

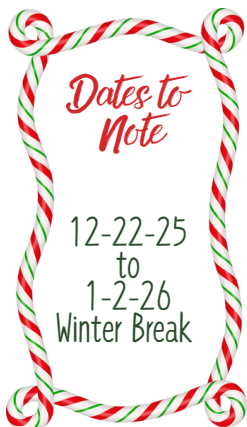


YCUSD NUTRITION SERVICES NEWSLETTER

DECEMBER 2025



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12-5 Sondra Abrams
12-17 Maria Vasquez De Parra
12-23 Gail Dunkl



SELF-CARE: A PRIORITY FOR NAVIGATING LIFE'S DEMANDS

Often, we place our own needs on the back burner while addressing the demands of work, family, and other responsibilities. However, prioritizing self-care can make it easier to manage these situations. Here are some ideas to engage in meaningful selfcare:

Prioritize your values - Decided what matters most to you and filter your decisions through those values. This can help you avoid burnout and focus on what truly matters.

Set Boundaries - Recognize your limits and set boundaries to protect your time and mental health.

Disconnect from Devices - Designate phone-free times at home to disconnect and focus on the present moment.



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*BUTTE VISTA KITCHEN TEAM
AND
RIVER VALLEY HIGH SCHOOL
KITCHEN TEAM*

On November 13, 2025, River Valley High School found itself in an emergency situation. As lunchtime approached, the staff at RVHS were unable to leave to serve meals at Tierra Buena School. In response, the kitchen team at Butte Vista was called upon to prepare entrees as swiftly as possible. The Butte Vista staff rolled up their sleeves and began making grilled cheese sandwiches while simultaneously serving lunch at their own site. Once the order was lifted, the RVHS staff quickly loaded their food and made their way to Tierra Buena. Sal Po'oi greeted the RVHS team with 150 grilled cheese sandwiches from Butte Vista, ensuring that the children at Tierra Buena received their meals without any delays. This extraordinary display of teamwork exemplifies the core values of Nutrition Services.

