

LORNA BYRNE MIDDLE SCHOOL - VIKING VIEWS

ISSUE 5

February / March 2013

Rachael Huish, Principal

Darrell Erb, Dean of Students/Athletics



WORDS FROM MS. HUISH

Happy Winter! I sincerely hope that you all had a fulfilling Holiday Season and Winter Break. I know I am thankful to work in such an incredible community, one which understands the value of taking care of each other and most importantly providing an exceptional education for our children!

As we progress through the winter months, I wanted you all to know that cold and flu season is upon us. Please make sure that you encourage your student to get a restful night sleep, eat healthily, and wash their hands often. It is also important to remind middle school students not to share their food or drink with other kids as this is a sure fire way to pass germs along to others.

Here at school we are taking extra precautions to help prevent the spread of germs. We are sanitizing our desks and classrooms on a daily basis. In addition, custodial staff are working around the clock to sanitize high use areas like the handrails on the stairs, doorknobs, and phones to help minimize the spread. At home you could help us by making sure your child stays home if they are running a fever or vomiting. If your student does come down with the flu or another illness and need to miss school, please don't forget to call the attendance office at 541-592-2163, extension 3037 and verify your child's absence. This can be done before, during, or after school hours. Remember, communication is key.

Right along with the start of cold and flu season comes the start of OAKS testing. Often times OAKS scores are used to determine placement into 9th grade freshman classes as well as if a student needs an additional period of a core subject so they can get caught up to speed with the rest of the class. These high stakes tests are particularly important for your child as they will be asked to pass a similar test during their high school years. In order to receive a high school diploma, all of our students will be required to pass their State Tests in all core content areas. These are very difficult tests and require a lot of hard work and concentration on the students' behalf. In order to

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No Gum

By a unanimous vote, the teachers and administration have decided that gum will not be allowed at Lorna Byrne Middle School for the rest of the 2012-2013 school year. In order to earn this back for next year, students need to be responsible, safe, and respectful with their gum. We have noticed gum on library tables, on the gym floor, on the stairs and in many other places that are not O.K. for gum to be deposited. This is not showing respectful, responsible, or safe behavior. It is the hope of the Lorna Byrne Middle School staff that the students can act and behave appropriately with the rules, specifically not chewing gum, to earn back this privilege for next year.

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prepare for OAKS testing, Lorna Byrne's teaching staff have been conducting test prep, reviewing previously covered material, introducing ideas they have yet to cover, and ensuring all of their classroom time is spent on grade level content standards in a manner that is engaging to the students. Ultimately, our goal is to make sure your child graduates with a diploma and in order to do so, we need them to be successful on these tests.

There are many ways that you can help support your student as they enter into testing season. For starters, please make sure your student is at school every day unless they are ill as stated above. A lot of the prep work and material that will be found on the test is taught during the day. When students miss a day, they can easily find themselves behind in being prepared for OAKS and in their general studies. It is also important to make sure your child is getting a healthy breakfast and lunch during the school day. Remember we do have free breakfast and lunch for ALL students so it is important to take advantage of this great opportunity.

In closing, I can't stress enough how important it is to communicate with the school. If you have any questions, concerns, or problems concerning your student and their education, please don't hesitate to contact the front office to schedule a time to talk to Mr. Erb or myself. We want to hear from you and want to make your years at Lorna Byrne Middle School as positive as possible.

The Student Health Center is offering sports physicals at a reduced cost of \$20 from Tuesday, February 19 through Friday, March 8. Please help students plan ahead for the rest of the school year and schedule your appointment at the LBMS School-based Health Center, phone 541-592-6978.



DATES TO REMEMBER

February 4 - Girls Basketball vs. Talent, 4:30pm
February 5 - Wrestling @ Hedrick, 4:30pm
February 6 - Conferences, 4:00pm to 8:00pm
February 7 - No classes
February 7 - Conferences, 7:00am to 7:00pm
February 8 - No classes
February 9 - Caleb Renno Wrestling Tournament @ IVHS, 9:00am
February 11 - Girls Basketball vs. Fleming, 4:30pm
February 12 - Wrestling @ Lincoln Savage, 4:30pm
February 13 - Girls Basketball @ Lincoln Savage, 4:30pm
February 18 - No classes
February 19 - Girls Basketball vs. White Mtn., 4:30pm
February 20 - Girls Basketball @ Hanby, 4:30pm
February 21 - Wrestling : LBMS Gym, 4:30pm
February 9 - Caleb Renno Wrestling Tournament @ IVHS, 9:00am
February 23 - SOMSAC Wrestling Tournament @ GPHS, tba
February 25 - Girls Basketball vs. Hedrick, 4:30pm
February 27 - Girls Basketball @ Rogue River, 4:30pm
March 5 - Festival Concert @ Gym, 7:00pm
March 11 - No classes
March 25 - No classes
March 26 - No classes
March 27 - No classes
March 28 - No classes
March 29 - No classes

Girls basketball and wrestling is underway. Please encourage your student athlete to be sure to complete their school work on a daily basis. Our athletes must maintain at least a 2.0 grade average, and are placed upon academic probation if they are unable to do so.

Also, encourage your student athletes to maintain a positive and cooperative attitude – office referrals for misconduct can also result in suspensions from athletics: at Lorna Byrne, we fully expect our student athletes to be both students and positive leaders!

Come out to watch the Lady Viks; and the wrestlers participate in Southern Oregon Middle School Athletic Conference (SOMSAC) competition – it's fun!

Tips for helping middle schoolers manage homework

By Noelle Crombie, The Oregonian

It's a good time to assess how your student is doing. If you have a new middle schooler, it's a particularly good time to assess how he or she is adjusting to an increased workload.

It's Sunday night and your tired middle schooler tearfully informs you her science project is due the next morning. Oh, and she's got a math quiz she hasn't studied for either. You panic. After all, what can you do at this hour?

It's a scenario familiar to parents of middle school students, who experience a steep increase in homework but often struggle to manage their time. Poor time management and disorganization are epidemic among the middle school set, leading to students who are easily overwhelmed and discouraged. Often, their grades suffer, and their self-esteem along with the grades.

"It starts affecting their school performance and it starts affecting how they feel about themselves and how capable they are and that can carry over into later years," said Amy Dishlip, who runs StudyWise, a private academic coaching business that works with middle and high school students in the Portland area.

Cindy McEnroe, director of counseling and academic support at Oregon Episcopal School and a middle school counselor, said the Sunday night dilemma -- when parents learn of a major unfinished assignment due the next morning -- is a typical nightmare for parents. She said middle school children are undergoing profound biological and emotional transformations. They crave independence, yet still need strong support and guidance from their parents. The parts of the brain that help us organize and prioritize are still under development in these young adolescents, so often they have trouble juggling after-school sports and activities and the mountain of homework they get each day.

"If parents can keep that in the back of their minds, it will help them be gentler with themselves and kinder to their children when everyone is under stress," McEnroe said.

McEnroe was one of a handful of area middle and high school counselors whom Omamas interviewed recently to learn more about what parents can do to help their middle schoolers be successful:

- First, get organized. Get a calendar that tracks your family's obligations, doctor visits, vacations, important school dates and long-term homework assignments. This way, parents are aware of any upcoming school projects and possible conflicts. Hang it in a prominent place in your house so everyone in the family can see it.

- Schedule homework. Set aside the same time every day exclusively for homework.

- Plan for your child to spend a good chunk of time on homework. Some middle schools routinely assign 90 minutes or more of homework nightly, counselors said.

"Kids honestly believe that on their bus ride home, they are going to get their homework done and at some of these middle schools, that isn't enough," said Annie Walsh, a guidance counselor at Portland's Lincoln High School.

- Turn off the electronics when it's time to do homework. "That is huge," said Chris Moller, a study skills teacher at St. Mary's Academy. Texting and posting Facebook status updates eat away at a child's time, concentration and productivity. "Those kinds of things can really distract from their ability to get continuous study in," she said.

- Give your child permission to take breaks while doing homework. Your child is likely to dread the prospect of a 2-hour block of homework so encourage her to stretch or get a glass of water.

- Set aside a quiet place for homework, where your child isn't distracted. Turn off the TV and music.

- If your child is struggling to find time to do her homework, help him sketch out his days for a week. Ask him to chart what he's doing from the time he wakes up until bedtime, then help him identify blocks of free time.

"Some of these kids in middle school are getting a lot of homework and the kids will say, 'I don't have time,'" said Dishlip, a former middle school teacher.

"It's an important visual to see: 'Wait, maybe I do have time. Maybe I am not using my time well.'"

"If kids are playing three hours of video games a day and saying they don't have time to do homework," said Dishlip, "you might need to reassess what is important during the week."

-- Make sure everything your child needs to do his homework -- pens, paper, erasers -- is handy.

"A lot of times kids, especially in middle school, get very distracted," Dishlip said. "If they can't find something in 10 seconds, they are very likely to get off track or get discouraged and not finish."

-- Ask kids to jot down a to-do list when they sit down to do homework. What do they need to accomplish that evening? What are their assignments? Encourage them to tackle harder assignments first to get them out of the way.

"I am finding a lot of kids are saving the math until last," Dishlip said. "They get tired by the end of the night and then it doesn't get done."

-- If your child's school doesn't provide calendars or planners, get one. Have your child write down all daily and long-term assignments in her planner.

-- Get beyond yes-and-no questions. If your child has a project due in a week or two, ask what she's done so far. For a high school student, Moller suggests asking, "Have you done your outline for your paper? Let me see it."

Once parents can see their child is making progress on an assignment, they can step back a bit. "Get through that, 'Oh Mom, I don't need you' stuff," Moller said. "You will know when your student is doing well and you will know when it's time to move back and let them do it on their own."

-- Even if your child insists he's doing fine, Moller encourages parents of middle and high school students to get involved. Ask about homework every day. Take a look at your child's weekly planner at least once a week. Keep an eye on those longer-term assignments and make sure your child is making progress.

"If they are in middle school," Moller said, "they are learning to be independent but they are still going to need help."

A waffle is like a pancake with a syrup trap.
~ Mitch Hedberg

Parents Can Help Eliminate Growing Problem of Bullies

But the problem of bullying has gotten so bad that the American Medical Association is urging adults to intervene.

The bullies of the 21st Century aren't your typical schoolyard bullies. They include the:

- Verbally abusive bully who name calls and spreads rumors.
- Social bully who gets others to exclude or reject someone.
- Internet bully who intimidates and threatens via e-mail.

If your child is being bullied:

- Talk to your child about it. Understand he might be too embarrassed or scared to admit it.
- Be supportive. Tell him it's not his fault.
- Ask your child how he's been dealing with the bully. What has worked? What hasn't?
- Ask others to help. A teacher or staff member might have a solution you haven't thought of.
- Encourage your child to stay with a group of friends. Bullies often pick on kids who are alone.

If your child is bullying, try to get him to acknowledge his actions and the consequences.

Ask what he did. Who did he hurt? What was he trying to accomplish? How might he meet that goal in the future without hurting anyone? How will he help the person he hurt?

Provided by 2013 Parent Institute

PHONE CALLS FROM TRSD

Three Rivers School District (TRSD) has an automated calling system. If you receive a computer generated phone call, please listen to the entire message. It should give the option to repeat at the end of the message. If you missed any part of the message, please listen again.

Those that have a smart phone and/or computer and would like to receive the information as an e-mail, please make sure Lorna Byrne has your e-mail address on file so we can have the calling system updated.



Did You Know Cafe February 2013

STACKS

EVERYDAY CHOICES
Made to Order Deli Sandwiches:
 Turkey, Ham, Tuna, & Cheese with Veggies
Grab & Go:
 Turkey & Cheese or Ham & Cheese Subs
 Chef, Chicken Caesar, or Crispy Chicken Salads w/
 Whole Wheat Roll, Ham, Turkey, or Tuna Wraps

NOODLES

MONDAY	Chicken Teriyaki Stir Fry
TUESDAY	Bean & Cheese Burrito with Spanish Rice
WEDNESDAY	Sweet & Sour Chicken Stir Fry
THURSDAY	Enchilada with Spanish Rice
FRIDAY	Orange Chicken Stir Fry

HONOR ROLL

EVERYDAY CHOICES
 Flame Broiled Beef Patty, Chicken Patty and Daily Special
Monday, Wednesday, Friday - Crinkle Cut Oven Fries
Tuesday, Thursday - Roasted Potato Wedges

UPPER CRUST

EVERYDAY CHOICES
 Cheese & Veggie Pizzas (Vegetarian)
 Pepperoni, All Meat Combination & Daily Special



SIDES OFFERED DAILY WITH LUNCH CHOICES
 Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens and Low Fat, Skim or Fat Free Milk

