

FORT VANNOY NOBLE NEWS



We are a responsible and caring community of learners.

Alicia Timbs, Principal

December 2018



DECEMBER 2018



1st- NVHS Christmas Bazaar-9am to 4pm 🐼 🧖







 11^{th} - K, 1^{st} 2^{nd} & 3^{rd} Grade Christmas Program-Gym Practice Rehearsal- 12:45 pm to 1:45 pm Evening Performance- 6:00 pm to 7:00 pm



PTO Christmas Store—STAGE CHRISTMAS HOLIDAY FEAST

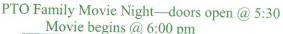


PARENT LUNCH (See Attached Flyer)



PTO Christmas Store---STAGE









20th- Pajama Day







21st- Winter Solstice- Shortest day of the Year!

Dec 24th - Jan 4th - Christmas Vacation Enjoy your family!



January 1st- New Year's Day January 7th - School Resumes - Yeah! A Note from the Principal . . . Alicia Timbs



Dear Families.

As we approach cold and flu season I just wanted to remind everyone about our attendance letters that come home. Firstly, as a mom of two young boys, I know that ALL kids get sick from time to time. Second, as a principal, I need your help in keeping our entire school healthy by making sure you keep your student home from school if s/he has a fever, is vomiting, or has diarrhea. The attendance letters are not meant to threaten or scare families, but rather to help raise awareness on the importance of attendance. If you receive a letter and have any questions or concerns, please don't hesitate to contact me. Alicia Timbs, Principal



Please Find your Lost Items

Our Lost and Found cupboard runneth over. Please stop by the school and check the cupboard located in the Gym. There are many coats, hoodies and sweaters that if not claimed will be donated to a needy charity.







Box Tops for Education







Box Top collections are off to a strong start, with 289 Box Tops for The Fort so far! Thanks to everyone who clipped and saved over the summer. Mrs. Devore's class has a slight lead at this time, but the year is young yet!

Classroom totals to date:

Mrs. Cunha: 28

Miss Krull: 40

Mrs. Roeske: 11

Mr. McNew: 51

Mrs. DeVore: 59

Mr. Kriz: 45

Miss Evans: 11

Mr. Biencourt: 11

Mrs. Mohr: 11

Mrs. Anderson:11

Mr. Standley: 11

Be sure to ask family, friends, and neighbors to clip those Box Tops over the holidays, and be sure to check out the Box Tops App for more ways to collect Box Tops for The Fort!





Just a reminder—HEALTHY. NUTRITIONAL BREAKFAST, SNACK and LUNCH

are no charge to all students.



SHOPPING AT FRED MEYER REALLY PAYS OFF! **COMMUNITY REWARDS** WHERE SHOPPING & GIVING UNITE EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER

REWARDS CARD!

There are 23 Fort Vannoy households participating. Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Fort Vannoy Elementary School

www.fredmeyer.com/communityrewards. You can search for us by name or by our non-profit number---90758

> THREE RIVERS SCHOOL DISTRICT NEWSLETTER

WANT TO KNOW WHAT'S HAPPENING IN YOUR SCHOOL DISTRICT? CHECK OUT THE NEWSLETTER

THREERIVERS TIDINGS AT:

Threerivers, k12 or us FIND IT UNDER QUICK LINKS "THE DISTRICT NEWS"

CALLING ALL VOLUNTEERS

Fort Vannoy encourages all parents, grandparents and community members to volunteer at our school. Please go to the district website:

www.threerivers.k12.or.us

Go to the District drop down tab and select Volunteer Information and complete the form. After you are approved to be a volunteer, which could take up to two weeks, please come to the office and sign in on the laptop computer located on Mrs. Verser's counter



Home & School Success Horking Together for School Success Connection

December 2018

Fort Vannoy Elementary School



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Put memory to work

Many card games build *working*, or short-term, memory. This kind of memory lets your youngster remember and use information he learned recently. Play Go Fish or Crazy Eights together. By keeping track of which cards have been played, your child will make better moves!

Taking the lead

You may have heard the phrase "a born leader." But leadership skills, such as speaking up and taking initiative, can be learned. Encourage your youngster to practice during group projects. For example, she might suggest a way to divide up tasks or offer to give the introduction during the group's class presentation.

Busy parents can volunteer

Whether you have a little time or a lot, you can pitch in at your child's school. Ask teachers and PTO or PTA officers for ways to volunteer that fit your schedule. Maybe you'll listen to students read for 20 minutes during your lunch break or compile families' book catalog orders on the weekend.

Worth quoting

'If opportunity doesn't knock, build a door." *Milton Berle*

JUST FOR FUN

Q: What does Wednesday have that no other day of the week has?

A: The



Smart discipline

Disciplining your child is all about guidance. You're training her to follow rules and behave in an acceptable way—without your nagging or yelling. Consider these strategies to make discipline easier and more effective.

Stay positive

Rather than telling your youngster what she can't do, try explaining what she can do. Instead of

"Don't shove your brother," you might say, "Keep your hands to yourself, and politely ask Billy to move out of the way." Giving your child clear instructions will inspire her to cooperate.

