

# FORT VANNOY TRIBE-UNE

We are a responsible and caring community of learners.

Kathie Hill, Principal

March 2009

## UPCOMING EVENTS

### MARCH

20  09

March 2<sup>nd</sup>- Classified Employee's Week

See's Candy Fundraiser Kick-off

March 11<sup>th</sup>- Clerical Day—No School Day

March 16<sup>th</sup>- Breakfast Club

March 17<sup>th</sup>- St. Patrick's Day-Wear your GREEN

PTA Meeting- 2:15 pm-Library

March 18<sup>th</sup>- Conferences- EVENING appointments

3:00 pm to 7:00 pm

March 19<sup>th</sup>- Conference Day- 7:00 am to 7:00 pm

March 20<sup>th</sup>- No School Day

March 23<sup>rd</sup>-27<sup>th</sup>- **SPRING BREAK**

March 27<sup>th</sup>- Kids Zone @ The Club-5:30-7:30

March 30<sup>th</sup>- School Resumes

Site Council - 2:15 pm-Library

March 31<sup>st</sup>- 3<sup>rd</sup> gr. to GPPAC-Chinese Folk Dance



Fort Vannoy Elementary's  
Web Site

[www.threerivers.k12.or.us/FV](http://www.threerivers.k12.or.us/FV)

Please feel free to visit and check out important dates and upcoming events.

Become a subscriber to the website by simply logging on to the Fort Vannoy website, click on the subscribe button on the top right of our home page. You will then receive automatic updates for school closures, news and information.

## Computers for Education

Thanks to everyone for supporting the last PTA fundraiser, Computers for Education. Every student who turned in a completed booklet had their names put into the drawing for the awesome remote control car. Jacob Roberts, a 5<sup>th</sup> grader in Mrs. O'Brien's class, was the lucky winner. Congratulations Jacob !!!!



## Kid Zone Night

Where: Club Northwest

When: March, Friday 27, 2009

5:30-7:30 PM

Why: Fun and Exercise

\$5.00 per child



## 🎵 Music Notes 🎵

When I was in college at Southern Oregon University, we were fortunate to be visited by Dr. Don Brinegar, a highly respected teacher and choral conductor from the Los Angeles area. His mantra was, “Everyone can sing,” and his focus was teaching pitch-matching. When I joined Fort Vannoy in the fall of 2005, I decided to put Dr. Brinegar’s principles into my own practice. Since the voice is the instrument we carry with us everywhere we go, I chose to make singing a major focus of the music program.

Many of us approach singing passively; we open our mouths and hope for the best. We wouldn’t try to draw this way – putting pencil to paper and hoping our hand movements produce a picture – and we shouldn’t rely on this method for our singing! Over the last four years, the students of Fort Vannoy have learned to approach singing proactively, engaging their bodies and their brains to produce the correct notes just like they would when drawing a picture. The warm-ups we do (sirens, “boo-hoo-hoo”, puppy dog,) are a big part of this process; a challenge many people face in singing is simply accessing the “head voice”, and these warm-ups help us do that. A few weeks ago, the students performed a casual pitch-matching check, and the results were tremendous. Almost every single student was able to sing the correct notes. It took some students a few tries, and some conscious effort to *think* about the notes they wanted to sing, but I estimate over 90% of the students were successful, and those that still struggled were off by no more than one pitch in most cases. When I compare this to the 50% (or

less) successful pitch matching I saw in the classes I worked with as a student teacher, I am beyond thrilled with what our students are doing.

Another delightful improvement I’ve seen is the rapidity with which the students *learn* songs. When I arrived at Fort Vannoy, it took at least two class sessions to learn a song, and another session before the students would sing the song with confidence. Now, students are learning and singing rounds in as many as four parts in half a class session.

We’ve all heard about the brain-stimulating benefits of music education, but there’s also growing evidence that singing is good for our health. A few years ago, a study came out of the University of Frankfurt in Germany: researchers took blood samples from chorus members before and after they sang Mozart’s *Requiem*. The levels of immunoglobulin A and cortisol were noticeably higher, indicating enhanced immunity. Blood samples taken after the same singers simply listened to a recording of the *Requiem* did not show elevated levels. So, encourage your kids to sing, it may just help keep the doctor away!

Yours in Song,

Mrs. Hankins



## From the Desk . . .

### . . . Mr. Cowger, 3<sup>rd</sup> grade teacher

Mr. Cowger asked his students to write about:  
“What I Like About Spring.”



“I like spring time because the flowers grow and they are beautiful.”

By Isaac Wood

“I love spring because flowers start blooming. I like spring because you can go swimming in a pool, camping and hunting. I can go fishing and bounce on the trampoline. I can go ride my bike across the street. I enjoy spring because I get to go to Shasta Lake.

By Calvin Bertik



“I like spring because I get to go to my Grandma’s house and go into the hot tub. I go to the river and get to play with my Grandma’s dog Shadow. It is fun to play with Shadow because he jumps on me. He likes me. He plays tug-of-war with me, it is fun. I also go to the store to go shopping.”

By Arieyanna Eartly

I like spring because it is fun to pick flowers with my sister. I like to pick flowers by myself.

By Carlee Reitzer



I like spring because I like to go swimming in the summer. I also like to go camping. I like to sing songs outside. I like to take walks and go to new places. I like spring because it can be very hot. It keeps me warm. That’s what I like about spring. That’s pretty much it.

By Matthew Shaffer

I love spring because the flowers start to bloom out again. So, all of the cool things can happen in spring.

The sun is out. The trees have leaves. I like to see

Venus Fly Traps in the spring. That’s it.

