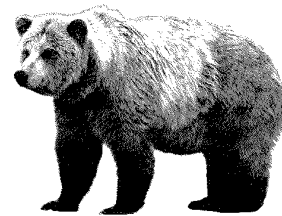


CLEAR LAKE

BEAR FACTS



4646 Barger Drive

October 2011

Eugene, OR 97402

Phone: 541-689-0511

www.bethelschools.us/schools/clearlake



Letter from the Principal

Dear Students and Parents,

The school year is well under way and things are going great at Clear Lake. Classes have settled into their routines with students hard at work in all of their subjects. Every Monday, students hear my weekly announcement- that includes recognizing the classes who had excellent attendance the week before. It is very important for your child to be here, on time, every day. If your child is ill, call the office and let us know.

It was GREAT to see so many parents at Curriculum Night. We enjoyed sharing about PBIS and Essential Skills. Teachers enjoyed the opportunity to share what happens in their classroom. Students benefit when the key adults in their lives (parents and teachers) know one another and the goals and expectations in school.

Would you like to receive my weekly "Principal's Email" with news and info about the goings on here at Clear Lake? Just email me at jluhman@bethel.k12.or.us and I will put you on the distribution list.

If your schedule allows, please feel free to come visit at lunch with your child or possibly volunteer in the classroom. It is rewarding for anyone to help make a positive difference in children's lives, come and see how it happens at Clear Lake School every day. Don't forget to sign in at the office and get a visitors badge!

Sincerely,
John Luhman

Looking Ahead...

October 3: Budget Reduction Day-*No school for students*

October 5: Bethel Talent Show, 6:30 pm

October 10: Bethel School Board Mtg. District Office, 7 p.m.

October 11: Health Screening

October 14: Budget Reduction Day-*No School for Students*

October 18: Picture Day

October 21: Curriculum Development-*No School for Students*

October 24: Budget Reduction Day-*No School for students*

October 25: Bethel School Board Mtg. District Office, 7 p.m.

November 4: Inservice Day, *No School for students*

November 7, 8, 9: Parent-Teacher conferences

November 10, 11: Inservice and Veterans Day, *No school for students*

November 21: Bethel School Board Meeting, District Office, 7 p.m.

November 24, 25: Thanksgiving break

Before and After School Supervision

Clear Lake's supervision **begins at 8:30 a.m. and ends at 3:00 p.m.** Please do not leave your students outside of these hours, as there won't be anyone to supervise and keep them safe. If you are in need of before or after school childcare, please get in touch with us as we do have an on-site childcare provider that you may want to consider. Thank you for your cooperation!

Respect Others, Manage Self, Solve Problems Responsibly

PBS at Clear Lake

Positive Behavior Support

Respect Others– Manage Self– Solve Problems Responsibly

Positive Behavior at Home

Words to Use with Your Kids Every Day

You can use these everyday phrases to instill confidence, self-respect, and thoughtfulness in your children.

1. Thank you. It's important to acknowledge your child's efforts to help you or others. You might say: "Thanks for helping me look for that missing sock" or "Thanks for setting the table; I got the salad made while you were doing that."
2. Tell me more. Words like these show your child that you are listening and that you would like to hear more about what's on her mind. "Tell me more" encourages conversation without passing judgment or giving immediate advice – two responses that discourage further communication from your child.
3. You can do it. Your expression of confidence in your child's ability to do many things without your help is important. As your child grows older, there will be many times when your encouragement will mean the difference between his giving up on a challenging task or seeing it through.
4. How can I help? Let your child know you are willing and available to help him/her accomplish a

An update from the CAST project

Summer was a busy time for the Communities and Schools Together (CAST) project. Although we've partnered with Bethel school district to look at ways to help kids live healthier, more active lifestyles, CAST works year-round to develop new programs and products. Here's a few of our summer activities you might be hearing about during the school year:

—We developed "walking route" maps for each Bethel elementary school to coincide with International Walk to School Day on October 5th. These maps highlight the walking routes that best balance distance, comfort and safety, as rated by Bethel parents.

particular task that may be difficult for her to manage on her own. You might say: "I think you can read that story by yourself now. Let me know if you need help with a new word." As your child takes on projects in school, encourage her to think of specific steps that are necessary to complete a project. You both can decide which tasks your child can handle on their own and which ones they'll need help with.

5. Let's all pitch in. A child is never too young to learn that cooperation and team effort make many jobs easier and speedier – and often more fun: "Let's all pitch in and finish raking the leaves so we can go in and bake cookies," or "Let's all pitch in and clean up the kitchen or we'll miss the movie." Family activities and group chores can develop into pleasant rituals that enrich a child's life and create fond memories.

