

LORNA BYRNE MIDDLE SCHOOL - VIKING VIEWS

ISSUE 3

December 2013 / January 2014

Rachael George, Principal

Chris Jelderks, Dean of Students/Athletics



WORDS FROM MRS. GEORGE

In middle school, some students feel more stressed out, and some feel like they get angry more often. The classes are usually harder, there's often more social pressure, and life is more complicated. These things sometimes cause middle school students to feel stressed. When you're feeling stressed, try these relaxation techniques:

- ⇒ Take a deep breath, and then slowly release it. Do this until you feel your body relax.
- ⇒ Think of a place where you feel very relaxed and calm. Close your eyes and visualize being there.

Whenever you are under a lot of stress, spend time with your family and friends and talk to them about what's going on. Talking is good because it helps you sort things out. Also, try to think about how you can make your life less stressful.

When you're feeling stressed, take good care of yourself. Get plenty of sleep, eat right, and get some exercise (physical activity can actually reduce stress). Try to keep a sense of humor, and do things that have helped you feel calm and relaxed in the past (take a hot bath, go for a walk, play with a pet).

We all get angry sometimes. Some people, however, seem to get angry a lot. Sometimes people get so angry they think they're going to explode. If you ever get so angry that you don't know what to do, try doing one of the following:

- ⇒ Close your eyes, breathe deeply, and slowly count to 10.
- ⇒ Do something physical to get rid of the negative energy. Take a walk, shoot baskets, kick a ball, or lift weights.
- ⇒ Talk to a friend, parent or school staff member.

Introducing our new LifeSkills Teacher



Hi! My name is Mike Wessner and I am the new Life Skills Teacher here at LBMS. I graduated from Portland State with my Master's Degree and earned my Bachelor's from Southern Oregon. I have taught or subbed all the way from here in the Grants Pass area up to the Portland, OR area. I've had a lot of people shape me and my skills in my

13 years as a Special Ed Teacher and 9 years as a Substitute Teacher and I continue to grow and learn every day. I like collecting music, playing guitar, fishing/camping and playing video games :-D I have loved my time in Oregon (my entire life) and plan on sticking around (my mom lives in Roseburg).

Two quotes help describe me as a teacher:

"Education is not the filling of a pail, it is the lighting of a fire." - Yeats

"Nine tenths of education is encouragement" - Anatole France



Parent
Winter

Communicating with the School year-round:

- Stay attuned to your child's academic accomplishments on a weekly basis. Praise those accomplishments appropriately.
- Communicate with the school regularly. When you have a concern or question, write a note, or e-mail or phone the teacher. We need you on our team!
- Think ahead: at the end of the school year, schedule a meeting to discuss with the teacher your child's successes and challenges.

DATES TO REMEMBER

- December 16 - Boys Basketball vs. North, 4:30pm
- December 17 - 6th Grade Field Trip to release salmon and Crater Rock Museum
- December 17 - Band and Choir Concert @ Gym, 7:00pm
- December 18 - Boys Basketball @ Rogue River, 4:30pm
- December 19 - Leadership Dance @ Gym, 3:15 to 5:15pm
- December 23 - No classes
- December 24 - No classes
- December 25 - No classes
- December 26 - No classes
- December 27 - No classes
- December 30 - No classes
- December 31 - No classes
- January 1 - No classes
- January 2 - No classes
- January 3 - No classes
- January 6 - Girls Basketball practice @ Gym, 3:15pm
- January 6 - Wrestling practice @ Gym, 3:15pm
- January 20 - No classes
- February 7 - Conference Day, no classes
- February 17 - No classes

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.



Shoebox Christmas

Noni Merrell will be coordinating the Shoebox Christmas for the needy this year and would appreciate any shoeboxes for gifts. You can bring your clean, empty shoeboxes to LBMS office for reuse.

Shoeboxes are filled with goodies like toys, games, books, stationery and clothes, and given to those who may not receive a gift otherwise. If you have a donation you'd like to make to fill the shoebox, they are always welcome.

Just for Fun

Q: What has three feet but no legs or arms ?

A: A yard!

Does your student need help in their classes?

Here are list of support services available to your child:

Before School

Homework Help House in the Library
Monday-Friday 7:30am-8:10am

During School

Extended Learning Opportunities (ELO)
Tuesday-Thursday 11:30am-12:00pm

Academic Support Classes
Throughout the school day in the areas of
Reading and Math

After School

Afterschool Extended Learning Opportuni-
ties (A-ELO)
Monday-Thursday 3:15pm-5:15pm

Teacher Requested in Math and Reading
Homework Help House in Library
Monday-Thursday 3:15pm-5:15pm

Jelly's Help House
Twice a Week 3:15pm-5:15pm
Reading focus

Guidance vs. independence

One of the biggest challenges of parenting teens is knowing when to loosen the rules and when to tighten them. The payoff to striking the right balance? Helping your teen grow into an adult who's responsible and can make decisions. Try these suggestions for balancing freedom and control.

Decide which rules can't be compromised. For example, you can probably accept your middle schooler deciding her own bedtime. But will you put up with her staying out past curfew? Set clear rules and consequences for those areas you won't budge on.

Negotiate flexible areas. Listen to your teen's input and pick rules you both can live with. Example: She can have her girlfriends sleep over as long as they clean up any mess the next morning. Also, listen to her side of a situation. You don't always have to change your mind, but be willing to think it over.

Allow your teen to make more decisions as time goes by. Start with smaller matters (hairstyles, clothes) and work up to larger issues (choosing classes, managing money). Try granting a new right and responsibility every couple of months. Example: a later curfew along with cooking for the family once a month. If your teen abuses new freedoms, you can go back to stricter rules until she shows she can be trusted.

Today was good. Today was fun.

Tomorrow is another one.

~ Dr. Seuss

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 (corner of 7th and E), Grants Pass, OR 97526

(541) 476-3132 or (800) 290-8365

Sports Brief

Announcing a change in the way sports physicals will be priced. Beginning November 22, 2013, all sports physicals will cost \$25. This price is good all the time (no more "specials") and at all Siskiyou Community Health Center sites, including the School-Based Health Centers, the clinics in Cave Junction and Grants Pass, and Siskiyou's Walk-In Clinic in Grants Pass. Phone 541-592-6978 to schedule yours today.



Girls Basketball and Wrestling practice will begin soon. Sign ups are happening now. See Mr. Jelderks if you want to play.

Please remember that in order to participate in any Viking sports team there is a \$75.00 participation fee, a required sports packet needs to be completed and a current sports physical examination performed by your doctor or the Student-based Health Center at your expense must be on file with the school.

ATTENDANCE

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

LBMS PHONE 541-592-2163



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 after-school hours.

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



TO: