

November, 2009



Howard Elementary

www.4j.lane.edu/schools/howard

Volume 1 Issue 3

“An Apple Distinguished School”

“We seek to maintain a spirit of joy in learning, cooperation in doing, and optimism for success and the future. Our goal is to have every student exceed state standards in all academic areas.”

Principally Speakingby Suzanne Price

On October 15, Howard Elementary welcomed 20+ K-12 education professionals from around the state and offered them a glimpse at instructional technology in action in a 21st century learning environment. Staff from the Oregon Department of Education, University of Oregon, Northwest Christian University, Pacific University, International Society for Technology in Education (ISTE) and other school districts, as well as Eugene School Board members, toured our classrooms.

This event demonstrated what a common vision of a 21st century learning environment can look like across grade levels. Eugene School District 4J has developed a phased approach to implementing the technology- infused classroom, providing high-access computing and other digital technologies across the curriculum and grade levels. This visit included Howard Elementary School and the Arts and Technology Academy at Jefferson to demonstrate progress toward this phased approach. We are proud to share that Howard is a Phase III (the highest phase) school and was recognized as an Apple Distinguished School late last year. This site visit focused on a school learning environment with high technology access and use by students and teachers anytime, anywhere.

Planning and preparing for a visit such as this takes a great deal of time and energy. I would like to thank the Howard staff for their continued commitment, hard work, and dedication to technology immersion.

Road Runner News

Early Mornings

Please remember that students are not to be on campus prior to 7:25, when the doors open and supervision begins. Students that arrive before this time are not supervised. Your child's safety is a high priority. As such, we are asking for your support by bringing your child at, or after, 7:25 am. Thank you.



Birthday Lunches with the Principal

The last attendance day of each month, students whose birthdays fall within that month can enjoy eating their lunch with Mrs. Price. A special table setting, a birthday pencil and snack, and unique time with the principal make for a memorable experience. To date, we have celebrated August, September, and October birthdays. November's lunch celebration will be held on the 20th.

Book Safety Tips from the Library



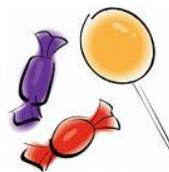
- ✓ Keep library books safe from rain and dampness
- ✓ Remember to return library books so that you can continue checking out
- ✓ Keep books in a safe place; safe from pets, small children, and spilled food/drink
- ✓ Use a bookmark rather than turning down page corners or marking with a pencil
- ✓ In order to avoid rips, turn book pages carefully
- ✓ Handle books with care. Hug your book!

Positive Behavior Support (PBS)

Howard's PBS team meets monthly to discuss school-wide student behavior and identify ways to reinforce our school rules; be safe, be kind, and be responsible. To this end, we'd like to share our expectations for classroom behavior and ask for your support as we hold students accountable to these expectations.

- Follow teacher directions
- Take turns
- Raise hand for help
- Work and wait quietly
- Be respectful and supportive of others
- Listen when the teacher is talking
- Ask for help appropriately
- Use an inside voice
- Congratulate others on their successes

If your child brings home a BEEP BEEP for being safe, kind, or responsible in the classroom please let him/her know that you are proud of them and that they should be proud of themselves.



Classroom Treats

As you are considering treats for classroom parties and/or birthday celebrations, please be aware of 4j's Wellness Policy, found at www.4j.lane.edu/nutrition/wellness. In an effort to promote health and counteract obesity in children, sugary treats are not allowed for celebrations in the classroom. Healthier food options are:

- Fresh fruits and vegetables
- Dips based on low-fat yogurt or sour cream Dried fruits
- Trail mix, chex mix, or popcorn-based snack mix
- Granola bars
- Yogurt
- Jerky
- Ritz chips
- Baked chips
- Whole-grain or multigrain crackers and cheese
- 100% frozen fruit juice bars
- Whole-grain and fruit/vegetable breads and muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc.
- Nabisco 100-calorie packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)
- Quaker Multigrain Minis (Honey Graham, Cinnamon Sugar)
- Graham cracker-based items: Honey Maid Squares, Teddy Grahams, Animal Crackers, Goldfish Giant Grahams etc. (individual packets and honey flavored is better)
- Nutrigrain bars
- Pretzels (low salt is better)
- Bagels (whole grain is better)
- Tortilla roll-ups: meat and cheese, cream cheese and salsa, etc.

