



VIKING NEWS

May 2019

Scott Polen
Principal

Darrell Erb
Vice Principal



DATES TO REMEMBER:

MAY 5 - CINCO DE MAYO

**MAY 6 - MAY 10 - TEACHER
APPRECIATION WEEK**

MAY 9 - CULTURE OF CARE DINNER

MAY 12 - MOTHER'S DAY

**MAY 13- 17 6TH GRADE OUTDOOR
SCHOOL**

**MAY 14 - NATIONAL JUNIOR HONORS
SOCIETY INDUCTION**

MAY 24 - FURLOUGH DAY, NO

CLASSES

MAY 27 - MEMORIAL DAY, NO

CLASSES

MAY 28 - 4TH GRADE FAMILY NIGHT

MAY 29 - CODA CONCERT

Dear Lorna Byrne Families,

Happy Spring! I hope all of you are enjoying the warmer weather and getting out and experiencing all the activities this valley has to offer. Speaking of activities, I'd like to take this time to make you aware of all the awesome events we have planned for your students during these last weeks of the school year.

On May 3rd, Mr. McKee and our wonderfully talented music students will be heading out to Ashland for the Shakespeare Fest. This is a world famous event that I'm sure the kids will enjoy very much. May 13th through the 17th, will be Outdoor School for our 6th graders. Two groups of students and LBMS staff will be heading out to Pacifica Garden in Williams during the first and second halves of the week to explore and experience the natural beauty of our area, team build, and maybe learn a bit about themselves. The kids are very excited about this!

June is the month when education and fun really begin to mix. The fifth grade classes will be heading out to one of the real jewels of our area, The Oregon Caves, on June 4th and 5th. We will be breaking the three classes into two groups to make it more enjoyable for everyone. The next week on June 11th, the 5th grade will be going to the YMCA in Grants Pass to partake in the activities the Y has to offer, and then it's off to lunch at Abby's Pizza.

On June 5th, our 6th graders will be heading to Portland to have an overnight stay at OMSI. For those of you unfamiliar with this, OMSI is the Oregon Museum of Science and Industry. The kids will learn about all things science, then take their meals and even sleep overnight in the museum. We were lucky enough to receive a generous grant from our district to supplement the funds raised by our hard working 6th graders so that they could enjoy this amazing trip. Thank you to everyone who contributed to make this trip a reality.

Immediately following the OMSI trip, on June 7th, our 8th graders will be going to the Redding California waterpark for their end-of-the year trip. This event was made possible through the efforts of our 8th grade parents and the generous members of the IV community who supported these kids in their fundraising. We thank everyone who came out to help organize and especially those who donated towards the fund to make this final event a memorable one for our students who will be leaving us for high school next fall.

Please, if you have any questions regarding these activities and your child's involvement in them, don't hesitate to call the LBMS office and we will do our best to give you the information you require. Thanks as always for letting us be part of your kids lives.

- Mr. Polen

Spotlight On:

Nathan Munro

This month we turn the spotlight on a 34 year resident of our valley, Mr. Nathan Munro. Mr. Munro is head custodian here at Lorna Byrne. He makes sure our school is kept clean and in tip top condition. He grew up in O'Brien and married his high school sweetheart, with whom he has two kids, 23 and 18 years old. In his off time, he likes to fly drones and hang out with his grandkids. Thanks for all you do, Mr. Munro!

**LORNA BYRNE MIDDLE SCHOOL
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CAVE JUNCTION, OR 97523
PHONE: 541.592.2163
FAX: 541.592.4851
WWW.THREERIVERS.K12.OR.US**

**OFFICE HOURS: 7:30 - 3:45
MORNING HOMEWORK HELP: 7:45 - 8:30
AFTER SCHOOL TUTORING: TUES + THURS
TRIPLE PLAY 8:00-9:00**

Join us for 4th Grade Family Night!

When: Tuesday May
28th, 2019

Time:

5:30PM-7:30PM

Where: Lorna Byrne
Middle School, 101
South Junction
Ave., Cave Junction

Meet and greet in
the cafeteria!



FREE

Taco Bar dinner!

Question and
answer period!



LBMS TRACK AND FIELD

5-1: 6th Grade Conferences
Meet @Ashland Middle

5-8: Districts @Spiegelberg
Stadium, Medford

"Congratulations to all of our LBMS student-athletes who competed this year, we are proud of you all...also a warm thank you for all our coaches for taking the time to teach and support these kids. And as always, thanks to all the parents for supporting your children in their sporting endeavors."

- Mr. Erb

APRIL STUDENTS OF THE MONTH

OPAL JULES, 5TH
FELIX BECKER, 5TH
NOAH HUNDERTMARK, 6TH
NAOMI MERRILL, 6TH
NICHOLAS MARINO, 7TH
ALICIA WADE, 7TH
YIOVANNI AGUILAR, 8TH
ARIANA KNUDSON, 8TH

GREAT JOB!!!!