Here's a great website full of ideas and help for families... www.familyeducation.com <<http://www.familyeducation.com/>>

This site leads to behavior expectations, discipline, incentives, etc, plus hundreds of other related topics to set your children up for success at school and at home.

—We started a CAST Family Health Program at the Bethel Health Clinic, which introduced parents (and their kids!) to ways they can increase their health through foods and exercise.

—We worked with Bethel staff to prepare for the height and weight measurements of all elementary school children in the District being done this fall.

Later in the school year, some of you will be invited to take part in a larger version of the CAST Family Health Program. Look for more information in a future newsletter. Also, if you would like to learn more about the CAST project, visit our website (cast.ori.org), or "Like" us on Facebook ([facebook.com/CASTProject](https://www.facebook.com/CASTProject)). You may also contact Eleanor Dizon, CAST Bethel Community Coordinator, at 541-484-2123, ext. 2353.

September's Stars



September Students Of the month

Kindergarten: Taeryn Carnagey,
Addi True

First Grade: Olivia Davis,
India Rodriguez

Second Grade: Lily Halbrook,
Matthew Mcelwain,
Isabella Williams

Third Grade: Carter Robbins,
Delaney Bressert

Fourth Grade: Jacob Deatherage,
Kayce Vanderbeck

Fifth Grade: Vanessa Williams

September Self Managers

Kindergarten: Rose Halbrook,
Kaytlin McFarland

First Grade: Deven Bressert,
Bryce Smith

Second Grade: Andy Montalvo,
Kaitlin Coats, Braedon Derrickson

Third Grade: Allison Taylor,
Gavan Mindoro, Caitryn Gilliam

Fourth Grade: Bailee Manning,
Lucas O'Kin

Fifth Grade: Dylan Alexander

Life Skills: Timothy Brown

Classes With Excellent Attendance

Rm. 2 Kindergarten am & pm,

Rm. 3 Mrs. Ewing,

Rm. 4 Mrs. Wold,

Rm. 8 Mrs. Hall,

Rm. 11 Mrs. Ferry,

Rm. 12 Mr. Gingery,

Rm. 14 Mrs. Groff/Castanette,

Rm. 15 Mrs. Rutledge

Now open for business:
The Bethel Student Health Center!

Bethel District School-Based Health Center is open for business! The Health Center is conveniently located inside Cascade Middle School. In order to serve many of the health and wellness needs of all Bethel students, teens and children, the health center is professionally staffed by Wendy Lang FNP and our Spanish speaking secretary Martha Lopez. We offer a complete range of health care services, including physicals and immunizations. We accept OHP and private health insurance but it is not necessary to be insured; **all services are available regardless of ability to pay.** Please call for an appointment or stop by to say hello!
541-607-1430

Abierto: ¡Centro de Salud de Estudiantes de Bethel!

El Centro de Salud para la comunidad de Bethel está abierto para servirles y está situado en Cascade Middle School. Tenemos personal profesional como Wendy Lang, FNP y nuestra secretaria bilingüe Martha Lopez para servir las necesidades de salud de todos los estudiantes de Bethel. Ofrecemos una gama completa de servicios de salud, incluyendo exámenes físicos y vacunas. Aceptamos OHP & seguro de salud pero no es necesario porque **todos de los servicios de salud serán disponibles a todos los estudiantes si pueden pagar o no.** ¡Por favor de llamar para ser una cita o venir para saludar. 541-607-1430.

Dental Fluoride Varnish and Sealant Program

Exciting dental prevention service being provided at Bethel Schools! Dental hygienists will be offering free oral health assessments and fluoride varnish applications to children in kindergarten through grade 5 on Friday December 9th. They will screen for sealant eligibility, and contact guardians if their child is eligible.

Frequently asked questions:

Can my child participate even if they go to a dentist regularly? Yes
Can my child receive a fluoride varnish application if they take prescription fluoride and have fluoride at the dentist office? Yes

Does your child have health care?

Healthy Kids can help!

Healthy kids provides:

- Health care for children 18 and younger
- Free or low cost health care based on income
- Coverage, even for children with a medical condition.

Medical, dental and vision care; regular checkups; preventive care; prescription drugs; mental health and chemical dependency services; and medical equipment and supplies
Apply today for Healthy Kids Coverage!

www.oregonhealthykids.gov

Parking Lot Help!

