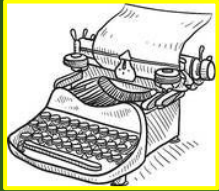




LORNA BYRNE Middle School

The Weekly Vikings

101 S. JUNCTION AVENUE, CAVE JUNCTION, OR 97523
Ph. 541.592.2163 Fax: 541.592.4851



Notes From the Office...

Excusing tardies or absences can be done two ways, a note to Mrs. Megan in the attendance office, or a phone call to the school. Please remember that students with excessive absences or tardies may require administrative action including lunch detention (tardies) or being dropped from school (10 absences in a row.) If you have questions or concerns please contact our administrators!

Cassie's Corner...



Healthy Coping Skills

- Talk to a friend or family member
- Talk to a counselor or a doctor
- Look for the positive
- Exercise- take a walk
- Listen to music
- Do some relaxation exercises- breathing
- Spend time with your pet/s
- Be creative, artistic, draw, color
- Eat well and sleep well

The Book Shelf LBMS Library News



OSLIS is a K-12 web portal providing access to quality licensed databases within an information literacy framework. OSLIS is an environment designed by educators to guide students through Internet-based research. The OSLIS Learn to Research model supports information literacy skills development. The OSLIS Citation Maker offers instruction and templates for accurately and responsibly citing sources. The OSLIS Find Information section provides access to a variety of reliable information resources (such as magazines, newspapers, journals, encyclopedias, e-books, and multimedia content) in one location.

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



Find the Spot

The first student to correctly name the spot 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 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

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



The Scoreboard



Volleyball - 10/12 vs Prospect: Win by forfeit
 10/17 @ Applegate: Win for varsity & win for JV vs. Hanby.
 10/19 vs New Hope: WIN...Varsity goes undefeated for 2022!!!
 JV WIN! JV goes 12-1 for 2022!!!

Cross Country - 10/13 @ Valley of the Rogue: S. Szijarto, 18 place finish

Football - 10/12 @ St. Mary's: Loss 10/19 vs Hanby: WIN!!! Team goes 3-2 for the season!!

LET'S GO VIKINGS!!

Congratulations!

**Lorna Byrne Middle School
Lady Vikings Volleyball
On Your UNDEFEATED Season!!**



Vikings

**Varsity: 13-0, JV: 12-1...The Greatest Season!!!
We are PROUD of all our athletes!!**



LBMS LUNCH Menu

17

American Classics

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

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

18

American Classics

- Tater Tot Casserole
- Whole Grain Dinner Roll

Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Meatball 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

19

American Classics

- Toasted Cheese Sandwich
- Campbell's Tomato Soup

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

20

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



INTRODUCING...MOOD BOOST

An exciting new Chartwells K12 program for elementary and middle school students!

Dear Parent/Guardian –

Something fun is happening in the cafeteria starting October 24th, 2022 students will have the opportunity to experience a brand new program called "Mood Boost!" Designed to help students make the connection between what they eat and how they feel, Mood Boost brings menus, fun activities and a collection of characters into the cafeteria.

Emerging research has shown that the foods we eat the most often may have an effect on how we feel, not just physically, but mentally. When eaten regularly Mood Boost foods, especially nutrient rich fruit and vegetables can help to elevate a person's mood and enhance or sense of well-being. These foods contain vitamins, minerals and antioxidants that communicate with our brain to support personal characteristics such as happy, alert, strong, calm and confident. This is the foundation for Mood Boost!

- See the attached for a calendar with our upcoming mood boost tasting events!

Mood Boost is part of our effort to create a fun food environment to ensure students leave the cafeteria happier and healthier than when they came in.

We hope you'll encourage your child to participate in the Mood Boost program and as always, please don't hesitate to reach out if you have any questions.

Thank you,
Three Rivers Dining Services Team
trsd.foods@threeivers.k12.or.us



IMPORTANT NEWS FROM OUR NUTRITION DEPARTMENT



UPCOMING MOOD BOOST TASTINGS

Week	Mood	Dates
1	Kick Off and Sampling!	Oct 24 th – Oct 27 th
2	Strong Featuring CELERY	Oct 24 th – Oct 27 th
3	Confident Featuring BAKED BEANS	Oct 31 th – Nov 3 rd
4	Smart Featuring ORANGES	Nov 7 th – Nov 10 th
5	Calm Featuring SPINACH	Nov 14 th – Nov 22 nd
6	Happy Featuring BLUEBERRIES	Nov 28 th – Dec 1 st
7	Alert Featuring DARK CHOCOLATE	Dec 5 th – Dec 8 th



UPCOMING MOOD BOOST TASTINGS

Week	Mood	Dates
1	Kick Off and Sampling!	Oct 24 th – Oct 27 th
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5	Alert Featuring DARK CHOCOLATE	Dec 5 th – Dec 8 th
6	Smart Featuring ORANGES	Nov 7 th – Nov 10 th
7	Confident Featuring BAKED BEANS	Oct 31 th – Nov 3 rd



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 Mediator Club 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 Mediator Club 4:00-6:00pm	21 Smile Club Field Trip Rogue Creamery & Wildlife Images Bus leaves LBMS @ 9:30am Bus Returns LBMS @ 3:30pm	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 Mediator Club 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	<p>Please email Tabatha with any questions tabatha.siemer@threerivers.k12.or.us or call (541)592-2163 x3006</p>				