

**Applegate
School**

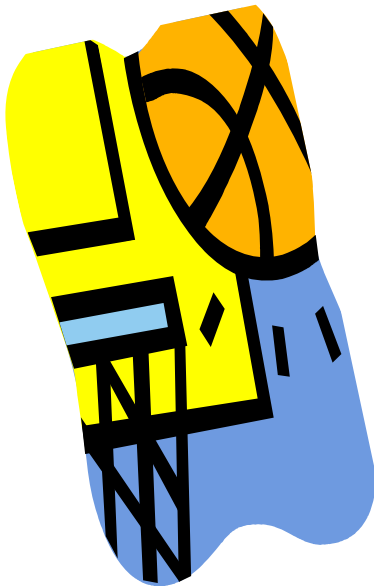
Cougar Tracks

Office Contact Number 541-846-6280



School Hours ~

Grades K-5 8:10 to 2:35 Grades 6-8 8:10 to 2:40



Fall is truly Upon Us !!!!

Fall is in the air and the Applegate Cougar Boys Basketball practices have begun! There seems to be an excitement in the air from all participating...Keep it up Boys!

In addition, Girls Basketball practices will begin in January...if you are interested in coaching, please let us know!!!

As the temperatures drop it is important to remember to send your kiddos to school in appropriate clothing—Layers are a perfect way to allow them to “peel off” as needed throughout the day.

Punky Travalini, our School Advocate is looking for donations of long pants, sizes 7/8 and 9/10 (both boys and girls) to keep in the office.

As we begin preparing for our Winter Program, Mrs. Boehm would love any interested seamstresses, sewing machine owners, etc. to step forward. We will need help getting those costume details “just right”! Please contact the office if you can assist in any way!



Special points of interest:

- Basketball has started! 10/28/2013
- Temperatures are dropping
- Safeway Scrip renewals are due
- Page 2 and 3 Student contributors (Thank you Maddie and Shae : D)
- Page 4—Legal Notices
- Page 5—Pull out November Calendar
- Page 6—Café Corner

Safeway Scrip

Renew today!

If you participated last year, renew so our group continues to earn contributions.

- ◆ Go to eScrip.com
- ◆ Click on “YES RENEW”
- ◆ Either enter your phone number, email or Club Card Number

If you are new to the process:
Sign Up!

- ◆ Go to eScrip.com
- ◆ Click on “I-Sign Up”
- ◆ Enter your Club Card number

Enter # 8560756 to help up us earn hundreds of dollars for our children!



Spirit

What Fun Spirit Week was....

The calendar consisted of:

Monday– Pajama Day

Tuesday– Twin/Triplet Day

Wednesday– Crazy Day

Thursday– Costume Day

Friday– EPIC Blue and White Day

Great Participation Everyone !



Volley-Ball Girls

CONGRATULATIONS to our Volleyball team. Our girls finished with an undefeated season.... Good job girls! Here is an interview of a couple of the girls: Interview done by Shae Wiginton

“Volleyball: Invented by men, Perfected by women.”

Madison Lothrop #7

SW-How long have you played volleyball?

ML-This is my first year, on a real team.

SW-Do you enjoy playing volleyball?

ML-Yes. It is fun, especially when you get in a good rally.

SW-Do you plan on playing volleyball in the future.

ML-Yes. I do want to, but its going to take a lot of hard

work to be able to play at Hidden Valley.

Sayge Pereira #9

SW-How long have you played volleyball?

SP- This is my seventh year playing year round volleyball!

SW- What got you into volleyball?

SP- I watched Hidden Valley play when I was in first grade and have played ever since.

SW- Will you continue to play?

SP- YES!

Funny Teacher Facts!!

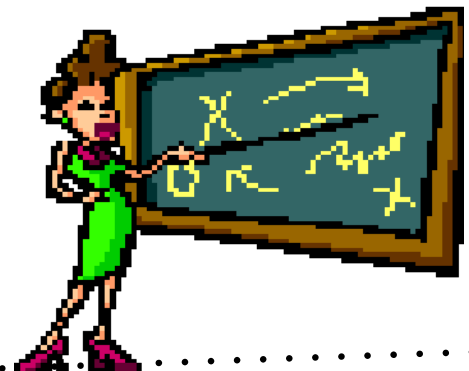
Mrs. Distephano– She wear glasses but not to read!

Mrs. Yerby– She likes sock monkeys!

Mr. Scull– He loves to eat peanut butter out of a jar!

Mrs. Boehm– She is really scared of spiders!

Mr. Montano– His favorite color is clear!



HAPPY HALLOWEEN



Jog-a-thon!!!!

Thursday, October 17th was Jog-a-thon day! Our classes ran for an hour trying to run as many laps as they could. Remember to bring in your pledges and turn them in on time so that we get to pie our teachers, you can also win cool prizes!

Prizes:

- \$50- Popcorn
 - \$100- Root Beer Floats
 - \$150-Movie
 - \$200- Cool T-Shirt.
- And the person who got the most laps in each class will get a whole pizza to them self!!

"Running is the greatest metaphor for life, because you get out of it what you put into it." -Oprah Winfrey

Teacher "Pie" Chart

If our whole school together collects a lot of money we will be able to pie teachers.

- \$5,000-Mrs. Distephano
- \$6,000-Mrs. Yerby and Ms. Kappen
- \$7,000-Mr. Scull and Ms. Julianna
- \$8,000-Mrs.Boehm and Punky
- \$9,000-Mr.Montano and Janie
- \$10,000-Mrs.Hults,Ms.Shawn, And Ms. Melisa (the trifecta.)

