



THUNDERBOLT

February 2012 Newsletter



Shasta Middle School

4656 Barger Drive

Eugene, OR 97402

Phone: (541)688-9611

The Battle Continues!

Students participating in Oregon Battle of the Books (OBOB) have been battling in the library for their chance to represent Shasta at the regional competition. Shasta has 14 teams this year with 60 students participating. It's nice to see students working together to come up with the correct answer! We will know the first week in February who will be representing Shasta in March at the regional competition. Bethel School District has the privilege of hosting the Regional Oregon Battle of the Books competition this year, at Willamette High School on March 10th. Watch for more information regarding the upcoming Regional competition and our winning OBOB team.



The Purple People Eaters

The Purple People Eaters competed against The Girls for a chance to battle next week in our final OBOB battle against Team Bookmark. It was a close battle with The Girls taking the win.



The Girls



February



Tuesday, January 31
February 3 & 10
Monday, February 6th
February 6 - 10
Thursday, February 9

Monday, February 13
Tuesday, February 14
February 14 & 15
Wednesday, February 15

Friday, February 17
Monday, February 20
Tuesday, February 21
Monday, February 27
Tuesday, February 28
Wednesday, February 29

Report Cards mailed home
TAG Writing Workshop ~ Media Center ~ 9:15 - 11:30 a.m.
Chinese Visitor
School Counselor Week
No Referral Reward Party
8th Grade Parent Planning Meeting - 5:45 p.m. in Media Center
PTO Meeting - Media Center 6:30 p.m.
School Board Meeting 7:00 p.m.
Valentine Dedications
Academic Awards
Immunization Exclusion Day & Academic Awards
100% Club & Attendance Parties
Bethel Band Festival - Symphonic & Concert at Shasta
Presidents' Day - No School
Site Council Meeting - Media One 8:00 a.m.
School Board Meeting 7:00 p.m.
Shasta Showcase - Powers Auditorium - 7:00 p.m.
Student of the Month Lunch

REACH...

RISK...

REALIZE...



Keeps You Mr. Tucker Updated

Dear Shasta Community,

During the months of February, March, and April, there is a strong emphasis on statewide testing. Testing is online in the areas of math, science, and reading.

If you have questions concerning the time of scheduled testing, please call me. Your child will know when they are scheduled to take the tests.

Listed below are some tips as to how you can help your child prepare for the tests.

In the months preceding the test:

- Find out when the tests are to be given. Write the date and time on your calendar and avoid scheduling appointments or trips during these times.
- Ask the teacher what you can do at home. Before some state tests, the teacher may ask you to review math facts or science terms.
- Encourage your child to read. The easiest and best way to prepare your child for doing well on tests is to read often.

Right before the test:

- Make sure your child gets a good night's sleep. Provide your student with a good breakfast.
- Have your child dress in layers - kids do better on test if they don't have to think about how hot or cold they are. Don't be too anxious. Say, "This test is important, I know you will try hard and do your best." Your confidence will be contagious.

On the day of the test, give your child these tips:

- Relax. Focus on what you know and do your best.
- Check your answers carefully.

We want all students to do their best without being fearful of taking tests. With your help and our support, we are sure that everyone will have an opportunity to show how much they have improved.

Thanks,
Marshaun Tucker- Counselor



2012 Leadership Off to a Busy Start!

By Fernanda Gomez
Community Service Coordinator

The winter break was great, but it was good for all of us to be back in school with our friends. Our January was busy with finishing up projects from 2011, preparing for upcoming projects, and a wonderful guest speaker. To finish up we finalized letters to the military who are recovering soldiers. Also, we learned lessons in 2011 that will be valuable as we grow up; some taught by Mrs. Embree, some by guests, and some by leadership students. Our 8th graders have been working really hard for an exciting and energetic fundraiser soon to be announced! All there is to say is that it will be the best fundraiser the 8th grade has ever done.

This February will be very busy for leadership! We will be helping with the Shasta Showcase, where leadership students may participate in helping with backstage crew, ushering, and cleanup. We will be doing our usual staff recognition, selecting a staff member or two for a Bethel Spirit Award, and a surprise appreciation for all the Shasta staff.

For our community Service project we will be selling Valentine Dedications to gather money for the Children's Miracle Network, a most worthwhile charity. A couple of our leadership students will be presenting a check at the Mr. Wolverine pageant at the end of this project. We will also have a lot of more leadership lessons, community services projects, and 8th grade projects to keep us busy and being successful for the rest of the year.

Here's to a successful 2012 for Shasta's Leadership!



Band News!

Congratulations to the Shasta Jazz Band members who were awarded Outstanding Musicians at the University of Oregon/Lane Community College Jazz Festival this past weekend. The students include: Alexa Whitehead, Brendan Dame, Bryce Schug, Connor Drath, Jesse Robinson, and Kyler Wilcox. Also, Jesse, Alexa, and Brendan were awarded full scholarships to the U of O Jazz Camp for their outstanding performances.



February Calendar

- 6th Jazz Parent Meeting 7 p.m.
- 17th Bethel Band Fest – *Symphonic and Concert Bands*
- 28th Shasta Showcase, 7 p.m. – *Powers Auditorium – Jazz Band*

March Calendar

- 5th Shasta Band Concert -*Powers Auditorium WHS, 7:00 p.m. all bands*
- 10th Jazz Band at Emerald Valley Opry - 6:30 p.m.

