

# LION'S PRIDE NEWSLETTER

## NEWS & UPDATES

Happy New Year, Lion's Pride!

After two year long years of learning on Zoom, we are happy to have successfully returned to in-person this Fall. It's great to be back in person with our students teaching culturally-relevant curriculum, leading STEAM-based activities, dancing with Destiny Arts, and helping with homework. We've also added new staff and young adult classroom aides for you to meet. Let's catch up!

Highlights from this past quarter:

**October-** Afterschool resumed onsite with limited enrollment and new classroom renovations (plexiglass shields, individual desks & chairs, and air filtration).

**November-** Students learned about the life cycle of plants, planted seeds, and painted their own planters to take home. Students also participated in activities to foster self-love, boost self-esteem, and encourage a growth-mindset.

**December-** Students learned about Winter Holidays celebrated by communities around the world. Students took an anthropological approach in discussing these holidays and shared from their own practices and experiences.

**January-** This month, following our return from Winter Break, program moved to virtual learning for a period of time due to a surge of confirmed COVID cases in the area.

**Program closed for Wellness Day (Feb 11th & Mar 11th)**

**Program closed for President's Day (Feb 21st)**

**Program closed for Cesar Chavez Day (Mar 31st)**

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# NEIGHBORHOOD COLLABORATIONS

Lion's Pride is hard at work partnering with local organizations to offer ongoing, high-quality enrichment resources for our youth, their families, and those in the Lion's Creek Crossing community.

- **Oakland Public Library** donated Science Maker Kits to students. Each kit included a DIY science workbook and all necessary project supplies.
- **Oakland Housing Authority** provided 40+ candy buckets for the Fall season. We passed them out to all students at the end of our Fall Party.
- **Starbucks Coffee** provided free hot chocolate for students who submitted winter coloring pages. Artwork was showcased at Starbucks in Alameda.
- **TransForm & Safe Routes to School** donated eleven new bicycles to be distributed to youth throughout the year during community events. Two bikes were given to LSA Elementary. In November, another two bikes were given as raffle prizes at the **TransForm Mobility Hub Resource Event**.
- **Lockwood STEAM Academy** delivered 45 grocery boxes for families to pick up in December. Boxes contained non-perishable foods as well as fresh fruits and vegetables.



# OUSD UPDATE ON COVID SAFETY

## Quarantining After An Exposure

If your child is fully vaccinated (regardless of booster status), or has had COVID in the last 90 days, they do not need to quarantine after having an exposure to a COVID-positive individual on campus. If your child is unvaccinated and has not previously tested positive for COVID in the last 90 days, they must quarantine at home for 5 days, and can return on day 6 with a negative test. (Students who are unable to consistently mask at school must still quarantine at home following exposure at school.) For grades TK-5 only, an unvaccinated student may continue to attend school through a “modified quarantine” if they test twice during a 7 day period.

## Using At Home Tests

At-home tests can now be used to clear early returns from isolation (positive cases or symptoms) or quarantine in all cases. For at-home test results submitted by families, please write the name of your child and the date on the test, take a photo, send it in to your school. Schools may not administer at-home tests at school with students, as this type of use is not permitted by CDPH. Please also note that the federal government recently announced that they would be making at-home tests available to all families across the United States. Ordering begins on January 19, 2022 at [www.covidtests.gov](http://www.covidtests.gov). Ordering is already open at USPS at <https://special.usps.com/testkits>.

## Improved Masking

While all students are required to be masked on campus, we are urging all students to wear a high-quality mask (e.g. N95, KN95, KF94) when coming to school. Last week and this week, high quality masks are being distributed to all TK-12 schools for students. We will continue to replenish the stock weekly based on the number of students enrolled in the school. If you are unable to use a high-quality mask of the types listed above, using a surgical mask in addition to a cloth mask is also recommended and school sites also have surgical masks to put under cloth masks.

Lastly, all students age 12+ are required to be fully vaccinated in accordance with OUSD Board Policy 5141.29. Fully vaccinated students do not need to quarantine at home after a COVID exposure. Vaccines, boosters, and tests are available Monday through Friday at Frank Ogawa Plaza.

## Downtown COVID Clinic

250 Frank Ogawa Plaza, Oakland

Monday through Friday, 9 am - 5 pm

Vaccines, Boosters and Testing available.

Walk ups welcome!



