



# LORNA BYRNE Middle School

## The Weekly Vikings

101 S. JUNCTION AVENUE, CAVE JUNCTION, OR 97523  
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### Notes From the Office...



# Happy Thanksgiving!



From the staff  
at LBMS

### The Book Shelf

LBMS Library News

Hi Guys,

Just wanted to let everyone know that our district and our library have been smiled on recently in the form of generous endowment from a former school board member. Because of this, I was able to purchase over 100 new books for our library!

Our community is indeed generous...keep your eyes open for new titles in the new year!!

Mr J

### Cassie's Corner...

#### It Pays to be Kind

People who are constantly kind produce 23% less cortisol, which is the stress hormone. Because of the lower levels of stress, people who practice kindness age slower than the average population.

#### Benefits of Gratitude

- Enhanced Well-Being
- Deeper Relationships
- Improved Optimism
- Increased Happiness
- Stronger Self-Control
- Better Physical and Mental Health
- An Overall "Better Life"

#### Ways to Cultivate Gratitude

- Write a "Thank You" note
- Thank someone in person
- Keep a gratitude journal/notebook
- Count your blessings
- Compliment someone
- Random act of kindness

#### Family Gratitude Game

1. Use skittles/starburst or something colorful.
2. Pick at least 5 candies (or any number you decide)
3. Share what you are thankful for with each color:  
Red- anything you are thankful for  
Purple- name a person you are thankful for  
Green- a food you are thankful for  
Orange- a thing you are thankful for  
Yellow- a place you are thankful for



Click the buttons at left for our social media and links to other important sites



**Lorna Byrne Middle School**

# SPORTS



## LBMS Vikings Boys Basketball Schedule & Results

<u>Date</u>	<u>Start Times</u>	<u>Opponent</u>	<u>Away Address</u>	<u>Results</u>	<u>Game Times</u>
Mon 11/7	4:30 PM	New Hope	<b>HOME GAME</b>	JV & V: WIN	4:30 PM
Wed 11/9	4:00 PM	@St. Mary's White	816 Black Oak Drive Medford, OR	JV: Win V: Loss	4:00 PM
Fri 11/11	2:00 PM	@Glendale High School	10598 Azalea Glenn Rd. Glendale, OR 97422	JV: Win V: Win	2:00 PM
Mon 11/14	4:30 PM	@Rogue River	1898 E Evans Creek Rd. Rogue River, OR	JV: Win V: Win	4:30 PM
Wed 11/16	4:30 PM	Hanby	<b>HOME GAME</b>		4:30 PM
Thur 11/17	2:00 PM	Glendale	<b>HOME GAME</b>		2:00 PM
Mon 11/28	4:30 PM	Rogue Valley Adventists	<b>HOME GAME</b>		4:30 PM
Wed 11/30	4:30 PM	@Kids Unlimited	821 N Riverside Ave, Medford, OR		4:30 PM
Fri 12/2	TBD	Hanby Tournament (Varsity Only)	806 6th Ave Gold Hill, OR 97525		TBD
Sat 12/3	TBD	Hanby Tournament (Varsity Only)	806 6th Ave Gold Hill, OR 97525		TBD
Mon 12/5	4:00 PM	@ Sacred Heart	431 Ivy Street, Medford, OR		4:00 PM
Wed 12/7	4:30 PM	@ Applegate	14188 OR-238, Applegate, OR		4:30 PM
Mon 12/12	4:30 PM	Valley Christian	<b>HOME GAME</b>		4:30 PM
Wed 12/14	4:30 PM	Shady Cove	<b>HOME GAME</b>		4:30 PM
MONDAYS : JV/V	Wednesdays: V/JV				

# Let's Go Vikings!!



# LBMS LUNCH MENU

21

## American Classics

- Buffalo Chicken Dip
- Tortilla Chips
- Fresh Green Onions
- Corn
- Ham & Turkey Chef Salad

## Pizza

- Classic Cheese Pizza
- Classic Pepperoni Pizza
- Supreme Pizza

## Grill

- Spicy Chicken Sandwich
- Classic Chicken Sandwich
- Tater Tots

## So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

## Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Chilled Peaches
- Fresh Orange Wedges
- Carrot & Celery Sticks
- Fresh Broccoli Florets
- Corn & Black Bean Salsa Salad
- Garlic Rosemary Bean Dip

## Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

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## American Classics

- Hot Chicken & Black Bean Rice Bowl
- Brown Rice
- Low Fat Sour Cream
- Salsa

## Pizza

- Classic Cheese Pizza
- Classic Pepperoni Pizza
- Supreme Pizza

## Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Crinkle Cut French Fries

## So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

## Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Chilled Peaches
- Mixed Fruit Cocktail
- Spinach & Romaine Salad
- Carrot & Celery Sticks
- Sliced Cucumbers

## Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

23

## American Classics

- BBQ Pulled Pork Sandwich
- Carolina Slaw

## Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza

## Grill

- Spicy Chicken Sandwich
- Classic Chicken Sandwich
- Tater Tots

## So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

## Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Fresh Orange Wedges
- Blueberries
- Carrot & Celery Sticks
- Corn Salad with Ranch
- Green Peas

## Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

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## American Classics

- Beef Nachos
- Pork Carnitas
- Pico de Gallo
- Sliced Jalapenos
- Shredded Lettuce
- Low Fat Sour Cream
- Mexican Style Refried Beans

## Pizza

- Classic Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza

## Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Crinkle Cut French Fries

## So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Whole Grain Hoagie
- Whole Grain Sliced Bread
- Soft Flour Tortilla
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

## Fruit & Vegetable Bar

- Fresh Red Delicious Apple
- Fresh Banana
- Strawberries
- Chilled Diced Pears
- Spinach & Romaine Salad
- Carrot & Celery Sticks
- Fresh Tomato Wedges

## Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

# 21st Century Before & After School Classes

For Sign-ups or more information, contact Tabatha at LBMS M-Th @ 541.592.2163 ext. 3006

Lorna Byrne Middle School 21st Century Programming

## NOVEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm	<b>2</b> Triple Play 7:30-8:30am  NO Afternoon Classes Parent/Teacher Conferences	<b>3</b> Triple Play 7:30-8:30am  NO Afternoon Classes Parent/Teacher Conferences	<b>4</b> RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	<b>5</b>
<b>6</b>	<b>7</b>  Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	<b>8</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Smile Club (7th&8th) 4:00-6:00pm	<b>9</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm	<b>10</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Mediator Club 4:00-6:00pm	<b>11</b> RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	<b>12</b>
<b>13</b>	<b>14</b>  Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	<b>15</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Pokemon League 4:00-6:00pm	<b>16</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm  <b>Cooking with Crockpots</b> <b>SCHC Community/Family Event</b> <b>@ 5:30-6:30pm</b>	<b>17</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Mediator Club 4:00-6:00pm  <b>FAMILY MATH &amp; SCIENCE NIGHT</b> <b>@ Lorna Byrne</b> <b>6:00-7:30pm</b>	<b>18</b> RiverSTARS! 10:00-11:00 Intergenerational Open Class 11:00-12:00 Adult Open Community Class 12:00-12:30 BREAK 12:30-2:00 EverStars Theatre and Dance 2:00-4:00 ArtNovas Theatre and Dance	<b>19</b>
<b>20</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>~Thanksgiving Break ~</b> <b>NO CLASSES</b>			<b>26</b>
<b>27</b>	<b>28</b>  Photography 4:00-6:00pm Cultures & Cooking 4:00-6:00pm Book Club 4:00-6:00pm	<b>29</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm Smile Club (5th&6th) 4:00-6:00pm Pokemon League 4:00-6:00pm	<b>30</b> Triple Play 7:30-8:30am  Academic Support 4:00-6:00pm 3D Printing 4:00-6:00pm Dream Builders 4:00-6:00pm	Please email me if you have any questions. <a href="mailto:tabatha.siemer@threerivers.k12.or.us">tabatha.siemer@threerivers.k12.or.us</a>		