For every thousand dollars over \$10000 is an extra topping!

We can do it Cougars!

Canned Food Drive and Strings

Bring in your cans and non-perishable food items!! Yeah, that's right! The canned food drive has started. Which ever class brings in the most cans per person gets an ice cream party!

Yuuuummm!



I don't know about you guys, but I would love to win that ice cream. You get your ice cream and many toppings of your choice! So bring in your donations to your teachers right away. **It will end November 21st.**



Strings has started again! But this time we have a new instructor! Introducing, Brad as well as our past teacher helper Alison! We all miss Mr. Whistler and are grateful for his help in the past years. We are excited for a great year of music.

Title I Compliance

Dear Parent/Guardians

In compliance with the requirements of the *No Child Left Behind* statute the Three Rivers School District informs parents that you may request information about the professionals qualifications of your student's teacher(s). The following may be requested:

- ◆ Whether the teacher has met the Oregon Department of Education's requirements for certification for grade level and subject areas in which the teacher provides instruction.;
- ◆ Whether the teacher is teaching under an emergency or other provisional status through which Oregon qualifications or certification criteria have been waived;
- ◆ The college major and any graduate certification or degree held by the teacher;
- ◆ Whether the student is provided services by paraprofessionals, and if so, their qualifications.

If you wish to request information concerning your child's teacher's qualifications, please contact your child's principal at Applegate School—541-846-6280

Education of All Disabled Children/Young Adults

Public Law 105.17 known as I.D.E.A (Individualized Disability Education Act) requires that school districts provide a free and appropriate education to all disabled children/young adults ages 0 to 21.

Three Rivers School District requests the identification of any disabled child/young adults between the ages of 0 to 21, who are not enrolled or currently being served by the district.

If you know of any disabled children/young adults who are not receiving educational services, please call the Special Education Department of the Three Rivers School District. The phone number is 541-862-3111.

November 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4	5	6	7	8	9
10	11 Veteran's Day Observed - No Classes	12	13	14	15	16
17	18	19	20	21	22 Clerical Day—No Classes	23
24	25 Furlough Day	26 Furlough Day	27 Furlough Day	28 Thanksgiving Day - No Classes	29 Vacation Day - No Classes	30



Cougar Cafe

November 2013

The holidays are a wonderful time spent with family and friends. I like to give thanks for everything and everyone.

We will be having a holiday meal here in the cafeteria. Please come and eat with your students.

Kids And Exercise Tips

Activity is the other part of the equation when it comes to a healthy child. Healthy eating and daily activity really go hand in hand when it comes to being healthy.

The more your child enjoys the activities, the more he or she will want to do the activities. Kids, like us, also like variety. Find activities that your child enjoys.

Snack of the Month: Peanut-Oat Munch

**1/2 Cups Dry Oats
1 Tablespoon Maple Syrup
1 Tsp. Peanut Butter
1 Tablespoon Roasted Peanuts
1/4 Cup Raisins**

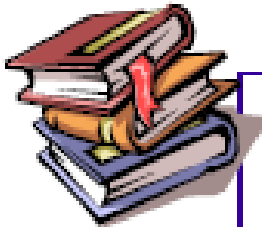
In a small saucepan, combine Oats, Maple Syrup and Peanut Butter thoroughly until oats are evenly coated with everything. Turn off heat and mix in peanuts and raisins. ENJOY!



This institution is an equal opportunity provider.

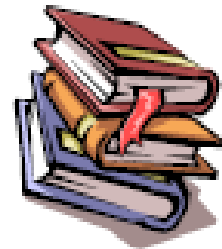
APPLEGATE LIBRARY NEWS

**NOVEMBER
2013**



NEW BOOKS

I HAVE BEEN BUSY RESEARCHING AND BUYING NEW BOOKS FOR OUR LIBRARY. WE HAVE 50 NEW BOOKS SO FAR THIS YEAR. IT IS WONDERFUL TO HAVE FRESH NEW TITLES IN OUR COLLECTION—THANKS TO ALL THE STUDENTS WHO HAVE RECOMMENDED THESE GREAT BOOKS TO BUY!



READING IS AN INVESTMENT

THIS YEAR'S "READING IS AN INVESTMENT" MATERIALS FROM THE [OREGON COLLEGE SAVINGS PLAN](#) ARE HERE.

THE FABULOUS AND FREE EDUCATIONAL PROGRAM HIGHLIGHTS BOTH THE IMPORTANCE OF READING AND THE WORLD OF MONEY BY TEACHING CHILDREN

USEFUL FINANCIAL CONCEPTS. THE PROGRAM IS OPEN TO STUDENTS IN K-8.

BOOK LISTS AND THE ENTRY FORM/READING LOG SHEETS ARE AVAILABLE IN THE LIBRARY.

ALL ENTRANTS ARE AUTOMATICALLY ENTERED INTO A RANDOM DRAWING

TO WIN ONE OF 50 \$250 OREGON COLLEGE SAVINGS ACCOUNTS, AND EACH WINNER'S SCHOOL CAN ALSO WIN \$500.

FOR MORE INFORMATION go to readingisaninvestment.com or come see Janis in the Library!

**BOOK
REVIEWERS
NEEDED!
APPLY IN
LIBRARY!!**



**BATTLE OF THE
BOOKS
BOOK LISTS AND
BOOKS ARE
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GO COUGARS!**