There is a lot of traffic in our parking lot each morning and afternoon. When Clear Lake was built, there were fewer cars transporting students to and from school. Our parking lot was designed more for parking than pick up & drop off. Parents do a nice job of keeping the cars moving as they arrive each morning to school. In order to keep things moving smoothly, please read the following “needs” we have for families to follow in keeping traffic flowing as smoothly as possible:

- When entering the school grounds, please turn left to the front of Clear Lake before dropping off children. Pull as far forward as possible before the kids exit the car. We will have orange safety cones set out to designate our drop off zone. Please wait until you are between the cones to drop off kids.
- Drive slowly and watch for kids who are walking through the parking lot (sometimes children don't look for cars...)
- Please do not drop kids off in front of Shasta and have them cross to get to Clear Lake. Wait to make the left turn and drop off in front of Clear Lake.
- BE PATIENT & COURTEOUS. Leave early enough and anticipate that our parking lot will be busy. Please do not park between Clear Lake and Shasta in the afternoons. There are spaces, but it is too close to the buses. Thank You for doing your part to help with our busy parking lot.



Bethel School District Elementary Breakfast Menu

Oct 2011 Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 3-7	Budget Reduction Day No School	French Toast Sticks Assorted Cereal Milk Juice	Assorted Muffin Assorted Cereal Milk Juice	Breakfast Sandwich Assorted Cereal Milk Juice	Toasted Bagel Assorted Cereal Milk Juice
Oct 10-14	Pancakes Assorted Cereal Milk Juice	Yogurt & Granola Assorted Cereal Milk Juice	Breakfast Taco Assorted Cereal Milk Juice	Raspberry Granola Bar Milk Juice	Budget Reduction Day No School
Oct 17-21	French Toast Sticks Assorted Cereal Milk Juice	Banana Oatmeal Assorted Cereal Milk Juice	Breakfast Sandwich Assorted Cereal Milk Juice	Breakfast Bar Assorted Cereal Milk Juice	No School Curriculum Development Day
Oct 24-28	No School Budget Reduction Day	Pancakes Assorted Cereal Milk Juice	Yogurt & Granola Assorted Cereal Milk Juice	Raspberry Granola Bar Milk Juice	Sunshine Sandwich Milk Juice
Oct 31-Nov 4	French Toast Sticks Assorted Cereal Milk Juice	Banana Oatmeal Assorted Cereal Milk Juice	Assorted Muffin Assorted Cereal Milk Juice	Breakfast Sandwich Assorted Cereal Milk Juice	Inservice Day No School

Breakfast is available at no charge to all students. Breakfast consists of a breakfast entrée with milk and/or juice. Individual breakfast items, such as milk, may be purchased separately at all schools.

Bethel School District Elementary Lunch Menu



Harvest of the Month: Corn on the Cob from Hentzes Farm, Junction City, Oregon

Oct 2011 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 3-7	No School Budget Reduction Day	Mac and Cheese V Fish & Chips	Teriyaki Chicken w/ Asian Noodles Sub Sandwich V	Soft Beef Tacos Yogurt Parfait V Corn on the Cob	Pizza V Chicken Pot Pie
Oct 10-14	Baked Chicken w/ Wedges Lunchables V	Cheeseburger on a Bun Quesadilla V Corn on the Cob	Chicken Alfredo w/ Pasta Taco Salad V	Brunch Lunch Scrambled Egg V Sausage Cinnamon Roll	No School Budget Reduction Day
Oct 17-21	Spaghetti w/ meat Sauce Popcorn Chix Salad	Chicken Patty on a Bun Chili w/ Chips V Corn on the Cob	Bean & Cheese Nachos V Yogurt Parfait	Turkey Gravy w/ Mashed Potatoes Sub Sandwich V Dinner Roll Green Beans	No School Curriculum Development Day
Oct 24-28	No School Budget Reduction Day	Chicken Fajitas Pizza Bagel V	Sloppy Joe Orange Chicken w/ Rice	Lasagna Bean Burrito V Corn on the Cob	Pizza V Chicken Wrap
Oct 31-Nov 4	Mac and Cheese V Chicken Nuggets Apple Crisp	Vegetable Soup w/ Cheese Stuffer V BBQ Sandwich	Teriyaki Chicken w/ Asian Noodles Sub Sandwich V	Soft Beef Tacos Yogurt Parfait V Corn	Inservice Day No School

Meal Prices 2011/2012

Elementary Lunch (Paid).....\$1.60
Elementary Lunch (Reduced).....\$.40
Adult Lunch.....\$3.10

Available Daily: Color Your Plate variety bar including tossed salad greens, broccoli, beans, cauliflower, carrots, celery, cucumber, salsa, fresh fruit, canned fruit and condiments
1% Milk and Chocolate Skim Milk

Alternate Entrees: Cheese Sandwich or Yogurt Meal