

LORNA BYRNE MIDDLE SCHOOL - VIKING VIEWS

ISSUE 1

August / September 2013

Rachael George, Principal

Chris Jelderks, Dean of Students/Athletics



WORDS FROM MRS. GEORGE

We at Lorna Byrne Middle School are grateful to spend this school year with you and your family. Our staff has put a lot of time and thought into this upcoming school year. I think you will be pleased to hear about all the fun and exciting things your student will be doing throughout the course of the year. I would also like to update you on a few changes that have occurred since school got out last spring.

We are inviting all 6th grade and new students to an orientation on August 29th from 1:00pm to 2:30pm. Orientation will start promptly at 1:00pm in the cafeteria. We will do a brief introduction of our *outstanding* teaching staff and other important school personnel, an overview of what students and families can expect while attending school at Lorna Byrne, and a tour of the campus. Most importantly, any 6th grade students or new students that have participated in registration (ALL students must complete an enrollment packet) on August 20 and 21 from 9:00am to 7:00pm will be able to pick up their schedule and receive their locker combination. We can't speak enough about how valuable this time is for your student. We have found that it puts new students at ease to know where their lockers are, how to open them with their newly acquired combinations, and their class schedule.

Additional news includes sending a warm welcome to many of our new staff members that have joined our team. We have a handful of new additions to our teaching staff and we are very excited to have them. I would like to welcome Chris Jelderks our new Dean of Students, Chesney Davey our 8th grade English language arts and social studies, James Nelson our 6th grade math and math academic support teacher, Mary Rae Anderson our 6th grade English language arts and social studies, and Mike Wessner our multi-handicap teacher. These faces will soon become familiar as the year progresses. If you have some time, please stop in and introduce yourself.

I have to tell you, the staff at Lorna Byrne is *outstanding*. They are caring, compassionate, and experienced when it comes to education and working with students. We set high expectations and support the students as they work towards meeting these expectations. At the same time, we strive to establish positive relationships with all students.

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Introducing our new Dean of Students / Athletics Director



Mr. Jelderks, or "Mr. J", as his students like to call him has been working in Three Rivers School District for the last 10 years. He comes to us from Fleming Middle School where he taught both 8th grade and 6th grade Language Arts, along with a few elective classes.

and was stationed at Kaneohe Bay Marine Corps Base on Oahu, HI. After receiving an Honorable Discharge from the service, Mr. J. settled with his relatives in Grants Pass. While working his way through college at local plywood mills, Mr. J. received a BA in English / Writing from Southern Oregon University. He then joined the Master of Arts in Teaching program and graduated with honors in 2003. Recently, he completed his Doctorate in K-12 Educational Leadership.

He is very excited to now be working with the LBMS team, and looks forward to a great school year. When not working, Mr. J. spends his time with his wife and child, and enjoying the outdoors.

He grew up in West Linn, OR. After graduating from West Linn High School, he joined the United States Marine Corps. Serving in the Marines, Mr. J. traveled to Okinawa Japan, Hokkaido Japan, Thailand,

Sports Brief

Football for 7th and 8th graders is in full swing. Practice is being held August 26-30 and September 3-6. The first scheduled game is September 11. For game time and location, visit the LBMS website at <http://www.threerivers.k12.or.us>.

Volleyball for 7th and 8th graders is taking shape. If the squad is short players, an announcement will be made inviting 6th graders to participate. Stay tuned.

Please remember that in order to participate in any Viking sports team there is a \$75.00 participation fee, a required sports packet needs to be completed and a current sports physical examination performed by your doctor or the Student-based Health Center at your expense must be on file with the school.

