



# Evergreen Elementary School

520 West River Street \* Cave Junction \* Oregon \* 97523

David Regal, Principal  
Erica Lundberg, Office Manager  
Sandi Willett, Title 1 Coordinator

[www.threerivers.k12.or.us/ev](http://www.threerivers.k12.or.us/ev)

Billie Patton, Secretary  
Molly Kitchens, Office Clerk  
Phone: 541-592-3136

## A Message from Mr. Regal

Welcome Back Evergreen Families,

Hopefully everyone had a "FANTASTIC" spring break! I am confident that "OUR" students are ready to finish up the school year on a positive note; academically, behaviorally, and socially. We have just over 2 months left before summer is here and still have a lot of learning to cover during this time. Our teachers have been working hard in grade level collaboration to provide your students with quality education based on their individual needs. They have been looking at student data from various assessments to best serve your child/children and create engaging lesson plans for them. Our staff continues to amaze me with all the hard work they put in on a daily basis to best address the needs of every individual.

Spring time is a very busy time here at Evergreen and I just wanted to remind parents that if you are planning on volunteering at school or going on a field trip with your child's class, you must fill out the appropriate paperwork in the office with Molly Kitchens at least a week before you plan on volunteering. **If you have any questions regarding volunteering at Evergreen, please contact Molly Kitchens at 541-592-3136.....**

Parents, please remember if your afterschool plans change for your child/children, the office staff would appreciate a note be brought into the office by you or your student prior to school. It is very busy here in the afternoon when students are leaving and it is difficult to call and check on afterschool plans for students. We realize that emergencies arise and we will have to make last minute changes, but if you know ahead of time that your child is deviating from their regular afterschool plan, PLEASE SEND A NOTE. Thanks for assistance in this matter.....

Thanks for your support,  
David Regal

### Three Rivers School District

Volume 1, Issue 7

April 1, 2014



Mr. Regal getting showered with Hot Cocoa as a result of the students meeting, and exceeding, the PTO Penny Drive goal!

# IMPORTANT

**\*\* Families of 5th, 4th and 3rd grade students\*\***

It is imperative that your student be here and on time during their science inquiry dates!

**! 3rd Grade—Monday, April 7—Thursday, April 10**

**! 4th Grade—Monday, April 14—Friday, April 18**

**! 5th Grade—Monday, April 21—Thursday, April 24**

### 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 call the Three Rivers School District Special Education Department at **541-862-3111 x 5202**.

# Evergreen Events



Mrs. Paul's Website of the Month:

<http://www.sciencekids.co.nz/gamesactivities.html>

## 4th Grade Heritage Day



## Mrs. Griffis's Class "Enchanted Fox Girl" Play



# Evergreen Calendar

4/4	Math Masters Lunch—Library	11:35-12:05
4/7-4/10	Science Inquiry 3rd Grade	
4/9-4/15	PTO Book Fair	
4/9	Flaherty's Class to SFI	8:30-1:00
4/9	Bugs R Us—5th and Nelson	
4/14-4/18	Science Inquiry 4th Grade	
4/16	Pendleton & Nelson to Trees of Mystery	
4/16	Bethke & Odonnell to Keep America Singing	
4/21-4/25	Science inquiry 5th Grade	
4/23	1st Grade to IV Library	
4/25	2nd Grade to Rough & Ready Botanical Wayside	
4/25	SOM Lunch—Library	11:05-11:35
4/25	PBIS Assembly	12:40-1:40
4/29	Family Night—Super Science	5:00-7:00
5/2	No School—Curriculum Day	

March Students of the Month	
Garman M/W	Nicholas Beck
Garman T/TH	Kiara Beck
Bonney M/W	Tazmarsus Kelly
Campbell	Skyla Parks-Lee
Flaherty	Keagan Daugherty
Gill	Kaitlyn White
Bosse	Sarah Spalletta
Clements	Lyila Murphy
Kelly	Dane Desoto
Pendleton	Julia Engel
Nelson	Margaret Maloney
Bethke	Karson Wiles
O'Donnell	Logan Diaz
Gutierrez	Joseph Krska
Griffis	Raymond Johnson
Wolter	Caleb Merrill

Hello Evergreen Parents!

My name is Sally Schulte, and I will be teaching the 3rd and 4th grade students about nutrition and healthy eating habits starting this April. This program is funded by Oregon State University Extension and SNAP-ED. If you have any questions you can reach me at: [Sally.Schulte@oregonstate.edu](mailto:Sally.Schulte@oregonstate.edu).

My focus will be getting the kids to start thinking about what they are eating and learning some basic nutrition concepts, all while having fun! We will be learning about the importance of eating breakfast, why fruits, veggies, dairy and whole grains are so important, reducing unhealthy fats, sodium and added sugars, and stressing the value of physical activity.

It would be ideal if we could partner together to produce greater results. Some of the ways you could do this are by:

Asking your child what they learned about food from the "Nutrition Lady"

Exploring healthy food choices together in your kitchen or the grocery store

Offering healthy snacks first, such as fruit, yogurt parfaits and whole-grain waffles.

Eating a variety of vegetables and fruits every day

Eating more whole grains, such as oatmeal, brown rice, and whole-grain bread

Limiting the sugary drinks such as soda, sports drinks, and fruit-flavored drinks

When you make healthy eating a family affair, everyone benefits. This means foods and beverages with plenty of nutrients (protein, fiber, vitamins and minerals) and not too many calories, fats or sugars. There are some great web sites available to help with information, tips and recipes. Some of these are: [FoodHero.org](http://FoodHero.org); [ChooseMyPlate.gov](http://ChooseMyPlate.gov); and [kidseatright.org](http://kidseatright.org).

Happy Eating!



# Illinois Valley Branch of the Boys & Girls Club



## 2014

GREAT FUTURES START HERE.



COME ON IN  
TO THE CLUB!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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CONTACT THE CLUB:  
Office # 541-592-4771  
Clubhouse # 541-244-8490  
www.bgcrv.com  
Come check us out on [facebook](#)

April fools day

6	7	8	9	10	11	12
	Power Hour Triple Play: 100 Mile Club	Power Hour Smart Moves -Jr Staff Meeting-	Power Hour Smart Moves -Jr Staff Meeting-	-Fine Arts: Plant Wheat Grass Power Hour *100 mile dub*	-Fine Arts: Paper Beads Power Hour	*100 mile dub* MEMBERS CHOICE MOVIE DAY

13	14	15	16	17	18	19
	Power Hour Triple Play: Relay Race	Power Hour Smart Moves -Jr Staff Meeting-	-Fine Arts: Balloon Yarn Power Hour *100 mile dub*	Power Hour *100 mile dub*	-Fine Arts: Fun With Food Power Hour	*100 mile dub* JR STAFF PARTY

20	21	22	23	24	25	26
Power Hour Triple Play: 100 Mile Club	Power Hour Smart Moves -Jr Staff Meeting-	Power Hour Smart Moves -Jr Staff Meeting-	-Fine Arts: Julies Jewelry Power Hour *100 mile dub*	Power Hour *100 mile dub*	Power Hour FREE DAY Power Hour	POWER HOUR STORE OPEN *100 mile dub* BIRTHDAY IN MAY PARTY

27	28	29	30
Power Hour Triple Play: Sport Club meeting	Power Hour Triple Play: Sport Club meeting	CLUB CLOSED SCHOOL FAMILY NIGHT	-Fine Arts: May Flower Baskets Power Hour *100 mile dub*

# BE GREAT