



# TIGER TIMES



- 10/1/18— Volleyball@Eagle Point
- 10/2/18— Oregon Caves—8th grade
- 10/2/18— Cross Country@TouVelle State Park
- 10/3/18— Oregon Caves—8th grade
- 10/3/18— Football@LSMS
- 10/3/18— Volleyball@LSMS
- 10/5/18 —Cookie Dough Fundraiser Kickoff!
- 10/8/18— Volleyball@LSMS
- 10/10/18—Volleyball@LSMS
- 10/10/18—Football@Eagle Point
- 10/10/18—Cross Country@LSMS
- 10/15-10/19 Dental Sealant Program
- 10/15/18—Volleyball@LSMS
- 10/17/18—Volleyball@LSMS
- 10/17/18—Football@Hedrick
- 10/18/18—Cross Country
- 10/22/18—Volleyball@LSMS
- 10/23/18—Cross Country@Eagle Point Golf Course
- 10/24/18—Volleyball@Fleming
- 10/24/18—Football@HVHS

# FALL

**EXCLUSION DAY  
IS COMING FOR  
7th GRADERS**

Remember students must have all their immunizations up-to-date. If your child is going into the 7th grade they are required to have the Tdap.



# ParentVue

Help your student by using our ParentVue website. ParentVue lets you see your child's attendance, grades and schedule. If you have not already signed up and would like to, please call the LSMS office at 541-862-2171 or email [kimberly.woolsey@threerivers.k12.or.us](mailto:kimberly.woolsey@threerivers.k12.or.us).

## FREE BREAKFAST & LUNCH

Please remember there is no charge for your student to eat breakfast or lunch at school again this year. Remind your student they can eat free any day of the week.

## Library News

**The Scholastic Book Fair** was a huge success! We sold almost \$3000.00, and so we will get 50% back in Scholastic Dollars to purchase books for the LSMS Library. Thanks to all the staff, student crew, and families who made everything run smoothly.

**Battle of the Books** has begun! Please sign up with Mrs. Deforest or in the office and turn in your signed permission slip to be part of our team! We practice on Mondays immediately after school in Mrs. Deforest's classroom #9 in hallway 2. Pick up time is at 5:30 or students may ride the activity bus home.

## SMILE CLUB

Introducing Family Math and Science Night. The SMILE (Science Math Investigative Learning Experiences) clubs of Southern Oregon invite families to participate in hands on science activities November 7th, from 6 to 8 pm at Evergreen Elementary School in Cave Junction. Throughout the evening enjoy experiences provided by the SMILE clubs, Oregon Caves, the Audubon Society and many more.

Enjoy snacks and take a chance on a raffle for a variety of prizes.

## DENTAL SEALANT PROGRAM COMING

Lincoln Savage will be hosting the Dental Sealant Program again this year. This is a free program and a great way to get your child's smile protected. Sign-up forms will be sent home soon.



# Middle Years

Working Together for School Success



## Short Stops

### Get going with breakfast

Eating breakfast will help your tween start the day ready to learn. Together, come up with quick and nutritious breakfasts to make at home. Or encourage her to eat a healthy meal in the cafeteria with friends. *Note:* If she receives school lunch at a reduced price or for free, her breakfast will be reduced cost or free, too.

### Walk this way

Let your middle grader know it's important to keep his eyes on his surroundings as he walks. He'll avoid serious injury from falling, running into objects, or stepping into traffic. Explain that he shouldn't play electronic games, listen to music, or text while walking—including to and from the bus stop or school.

### Conserve resources

Ask your youngster to help your family be more environmentally friendly. Have her research ways you can conserve resources (switch to low-energy light bulbs, recycle more items, take reusable bags when you shop). Then, try to adopt one of her ideas each month.

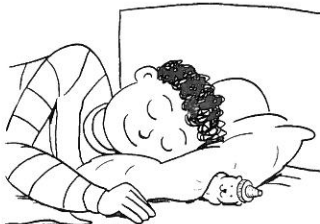
### Worth quoting

"Every strike brings me closer to the next home run." *Babe Ruth*

### Just for fun

**Q:** Why did the boy put honey under his pillow?

**A:** He wanted to have sweet dreams.



## Tween discipline that works

Your middle schooler wants more freedom. You want to keep him safe and set age-appropriate limits. How do you balance his need for independence with the need for rules and consequences? Try these strategies.

### Let's review

Go over the rules you have in place and get his input. He'll be happier to comply if he has a say in them. Perhaps he thinks he should be able to go to friends' houses on school nights, and you agree to that for one night a week. Explain your reasons, and be clear you have the final word. Also, lay out consequences so he knows what will happen if he breaks the rules.

### Expect to be tested

Tweens tend to push the limits to see how serious parents are and may argue to get out of consequences. Stay calm and on point ("Nevertheless, we agreed you wouldn't eat in your bedroom"). Stick to the consequence you set (having him wash his bedding to get rid of food



stains). He'll see he can't slide by and will be more likely to follow the rules in the future.

### Reflect on actions

The goal of discipline is to teach your child good judgment. He can learn a lot by reflecting on his actions. Say he breaks a rule, like heading to a social outing without finishing his homework first. Ask what he *thought* would happen. Maybe he didn't think you'd notice. What happened instead? He has to miss an event this weekend as a result. How could he avoid this situation next time? 👍

## Speak up!

Participating in class can help your tween get more value out of school and learn to express herself. Encourage her to contribute with these tips.

■ **Find your zone.** Suggest that she participate in ways she feels comfortable with and then expand her "toolbox." She might start off commenting on assigned readings she enjoyed. Eventually, she may speak up when she agrees with someone's viewpoint or to offer a different one.

■ **Mix it up.** Class-wide discussions aren't the only opportunity to participate. When your middle schooler works in smaller groups, she could ask and answer questions, make observations, or give opinions. These steps can build confidence for talking in front of the whole class. 👍





# Real-world reading

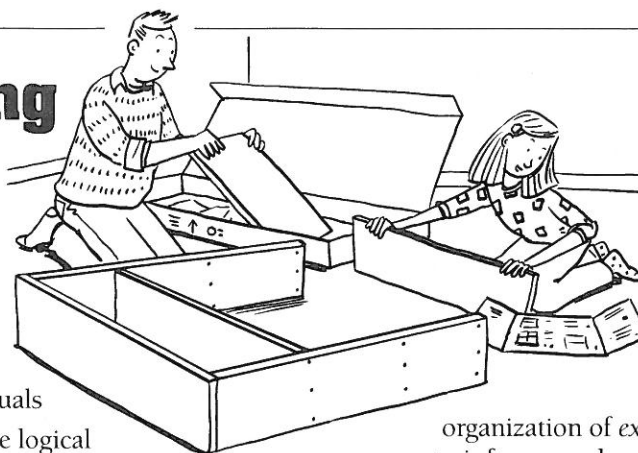
Nonfiction reading is a big part of everyday adult life—at work and home. To help your middle grader learn to pick out and analyze important information, encourage her to read more nonfiction texts now. Here are some easy ideas.

## Follow a process

**What:** Recipes, game directions, how-to manuals

**Why:** These texts teach youngsters to navigate logical sequences of steps and identify key details.

**How:** Let your tween read and share directions as family members cook or play a game. Or have her read instructions



as you put together a bookcase or figure out how to operate a new phone or microwave.

## Follow the facts

**What:** News articles, menus, travel guide-books

**Why:** Your child will get familiar with the organization of *expository text*, which seeks to inform or educate readers.

**How:** Talk about news articles you read and what you learn, and inspire her to do the same. If you order carryout food, have her read menus and place the order. When you visit new places, ask her to scan guidebooks and share facts. She can play tour leader, suggesting sights and activities your family will enjoy. 👍

# Notable notes

Good notes can help your tween remember what was taught in class, create study guides, and review for tests. Share these steps for being an excellent note taker.

**1. Prepare beforehand.** Your child will have an easier time keeping up with the teacher if he has read the assigned hand-outs or chapters. Why? He'll be familiar with the material and vocabulary.

**2. Learn each teacher's style.** To emphasize crucial material, one teacher may use hand gestures, while another may write phrases on the board. Your middle grader should write that information down and star or circle it.

**3. Ask questions.** If your child doesn't understand something, he could jot a question mark in the margin of his notes. Then, he can ask about it when the teacher invites questions. Most likely someone else has the same question and will be glad he spoke up. 👍



## Q&A

### Learning to have grit

**Q** I've heard that kids need "grit" to be successful. What is it, and how can I teach it to my 12-year-old?

**A** Grit involves perseverance, courage, and resilience—basically sticking with tasks or goals until you see them through. Having passion will help your child to develop grit, enabling her to stay with something when the going gets tough and to overcome problems along the way.

You can foster grit in your middle grader by explaining it and pointing out examples, such as a coworker who learned to read as an adult. Or bring home library books about famous people who persevered. For instance, Dr. Seuss had his first book rejected by 27 publishers before it was accepted.

Setting up a family challenge can give everyone a chance to be "gritty." Have each person choose something they want to do that might be difficult but is possible. The key? No one is allowed to quit! 👍



## Parent to Parent

### Get to know new friends

When my son was in elementary school, I always knew his friends. Once he got to middle school, he started hanging out with classmates I'd never heard of.

It worried me to let Jake spend time with kids I didn't know. I asked him to invite them over, and meeting them in person helped put me at ease and gave me a

way to connect faces with names. I asked for their phone numbers and their parents' numbers as well. That way, I could contact them if they were with Jake and I couldn't reach him. Calling the parents to say hello opened the door in case we ever need to get in touch.

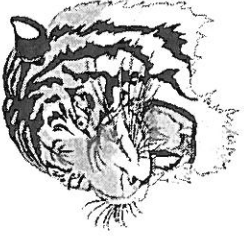
I'm still getting to know Jake's pals. But at least I'm feeling more relaxed about his new middle school social scene. 👍



**OUR PURPOSE**

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

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# LINCOLN SAVAGE MIDDLE SCHOOL

## 2018 7<sup>th</sup> & 8<sup>th</sup> GRADE FOOTBALL

DAY	DATE	OPPONENT	LOCATION	LEAVE AT	GAME TIME	RETURN BUS
Wednesday	9/12/18	Talent	Lincoln Savage	-	4:30 pm	-
Wednesday	9/19/18	Hedrick	Lincoln Savage	-	4:30 pm	-
Wednesday	9/26/18	South	South GP	3:30 pm	4:30pm	No
Wednesday	10/3/18	McLoughlin	Lincoln Savage	-	4:30 pm	-
Wednesday	10/10/18	Eagle Point	Eagle Point MS	2:30 pm	4:30 pm	Yes
Wednesday	10/17/18	Hedrick	Hedrick MS	2:45 pm	4:30 pm	Yes
Wednesday	10/24/18	Fleming	Hidden Valley HS	NO bus	7:30 pm	No

**HEAD COACH: Keith Haley**

**ASSISTANT COACH: Chris Navarro**

**TIGER PRIDE!**

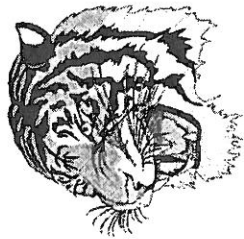
**ATHLETIC DIRECTOR  
KIRK BAUMANN**

**ATHLETIC SECRETARY  
Keri Lehman**

**541-862-2171**

Lincoln Savage Middle School 8551 New Hope Road, Grants Pass OR 97527

9/5/18



# LINCOLN SAVAGE MIDDLE SCHOOL

## 2018 7TH & 8TH GRADE VOLLEYBALL

DAY	DATE	OPPONENT	LOCATION	LEAVE AT	GAME TIME	RETURN BUS
Monday	9/17/18	North GP	North MS	3:30	4:30 pm	No
Wednesday	9/19/18	Fleming	Lincoln Savage	-	4:30 pm	-
Monday	9/24/18	South GP	South MS	3:30	4:30 pm	No
Wednesday	9/26/18	Hedrick-A	Hedrick MS	2:45	4:30 pm	Yes
Monday	10/1/18	Eagle Point	Eagle Point MS	2:30	4:30 pm	Yes
Wednesday	10/3/18	North GP	Lincoln Savage	-	4:30 pm	-
Monday	10/8/18	Fleming	Lincoln Savage	-	4:30 pm	-
Wednesday	10/10/18	South GP	Lincoln Savage	-	4:30 pm	-
Monday	10/15/18	Hedrick-A	Lincoln Savage	-	4:30 pm	-
Wednesday	10/17/18	Eagle Point	Lincoln Savage	-	4:30 pm	-
Monday	10/22/18	North GP	Lincoln Savage	-	4:30pm	-
Wednesday	10/24/18	Fleming	Fleming MS	3:30	4:30pm	No

Monday and Tuesday 7<sup>th</sup> grade plays first. Wednesday and Thursday 8<sup>th</sup> grade plays first.

**HEAD COACH: TAMI KRAUSS**

**ASSISTANT COACH: KATIE GRIFFITH**

**TIGER PRIDE!**

**ATHLETIC DIRECTOR: KIRK BAUMANN 541-862-2171 ATHLETIC SECRETARY: KERI LEHMAN**

Lincoln Savage Middle School 8551 New Hope Road, Grants Pass OR 97527



## 2018 CROSS COUNTRY

DAY	DATE	OPPONENT	LOCATION	LEAVE AT	TIME	RETURN BUS
Thursday	9/13/18	North GP, South GP, Scenic, St. Mary's, Talent	North GP MS	3:00 pm	Girls-4:30 Boys-5:00	No
Thursday	9/20/18	Ruch, Ashland, Cascade-Christian, Hanby, Pondo, Madrone Trail, Logos	Madrone Trail	2:30 pm	Girls-4:30 Boys-5:00	Yes
Thursday	9/27/18	McLoughlin, Talent, Ruch, Sacred Heart, Hedrick, Madrone Trail, Logos	Bear Creek Park	2:30 pm	Girls -4:30 Boys- 5:00	Yes
Tuesday	10/2/18	All School Pre-Conference Hosted by Eagle Point MS	Eagle Point Golf Course	12:00 pm	Start time: 2:00	Yes
Wednesday	10/10/18	Ashland, The Valley School	Lincoln Savage	-	Girls-4:30 Boys- 5:00	No
Thursday	10/18/18	Hedrick, Sacred Heart, Scenic, Eagle Point, Madrone Trail	Holmes Park	2:30 pm	Girls- 4:30 Boys-5:00	Yes
Tuesday	10/23/18	Conference Championship Hosted by Eagle Point MS	Eagle Point Golf Course	12:00 pm	Start time: 2:00	Yes

Girls will run first and boys will run approximately 30 minutes later.

**HEAD COACH: KEVEN BOGART**

**TIGER PRIDE!**

**541-862-2171**

**ATHLETIC DIRECTOR    ATHLETIC SECRETARY**

**KIRK BAUMANN            Keri Lehman**

Lincoln Savage Middle School 8551 New Hope Road, Grants Pass OR 97527

9/5/2018



# DENTAL SEALANT PROGRAM



Capitol  Dental



SmileKeepers  DENTAL

## FREE DENTAL SCREENINGS AND SEALANTS

Free preventive dental services are offered at your child's school. Please return a completed permission slip to use this service.



Healthy teeth are important to your overall health



Dental screenings & sealants are done by dental health care professionals



When sealants are done in school, you miss less work and your child misses less school



See your dentist at least once a year

If you don't have a dental home and need help finding a dentist, please call Capitol Dental at 800-525-6800

Before



After



### THE PROBLEM: CAVITIES

- Cavities are the most common chronic childhood disease
- About 1 in 5 (20%) children age 5-11 have at least one cavity.

### THE SOLUTION: DENTAL SEALANTS

- Dental Sealants are protective coatings placed on the back teeth.
- Sealants are a quick, easy and painless way to prevent cavities.



# Free School Sealant Program Permission Slip

Free dental screenings and sealant services are now offered at your child's school. Dental sealants are plastic coatings put on the back teeth and are a quick and easy way to prevent cavities. The screening and sealants are done by dental care professionals.

Name of Child: _____		
(Last)	(First)	(Preferred Name)
Student's Date of Birth (mm/dd/yy): ____/____/____ Teacher: _____ Grade: ____		

- YES**, I want my child to have a dental screening and dental sealants.  
 \*Eventhoughyourchildmayhavepreviouslyreceivedsealants,pleasemarkyes sowecancheckthem.

**If yes, please complete and sign below**

<b>Contact Information</b>
Parent/Guardian: _____
Best phone number to reach you: _____
Email address: _____
Mailing address: _____

**Please provide the following information so we can better serve your child:**

My child is taking (list medications): _____	None: <input type="checkbox"/>
My child is allergic to: _____	None: <input type="checkbox"/>
Any current medical problems: _____	None: <input type="checkbox"/>
Any behavioral considerations: _____	None: <input type="checkbox"/>
Other information to help us better serve your child: _____	None: <input type="checkbox"/>

**Please complete the section below. You will not receive a bill.**

Health Insurance: <input type="checkbox"/> Oregon Health Plan (OHP) / Medicaid ID# _____ <input type="checkbox"/> Private dental insurance company _____ <input type="checkbox"/> No health insurance	These services are <b>FREE!</b>
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By signing below you:

As the legal parent/guardian, I hereby consent to the release and exchange of information, including any relevant personal health information, between the dental sealant staff, school staff, insurance carriers, the child's dentist, applicable Coordinated Care Organization, and/or the Dental Care Organization of record. I have received a copy of "Notices of Privacy Practices" or it is available to me on the CDC website at <http://www.capitoldentalcare.com>. If you have any concerns or questions regarding the Notice, you may contact CDC at 1-800-525-6800. I also understand a dental student closely supervised by a licensed dental professional may provide treatment.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_