



# LORNA BYRNE Middle School

## The Weekly Viking

101 S. JUNCTION AVENUE, CAVE JUNCTION, OR 97523

Ph. 541.592.2163 Fax: 541.592.4851



# ParentSquare™

We are excited to have you join Parent Square, a user friendly communication tool designed to keep you informed and connected with *(your school name here)*. You should have received an invitation to register (if you haven't registered and need help please reach out to the office). Once registered, you can access short, helpful tutorials and learn how to set your notification preferences so you get information how you want it, when you want it.

We encourage you to download the Parent Square app on your phone for easy access and push notifications. Thank you again and we are looking forward to a great school year!

The QR codes to download the app:



## The Book Shelf LBMS Library News

Couple of things this week...

The OBoB teams have been organized and the books are starting to be checked out. There will be a pizza lunch on Wed. Oct. 12th during each lunch period, for the participants and coaches. We will be discussing expectations, schedules, and strategies.

If your student is on the teams, please let them know. There have been announcements in the mornings as well.

I am exploring the idea of having an ice cream social event for those students who reach their AR goals. There will be more to come in the near future as the details are worked out.

Mr. J

## Cassie's Corner...

# 10 for 10/10 Ten Ways to Take Action

### Reach out when you need help

#### 988 SUICIDE & CRISIS LIFELINE

Call or text 988, or use  
online chat [988lifeline.org/chat](https://988lifeline.org/chat)  
Veterans press 1

#### SAMHSA'S DISASTER DISTRESS HELPLINE

Call 1-800-985-5990

#### SAMHSA'S NATIONAL HELPLINE

For treatment referral,  
call 1-800-662-4357 or  
text your zip code to 435748

#### THE TREVOR PROJECT

Text 678-678, call 866-488-7386  
or chat at [TheTrevorProject.org](https://TheTrevorProject.org)

#### NATIONAL SEXUAL ASSAULT HOTLINE

Call 800-656-4673 (HOPE)

#### NEDA HELPLINE

Call or text 800-931-2237

911

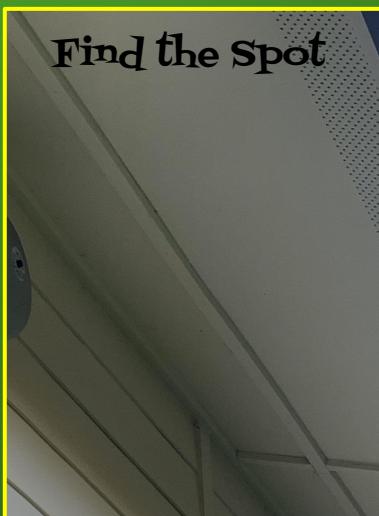
In case of an emergency



## Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## Find the Spot



*The first student  
to correctly locate  
this spot in our  
school and tell Mr.  
Jeff, will win a  
brand new book  
of their choice  
from the library!*

*\*Contest goes until the  
next Weekly Viking  
comes out. Students may  
win once each semester.*



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

# Lorna Byrne Middle School



# SPORTS



## 2022 LBMS FOOTBALL SCHEDULE

Date	Day of the Week	Location	Start Time
September 14	Wednesday	Bye	
September 21	Wednesday	Home vs White Mountain	4:30 PM
September 28	Wednesday	@ Rogue River	4:30 PM
October 5	Wednesday	@ Prospect	4:30 PM
October 12	Wednesday	@ St. Mary's Lithia & Driveway Field	6:00 PM
October 19	Wednesday	Home vs Hanby	4:30 PM

## 2022 LBMS CROSS COUNTRY SCHEDULE

Date	Day of the Week	Location	Start Time
September 15	Thursday	@ Ruch	4:30 PM
September 22	Thursday	@ Holmes Park Medford	4:30 PM
September 28	Wednesday	@ Jackson County Expo Central Point Pre Conference Meet	4:30 PM
October 6	Thursday	@ Lincoln Savage	4:30 PM
October 13	Thursday	@ Valley of the Rogue Park	4:30 PM
October 20	Thursday	@ Jackson County Expo Central Point Conference Meet	2:00 PM

## 2022 LBMS VOLLEYBALL SCHEDULE

Date	Day of the Week	Location	Start Time
September 12	Monday	@ Hanby Middle School	4:00 PM
September 14	Wednesday	Home vs Valley	4:30 PM
September 17	Saturday	@ Hanby Jamboree	9:00 AM
September 19	Monday	Home vs Kids Unlimited	4:30 PM
September 21	Wednesday	Home vs Butte Falls	4:30 PM
September 26	Monday	Home vs Rogue River	4:30 AM
September 28	Wednesday	Home vs Ruch	4:30 PM
October 3	Monday	@ Rogue Valley Adventist	4:00 PM
October 5	Wednesday	Home vs St. Mary's	4:30 PM
October 10	Monday	@ Cascade Christian	4:00 PM
October 12	Wednesday	Home vs Prospect	4:30 PM
October 17	Monday	@ Applegate	4:30 PM
October 19	Wednesday	Home vs New Hope	4:30 PM



## The Scoreboard



**Volleyball** - 10/3 vs RVA: JV wins match, 3 out of 3 games...Varsity takes 2 of 3, still undefeated in match play. 10/5 vs St. Mary's: Both squads sweep their matches!!!

**Cross Country** - See next week's newsletter for the 10/6 results.

**Football** - 10/5 @ Prospect: Win! 32-0

# LET'S GO VIKINGS!!





# LBMS LUNCH MENU

10

## American Classics

- Buffalo Chicken Dip
- Tortilla Chips
- Fresh Green Onions
- Corn
- Ham & Turkey Chef Salad

## 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

11

## American Classics

- Hot Chicken & Black Bean Rice Bowl
- Brown Rice
- Low Fat Sour Cream
- Salsa

## Pizza

- Classic Cheese Pizza
- Classic Pepperoni Pizza
- Supreme 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
- Mixed Fruit Cocktail
- 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

12

## American Classics

- BBQ Pulled Pork Sandwich
- Carolina Slaw

## 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

13

## American Classics

- Beef Nachos
- Pork Carnitas
- Pico de Gallo
- Sliced Jalapenos
- Shredded Lettuce
- Low Fat Sour Cream
- Mexican Style Refried Beans

## 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

## Lorna Byrne Middle School 21st Century Programming

# October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Cultures & Cooking 4:00-6:00pm	4 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm SMILE (5th&6th) 4:00-6:00pm	5 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Spirit Club 4:00-6:00pm Dream Builders 4:00-6:00pm	6 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Just Mediators 4:00-6:00pm	7 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	8
9	10 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm	11 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm SMILE (7th&8th) 4:00-6:00pm	12 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Spirit Club 4:00-6:00pm Dream Builders 4:00-6:00pm	13 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Just Mediators 4:00-6:00pm	14 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	15
16	17 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm	18 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm SMILE (5th&6th) 4:00-6:00pm	19 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Spirit Club 4:00-6:00pm Dream Builders 4:00-6:00pm	20 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Just Mediators 4:00-6:00pm	21 NO CLASSES	22
23	24 Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm	25 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm SMILE (7th&8th) 4:00-6:00pm	26 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm	27 Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Just Mediators 4:00-6:00pm	28 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	29
30	31 No afterschool classes	Please email Tabatha with any questions <a href="mailto:tabatha.siemer@threerivers.k12.or.us">tabatha.siemer@threerivers.k12.or.us</a> or call (541)592-2163 x3006				