

LORNA BYRNE MIDDLE SCHOOL - VIKING VIEWS

ISSUE 1

August / September 2014

Scott Polen, Principal

Sarah McNamara, Dean of Students/Athletics



WORDS FROM MR. POLEN

The beginning of school is just around the corner. As your new principal, I'm looking forward to the whirl of excitement and hard work over the next few weeks as students and staff get settled into their school routine. LBMS said goodbye to some wonderful staff members, which opened up the opportunity for some new talent along with new faces. Our custodians have been working very hard to make LBMS ready for another successful year. Here are just a few things happening once school resumes:

LBMS is partnering with the Siskiyou Field Institute to host a 6th Grade Outdoor School in Selma. The five day, four night adventure will allow students to continue with their grade level content while exposing them to hands-on environmental education and team building exercises as a grade level. We are very excited about this positive jump-start to their middle school experience.

The Pregnancy Care Center will be presenting EPIC for 7th and 8th grades during the third week of school. The program encourages your students to make better decisions about a variety of health related topics. EPIC is based on developing goal setting strategies, critical thinking skills and character development. The object is to empower students to make healthier decisions in every area of their lives, but specifically targets strategies for making decisions about sex and relationships. If you choose to not have your student participate, please return the OPT-OUT slip in this newsletter to the office no later than Wednesday, September 10.

You'll notice on the Three Rivers School District 2014-2015 Student Calendar adopted 7-15-14 that Fridays are a late start with classes beginning at 10:00am. Bus routes will be adjusted for this 1-hour time

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Siskiyou Community Health Center - Kids Smile



Once again, Lorna Byrne Middle School is pleased to announce that the dental prevention program will be happening in March, April and May 2015.

The Mobile CareVan is part of SCHC's Outreach program. Currently the CareVan provides necessary and immediate dental care to the Illinois Valley Community, including students at LBMS.

Complete and return the *Consent to Treat* form provided during enrollment so your child can be seen at little or no cost. This way, they will be ready to Smile.

Sports Brief

Football for 7th and 8th graders is in full swing. Conditioning Camp is being held Monday, August 18 from 5:00pm-7:00pm on the LBMS track. Practice will begin on Monday, August 25, times to be announced. The first scheduled game will be in September. For game time and location updates, visit our website at <http://www.threerivers.k12.or.us> and select Lorna Byrne from schools.

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 sports packet needs to be completed, proof of health insurance provided, and a current sports physical examination performed by your doctor or the Student-based Health Center must be on file with the school.

ATTENDANCE

It is proven that school attendance is a factor in the overall success of students.

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

Homework can be requested on the second consecutive day of absence. Homework requests need to be made before 10:00 am.



Students may not miss school, more than 14 days total.

PHONE 541-592-2163

DATES TO REMEMBER

August 20 - Open Enrollment, 9:00am-7:00pm

August 21 - Open Enrollment, 9:00am-7:00pm

August 22 - Open Enrollment, 8:00am-3:00pm

August 27 - Enrollment deadline

September 2 - First Day for 6th grade and New students only

September 2 - *This is the Edge* program

September 3 - First Day for 7th and 8th grade students

September 15-19 - Outdoor School for 6th grade

September 15-19 - EPIC program for 7th and 8th grade (see Opt Out form in this packet)

September 25 - Picture Day by Newcomb



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.

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.

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**.

SPORTS PHYSICALS AVAILABLE AT
THE SCHOOL-BASED HEALTH CENTER
STARTING IN AUGUST, 2014!



TO MAKE AN APPOINTMENT
phone LBMS Health Center
at 541-592-6978.
Cost for ages 6-18 is \$20.

The Walk-In Clinic at SCHC in Grants Pass is offering sports physicals at \$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.

Brain food

Whether your child has daily assignments, tests, quizzes, or college-entrance exams, eating right will help!

Certain foods contain nutrients that can fuel your teen's brainpower. These "smart" foods are good choices for test days—and every day:

Strawberries. The folic acid in these juicy berries can keep your teen's memory at its best. For a yummy fruit salad, pair strawberries with other fruits high in folic acid like oranges, cantaloupe, and blackberries.

Walnuts. Encourage your teen to throw a bag of walnuts in his backpack to snack on during exam day. They contain nutrients that keep his nervous system working well, helping him to think more clearly. As an added bonus, the protein in nuts will give him energy.

Spinach. This dark, leafy green vegetable is packed with nutrients, including some



that can boost your teen's focus and keep him alert.

Fish. Omega-3 fatty acids, a key ingredient in some fish, is important for brain function. Try mixing drained, canned tuna with nonfat mayonnaise and serve on multigrain crackers for a "smart" snack or meal. Other good sources of Omega-3 fatty acids are salmon and sardines.

Water. It's not exactly a "food," but since more than half your child's brain is made up of water, staying hydrated is important for keeping his mind sharp. ●

SUPPLY LIST



- 3-Ring Binder 1-1/2" with pocket
- Pencil pouch for binder (zip kind)
- College-ruled binder paper plus large home supply
- Highlighter (2)
- Colored Pencils
- Ruler with centimeters
- Sticky notes (Post-Its)
- Glue stick
- Composition Book - ruled (2)
- Composition Book - quad (2)
- Report folder - 2-pocket, 3-prong
- Pencil sharpener (2)
- Pink Pearl Block Erasers and/or Pencil-end erasers
- Pencils (plus large home supply)
- Pens (BLUE or BLACK)
- 1 pack - 5-tab dividers (for binder)
- 1 pack Centimeter graph paper
- Safety scissors
- Day planner / Calendar
- TI-30 XIIS Calculator



- **Dictionary** for home use

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

<http://www.threerivers.k12.or.us> and select schools, then Lorna Byrne

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change. The school day will end at its normal time of 3:35pm. A copy of the 2014-2015 Student Calendar is posted on our website and will be provided in your student enrollment packet which may be obtained from the office starting Monday, August 18 from 9:00am until 2:00pm.

Be sure to note the special dates highlighted throughout this newsletter. Phone the school office at 541-592-2163 if you have questions.



Picture Day

Thursday, September 25

Newcomb **Photography**
info@NewcombPhoto.com
541-955-0322

10 Tips for Middle School Parents

Ways to stay involved in your child's education — even when she'd rather not have you around

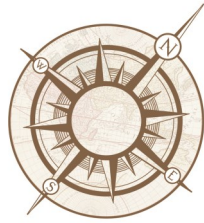
Middle school can be a confusing time, for parents as well as for their kids. Your child is becoming more independent yet still needs your support as much as ever. While you may decide to allow your child more autonomy in some areas, be sure to stay actively involved in your child's school. Research shows that children whose parents are engaged in their education are more likely to achieve academic success. Here are some tips for getting involved in your child's middle school learning experience.

- Get to know the teachers. It's a good idea to meet each of your child's teachers. Ask about their expectations. Find out how much time your child should spend on homework each night. Find out whether there will be regularly scheduled tests and if so, when. Ask about the best way to get in touch if you have questions. If the teachers use e-mail, be sure to get their addresses.
- Do behind-the-scenes work. If you can't be in school during the day, ask teachers and other school personnel to pass along some work that you can do on your own. Photocopy homework assignments; collect recyclables for a science or art project; serve on a parent-school advisory council.
- Volunteer to chaperone school dances. You'll meet other parents, school staff, and your child's classmates.
- Go to school meetings and events. Attending concerts, plays, assemblies, meetings, and other activities is a good way to become familiar with your child's school community.
- Find out about homework assignments and school tests. If your school has a website where teachers list homework assignments, get in the habit of checking it regularly. If not, contact your child's teachers and ask them to alert you when there's an important project or test coming up.
- Talk to your child about school. Ask specific questions to draw out your child. Ask "How do you think you did on the math test?" "Did Mr. Phipps say anything funny today?" "What games did you play in PE?"
- Give your child a quiet place to study and do homework. Find an area in your home that is free of distraction where your middle schooler can concentrate on homework. Be available to help if your child has a question.
- Check your child's homework, but don't do it for her. Offer to check math problems, proofread written papers, and look over spelling words. If you find a mistake, point it out to your child and help her figure out the correct answer.
- Post a family calendar in a central place. Write down important school dates, including parent meetings, due dates for projects, and tests. Encourage your middle schooler to add to the calendar and to check it daily.



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 Mr. Polen, the school principal. If you would like to participate on the council, phone the office at 541-592-2163.



EPIC
 — Life is a Journey —

Dear Parent / Guardian of 7th and 8th graders,

We are writing to inform you that we have scheduled a presentation of EPIC, an **abstinence-based sexual health program**, for your student’s class on the following dates: September 15-19, 2014. The Pregnancy Care Center of Grants Pass has been presenting abstinence-based programs for middle and high school students in Josephine and Jackson County since 2003. Over the last year, we have made vast improvements to our already impactful presentation. It is an interactive, realistic and optimistic program designed with one goal in mind: empowering students to make decisions now that will lead to epic futures.

The object is to empower students to make healthier decisions in every area of their lives and specifically target strategies for making decisions about sex and relationships. There are three key elements weaved throughout the entire EPIC presentation: Goal Setting, Critical Thinking and Character Development. Each section addresses all three key elements to achieve maximum results of information retention, motivation and skill building.

Feel free to contact us with any specific questions or concerns. You may also **request a parent preview** with our presenter by talking to your school administrators or by calling our center directly at 541-479-6264. Thank you again for the opportunity to educate, inspire, and motivate your student.

Respectfully,

Stacy Lange
 Abstinence Program Coordinator
 abstinence@gppregnancy.com

PARENT / GUARDIAN OPT-OUT SLIP

PLEASE RETURN TO LORNA BYRNE MIDDLE SCHOOL BY Wednesday, September 10
IF YOUR STUDENTS IS NOT TO PARTICIPATE.

I DO NOT want my child _____ to participate in the *EPIC* presentation.
 (print student name above)

Parent / Guardian Signature

Date

LAST MINUTE CHANGES

All bus changes and after school plans must be phoned to the LBMS office prior to 3:15p.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.

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.

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



TO:

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!

Oregon Books & Games
150 NE "E" Street, Grants Pass, OR 97526
(541) 476-3132 or (800) 290-8365