FRUIT:</b> Fresh Banana Mango Bits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese Cream Cheese
15	16	17	18	19
<b>ENTREE:</b> Honey Scooters Cereal <b>FRUIT:</b> Fresh Apple Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Banana Medium Muffin <b>FRUIT:</b> Mango Bits Apple Sauce <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Marshmallow Mateys Cereal <b>FRUIT:</b> Fresh Banana Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Apple Breakfast Bar <b>FRUIT:</b> Fresh Apple Diced Pears <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Cinnamon Toasters Cereal <b>FRUIT:</b> Fresh Orange Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese
22	23	24	25	26
<b>ENTREE:</b> Apple Cinnamon Medium Muffin <b>FRUIT:</b> Fresh Banana 100% Juice Grape Juice <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Marshmallow Mateys Cereal <b>FRUIT:</b> Fresh Orange Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Blueberry Breakfast Bar <b>FRUIT:</b> Mango Bits Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Honey Scooters Cereal <b>FRUIT:</b> Fresh Apple Apple Sauce <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Whole Wheat Bagel <b>FRUIT:</b> Fresh Banana Mango Bits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese Cream Cheese
29	30	01	02	03
<b>ENTREE:</b> Honey Scooters Cereal <b>FRUIT:</b> Fresh Apple Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Banana Medium Muffin <b>FRUIT:</b> Mango Bits Apple Sauce <b>OTHER:</b> <u>1% Milk , Skim Chocolate Milk</u> String Cheese	<b>ENTREE:</b> Marshmallow Mateys Cereal <b>FRUIT:</b> Mango Bits Diced Pears <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Apple Breakfast Bar <b>FRUIT:</b> Fresh Apple Diced Pears <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese	<b>ENTREE:</b> Cinnamon Toasters Cereal <b>FRUIT:</b> Fresh Orange Pineapple Tidbits <b>OTHER:</b> 1% Milk , Skim Chocolate Milk String Cheese

April - Lunch		Grades 9-12 NSLP OVS		
Pensieve Foods LLC		2024		
Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03	04	05
<b>ENTREE:</b> Turkey and Cheese Sandwich <b>VEGETABLE:</b> Arugula, Garbanzo Beans and Cucumber Salad with Italian Dressing <b>FRUIT:</b> Mango Bits 100% Juice Orange Juice <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard	<b>ENTREE:</b> Chicken and Cheese Sandwich <b>VEGETABLE:</b> Carrots and Cucumbers <b>FRUIT:</b> 100% Juice Orange Juice Diced Pears <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard	<b>ENTREE:</b> Southwest Black Bean Wrap <b>VEGETABLE:</b> Red Bell Peppers and Jicama <b>FRUIT:</b> Fresh Orange Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Buffalo Chicken Wrap <b>VEGETABLE:</b> Tomatoes and Celery with Ranch Dip <b>FRUIT:</b> Mango Bits Apple Sauce <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Ham and Cheddar Cheese Sandwich <b>VEGETABLE:</b> Spring Mix, Black Bean, and Corn Salad with Chipotle Tahini Dressing <b>FRUIT:</b> Fresh Apple 100% Juice Grape Juice <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard
08	09	10	11	12
<b>ENTREE:</b> Roast Beef and Cheese Sandwich <b>VEGETABLE:</b> Spinach, Carrots and Kidney Beans Salad with Balsamic Dressing <b>FRUIT:</b> Mango Bits Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard	<b>ENTREE:</b> Southwest Chicken Wrap <b>VEGETABLE:</b> Carrots, Jicama, and Celery with Ranch Dip <b>FRUIT:</b> Diced Pears Raisins <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Wowbutter and Jam Sandwich <b>VEGETABLE:</b> Tomatoes and Cucumbers <b>FRUIT:</b> Pineapple Tidbits Apple Sauce <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Curry Chickpea Wrap <b>VEGETABLE:</b> Romaine, Red Bell Pepper, and Corn Salad with Ranch Dressing <b>FRUIT:</b> 100% Juice Apple Juice Mango Bits <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Ranch Chicken Wrap <b>VEGETABLE:</b> Falaful and Marinated Cabbage with Lemon Tahini Dipping Sauce <b>FRUIT:</b> Fresh Apple Apple Sauce <b>OTHER:</b> 1% Milk, Skim Chocolate Milk
15	16	17	18	19
<b>ENTREE:</b> Turkey and Cheese Sandwich <b>VEGETABLE:</b> Arugula, Garbanzo Beans and Cucumber Salad with Italian Dressing <b>FRUIT:</b> Mango Bits 100% Juice Orange Juice <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard	<b>ENTREE:</b> Chicken and Cheese Sandwich <b>VEGETABLE:</b> Carrots and Cucumbers <b>FRUIT:</b> 100% Juice Orange Juice Diced Pears <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard	<b>ENTREE:</b> Southwest Black Bean Wrap <b>VEGETABLE:</b> Red Bell Peppers and Jicama <b>FRUIT:</b> Fresh Orange Diced Pineapple, Peach, Pear Mix <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Buffalo Chicken Wrap <b>VEGETABLE:</b> Tomatoes and Celery with Ranch Dip <b>FRUIT:</b> Mango Bits Apple Sauce <b>OTHER:</b> 1% Milk, Skim Chocolate Milk	<b>ENTREE:</b> Ham and Cheddar Cheese Sandwich <b>VEGETABLE:</b> Spring Mix, Black Bean, and Corn Salad with Chipotle Tahini Dressing <b>FRUIT:</b> Fresh Apple 100% Juice Grape Juice <b>OTHER:</b> 1% Milk, Skim Chocolate Milk Mayonaise & Mustard
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## IMPORTANT INFORMATION

### Grad Pace Meetings

Grad Pace Meetings are mandatory for students not on track for graduation. Schedule an appointment the week of **March 24th-March 28th** to discuss your academic progress with your counselor and teacher.



**OPTIONS FOR YOUTH-BELLFLOWER**

# **GRAD PACE MEETINGS**



**GRAD PACE MEETINGS ARE FOR STUDENTS WHO ARE NOT COMPLETING 5 UNITS A MONTH.**

**SCHEDULE AN  
IN-PERSON OR VIRTUAL  
APPOINTMENT TODAY!**



**MARCH 25-APRIL 3RD**

**CENTER PHONE NUMBER: (562) 867-0815**

**\*All students must attend this meeting with a parent or guardian if they are under the age of 18. \***



**Attention Gamers!**

## E-Sports

If gaming is your passion, don't miss out on joining **E-Sports with Carlos!** 🏆

### First Practice Session:

📅 **Tuesday, March 25th**

🕒 **3:00 PM - 5:00 PM**

📍 **Room 2**

We're kicking things off with **Fortnite**, so get ready to squad up and show your skills! ✨

OFY LA JAGUARS ESPORTS  
PRESENTS

# FORTNITE

## ZONE WARS : 2V2 DUOS



SEASON STARTS MARCH 24, 2025

USE QR CODE TO REGISTER



✨ 2025 College & Career Fair ✨

**Career Quest: Choose Your Adventure!** 🎮🚀

Are you ready to hit the START button to an exciting world of Colleges, Careers, and Opportunities for Your Future?

Join us at the **2025 College & Career Fair!**

◆ **Date:** Friday, April 11th, 2025

◆ **Time:** 1:00pm - 3:30pm

◆ **Location:** Magic Johnson Park

📍 905 E El Segundo Blvd., Los Angeles, CA 90059

Come discover colleges, careers, and the endless possibilities that await you in the world! It's your chance to meet industry professionals, learn about academic paths, and level up your future! If you're interested in attending this event please speak to Felicia and Cintia. ✨

**Don't miss out on this adventure—your future starts here!** 🎮🌟

OFY LA

# 2025 COLLEGE & CAREER FAIR



**April 11, 2025**

**1:00 - 3:30 PM**

**Magic Johnson Park  
905 E El Segundo Blvd, Los Angeles, CA 90059**

**Career Quest: Choose Your Adventure!**

Explore Colleges, Careers, and Opportunities for Your Future

**VENDORS RSVP HERE**



**OFY Duarte provides instruction to all students exclusively in partnership with the federal Workforce Innovation and Opportunity Act.**

## Reminders

### ParentSquare Is Our Main Communication Portal

If you haven't done so already please register with ParentSquare and download the app. All of our family communication will be via this avenue throughout the year. ParentSquare provides a simple and safe way for everyone at school to connect.



#### Download the ParentSquare mobile app

Send and receive school communications on the go



#### Sign In

Email or Phone Number

Password

[Forgot password?](#)

OR

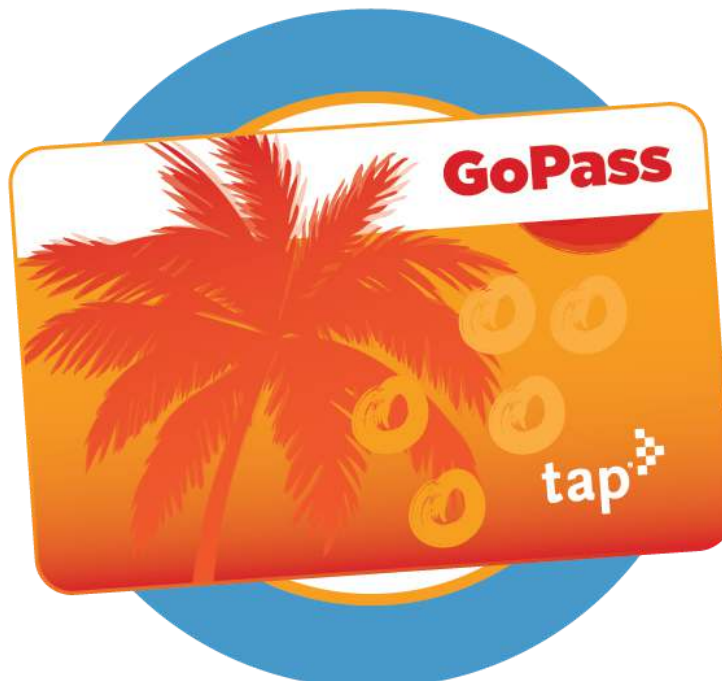
#### Register

Email or Phone Number

You must use the email/phone you provided to your school

### Metro GoPass Is Still Here

The GoPass Program is available to students at participating K-12 schools with a focus on helping students ride transit without the worry of paying fare. With a registered GoPass Tap card, students attending participating schools can ride Metro and other participating systems to and from school. Students will need to register their cards to activate them before using them.



## Important Upcoming Dates:

- 3/28 Gad Pace Meetings
- 4/4 PFT Testing (9th Grade)
- 4/11 College and Career Fair - Family Engagement Night
- 4/18 Senior Out Day - **Graduates Only Event**
- 4/30 - 5/10 Pathways Italy Trip
- 5/9 Prom
- 5/16 Final Fiesta - Senior Breakfast
- 5/28 Grad Bash - Universal Studios

Thank you for taking the time to read our Monthly Newsletter! Please "**appreciate**" this post so I know you are informed.