TRADITIONS

		Menus are subject To change.		2/1 Hot Turkey Sandwich Deli Roasted Potatoes
2/4 Popcorn Chicken Mashed Potatoes Dinner Roll	2/5 Chili Dog Baked Beans	2/6 Cajun PO' Boy Fish Sandwich Garden Salad	2/7 <i>Conference Day</i> <i>No School Today</i>	2/8 <i>No School for all Students</i>
2/11 Chicken Nuggets w/ Mashed Potatoes, Corn, & Gravy Dinner Roll	2/12 Baked Potato w/ Chili Beans & Cheese Dinner Roll	2/13 Turkey Gravy over Mashed Potatoes Dinner Roll Baked	2/14 Baked Macaroni & Cheese Steamed Veggies Happy Valentine's Day!	2/15 Fish & Chips Dinner Roll
2/18 <i>No School President's Day</i>	2/19 Coney Island Hot Dog Rainbow Chili	2/20 Spicy Turkey Club Sandwich Garden Salad	2/21 Beef Lasagna Steamed Veggies	2/22 Rib-BQ Sandwich Glazed Sweet Potatoes
2/25 Chicken Nuggets Mashed Potatoes, Gravy, & Corn Dinner Roll	2/26 Cheese Baked Potato w/ Broccoli Dinner Roll	2/27 Patty Melt Garden Salad	2/28 Spaghetti w/ Meat Sauce Steamed Veggies	3/1 Hot Turkey Sandwich Deli Roasted Potatoes



*Welcome to D.Y.K. Café
Three Rivers Middle School
February 2013*



EVERY DAY CHOICES:

FRUITY YOGURT PARFAIT WITH TOAST, SOFT BAGELS & CREAM CHEESE, ASSORTED FRESH BAKED MUFFINS WITH TOAST, TATER TOTS, ASSORTED HOT OATMEAL WITH GRAHAM CRACKERS AND COLD CEREALS WITH TOAST. SIDES INCLUDE A VARIETY OF FRESH AND CANNED FRUIT, AND SKIM OR 1% WHITE MILK.

<p>1/28</p> <p>Whole Grain Pancakes w/ Warm Fruit Topping or Syrup</p> <hr/> <p>Egg, Cheese, & turkey-sausage Biscuit Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>	<p>1/29</p> <p>Scrambled Eggs & Hash Brown Patty</p> <hr/> <p>Turkey-Sausage & Egg Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham, Egg, & Cheese on Whole Wheat English Muffin</p>	<p>1/30</p> <p>Baked Cinnamon Breakfast Bar</p> <hr/> <p>Turkey-Sausage & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Egg & Cheese on Whole Wheat English Muffin</p>	<p>1/31</p> <p>Biscuits & Country Gravy</p> <hr/> <p>Turkey-Ham & Cheese Biscuit Sandwich</p> <hr/> <p>Turkey-Sausage & Cheese on Whole Wheat English Muffin</p>	<p>2/1</p> <p>Whole Grain Cinnamon Roll With Toast</p> <hr/> <p>Egg & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>
<p>2/4</p> <p>French Toast Sticks</p> <hr/> <p>Egg & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>	<p>2/5</p> <p>Turkey-Ham Breakfast Burrito</p> <hr/> <p>Turkey-Sausage & Egg Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham, Egg, & Cheese on WW English Muffin</p>	<p>2/6</p> <p>Waffles w/ Warm Fruit Topping or Syrup</p> <hr/> <p>Turkey-Sausage & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Egg & Cheese on Whole Wheat English Muffin</p>	<p>2/7</p> <p style="text-align: center;">Conference Day</p> <p style="text-align: center;">No School Today</p>	<p>2/8</p> <p style="text-align: center;">No School For All Students Today</p>
<p>2/11</p> <p>Whole Grain Pancakes w/ Warm Fruit Topping or Syrup</p> <hr/> <p>Egg, Cheese, & turkey-sausage Biscuit Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>	<p>2/12</p> <p>Scrambled Eggs & Hash Brown Patty</p> <hr/> <p>Turkey-Sausage & Egg Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham, Egg, & Cheese on Whole Wheat English Muffin</p>	<p>2/13</p> <p>Baked Cinnamon Breakfast Bar</p> <hr/> <p>Turkey-Sausage & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Egg & Cheese on Whole Wheat English Muffin</p>	<p>2/14</p> <p>Biscuits & Country Gravy</p> <hr/> <p>Turkey-Ham & Cheese Biscuit Sandwich</p> <hr/> <p>Turkey-Sausage & Cheese on Whole Wheat English Muffin</p>	<p>2/15</p> <p>Whole Grain Cinnamon Roll With Toast</p> <hr/> <p>Egg & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>
<p>2/18</p> <p style="text-align: center;">President's Day</p> <p style="text-align: center;">No School Today</p>	<p>2/19</p> <p>Turkey-Ham Breakfast Burrito</p> <hr/> <p>Turkey-Sausage & Egg Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham, Egg, & Cheese on WW English Muffin</p>	<p>2/20</p> <p>Waffles w/ Warm Fruit Topping or Syrup</p> <hr/> <p>Turkey-Sausage & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Egg & Cheese on Whole Wheat English Muffin</p>	<p>2/21</p> <p>Pizza Bagel</p> <hr/> <p>Turkey-Ham & Cheese Biscuit Sandwich</p> <hr/> <p>Turkey-Sausage & Cheese on Whole Wheat English Muffin</p>	<p>2/22</p> <p>Whole Grain Cinnamon Roll With Toast</p> <hr/> <p>Egg & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>
<p>2/25</p> <p>Whole Grain Pancakes w/ Warm Fruit Topping or Syrup</p> <hr/> <p>Egg, Cheese, & turkey-sausage Biscuit Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>	<p>2/26</p> <p>Scrambled Eggs & Hash Brown Patty</p> <hr/> <p>Turkey-Sausage & Egg Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham, Egg, & Cheese on Whole Wheat English Muffin</p>	<p>2/27</p> <p>Baked Cinnamon Breakfast Bar</p> <hr/> <p>Turkey-Sausage & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Egg & Cheese on Whole Wheat English Muffin</p>	<p>2/28</p> <p>Biscuits & Country Gravy</p> <hr/> <p>Turkey-Ham & Cheese Biscuit Sandwich</p> <hr/> <p>Turkey-Sausage & Cheese on Whole Wheat English Muffin</p>	<p>3/1</p> <p>Whole Grain Cinnamon Roll With Toast</p> <hr/> <p>Egg & Cheese Biscuit Breakfast Sandwich</p> <hr/> <p>Turkey-Ham & Cheese on Whole Wheat English Muffin</p>

Breakfast Fact: If you qualify for free or reduced-priced lunch, you also qualify for breakfast at **No Charge.**



LORNA BYRNE LIBRARY POLICY

Each Lorna Byrne student is allowed to have 3 books checked out for 3 weeks. If the books are returned on time or renewed before the due date, no fines accrue. If the books are not returned or renewed before the due date, a .05¢ fine is charged for each book, each school day until it is returned or renewed.

In the case that books are lost or damaged beyond repair, the student will be required to pay the replacement price. When fines reach an excessive amount and/or there is a history of lost/damaged books, students may lose their library privileges. 8th grade students are required to take care of all library issues before moving on to high school.

Thank you for helping your student become a responsible library patron. If you have any questions or concerns, please contact me.

Joann Snook
Library Manager
541-592-2163 EXT. 3010

Oregon Books & Games
150 NE E Street
(corner of 7th and E)
Grants Pass, OR 97526
(541) 476-3132 or (800) 290-8365

SCHOOL PARTNERSHIP PROGRAM

Oregon Books & Games has a great selection of items for your student, friends & family! Their partnership program provides direct credit to LORNA BYRNE which helps us buy new books for the library.

The program works in this fashion. Any supporter who mentions LORNA BYRNE when making a purchase, triggers a donation of 5% of the total purchase to the LORNA BYRNE account. When Lorna Byrne supporters order books online at oregonbooks.com just add the school name in the comments section or mention it when picking up the books.

As an example of how all this works, if we have 50 supporters buying \$10.00 worth of books each month, our library would have \$300 during the year to spend!

Thank you for your support – HAPPY READING!



an easy way to
earn cash for your school!

Look for the pink Box Top coupon on hundreds of participating products. Each is worth 10¢ for your school!

1



Buy your favorite Box Tops products.

2



Cut out the Box Top from each package.

3



Send your Box Tops to school with your child.

4



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go online to www.btfe.com/products for a complete list of participating box tops products

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A great big THANK YOU to Dutch Bros. of Cave Junction for their contributions to LBMS!

VISITORS TO SCHOOL

All visitors must check-in at the office. You are required to sign in, obtain a visitor pass and sign out when you are ready to leave campus. This procedure is in place to protect our students.

No visitor is authorized to enter or remain upon school premises without permission of the office.

Thank you for your cooperation in keeping our school safe.

Child Find for Special Education

Public Law 105.17, known as the Individuals with Disabilities 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. The Three Rivers School District requests assistance with 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 education services, please phone the Three Rivers School District Special Education Dept. at **541-862-3111 ext. 5202**.

ATTENDANCE

If your student is ill or must be absent, please **be sure to phone** the LBMS Attendance Office and let us know. **PHONE 541-592-2163**



LORNA BYRNE MIDDLE SCHOOL
101 SOUTH JUNCTION AVENUE
CAVE JUNCTION, OR 97523
PHONE 541-592-2163

TO: