



FORT VANNOY NOBLE NEWS



We are a responsible and caring community of learners.

Alicia Timbs, Principal

June 2019

2019



2019

3rd- PTO Meeting-Discussing Field Day-2:15 pm

4th- 2nd gr to YMCA 11:00 am to 1:30 pm

BOX TOPS-Scavenger Hunt-Top Winning Class-1:00

5th- 5th grade Talent Show @ 1:00 pm Gym



NVHS Graduation 7:00 pm

6th- Fort Vannoy Free Family Noble Feast-



6:00 to 7:30 pm



7th- PBIS Rewards-1:00pm to 1:45pm

10th- PTO Meeting 2:15 pm room 11

11th-Fleming Middle School Moving On Ceremony



All School Field Day



12th- Fort Vannoy 5th gr Movin'On Ceremony-
10:00 am -Gym

congratulations

congratulations

congratulations

Last Day of School for Students

HAPPY
SUMMER
VACATION!



FLAG DAY



14th-



16th- Father's Day

17th-21st - Kinder Critter Camp

8 am to 11 am for incoming Kinders

21st-



Summer Solstice



Longest Day of the Year!

August-29th- Teacher Meet and Greet-10:30 am

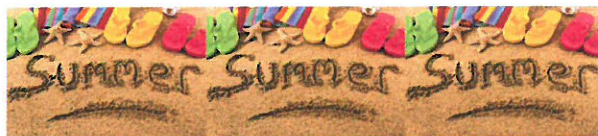
September 3rd- First Day of School



A Note from the Principal

What an amazingly fast school year this has been! I want to thank all of our parents, volunteers and community member's for your ongoing support of our wonderful school. I hope that you are able to join us on Thursday, June 6th for our Second Annual Noble Feast. It is a free family BBQ! Be on the lookout for your students' report card which are being mailed home. Next year's teacher's placement will be posted at our Teacher Meet and Greet on August 29th @ 10:30. As always, my door is always open for your questions, concerns or just to say "Hi." Have a fabulous summer with your families!

Mrs. Timbs



Special PTO Meeting



JOIN US ON JUNE 3RD @ 2:15
TO DISCUSS/PLAN UPCOMING
FIELD DAY BEING HELD ON
JUNE 11TH

THIS IS FUN EVENT FOR THE ENTIRE SCHOOL.
QUESTIONS—PLEASE CONTACT:

FortVannoyPTO@gmail.com

BUY YOUR Yearbook

FORT VANNOY YEAR BOOKS
2018/19 yearbooks are still available,
while supplies last, for purchase in the
office for the low price of \$15.00.



Box Tops for Education

And the **WINNING** class is:
The winning class is going to be treated to a
fabulous Scavenger Hunt starting @ 1:00 on
June 4th.

Congratulations go out to:

Mr. Kriz's 3rd graders

Remember to save those **BOX TOPS** all
summer long to start your class on the road to
success for next year. A special thank you to
Sandi Harmon and Anessa Klumpp for
heading up this fun event and for the creative,
fun and bright bulletin boards.
Job well done!



BREAKFAST/SNACK/LUNCH PROGRAM

Just a reminder—**HEALTHY, NUTRITIONAL
BREAKFAST, SNACK and LUNCH**
are no charge to all students.



Find us on:
facebook®

TO CHECK OUT FORT VANNOY EVENTS GO TO:

threeivers.k12.or.us

Click on schools and then click on Fort Vannoy
and pull up the calendar. There is also a Fort
Vannoy Facebook page. Simply type in Fort
Vannoy Elementary and find our Facebook
page. Lots of information and pictures.

FRED MEYER
COMMUNITY REWARDS



community rewards 

The Kroger Co. Family of stores is committed
to bringing hope and help to our school. We
have 29 families have signed up for the
Rewards program. To sign up, go to:

fmcommunityrewards@fredmeyer.com

Enter Fort Vannoy's code of: SQ182 and help
us start saving today. Reminder: whatever
amount you earn on your rewards card; Fred
Meyer will match that amount for our school.

THREE RIVERS SCHOOL DISTRICT NEWSLETTER

Want to know what's happening in your
school district?

Check out the Newsletter
THREE RIVERS TIDINGS

AT:

threeivers.k12.or.us
Find under Quick Links
"The District News"



The Frog O'Faire Children's Festival is back!

Over 25 Fun FREE Activities Including —

- Pottery
- Tie-dye
- Plant-A-Plant
- Bird Feeders
- Stream Table
- Talking Tree
- Oregon Caves
- Crawler Tent
- Preschooler
- Obstacle Course
- Pacifica's
- Caterpillar
- Reasonably Priced Kid-Friendly Food
- Live Entertainment • And More!

Saturday, June 15th

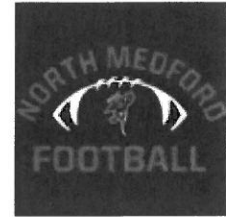


10 a.m. - 3 p.m.
at Riverside Park

No Pets! Service Dogs Only Please!



Presented by GPUWCF in collaboration with
American Association of University Women



Registration
Cost \$ 195 per player

(scholarships available)

follow us on Facebook for more info

@GrantsPassYouthFootball

Boys and Girls 2nd - 6th grades

Tackle Football

Sign ups

June 20th

June 26th

&

July 11th

5:30 - 7:30pm

Bear Hotel

2101 Spalding ave.



**SOUTH VALLEY
WOLFPACK**



*** Attend one of these dates to sign up, turn in documents
and get measured for gear.**

ATHLETE MUST ATTEND ONE OF THESE DATES

you can also sign up anytime @

gpyfootball.com



Nutrition Nuggets™

Food and Fitness for a Healthy Child

Fort Vannoy Elementary School
Shirley Dastrup, Office Manager

BEST BITES



I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room (or yard) to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

When your child bursts through the door after school or activities, she'll probably want something to eat. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little

tomato sauce, shredded low-fat mozzarella cheese, and vegetables (sliced mushrooms, chopped onions), then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries.



Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

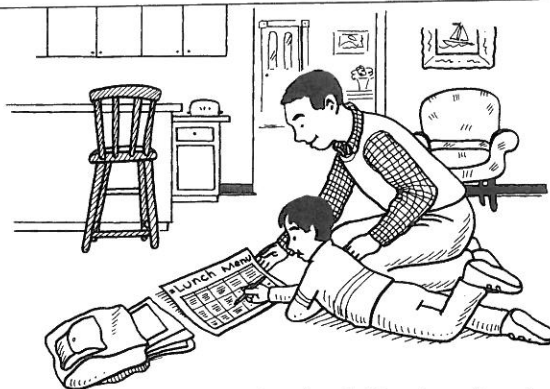
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making and the effort he is putting forth ("I love how you tried to get the rebound").



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these two suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items. (“The chicken burrito sounds really good!”) If you’re excited about the choices, he will share your excitement.



has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. ♥

2. Discuss what he ate. What did he like best? What would he try again? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also make recommendations for new foods to serve.

Note: If your youngster

O&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.



Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar — the same as in a can of cola — and a glass of grape juice can have 15 teaspoons of sugar.

Encourage your children to eat fruit rather

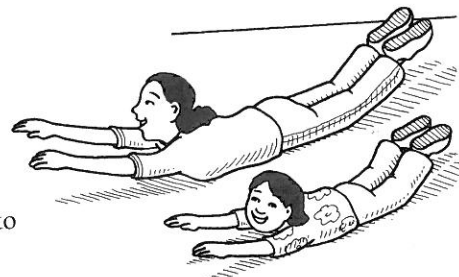
than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ♥

ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Here are ideas for putting more physical activity into your youngster’s day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ♥

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add healthy toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Chicken: Cubed, cooked chicken (use last night’s leftovers), microwaved frozen



vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Lean ground beef (browned and drained), canned kidney beans (drained and rinsed), shredded cheddar cheese, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. ♥

OUR PURPOSE

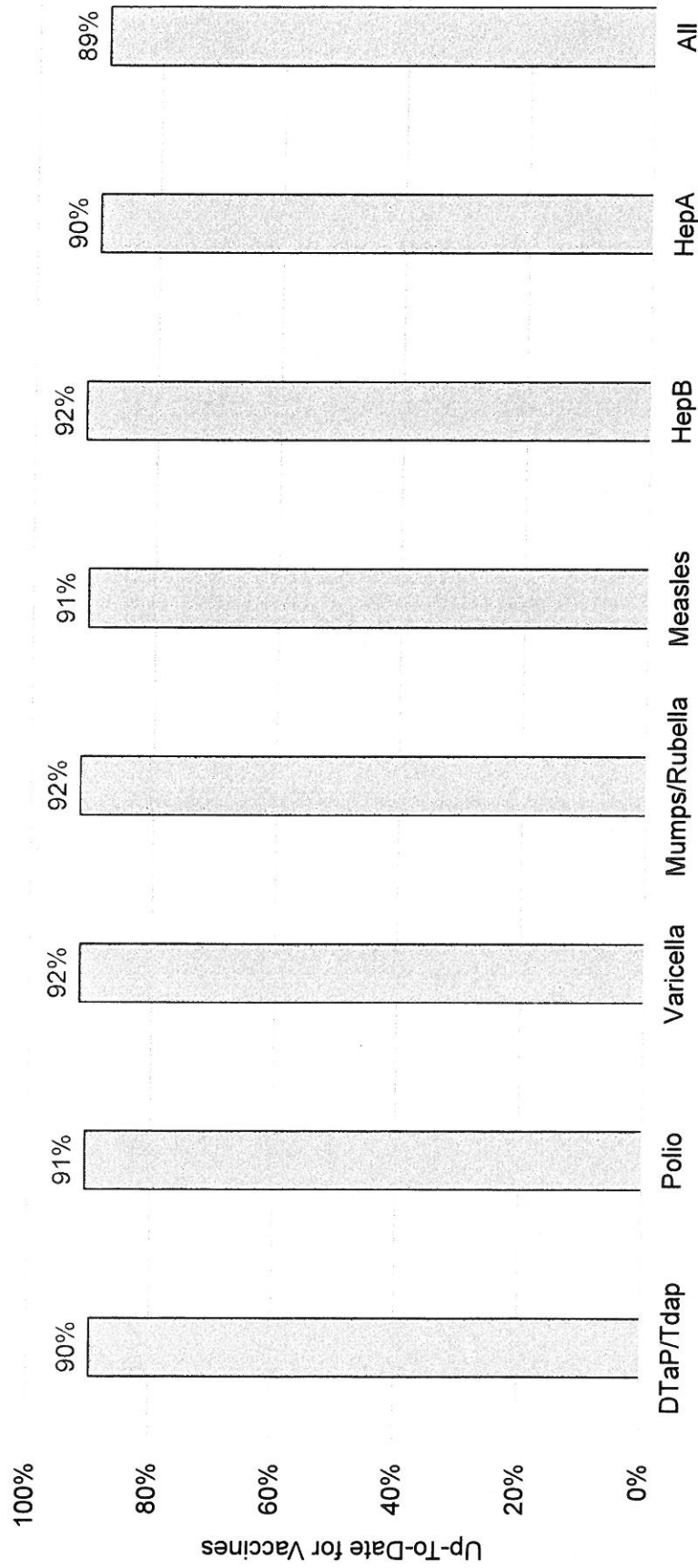
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

How many school-age kids* are up-to-date on vaccines in your county?



□ Josephine County

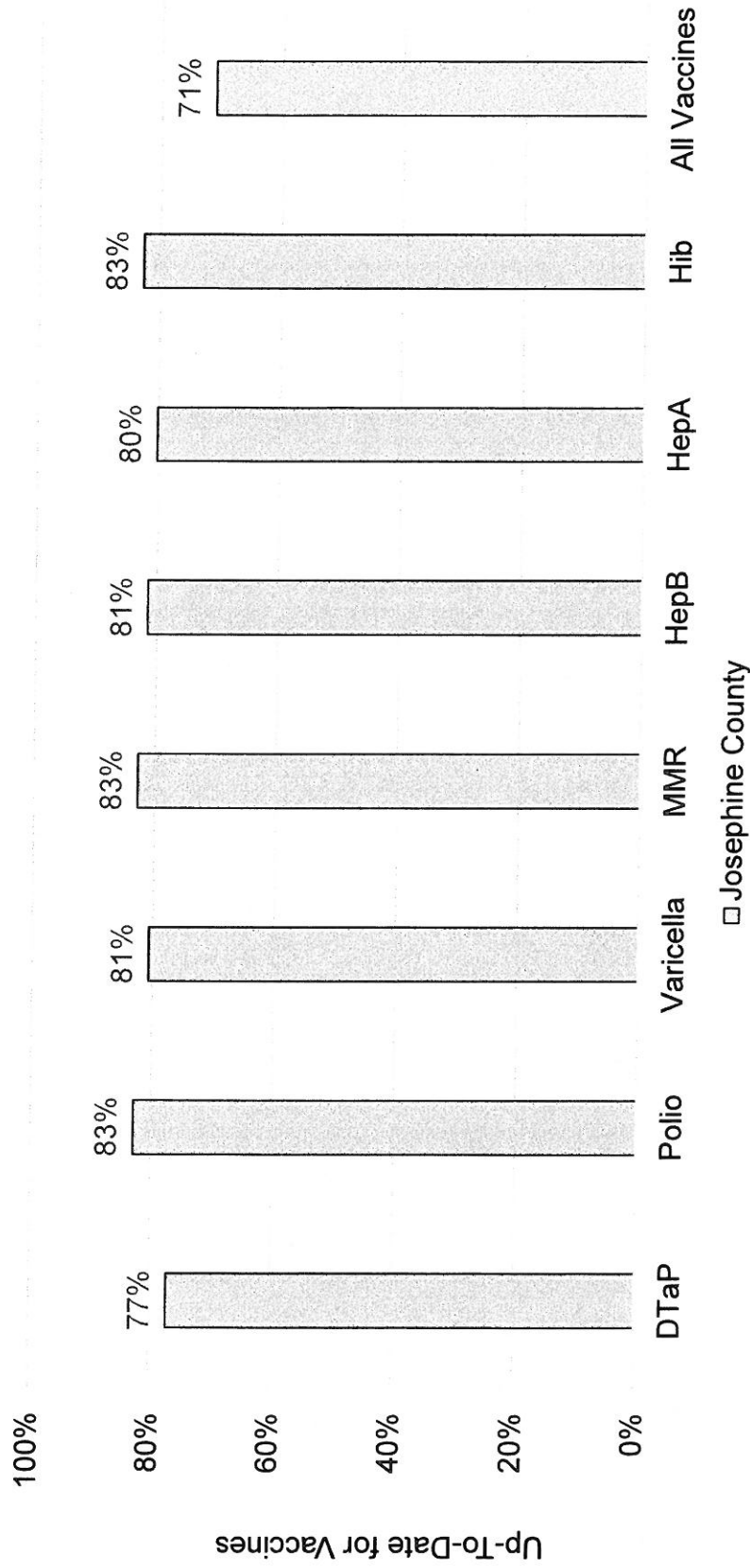
*Kindergarten through 12th grade

Assessment date: 03/04/2019

Data source: Immunization Primary Review Summary Reports



How many kids younger than school-age* are up-to-date on vaccines in your county?



*Children age 19 months as of 01/16/2019 to 5 years as of 09/01/2018
 Assessment date: 03/04/2019
 Data source: Oregon Alert IIS

