



Cutten-Ridgewood Record

*Building a better world...
one student at a time.*

Ridgewood (707) 441-3930 • Cutten (707) 441-3900

www.cuttensd.org



@CuttenSchools

May 26, 2025

- Show Your Tiger Pride -
Tropical theme on Friday!

SUMMER SCHOOL

Summer school sign-ups ended. Families who signed up on the survey are confirmed in the program. Still working on getting students from the waitlist in classes. If you missed the sign-ups, please contact either school office to be added to the waitlist. We're looking forward to a wonderful summer school/camp experience!

*School Holiday
MEMORIAL DAY
Monday, May 26*



*Wishing you a
meaningful
Memorial Day!*

RIDGEWOOD DROP OFF GREEN LOT NURSERY

Reminders: Green Lot Nursery allows us to park in the parking lot across from the school. Kindly avoid parking in the lot in front of their business. Please don't block the crosswalk when waiting in line to drop off. Use the crosswalk when entering and exiting the campus. When dropping off, please pull forward to the sign or the next vehicle and have your child exit. We appreciate your cooperation!

MAY IS MENTAL HEALTH AWARENESS MONTH

Here is a link to resources for parents, youth, families, friends, and teachers. [California Mental Health Resources](#)

3RD GRADE ORIENTATION

On Wednesday, June 4th, Ridgewood second graders will be heading over to Cutten to meet the 3rd grade teachers and get a tour of the school. Then on that evening, 2nd grade students and their families are invited to come back to Cutten at 6:00 for a short informative meeting and a tour of the school. Cutten looks forward to welcoming our incoming 3rd grade students and their families!!

TALENT SHOW

The Cutten Talent show will be at 6:00 on June 2nd in the Cutten multipurpose room! There will be a rehearsal on Wednesday, May 28th, after school.

LUNCH ON THE LAWN

Cutten school will host lunch on the lawn on Friday, May 30th. Lunch times are as follows: 3rd/4th grades, 11:30-12:05 and 5th/6th grades, 12:10-12:45.

CUTTEN AWARDS ASSEMBLIES

Cutten's May Award assemblies will be on Friday, May 30th. During the assemblies the 6th graders will be performing their musical: *The Internal Organ Hall of Fame*. Please note the following time changes: 3/4 assembly, 8:45-9:45; 5/6 assembly, 1:00-2:00.

SCHOOL SITE COUNCIL

The site council is looking for new members. Some members will be completing their 2 year term and we will be looking for volunteers to take their positions. If you are interested, please contact Annette Sligh at Ridgewood School. Thank you. [School Site Council](#)

Congratulations Sixth Graders!

Sixth Grade Promotion Ceremony

Tuesday, June 10 • 5:30 p.m.

Cutten School Yard (Bring chairs and/or blankets)

SPRING CONCERT

The Cutten Spring Concert was amazing! A huge shout out to Mrs. Pitts and all of the musicians!

Final Day of THIS School Year

Wednesday, June 11

Minimum Day Dismissal Time

Ridgewood 1:05 **Cutten 12:15**

First Day of NEXT School Year

Thursday, August 21

Go with

RESTORATION RETREAT HUMBOLDT BAY SOCIAL CLUB

MAY 31ST, 2025

8:30-3:00 PM



We are thrilled to invite students to an enriching all-day event focused on the importance of health, rest, and healing. Through engaging and intentional activities, participants will explore various ways to enhance their well-being and cultivate balance in their lives.

Use the QR Code to Register Now!



MENTOR



Big Brothers
Big Sisters.



Eureka City



KIDS SUMMER DAY CAMP

AGE
6-9
YEARS

MON-FRI
1-5 PM

NATURAL HISTORY MUSEUM
OF CAL POLY HUMBOLDT
1242 G ST, ARCATA

ALL WEEKS WILL INCLUDE THEMED ART PROJECTS, HANDS-ON EXPLORATION OF MATERIALS, STORY TIME, RESEARCH PRACTICE, GAMES AND DAILY MUSEUM TIME!

DOWN IN THE DIRT

GEOLOGY, PALEONTOLOGY,
ARCHAEOLOGY & SOIL SCIENCE

JULY 21-25

BUG-MANIA

POLLINATORS, ARACHNIDS,
BEETLES & LOCAL ECOLOGY

JULY 28-AUGUST 1

AMAZING ASTRONOMY

PLANETS, STARS, SPACECRAFTS
& ASTRONAUTS

AUGUST 4-8



REGISTER NOW AT:

NATMUS.HUMBOLDT.EDU

707-826-4480

MEMBER: \$100/WEEK
NON-MEMBER: \$200/WEEK





Healthy Sleep Habits *For Kids*

1 Sleep Schedule

Setting times for sleep and wake will help your child adhere to a regular sleep schedule. Go to sleep and wake up at the same time each day, 7 days a week.