Another alternative to snacks would be to share small, non-food items such as fun erasers, cool pencils/markers, stamps, and other trinkets. Students also enjoy crafts and games in lieu of treats. To be proactive when planning for classroom parties, please be sure and consult with your child's teacher before making any purchases.

Roadrunner Running Club

During the month of October, 53 3rd-5th graders took time after school to be a part of Roadrunner Running Club with Mrs. Vreim, the PE specialist. Our Roadrunner Runners have been outside on the track rain or shine, two days a week, exercise walking, jogging and running while preparing themselves for the Howard cross country meet, held on October 21. Their effort and dedication was amazing! A big thank you to Ann Wiltshire for helping out every day with Running Club!

Student Pick Up



If you are picking your child up from school, please park your car in the designated areas. Do NOT block or park your vehicles in the bus lanes, bike paths, handicapped spaces, or alongside the grassy area in front of the school. These areas must be kept clear so children can safely navigate to buses and cars and so that emergency vehicles can get through in case of an emergency. Please be cautious when driving through the parking lot and near crosswalks.

concerns. If the attendance problem continues, the school will be obligated to refer the family to Lane ESD.

Know what to do About the Flu!

Action steps for parents to protect your family this school year

Public health officials recommend four main ways to help keep you and your family from getting sick with the flu at school and at home:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. If soap and water are not available, alcohol-based hand cleansers also are effective. Avoid other ways viruses can be easily transmitted, such as sharing personal items (e.g. drinks, food, utensils).
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- **Keep children at home if they are sick with flu-like illness.** Stay home for at least 24 hours after there is no longer a fever or signs of a fever, without the use of fever-reducing medicine. Symptoms of the flu are a fever (over 100 degrees Fahrenheit) along with symptoms such as cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. A little snuffle is not a reason to stay home, but influenza is! Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for both seasonal flu and 2009 H1N1 flu when vaccines are available. Seasonal flu vaccines are available now, and H1N1 flu vaccines are expected to be available to priority groups beginning in October. Watch for flu clinics at your doctor's office, clinic, pharmacy or elsewhere, and take advantage of them as soon as available. If you are not sure about whether or not you should get the vaccine, call your healthcare provider for advice.

Student Attendance and Tardies



Please remember that your child is expected to be in his/her classroom at **7:55** AM. The first bell rings at 7:50, giving your child five minutes to hang up their coat, retrieve homework, and

settle in. The class activities start promptly at 7:55 with morning announcements. This morning time is one of the most important times of the day and can set the tone for the remainder of the day. When a child comes in late, not only have they missed valuable instruction time, but it is disruptive to his/her classmates.

When your child is going to be late or absent from school, please call the school office at 790-4900. You may leave a message if calling before office hours. Please leave the name of your child, their room number, and the reason for the absence. For your child's safety, it is extremely important the school is contacted when your child is going to be absent or late. Automated attendance calls are generated at 8:30 AM.

Excused/Unexcused Absences?

Each year, questions arise concerning whether an absence is recorded as excused or unexcused. The same questions arise concerning tardies. The following information should help clarify this matter.

Oregon Revised Statute 339.065 states: "An absence may be excused... if the absence is caused by the pupil's sickness, by the sickness of some member of the pupil's family or by an emergency. A principal or teacher may also excuse absences for other reasons where satisfactory arrangements are made in advance of the absence." The Howard staff primarily limits "other reasons" to doctor or dentist appointments that cannot be made outside the school day. Baby-sitting, vacations, and family social events are generally not considered acceptable reasons to miss school. PLEASE UNDERSTAND THAT OREGON TRUANCY LAWS APPLY WHETHER AN ABSENCE IS EXCUSED OR UNEXCUSED. As per the law, we will be sending home attendance letters should a student be absent an equivalent of eight half days during a four and half week period. We will also notify parents, via a letter, should irregular attendance patterns persist. We do this as a means of informing parents and to ask for help in ensuring regular and consistent attendance.

Other recommended steps to prepare for the possibility of flu include: **update your emergency contact information** at your schools; **plan for child care at home** if your child gets sick or their school is dismissed; and **identify if you have family members who are at higher risk** of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season.

For more information:

Eugene School District 4J: www.4j.lane.edu

Oregon flu information: flu.oregon.gov

National flu information: www.flu.gov or call 1-800-CDC-INFO

When the attendance of the student becomes a concern, (whether absences are excused or unexcused) the principal or counselor may contact parents about the school's

Walk and Bike to School Day

On October 7th, Howard participated in *International Walk and Bike to School Day*, which is an event focused on physical activity, health, and the environment. Howard had 88 students either walk or bike to school, which is 30% of our school population! Way to go! Students that participated earned prizes from Mrs. Vreim and the Walk and Bike organization like shoelaces, stickers, and healthy snacks.

Staff Development Days

Please note the following will be Staff Development Days, Teacher Grading Days, or Teacher Planning days; days in which school will not be in session:

December 11, 2009
January 4, 2010
March 12, 2010
March 29, 2010
April 16, 2010
May 28, 2010

Dates to Remember:

NOVEMBER:

4th: Early Dismissal.....1:05pm
Conferences.....4-8pm
5th: **No School**
Conferences.....8am-8pm
6th: **No School ; Teacher Compensation Day**
11th: **No School; Veteran's Day**
18th: Early Dismissal.....1:05pm
20th: Picture Retakes & Bday lunch w/principal
24th: Site Council.....2:30-3:30pm
25th: Early Dismissal.....1:05pm
26th: **No School; Thanksgiving**
27th: **No School; Thanksgiving**

DECEMBER:

2nd: Early Dismissal.....1:05pm
9th: Early Dismissal.....1:05pm
11th: **No School; Professional Development**
16th: Early Dismissal.....1:05pm
18th: Bday lunch w/principal
21st: **Winter Vacation Begins**

JANUARY:

5th: **Classes Resume**

Parent Reps for Site Council

Site Council is a governing body that is charged with development and monitoring Howard's School Improvement Plan. We are pleased to share that Amy Stead, Ann Wiltshire, and Jeff Minson will serve as parent representatives on our Council. All parents are welcome to attend any and all our meetings. Meetings are scheduled for 2:30 on 10/27, 11/24, 1/26, 2/23, 4/27, and 5/25.



Students and Staff Recognized Red Ribbon Week

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.

And, perhaps more importantly, Red Ribbon Week commemorates the ultimate sacrifice made by DEA Special Agent Enrique "Kiki" Camarena, who died at the hands of drug traffickers in Mexico while fighting the battle against illegal drugs to keep our country and children safe.

At Howard, students participated in a week's worth of school spirit activities that focused on being drug and alcohol free. Our activities included:

TUESDAY, October 27

"Color My World Drug Free" Wear our School Colors-BLUE and WHITE.

WEDNESDAY, October 28

"Team up against drugs!" Everyone is invited to dress up in their favorite team jersey.

THURSDAY, October 29

"Friends don't let Friends Do Drugs". Dress like twins and match your friend.

FRIDAY, October 30

"Say Boo to Drugs!" Students/Staff wear can wear orange & black (good alternative to costumes!).

Thursday/Fridays class presentation with the Counselor will focus on age appropriate drug awareness and a chance make a personal promise to not do use drugs/alcohol.

5th Grade Student Service will visit classes in the cafeteria to share with them during the week, and give afternoon reminders on the announcements of themes the following day.

Thank you, Mr. Baker, for planning our Red Ribbon Week!

Happy Thanksgiving!