By Tristan Schnee

I like spring because you get to go hunting and you get to go camping. And there are longer days. You get to go to the beach. You get to go to deep sea fishing. You get to go to the lake and ride on jet skis!

By Tanner Fairchild

I love spring because flowers begin blooming, birds start singing. You get to go swimming and there are longer days.

You get to go camping and boating, biking, fishing and hunting. I get to make salads from our garden and sell them to get money for our clubhouse. This spring I get goats and ducks.

By Jordan Bunting

I like spring because it is not cold. It is a time when pretty flowers get to bloom. I also like it because sometimes I get to go camping at Lake Shasta. I like Spring Break in the spring. I also like to go swimming in the Illinois River and jump off the big rocks into the river. I also like spring because you have longer days and it is still bright outside.

I enjoy spring because you get to hear the birds sing more. I love spring because I always get to see my Grandma and Grandpa during Spring Break. I also get to play with my friends. Sometimes I get to go to the beach. That is what I like about spring, plus to get to swim outside if you have a pool!

By Lauryn Davison

I like spring because most of the flowers bloom (like daisy's). I also like spring because I go paint ball shooting with my brother. I like spring because I can go swimming and camping. I will be picking flowers. I love to jump in my pool because it is fun. I like to work out because I have a lot of time to do it. I love to build during the spring and play video games with my brother. I love to have fun.

By Michael Dabich

I like spring because flowers start to bloom and the flowers mean so much to me. There are also lots of butterflies.

I like spring because I get to jump on my trampoline and we get to take our dogs on a walk.

Spring means so much to me, I also like to watch the plants grow all over the yard. My mom does all the spring cleaning in the house. My dad does all the spring cleaning outside.

I love spring time so much; it is the best season in the world.

By Anya Tello



I like spring because you get to hear birds sing more often, go fishing and swimming in the ponds. Have frog races with your family and you can watch the flowers grow. You get to see the leaves on the trees and have lunch with your friends. But the most favorite thing about spring is that you always get to watch the clouds take on shapes like bunnies, birds, frogs, horses, and ducks. I also like holidays in spring like Easter. That is why I like spring.

By Taylor Hays

I like spring because of all the roses and fruit and mint plants that appear in my dad's garden. I like the young animals that are born. I like the marvelous sunshine. Most of all, I like spring because my birthday is May 16<sup>th</sup>. That is why I like spring.

By Lina Campbell

I like spring because I get to make a garden. I get to go camping and there are longer days.

Lots of flowers start blooming and I get to play outside more. I can ride my bike more and it won't rain any more.

By Austin Marlatt



I like spring because it's sunny outside. I like spring because I get to hear the birds sing and chirp. I like spring because I get to catch lady bugs and tickle bugs.

I like spring because I can visit my best friend, Samantha Draper. I like spring because I get to go fishing and swimming. I like spring because I get to play with my friends!

By Anne Jenny

I like spring because the birds start to sing. I also like spring because the flowers start blooming. I also like it since it is a beautiful time of the year. It is when the bears and other animals come out of hibernation.

By Bryce Anderson



I like spring because the birds sing. I get to go camping with my parents and siblings. We go to the pool and swim. The ocean is a good place too. We go fishing at the lake. I also feed the ducks at the pond. We don't go to school for almost three weeks, that's 21 days! The plants grow. The flowers bloom. No waking up early at 6:00. We get to sleep in for as long as we want. There's no homework for the weekend. There's no spelling test either.

By Ian Jordan

## BREAKFAST CLUB

Our monthly "Breakfast with the Principal" held on February 9th, was simply scrumptious! Kiya Cameron, Jordan Wingerd, Amanda Glenn, Bailey Stasio, Tanner Darling, Alyssa Wolf, Katie Frice, JJ Ritchie, Cheyenne Crawl, Natalie Rogers, and Kaitlyn Tally were treated to a delicious, healthy breakfast of hot of the griddle pancakes, sausage patties, and fresh orange slices. Breakfast the MOST important meal of the day!

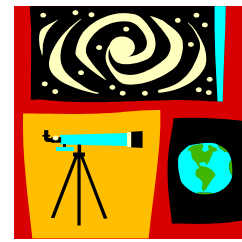


### Food & Nutrition News

With the economy in the state that it is in, and no immediate resolution in sight, I want to make sure that students and parents are aware that applying for free and reduced meals are available throughout the year. The cost of breakfast and lunch can be a large burden on households, especially when times are as tough for many as it is right now. Please see the attached flyers with information that may be of assistances to you.

Thank you,

Michael Morris  
Food & Nutrition Services Director



Great minds were spinning in the weeks leading up to and during the annual District Science Fair. On February 11, 2009 at the District Office, 28 students proudly presented their projects. Each student had to have 2 judges evaluate their project to determine the outcome of their score. Everything from: "Lightening Can't Be That Frightening" to "Does Pollution Affect Ice Melt?", were represented. The following students enjoyed the scientific process of the day and received ribbons for: **Participation:** Sarah Badley, Jimmy Cox, Samantha Darling, Sydney Duncan, Nocona Gula, Mariah Hamburg, Tatiana Kelly, Cyrus Moore, Bryan Schmidt, Johnathon Senn, Parker Sasso, and Michael Works. **Bronze:** Ryan Beairsto, Fiona Callies, Bailey Cusumano, Jack Garmendia, Preston Pickering, Blaise Pock, Fey Pock, Jacob Roberts, Irelynn Borja, Mika Taylor, and Heather Thomson. **Gold:** Avery Beckius, Rachel Forbush, Ellie Polk, Kaitlyne Pursell, and Jilian Sloan.

Congratulations on a job well done!