ParentVUE & StudentVUE

ParentVUE and StudentVUE are websites that offer secure, private access to school and student information, including assignments, grades, attendance, school calendar and teacher contact details. In ParentVUE, you can see information for all of your students.

To create an account, navigate to:

www.threerivers.k12.or.us/parentportal



Please call the school first for your activation key!

FREE

Culture of Care Three Rivers School District

A journey to educate administrators, staff, and parents on ACE factors, resiliency, self-care, and creating schools that are trauma informed.



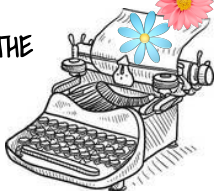
May 9th @ Lorna Byrne Middle School

Dinner Provided - dinner @ 5:30, Presentation 6:00-7:30pm

For Questions call TRSD office @ (541)862-3111 RSVP @

<http://www.goo.gl/jAvDqM>

FROM THE
OFFICE
STAFF...



InTouch

InTouch is used to send out important messages about school closures and school events. When you get an automated call from LBMS using this program, it is important to say "Hello" as this triggers the message to start. If you have voicemail, it will leave a message. Please listen to the message in its entirety, then call the school for any unanswered questions. If you have an email on file with LBMS, we often send emails as well. InTouch is also used for attendance calls. If your student has been marked absent in any class, the system will call you to make you aware of this absence. Please listen to the message in its entirety before calling the school

Have a bus or transportation question or issue? Then call the Bus Barn!

First Student Cave Junction
541.592.2326



Viking Voices

"What is your favorite band or musical act?"



Jaida Murguia - 2Pac

Evelyn Mundt - BTS

Mimi Madjdi - Frank Ocean

Ms. Hunt - Garth Brooks



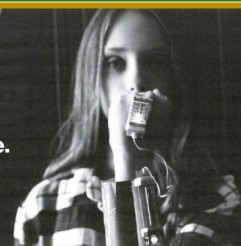
WE ARE STILL COLLECTING UNEXPIRED BOX TOPS FOR OUR SCHOOL...EACH STUDENT WHO CLIPS AND BRINGS IN 15 OR MORE TOPS IS ELIGIBLE TO ATTEND A PIZZA PARTY AT LUNCHTIME DURING THE LAST WEEK OF SCHOOL! BOX TOPS WILL BE ACCEPTED UP UNTIL MAY 31ST...SO GET THOSE SCISSORS OUT AND START CLIPPING!!!

"THANK YOU TO EVERYONE WHO CAME OUT AND SUPPORTED OUR SCHOOL AT THE SPRING BOOK FAIR! THROUGH YOUR PURCHASES WE RAISED A NICE AMOUNT OF MONEY TO PURCHASE BOOKS FOR THE COMING SCHOOL YEAR! THANKS AGAIN!"

— MR. JENSEN

Tuition-free *STEM program for girls grades 6 through 8

Empowering girls to build a better future.



Join us at no cost:

- ★ When: July 22 - August 8
- ★ Where: Rogue Community College
- ★ Classes held Mon-Thurs. From 8:30AM - 4:30PM during the summer
- ★ Lunch and transportation will be provided
- ★ Bus picks up in O'Brien, CJ, and Selma
- ★ Students will receive a tablet for the duration of the program

Contact the office at LBMS, or have your student pick up a flyer for more information!

*STEM- Science, Technology, Engineering, and Math

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May. It complements similar celebrations honoring family members, such as Father's Day, Siblings Day, and Grandparents Day.



Mother's Day

The modern Mother's day began in the United States, at the initiative of Ann Reeves Jarvis in the early 20th century. Anna Jarvis believed a mother is "the person who has done more for you than anyone in the world".

Does your student need a little extra help with academics?

Then S.O.S and Study Lounge with Kristen Vidales from Healthy U are for them!

S.O.S meets Tuesdays after school, 3:35-5:30...

Study Lounge meets Thursdays after school, 3:35- 5:30

Contact Kristen @ kristen.healthyu@gmail.com or stop by the LBMS office to sign up.