DATES TO REMEMBER

- August 21 - Open Enrollment, 9:00am to 7:00pm
- August 22 - Open Enrollment, 9:00am to 7:00pm
- August 26 - Football Practice, 3:30pm
- August 26 - Volleyball Practice, 3:30pm
- August 29 - 6th Grade Orientation, 1:00pm to 2:30pm
- September 3 - First Day of School for 6th graders and New students, 8:40am
- September 4 - First Day of School for 7th and 8th graders, 8:40am
- September 17 - Picture Day by LifeTouch
- September 26 - Open House, 6:00pm to 7:30pm
- October 11 - No classes
- October 15 - Picture re-takes
- October 18 - No classes
- October 18 - Conferences, time TBA
- October 22 - Band Concert @ Gym, 7:00pm

Child Find for Special Education

Public Law 105.17, known as the Individualized Disability Education Act (IDEA), requires that school districts provide a free and appropriate education to all disabled children and young adults from birth through 21 years of age. Three Rivers School District requests the identification of any disabled children ages birth through 21 who are not enrolled or currently being served in one of the District's schools.

If you know of any disabled children ages 0 through 21, who are not receiving educational services, please phone the Three Rivers School District Special Education Dept. at 541-862-3111 ext. 5202.



Cell Phones: During the school day cell phones must be turned off and kept in your locker. Students may use cell phones before the first bell and after school.

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

Chicken: Cubed, cooked chicken (use last night's



leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended).

Also, rice is gluten-free, so it's a great choice for children with celiac disease or wheat allergies. ♡

ATTENDANCE

If your student is ill or must be absent, please be sure to phone the Attendance Office and let us know.

**LBMS PHONE
541-592-2163**



SPORTS PHYSICALS AVAILABLE AT THE
SCHOOL-BASED HEALTH CENTER
STARTING AUGUST 19, 2013!



TO MAKE AN APPOINTMENT
call LBMS Health Center at 541-592-6978.
Cost from August 19 to September 18 is \$20.

The Acute Care Clinic at SCHC in Grants Pass is offering sports physicals at a reduced cost of \$20 until the end of August. Please help students plan ahead for the rest of the school year and schedule your appointment at 541-472-4777.

Research shows that there is a statistically significant correlation between poor attendance and low grades.

The idea that attendance is important seems so easy but it is lost on so many — you must show up to learn! It is as plain and simple as that. Students who miss days or portions of class due to tardiness can miss up to a year of school by the time they reach 12th grade. It's no wonder that the students who frequently miss school due to doctor / dentist appointments, family vacations or just to have a rest day end up being the same students that need more discipline, remediation and are at the greatest risk of dropping out.

There is nothing more important to student success than having parents involved in making sure students are in class, on time and ready to learn every day!

SUPPLY LIST



- | | |
|-----------------------------------------------------|------------------------------------------------------|
| • 3-Ring Binder 1-1/2" with pocket | • 1 pack - 5-tab dividers (for binder) |
| • Pencil pouch for binder (zip kind) | • Pencil sharpener (2) |
| • Sticky notes (Post-Its) | • Pink Pearl Block Erasers and/or Pencil-end erasers |
| • Highlighter (2) | • Pencils (plus large home supply) |
| • Colored Pencils | • Pens (BLUE or BLACK) |
| • Ruler with centimeters | • Report folder - 2-pocket, 3-prong |
| • College-ruled binder paper plus large home supply | • 1 pack Centimeter graph paper |
| • Glue stick | • Safety scissors |
| • Composition Book (2) | • Day planner / Calendar |



- **TI-30 XIIS Calculator (see note above)**
- **Dictionary** for home use



If you purchase mechanical pencils for your student, please remember to purchase additional leads.



Education is what remains after one has forgotten what one has learned in school.

~ Albert Einstein ~

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Last year, Lorna Byrne Middle School was named an *outstanding* middle school by the Oregon Department of Education. We hope that this year will be a repeat in our students' and teachers' *outstanding* performance.

Three changes that were implemented last year that you will see continue during the 2013-2014 school year is in the area of academic intervention and enrichment classes available to your student, the implementation of Proficiency Based Learning, and the use of Common Core State Standards. The first area is the maintained level of academic support and enrichment classes offered for your student. Students will have the ability to sharpen their writing and mathematical skills in content specific classes for those needing additional help or support to meet grade level expectations. In addition, students will have the opportunity to participate in art, leadership, woodshop, computers, physical education and many more exciting classes and activities.

The second area that I would like to highlight is the grading system we use. The staff and leadership at both Lorna Byrne Middle School, as well as the other two middle schools within the Three Rivers School District, use what is known as Proficiency Based Learning (PBL). Within this model, 80-percent of the student's grade is determined by their performance on assessments directly relating to content standards. The other 20-percent is based on professional qualities such as work ethic and attitude. It is the hope of both Lorna Byrne Middle School and the district that this change will help our students to be college and career ready when they finish high school. If you would like additional information on the new grading system, please see the section on Proficiency Based Learning located within the Student Handbook.

Finally, Lorna Byrne students will be taught using the Common Core State Standards (CCSS) in the subject areas of English / Language Arts and Math. Oregon has joined 43 other states in the adoption of the CCSS. According to the Oregon Department of Education, these standards are: "...Aligned with college and work expectations; Are clear, understandable, consistent; Include rigorous content and application of knowledge through higher-order skills; Build on strengths and lessons of current state standards". Teacher teams from across the district have been studying and working with the new standards for over two years. Overall, these teacher teams have found that the CCSS include a larger number of standards and are much more rigorous. As a district, we have adopted an aggressive timeline for implementing these standards in our schools so that our students have the best chance of mastering these standards and earning a standard or university diploma. We have some challenges ahead, for sure.

As you become familiar with Lorna Byrne you will notice it is a PBIS school. We strive to support both students and staff by consistently teaching and promoting positive behavior school wide. There are four rules we use at Lorna Byrne: be safe, be respectful, be responsible, and be positive.

I have an open door policy and encourage you to stop in or call should you want to discuss any matter for your child or family. It is going to be a great year...

In closing, I want to tell you how proud I am of Lorna Byrne Middle School students and staff. For the second year in a row, we have recently received some data regarding student learning that puts LBMS at the top of the state. We have all been working extremely hard and it is paying off.

I look forward to meeting you and your students. I know without a doubt that the entire staff at Lorna Byrne is looking forward to working with our parents and the community to maintain the strong tradition of excellence at Lorna Byrne Middle School.

If you have questions or concerns please feel free to contact my office.

Sincerely,

Rachael George
Principal
Lorna Byrne Middle School



The SCHOOL SITE COUNCIL plays an important role in decision-making. The site council is a group of teachers, parents and classified employees that works with the principal to develop, review and evaluate school improvement programs.

To find out more about what LBMS SITE COUNCIL does, talk to Mrs. George, the school principal. If you would like to participate on the council, phone the office at 541-592-2163.

10 Actions Parents Can Take If Their Child Has Been Bullied

If you think your child is being bullied, it's time to take action...now. Bullying is not something that just goes away on its own, it is not something that children can just “work out” without mediation, and it is not something kids will just naturally outgrow. If you know (or think) that your child is being bullied, your participation is critical to a successful outcome. Some suggested actions include:

1. **Make it safe for your child to talk to you.** When your child comes to you to talk about a bullying experience, try to avoid having an emotional reaction. It can be scary for a child to hear that a parent is planning to lash out at a peer or parent. Calmly ask questions until you feel you completely understand the situation (Is it bullying, a peer conflict, or a misunderstanding?). Try not to leap into action right away, but instead focus on making sure your child feels taken care of and supported. Without blaming the bully, remind your kid that everyone has a right to feel safe and happy at school, and applaud the courage it took to take a stand and talk to you. Make a commitment to work with both your child and the school administration to resolve the issue.
2. **Teach your child to say “Stop!” or go find an adult.** Research shows that most bullies stop aggressive behavior within 10 seconds, when someone (either a victim or a bystander) tells the perpetrator to stop in a strong and powerful voice. You, as the parent, can role-play an assertive response. Demonstrate the differences between aggressive and assertive and passive voices, as well as body language, tone of voice, and words used. If staying “stop” with an assertive voice does not work, teach your child to find an adult right away.
3. **Talk with your child’s principal and classroom teacher about the situation.** Make it clear that you are committed to partner with the school in being part of the solution. Also emphasize that your expected outcome is that your child’s ability to feel safe and happy at school is fully restored. Ask the principal to share the school’s bullying policy, and make sure any action plan begins with notifying other teachers, recess aids, hallway monitors, and cafeteria staff so that everyone who comes in contact with your child can be on the lookout and poised to intervene should the bullying be repeated.
4. **Arrange opportunities for your child to socialize with friends outside of school to help build and maintain a strong support system.** Try reaching out to neighborhood parents, local community centers with after-school activities, and your spiritual community. The more time your child can practice social skills in a safe environment, the better. Children who have friends are less likely to be bullying victims—and, if your child is bullied, friends can help ease the negative effects.
5. **Don’t go it alone.** When supporting a child through a bullying situation, parents often discover previously unnoticed issues that may contribute to the child’s vulnerability. In addition to working with the school to help resolve the immediate issue, parents should also consider reaching out to physical and mental healthcare providers to discuss concerns about diagnosed or undiagnosed learning issues, depression, anxiety, eating disorders, etc.
6. **Encourage your child to stick with a friend (or find someone that can act as a buddy) at recess, lunch, in the hallways, on the bus, or walking home.** Kids are more likely to be targeted when they are alone. If your child doesn’t have a friend to connect with, work with the school to help find someone to act as a safety partner.
7. If **cyberbullying** is an issue, teach your child to bring it to the attention of an adult, rather than responding to the message. Many children fail to realize that saying mean things about someone on the Internet or through text messaging is a form of bullying. Make sure your child knows that you take cyberbullying seriously, and that you’ll be supportive through the process of handling the situation.
8. **Help your child become more resilient to bullying.** There’s a lot parents can do to help “bully proof” their kids. Here are two biggies: first, provide a safe and loving home environment where compassionate and respectful behavior is modeled consistently. Second, acknowledge and help your child to develop strengths, skills, talents or other positive characteristics. Doing so may help your kid be more confident among peers at school.
9. **Provide daily and ongoing support to your child by listening and maintaining ongoing lines of communication.** When your child expresses negative emotions about peers, it’s helpful if you acknowledge these feelings and emphasize that it’s normal to feel this way. After actively listening to the recounted bullying incident, discuss the practical strategies in this article together, especially the ones your child thinks will be most helpful.
10. **Follow Up.** Even after your child’s bullying situation has been resolved, be sure to stay in touch with your child and the school to avoid a relapse of the issues. Keep the lines of communication open with your child, and learn the signs of bullying so that if another issue arises, you’ll be prepared to get involved early and effectively. Although a last resort, consider moving your child out of the current school or social environment. This may be a necessary action, and it sends the message that your child truly does not have to tolerate such treatment. Once established, social reputations among peers can be very difficult to eliminate. A fresh start in a new school environment may be a viable solution.

Did you know... LBMS is a Title I school allowing us to offer free breakfast and lunch to all our students.

Through awarded grants, we are also able to offer programs and enrichment during afterschool hours.

Be there!

Being in school all day, every day, helps your child get the most out of middle school. Encourage good attendance with these ideas:

- Point out that there is no substitute for being in class. Your youngster needs to be present to hear teachers explain concepts, to participate in group projects and class discussions, and to ask questions.
- Schedule doctor, dentist, and orthodontist appointments for before or after school hours whenever possible. If you can't, try to arrange them during lunch or study hall.
- It will be easier for your child to get up on time for school if she's had at least nine hours of sleep. Set a reasonable bedtime, and make sure she puts away electronic devices so she isn't tempted to stay awake to play with them. 👍



LAST MINUTE CHANGES

All bus changes and after school plans must be phoned to the LBMS office prior to 3:00p.m. In order for your students to receive notification of the change in plans, you must give the office time to prepare and distribute a note. We appreciate your consideration with this procedure.

LORNA BYRNE MIDDLE SCHOOL
101 SOUTH JUNCTION AVENUE
CAVE JUNCTION, OR 97523



TO: