



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...

Dear Families,

In the name of keeping our students safe, we ask that you please come into the office when checking your child out early. We'd like to make sure the child is being checked out and is leaving with an adult that has been approved to pick-up the student. If you're not sure, or would like to add someone to be able to pick them up, please stop by the office and we will add them to the contact list.

The Office Staff

The Book Shelf LBMS Library News



Welcome to the online "branch" of Josephine Community Library. Thanks to generous grants from Collins Foundation, The Ford Family Foundation, Josephine Community Library Foundation, and Oregon Community Foundation, we've updated our website to make it easier to find everything you need. From Spanish translation to instant online library cards, library services are more accessible than ever before. Enjoy!

Click the icon above or go to:
<https://josephinelibrary.org/>

Cassie's Corner...



Pay Attention to Attendance Keep Your Teen on Track in Middle and High School

Even as teens grow older and more independent, families play a key role in making sure teens participate or get to school safely every day.

DID YOU KNOW?

- Absences can be a sign that a teen is losing interest, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a teen may drop out of high school.
- Missing 10% (or just 2 days each month) of school can drastically affect a teen's academic success.
- Attendance is an important life skill that will help your teen keep a job and graduate from college.



WHAT YOU CAN DO

Communicate with the School

- Contact your teen's teachers and let them know how to reach you.
- Request a schedule of classes and log in information for your teen.
- Ask for help from school officials, after-school program providers, other parents or community agencies if you're having trouble getting online or need help with food, housing or some other challenge.
- Know the school's attendance policy and the consequences for absences.
- Check on your teen's attendance to make sure they are attending all of their classes regularly.

Make School Attendance a Priority

- Talk about the importance of showing up to school every day so your teen knows this is your expectation.
- Encourage your teen to maintain daily routines, such as finishing homework or getting a good night's sleep.
- Avoid scheduling non-urgent dental and medical appointments when classes are in session.
- Post your teen's class schedule and log in information in a visible location, such as on the refrigerator or teen desk.
- Identify a quiet place for your teen to participate in class. Or ask your school or community agencies if they have created places for distance learning. If you have multiple children, make a schedule.

Help Your Child Stay Healthy and Engaged

- Make sure your teen wears a mask, as needed, and gets the flu vaccine and other required shots.
- Find out if your teen feels safe from bullying. Make sure that school discipline policies don't lead to your teen becoming disengaged or pushed out of school. If there are problems, work with your school to find a solution.
- Check in weekly about your teen's academic progress and seek help from teachers or tutors.
- Stay on top of your teen's social contacts. Peer pressure can lead to skipping class. Teens who have a hard time making friends can feel isolated.
- Ask for help when you need it. School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing and address other experiences that make it difficult to attend and participate.

Developed in partnership with Connected, Families in Schools, and Parent Institute for Quality Education. Visit www.attendanceworks.org for more downloadable resources.

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

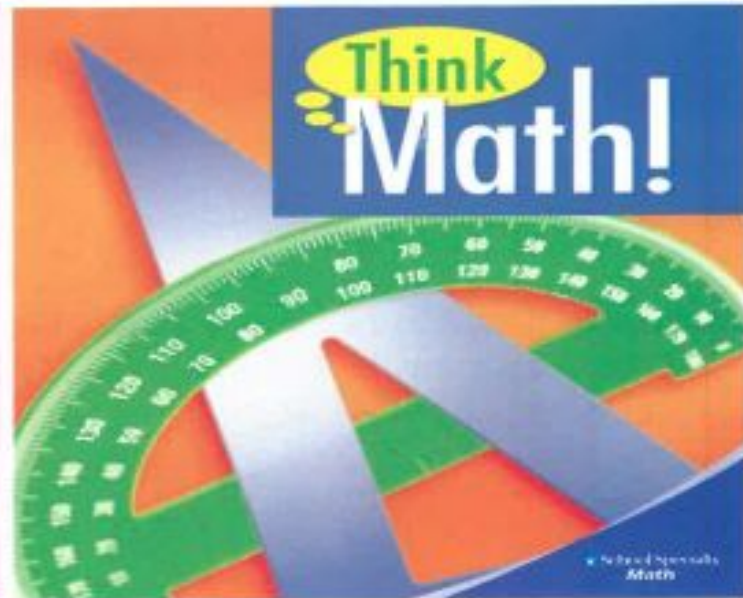
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Siskiyou Community Health Center
(541) 472-4777 • www.siskiyouhealthcenter.com

Food will be Provided



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

SMILE Math & Science Family Night



- Door Prizes
- Hands on activities
- Science & Math Fun
- Snacks & Drinks
- FUN Family Event

Where: Lorna Byrne Middle School
When: Thursday, November 17th
Time: 6:00 - 7:30pm

ALL AGES WELCOME!



Lorna Byrne Middle School

SPORTS



LBMS Vikings Boys Basketball Schedule & Results

<u>Date</u>	<u>Start Times</u>	<u>Opponent</u>	<u>Away Address</u>	<u>Results</u>	<u>Game Times</u>
Mon 11/7	4:30 PM	New Hope	HOME GAME	JV & V: WIN	4:30 PM
Wed 11/9	4:00 PM	@St. Mary's White	816 Black Oak Drive Medford, OR	JV: Win V: Loss	4:00 PM
Fri 11/11	2:00 PM	@Glendale High School	10598 Azalea Glenn Rd. Glendale, OR 97422		2:00 PM
Mon 11/14	4:30 PM	@Rogue River	1898 E Evans Creek Rd. Rogue River, OR		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		4:30 PM
Fri 12/2	TBD	Hanby Tournament (Varsity Only)	806 6th Ave Gold Hill, OR 97525		TBD
Sat 12/3	TBD	Hanby Tournament (Varsity Only)	806 6th Ave Gold Hill, OR 97525		TBD
Mon 12/5	4:30 PM	@ Sacred Heart	431 Ivy Street, Medford, OR		4:30 PM
Wed 12/7	4:30 PM	@ Applegate	14188 OR-238, Applegate, OR		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

14

American Classics

- Mini Turkey Corn Dogs
- Tater Tots
- Chicken and Cheese Chef Salad
- Dinner Roll

Pizza

- Classic Cheese Pizza
- Broccoli and Cheese Pizza
- Meat Lover's 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

15

American Classics

- Brown Rice
- Teriyaki Glazed Chicken

Pizza

- Classic Cheese Pizza
- Broccoli and Cheese Pizza
- Meat Lover's 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
- 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

16

American Classics

- Greek Chicken and Tzatziki Pita
- Seasoned Crinkle Cut Fries

Pizza

- Classic Cheese Pizza
- BBQ Chicken Pizza
- Veggie 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

17

American Classics

- Chicken & Cheese Quesadilla
- Shredded Romaine and Iceberg
- Pico de Gallo
- Sour Cream
- Seasoned Refried Beans

Pizza

- Classic Cheese Pizza
- BBQ Chicken Pizza
- Veggie 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

NOVEMBER 2022



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
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
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 SCHC 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
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	~Thanksgiving Break ~ NO CLASSES		26
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		