Lorna Byrne After School Schedule

MAY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Lego Robotics SMILE Creative Cooking	2 3-D Printing Sewing Study Lounge	3	4
5	6 Creative Cooking Y.E.S. Yearbook Lego Robotics	7 Dream Builders S.O.S. Tutoring Yearbook Lego Robotics	8 Dream Builders 3-D Printing Creative Cooking Math Support	9 3-D Printing Sewing	10	11
12 Creative Cooking Y.E.S. CSI Forensics Lego Robotics	13 Dream Builders CSI Forensics <i>NJHS Inductions 6:30</i>	14 Dream Builders SMILE Creative Cooking 3-D Printing CSI Forensics	15 3-D Printing CSI Forensics	16	17	18
19 Y.E.S. CSI Forensics	20 Dream Builders S.O.S. Tutoring CSI Forensics	21 Dream Builders 3-D Printing CSI Forensics	22 3-D Printing Study Lounge CSI Forensics	23	24	25
26	27	28	29	30	31	
No Classes						



Three Rivers
School District
Volume XXIV
March & April
2019

Delivering on Student Well-Being

Improve Quality of Life: No Distractions Behind the Wheel

Text messaging and talking on a cell phone while driving are classified as distracted driving. Avoid these two potentially deadly distractions while driving. How can we avoid distractions while on the road? Turn phone off; plan the trip in advance; take turns driving with a co-pilot over long distances to avoid fatigue; pull over when fatigued or need to use phone; play music at safe level! Remember that performing all tasks safely will lead to better Quality of Life for all.

So Happy App, Alexa Now Active!



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY.
Search "So Happy"



So Happy

NEVER WONDER WHAT'S FOR LUNCH AGAIN!

Use your Amazon Alexa device to access the So Happy app for up-to-date information.

IT'S EASY TO USE!

ANY DAY OF THE WEEK,
SIMPLY ASK ALEXA:

"Alexa, ask
So Happy
what's for
lunch today?"



ALEXA WILL RESPOND:

"Today for lunch
is a hearty
Garden Salad,
Chicken Teriyaki,
Cheeseburger and
Supreme Pizza!"

SETTING UP AN ALEXA SO HAPPY ACCOUNT IS EASY!

- **Step #1** - To add a student, simply say:
- **Step #2** - Alexa will then ask you the name of the student, the district and the school.
- **Step #3** - Alexa will ask you to confirm your choices.
- **Step #4** - Once your school is set up, Alexa will read the menu.

"Alexa, ask
So Happy
to add a
student!"

Nutrition Corner

We are beginning to see the first hints of spring and that brings some delicious fruits & vegetables into season.

One favorite that is arriving in the PNW is asparagus! Asparagus is a delicious & versatile vegetable whose stalks are a good source of

folate, vitamin A & vitamin C.

While it might take nearly three years after asparagus has been planted to reach maturity BUT asparagus plants are very long-lived and **can last up to 15 years.**

Next time you have a lunch—try a tasty (local)

fava bean & asparagus salad!



Improve Student Well-Being: New Menu Items!

Our mission is to be a leader in supporting student engagement and improving Quality of Life for the entire School community. By focusing on Quality of Life services, we reinforce the overall experience of a student's educational journey, which in turn improves our partners' effectiveness and performance.

To impact Quality of Life, we put each student's experience at the core of our work. Sodexo's Quality of Life services impact students through their whole experience. Our focus on student well-being at every step of the way supports their overall success.

In spirit of that, we continually evaluate our processes to ensure we are best serving our students. We watch participation on specific menu items and solicit feedback to ensure we are serving students options they want.

We asked, we listened and now we are adding new menu items to our rotation! At breakfast we are adding a build your own oatmeal bowl, apple fruit strudel, fresh made pizza bagels and fresh baked banana muffin tops! Then at lunch we are adding a Chicken & Cheese "tot-cho's" and homemade munchables!

Student Well-Being is our positioning. It drives our actions, differentiates us in the marketplace and defines how we make every day a better day for the students, partners and communities we serve.

Event Calendar

Farm to Market -students learn about nutrition and Oregon agriculture from local experts. It includes a petting zoo, and an "A to Z Salad Bar" with produce toppings representing every letter of the alphabet.

Time: 8:00 am—2:00 pm

Date: May 10th, 2019

Location: Evergreen Elementary

Address: 520 W. River Street, Cave Junction, OR

Taylor's Thursday -Since 1924 the Taylor family has been enjoying the experience of making fine sausage. Great Grandpa Taylor came from Europe with his recipes and started in Calgary, Alberta Canada, settling later in Santa Monica, California. Grandpa Taylor apprenticed with Great Grandpa, then began an adventure in 1934 in the world famous Farmer's Market in Hollywood as one of its originators. He served our famous sausages to Hollywood stars for over 19 years at that location.

In conjunction with state and federal farm-to-school grant, TRSD was able to purchase Taylor's sausage for our middle and high schools for promotion in May. Every Thursday in the month of May, all our middle and high school students can enjoy our local product.

Time: during lunch

Dates: 5/3, 5/10, 5/17, 5/31

Location: All TRSD Middle and High Schools



My name is Marina Mudry and I am the Director of Nutrition Services for the Three Rivers School District. I am a proud Brooklyn College Alumni with a degree in Health and Nutrition Science. I love working for Sodexo and supporting their values as I also work alongside the Three Rivers Food Services Team and enrich the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 541-476-4183 and my email is marina.mudry@threerivers.k12.or.us