



LORNA BYRNE Middle School

The Weekly Vikings

101 S. JUNCTION AVENUE, CAVE JUNCTION, OR 97523

Ph. 541.592.2163 Fax: 541.592.4851



Notes From the Office...

If your student is not registered with the student health center and you would like them to be seen if they are not feeling well, please call 541.592.6978 and request a registration link be sent to your phone or email. You can also go to: <http://siskiyouhealthcenter.com/link/sbhcereg.html> or the district website. A registration form can also be had by visiting the office during school hours. If you register with the health center it does not replace your regular doctor. It's becoming cold and flu season, so we hope you'll consider signing up!

The Office Staff

Cassie's Corner...

DOES YOUR CHILD OR STUDENT HAVE TANTRUMS OR REFUSE TO ENGAGE?

Do you want to learn how to encourage positive behaviors?

Do you want to learn how to anticipate problem situations?

Do you want to learn how to safely intervene with your child?

Join us for

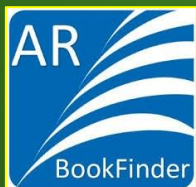
Positive Behavior Teaching

WHEN: November 7, 9, 14, and 16
6 – 9 pm; plan to attend all sessions

WHERE: Zoom

RSVP TO: Melody Wolf at mwolf@optionsonline.org

The Book Shelf LBMS Library News



Click the icon above or go to: <https://www.arbookfinder.com/default.aspx>

Curious what a certain books Reading Level is? How many Accelerated Reader (AR) points your book is worth? You can search for book titles based on authors, topics, or titles of books. Just type what you want to search for, and click **Search**. You will then be able to sort your search results, select book titles to add to your AR BookBag, print a list of your search results, or start a new search.



Cooking with a Crock Pot and Kids Cookie Decorating

Free Class

November 16
5:30 pm - 6:30 pm

Lorna Byrne Middle School Library

Join us for a **FREE** kid's cooking demonstration focused on easy Crockpot recipes. We are giving away **6 FREE CROCKPOTS** and **\$25 GIFT CARDS!**

ALL ARE WELCOME

Brought to you by:
Siskiyou Community Health Center
(541) 472-4777 • www.siskiyouhealthcenter.com



Click the buttons at left for our social media and links to other important sites

Lorna Byrne Middle School



SPORTS



LBMS Vikings Boys Basketball Schedule

<u>Date</u>	<u>Start Times</u>	<u>Opponent</u>	<u>Away Address</u>	<u>Dismissal Times</u>	<u>Game Times</u>
Mon 11/7	4:30 PM	New Hope	HOME GAME		4:30 PM
Wed 11/9	4:00 PM	@St. Mary's White	816 Black Oak Drive Medford, OR	1:45 PM	4:00 PM
Mon 11/14	4:30 PM	@Rogue River	1898 E Evans Creek Rd. Rogue River, OR	2:00 PM	4:30 PM
Wed 11/16	4:30 PM	Hanby	HOME GAME		4:30 PM
Mon 11/28	4:30 PM	Rogue Valley Adventists	HOME GAME		4:30 PM
Wed 11/30	4:30 PM	@Kids Unlimited	821 N Riverside Ave, Medford, OR	2:15 PM	4:30 PM
Mon 12/5	4:30 PM	@ Sacred Heart	431 Ivy Street, Medford, OR	2:15 PM	4:30 PM
Wed 12/7	4:30 PM	@ Applegate	14188 OR-238, Applegate, OR	2:15 PM	4:30 PM
Mon 12/12	4:30 PM	Valley Christian	HOME GAME		4:30 PM
Wed 12/14	4:30 PM	Shady Cove	HOME GAME		4:30 PM
MONDAYS : JV/V Wednesdays: V/JV					

Let's Go Vikings!!





LBMS LUNCH MENU

7

American Classics

- Whole Grain Dinner Roll
- Herb Marinated & Roasted Chicken
- Peach Cobbler Yogurt Parfait.
- Low Fat Mozzarella String Cheese
- Honey Graham Crackers

Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza

Grill

- Spicy Chicken Sandwich
- Classic Chicken Sandwich
- Tater Tots

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Chilled Peaches
- Fresh Orange Wedges
- Carrot & Celery Sticks
- Fresh Broccoli Florets
- Corn & Black Bean Salsa Salad
- Garlic Rosemary Bean Dip

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

8

American Classics

- Tater Tot Casserole
- Whole Grain Dinner Roll

Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza
- Garlic Rosemary Bean Dip

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Crinkle Cut French Fries

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Chilled Peaches
- Spinach & Romaine Salad
- Carrot & Celery Sticks
- Sliced Cucumbers

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

9

American Classics

- Toasted Cheese Sandwich
- Campbell's Tomato Soup

Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza

Grill

- Spicy Chicken Sandwich
- Classic Chicken Sandwich
- Tater Tots

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Fresh Orange Wedges
- Blueberries
- Carrot & Celery Sticks
- Corn Salad with Ranch
- Green Peas

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

10

American Classics

- Macaroni and Cheese
- Buffalo Diced Chicken
- Seasoned Peas

Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Crinkle Cut French Fries

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Strawberries
- Chilled Diced Pears
- Spinach & Romaine Salad
- Carrot & Celery Sticks
- Fresh Tomato Wedges

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

21st Century Before & After School Classes

For Sign-ups or more information, contact Tabatha at LBMS M-Th @ 541.592.2163 ext. 3006

Loma Byrne Middle School 21st Century Programming

NOVEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm	2 Triple Play 7:30-8:30am NO Afternoon Classes Parent/Teacher Conferences	3 Triple Play 7:30-8:30am NO Afternoon Classes Parent/Teacher Conferences	4 RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	5
6	7 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	8 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Smile Club (7th&8th) 4:00-6:00pm	9 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm	10 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Mediator Club 4:00-6:00pm	11 RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	12
13	14 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	15 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Pokemon League 4:00-6:00pm	16 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm Cooking with Crockpots CHC Community/Family Event @ 5:30-6:30pm	17 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Mediator Club 4:00-6:00pm FAMILY MATH & SCIENCE NIGHT @ Evergreen 6:00-7:30pm	18 RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	19
20	21 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	22 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Pokemon League 4:00-6:00pm	23	24 ~Thanksgiving Break ~ NO CLASSES	25	26
27	28 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	29 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm Smile Club (5th&6th) 4:00-6:00pm Pokemon League 4:00-6:00pm	30 Triple Play 7:30-8:30am Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm	Please email me if you have any questions. tabatha.siemer@threerivers.k12.or.us		