Children have different sleep requirements:

- Preschoolers (3-5 years)
10 to 13 hours
- School-age kids (6-13 years)
9 to 11 hours

2

Limit Electronics Before Bed

Turn off electronics an hour before bed and keep room dark, cool, noise-free, and ready for sleep.



3 Minimize Caffeine

Caffeinated beverages and foods (soda, coffee, tea, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep.

4

Avoid Naps *zzZ*

Avoid late afternoon or evening naps. Restrict early afternoon naps to less than one hour.

5

Eat Regular Meals

Do not go to bed hungry. Hunger may disturb sleep.

6

Exercise Regularly

Schedule exercise times so that they do not occur within 3 hours of when your child goes to bed. Exercise makes it easier to fall asleep and sleep more deeply.



Information retrieved
from the National
Sleep Foundation &
wakeupandlearn.org

SOME POSSIBLE EFFECTS OF NOT GETTING ENOUGH SLEEP:

- Feeling angry or depressed
- Having trouble learning, remembering, and thinking clearly
- Getting sick more often
- Feeling less motivated
- Possibly gaining weight
- Negatively impacting your eating habits
- Having lower **self-esteem**
- Greater risk of long-term illness



Loggers

FOOTBALL

Youth Clinic

3RD-8TH GRADERS

10AM-4PM

SATURDAY, MAY 31ST, 2025

Eureka High School Football staff,
players and Alumni will be facilitating
this football skills clinic!

- Football Fundamentals
- Speed, Agility, & Flexibility
- Small-Group Instruction
- Proper Technique

REGISTRATION INFORMATION

**Register
HERE**

Early Bird (4/21/25-5/2/25): \$60, \$70 w/lunch

Regular (5/3/25-5/23/25): \$75, \$85 w/lunch

Late (5/24/25-5/28/25): \$75, \$85 w/lunch**

****T-shirt not gauranteed**



Limited number of scholarships
available! Email us:
eurekahighfootball@gmail.com

**T-Shirt &
Snack
Included!**



ZANE MIDDLE SCHOOL





Summer Camp Programs

June 16 - August 15, 2025



Making Memories That Last A Lifetime

Open Registration Begins May 7!

Camp Cooper

Make new memories at Camp Cooper this summer!

Fee: \$150 per week (Eureka residents)
\$160 per week (non residents)*
Location: Cooper Gulch Recreation Center
(1720 10th Street, Eureka)
Age Range: 5-12 year olds



Leader in Training Teen Program

Love summer camp? Teen campers can continue their outdoor adventure through the Leader-in-Training teen program!

Fee: \$50 per week (Eureka residents)
\$60 per week (non-residents)
Location(s): Camp Cooper or Camp Sequoia
based on program need.
Age Range: 13-17 year olds

Camp Sequoia

Explore the outdoors this summer at Camp Sequoia!

Fee: \$150 per week (Eureka residents)
\$160 per week (non residents)
Location: Sequoia Park Gazebo
Age Range: 5-12 year olds



Additional Information

Camp times are 8:00AM - 5:00PM M-F. There is no early drop off or late pick up available. Fees are paid weekly. Breakfast and lunch will be provided at the request of participants families.

Fee Reduction Scholarships

The City of Eureka is able to offer a limited number of 100% scholarships to participants thanks to the Habitat Conservation Fund through California State Parks. Scholarships are awarded to those qualifying on a first come, first served basis.

Scan the QR code or go to the website below for all the information or contact Catherine Cunningham, Community Services Coordinator, if you have questions at cunningham@eurekaca.gov or (707) 441-4370



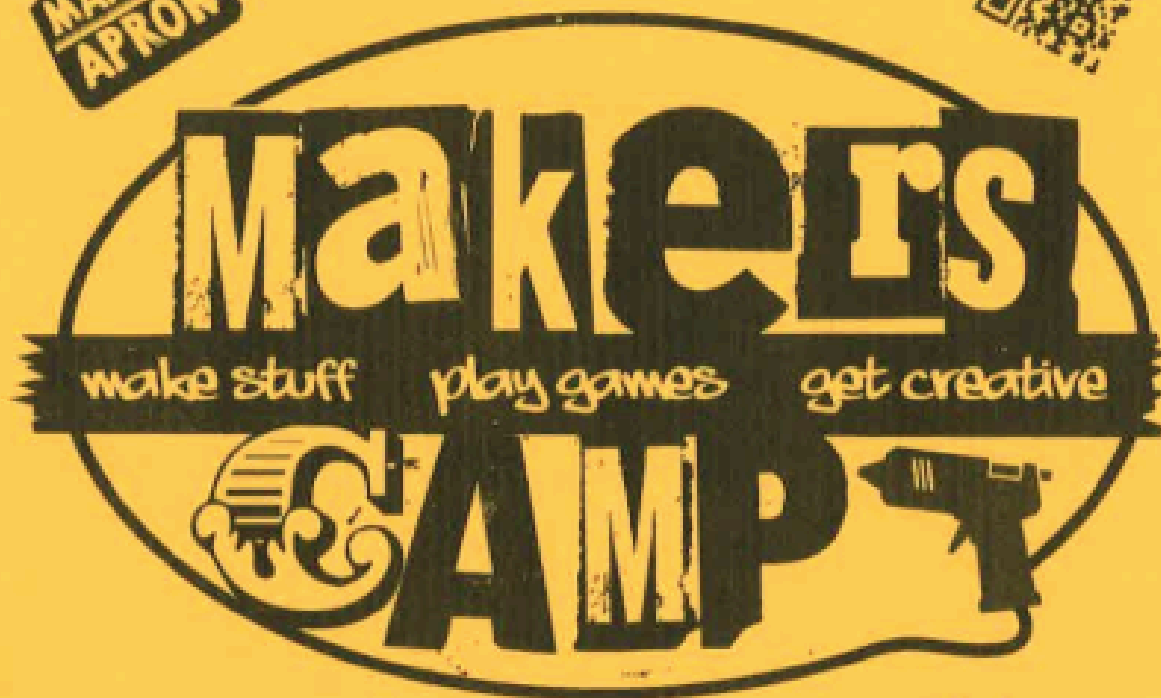
More Info & How To Register:

Online: eurekaca.gov/summercamp
Phone: (707) 441-4248
In-Person: Adorni Community Center
(1011 Waterfront Dr., Eureka)





MON. JUNE 23 - FRI. JUNE 27



- 🔧 **Arts & Crafts Projects**
- 🔧 **Building Challenges**
- 🔧 **Big Group Games**
- 🔧 **FREE Lunches & Snacks**



It's a Robots vs Fairies themed week of day camp!
Mini Makers in 3rd through 6th grades will create creatures, costumes and contraptions that are magic or mechanical ... or both! Enjoy a variety of individual and group projects along with team building challenges and collaborations. All tools and materials included, plus FREE lunches. Campers will discover our interconnected ecosystem like curious pixies and rovers while learning about the 4Rs of waste reduction: Reduce, Reuse, Recycle, Rot.

9:00a - 5:00p

1000 B Street, Eureka

🎮 ❤️ 🌍 **MAKERSAPRON.ORG**

ATTENTION SOCCER PLAYERS & PARENTS!



ONLINE REGISTRATION

www.humboldtysl.org

Coach and Player Registration for the fall season opens May 1!

Deadline to register is May 31

Limited space - *age groups may fill before
deadline, prompting early waitlists.*

Late fee of \$25 added June 1

NO REFUNDS

Credit/Debit Card Payment Only

**ALL PLAYERS MUST PROVIDE A COPY OF GOVERNMENT ISSUED BIRTH DOCUMENTS
(CERTIFIED STATE/COUNTY BIRTH CERTIFICATE, PASSPORT, OR MEDICAL CARD)**

PARENT PARTICIPATION NEEDED! Teams are formed on the basis of having enough parent volunteers. Previous coaching history not required, just a willingness to teach, learn, play, have fun, support good sportsmanship!
Check out the Coaches Corner for helpful information.

LIMITED FINANCIAL ASSISTANCE AVAILABLE! APPLICATIONS ON THE WEBSITE - APPLY NOW!

QUESTIONS? Go to our website for a FAQ and for more information.

Email and Facebook messenger are the fastest ways to communicate.

Voice messages will be returned by a board representative in 3-5 business days.

www.humboldtysl.org | email: humboldtyouthsoccer@gmail.com | 707.444.8845

HealthSPORT SUMMER SWIM CAMP

the ultimate adventure.

\$225

EARLY BIRD
DISCOUNT

*AFTER MAY 31ST: \$275



AGES 5-12

WHAT TO EXPECT:



American
Red Cross

IN ARCATA + EUREKA 8:30am to
1:00pm

***SPACES STILL AVAILABLE:**

JULY 21-25

**OLYMPIC
SWIM STARS**

- ✓ **5 hours +** of expert swim instruction
- ✓ **Full week** of FUN with friends
- ✓ **Red Cross** safety instruction & certification + special community guests
- ✓ **Up to 8 hours** in water total! (games, free play fun!)



REGISTER:

[HEALTHSPORT.COM/SWIMCAMP](https://healthsport.com/swimcamp)



BETTY'S SUMMER CAMPS




This year we will be providing
three different Summer Camp
opportunities!

Completely Free of Charge!

The Mattole and Blue Slide
camps will be overnight and for
ages 7-14.

Our other camp is a Day camp
at Betty's Day Center which will
be put on by The Santa Rosa
Mission Team for ages 4-14
from 9am -5 pm

Provided Materials

-  Camping equipment provided
-  All meals, snacks, and
water bottles provided daily
-  Art & crafts supplies, hats & flashlights, and
instruments will be provided

Betty Kwan Chinn
Homeless Foundation



with hope | love | charity