**OAKLAND UNIFIED  
SCHOOL DISTRICT**

*Community Schools, Thriving Students*

# STAFF SPOTLIGHT

## MS. DARCY



Hi! My name is Darcy Dittrich, and I'm the Mental Health Counselor at Lion's Pride. I believe strongly in the healing powers of community, connection, and joy. I support our After School and Roaring Forward programs by working with kids, teens and young adults individually and in groups. I focus on helping others understand their emotions, identify coping skills for stress, practice mindfulness and discover their unique inner wisdom. I'm a Registered Associate Marriage and Family Therapist and Registered Associate Professional Clinical Counselor and absolutely adore working with this welcoming community.

## MS. SAMARA



Samara Watkins is our Resident Dance Instructor from Destiny Arts Center. She teaches hip hop dance and movement every Wednesday for Lion's Pride. She believes that through movement, youth are able to access and channel their emotions, communicate their experiences more clearly, connect with others, and empower, as well as express themselves in ways that allow them to thrive.

## MS. KWANYA



My name is Kwanya Watkins I have been working as an instructor at Lion's Pride After School Program since 2019. I have lived in Lion Creek Crossing for eleven years. I've volunteered at a lot of Lion Creek Crossing events over the years as well as worked as a teen intern for Lion's Pride. I love watching movies with my family. I'm a huge Warriors fan. And, I love reading and watching comic book related shows & movies. I have worked as an after school teacher for seven years and I love working with youth.

## MS. MARIA



Maria Contreras is the Teen & Young Adult Program Coordinator. Ms. Maria oversees the Roaring Forward Teen Program at Lion's Creek Crossing. She supports youth and young adults in our community with college and career readiness resources (professional development trainings, resume assistance, and college & job fairs). Maria is always hard at work organizing events, collaborating with local partners, and empowering youth to be leaders.

## MR. KEVIN



Hello, my name is Kevin Celeridad. I am the Youth Program Coordinator at Lion's Pride. I've worked at Lion's Creek Crossing for 4 years now. I help coordinate program events, develop curriculum, boost school attendance, and instruct in the classroom. It brings me joy to work in this community and foster resiliency, leadership, and a growth mindset in youth. I enjoy traveling the world, trying new foods, and watching soccer.

## MS. MICHELLE



Hi, my name is Michelle Sit. I am the Youth Programs Manager of Lion's Pride After School and Roaring Forward Teen Programs here at Lion Creek Crossings. This will be my 10th year in this neighborhood and I've seen many kids grow taller than me and come back to work as teens! I'm a certified trainer of youth development modules through CALSAC and also the David Weikart Center. I grew up in Southern California but was born in Hong Kong, China. I love teaching science, art, and sports with kids. I have a puppy named Moose I take everywhere. I love hot wings, the beach and motorcycles.

# STUDENT SPOTLIGHT

**XAVIA**  
(5th Grade)



**RICHARD**  
(Kindergarten)



Xavia is ten years old and in the Fifth Grade.



Richard is six years old and in Kindergarten.

**What is your favorite memory from 2021?**

My favorite memory from last year is being at grade level.

**What do you look forward to in 2022?**

I'm looking forward to graduating fifth grade and going to sixth where my friends are going

**Do you have any goals for the new year?**

One of my goals this year is to learn higher than my grade level.

**What is your favorite memory from 2021?**

My favorite memory from last year is going to school and playing with my friends.

**What do you look forward to in 2022?**

I'm looking forward to learning how to spell and how to write my name.

**Do you have any goals for the new year?**

My goals for this year is to play more Call of Duty and Roblox.

## TASTY NEW RECIPE

# Traffic Light Chicken Shish Kebabs



### INGREDIENTS

- 6 Chicken Breasts (chopped into large chunks)
- 2 each Red, Orange and Green Bell Peppers (deseeded and chopped into large chunks)
- Warmed Flatbread
- Tomato and Lemon wedges (to serve)

### FOR THE MARINADE

- 2 Garlic Cloves (finely grated)
- 300g Greek Yogurt
- 1 tbsp Paprika
- 3 tbsp Ketchup

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### INSTRUCTIONS

#### STEP 1

Make the marinade by mixing all of the ingredients together in a large bowl. Spoon a third of the mixture into a smaller bowl, then cover and chill until needed. Stir the chicken into the marinade and set aside for 20 mins. Can be chilled for up to two days, covered.

#### STEP 2

Alternately thread the peppers and chicken onto the skewers until you have 6-8 kebabs. You can do this in advance if you like, and chill the kebabs until needed.

#### STEP 3

Heat the grill to medium. Cook the kebabs for 10 mins, turning occasionally, until the chicken is charred and cooked through. Serve the kebabs with the reserved yogurt sauce, warmed flatbreads, chopped tomatoes and lemon wedges on the side.