Watch body language

When you correct your youngster, speak face-to-face rather than calling to her from across the room or another part of the house. You could get down on her level, gently touch her shoulder, and speak softly. Sensing that you're in control of yourself will keep her calm so she focuses on what you're saying.



Be consistent

If your child breaks a rule, announce a consequence right away. This helps her see cause and effect. For example, if she eats in the living room and that's not allowed, ask her to vacuum up the crumbs right away. *Tip:* Being consistent with consequences shows that you're serious. If she knows you won't change your mind, she'll be better about sticking to the rules.

Engineering at play

Every time your youngster has fun on the playground swings, he has engineers to thank! Let him explore engineering for himself by constructing a play swing set.

He might use craft sticks for the frame, yarn for the chains, and card-board for the seat.

How could he make a swing that gives a longer "ride"? Suggest that he adjust the length of the "chains," and then test it each time. He can set a timer for one minute, pull back the seat, and count the swings per minute. What does he notice? (The shorter the chains, the more swings per minute.)♥



"I love to learn"

Children devote more energy to learning when they're motivated. These ideas will boost your youngster's thirst for knowledge.

Show enthusiasm. Tell your child what *you* learn. ("I found out that about 90 percent of the world's population lives in the Northern Hemisphere!") Also, ask him to teach you information he learns in school. If he's studying nocturnal animals, he might explain to you why his hamster runs on its wheel at night. He'll see learning as an



everyday activity for kids *and* grown-ups, and your attitude will be contagious.

Inspire curiosity. Express interest when your youngster poses questions. If he asks why we get the hiccups or whether owls really are wise, you could say, "That's a good question! Let's find out together." Then, help him look up the topic in a library book or online. When you discover the answer, encourage him to share it with friends or relatives so they can learn more, too.♥

CORNER

Frosty science

With this experiment, your child can see frost and learn why people sprinkle salt on icy sidewalks and roads.

How? Have your young-ster rinse out two empty soup cans, remove the labels, and



fill each can halfway with ice. She should stir $\frac{1}{4}$ cup salt into just one can and set both cans aside.

What happens? After 10 minutes, she'll notice frost on the "salty can" and water on the other one.

Why? Salt lowers the melting point of the ice, so the can with salt got colder than the other can. When water in the air condensed onto the cans, it froze into frost on the one with salt. That's why salt is useful in winter—it melts snow and ice, making it safer to walk or drive.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Grit: A family challenge

Q: My son wanted to learn to ice skate, but he changed his mind after he fell one time. How can I teach him not to give up when some-

thing is tough?

A: Children (and adults) may believe they should be able to easily do whatever they try right away. Understanding that setbacks are normal will help your son develop *grit*, or perseverance toward long-term goals.

Talk about times when you were successful even though you struggled at first. Maybe you were afraid to put your face in the water but you learned to swim by taking lessons and working hard to overcome your fear.

Then, consider having a "family grit challenge." Each person can choose one thing to tackle that is hard for him and requires persistence, such as following a fitness routine or cutting back on screen time. Compare notes after a month, and then set your next goals!



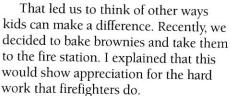
Making a difference

I wanted my daughter, Char-

lotte, to learn about the importance of helping our community.

While grocery shopping one day, we saw a sign announcing that each cus-

tomer could pick a favorite charity for the store to support. I let Charlotte choose, and she decided on a nonprofit that benefits kids with cancer. Now every time we buy groceries, she reminds me that we're helping sick children.



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Charlotte felt proud when the firefighters thanked her. I realized that the more ways we can find to serve our community, the more likely it will become a habit as she gets older.



DECEMBER 12, 2018

Entrée:

TURKEY
MASHED POTATOES w/ TURKEY GRAVY
GREEN BEANS/CORN
DINNER ROLL
COOKIE

PLEASE RETURN THE BOTTOM PORTION WITH PAYMENT NO LATER THAN <u>DECEMBER 5, 2018</u>



ADULT- \$4.00 NON-STUDENT- \$2.50

MAKE CHECKS PAYABLE TO FORT VANNOY OR SEND CASH.
WE ARE LOOKING FORWARD TO A FABULOUS MEAL!
LUNCH SCHEDULE AS FOLLOWS:

Kinder & Mrs. Roeske-11:20 am- Mrs. DeVore & Mr. McNew-11:30 am- Miss Evans & Mr. Kriz -11:40 am Mrs. Mohr & Mr. Biencourt-12:00 pm- Mrs. Anderson & Mr. Standley-12:10 pm

PARENT NAME	STUDENT NAME	
	# ATTENDING ADULT	
	# ATTENDING- NON-STUDENT	
	AMOUNT ENCLOSED	

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Fort Vannoy School is having a canned Food Drive. We will be collecting cans from **December 3rd through December 14th.** You can support our Food Drive by bringing in canned food or non-perishable food items. Some of the items we need are oatmeal, cereal, peanut butter, granola bars, chili, soup, tuna, canned vegetables etc. We will be distributing to local Fort Vannoy families.