Choir News!

Congrats to our Choir Fundraiser Winners!!!! They had a blast at the Limo Lunch. On Feb. 6th Shasta Choirs are hosting our friends from Beijing, China. Over 50 students will be spending the day at Shasta attending classes, participating in intramurals and performing. All the choirs are busily preparing for the March concert, which will be based on Broadway Shows. Session Jazz Choir is also working toward their busy competition season. Attitudes are excellent and all the choirs are improving. Mr. Fitch is proud of all our talented



Purchase a yearbook before February 15th and save \$5

The theme for this year's yearbook is "Metamorphosis", because middle school is full of changes from the sixth graders who moved from elementary to middle school, to the eighth graders who are about to move on to high school. 2011 brought a lot of changes for Shasta itself, we no longer have houses, we have new, and wonderful staff join us, and have added a couple of great new programs! (Green School for example) The yearbook staff have been working really hard and the yearbook is looking wonderful, you will all be so thrilled with it! Yearbooks can be purchased for \$20 thru February 15th in the front office and \$25 after the 15th.

FAMILIES AND FRIENDS OF SHASTA STUDENTS



Help us earn money for PTO sponsored programs by registering through eScrip. eScrip is

proven to be a fantastic resource for fundraising where participating business partners contribute a percentage of your grocery loyalty cards, credit card, and debit/ATM card purchases to the school, group or organization of your choice. Registration is FREE and simple at **escrip.com**. Visit our family of merchants for a complete list of participants in the program

Here's how it works:

- You register any one or all of your existing grocery loyalty, debit and credit cards for use in the program by going to eScrip.com and entering your Shasta Middle School id number 8566542.
- Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on your child's behalf!

SHASTA'S VERSION OF AN AWESOME TALENT SHOW!



Shasta students have been practicing hard to audition for and perfect their act for the "Shasta Showcase", Shasta's own talent show. It will be held on **February 28th**, at Willamette High School in Powers Auditorium at **7:00 p.m.** The cost of admission is a can of food which will be donated to Food for Lane County.

A variety of acts were chosen based on their performance and entertainment for all. Selected eighth grade students will serve as our announcers, which adds to the excitement, the Jazz Band will perform, and there will be some special entertainment. The Showcase is always a fun program that is memorable for all who participate and attend.

During the Showcase, there will be celebrity judges and nice prizes for the performers. Make sure you plan to attend, for a fun and entertaining evening!

Exclusion Day February 15th



Exclusion Day for immunizations is Wednesday, February 15, 2012. Parents, please provide us with any updated immunization records for your student, including month and year of chickenpox disease vaccination. Updates can be

sent to our new Health Room Assistant, Sheri Caprai. Questions - call 541-688-6911 x3242 Thank you for your assistance.

Give the Kids a Smile Day February 3th, 2012

This is a program that offers a trip to the dentist for qualifying children without dental insurance.

To qualify:

- No dental health insurance
- Qualify for free/reduced lunches
- Have a dental need

To apply (deadline is January 27th)

- Fill out children's dental clinic form
- Fill out questionnaire
- Fill out consent form



Please contact the Health Room to apply.



Bethel Student Health Center

Located inside Cascade Middle School
1525 Echo Hollow Road, Suite A
Phone: 541-607-1430

Open Tues, Wed and Thurs from 9 a.m. - 4 p.m.

Health care for all Bethel students and their younger siblings.

Staffed by a Nurse Practitioner who provides diagnosis and treatment of acute and chronic conditions. Referrals as needed.

Accepting Private Insurance, OHP and No Insurance clients. Sliding Scale fee; no one denied services due to inability to pay.

Goodwill Good Neighbor Program ~ for every 200 lbs. of clothing or small household items donated to Goodwill in Bethel's name, we receive a \$10 gift certificate to their stores for school clothes. The gift certificates are available to students in need upon request.



When you make a donation, please tell the attendant that you want it to benefit Bethel School District and give them an estimate of how much it weighs. You are still entitled to a receipt. If an attendant does not know what you are referring to, please ask them to write it down and check with their supervisor. We have recently confirmed with the coordinator that the program is still active, and all sites are supposed to be aware.

Note - this is not to promote Goodwill over St. Vincent de Paul or Salvation Army or any other organization, only to make you aware of an opportunity to benefit Bethel students.

ON THE MOVE?

If you are in temporary housing due to economic circumstances, domestic violence, or a similar situation, your student may be eligible for additional services through the Bethel McKinney Program. Our goal is to provide stability in your child's education while you are in transition. For information about local resources and school questions call our McKinney Liaison, Donna Butera, at 461-6424 x 2543.



Your child or teen can have health

We know an education is the best gift we can give our children. We also know that healthy kids learn better and healthy kids start with health coverage that their families can afford.

Healthy Kids is Oregon's newly expanded no-cost and low-cost health coverage program for uninsured kids and teens up to 19 years of age. Healthy Kids is a comprehensive coverage offering medical, dental, vision, prescription, and behavioral health coverage.

No family makes too much money for Healthy Kids. Parent's income will determine whether a child is eligible for the no-cost or low-cost coverage option. For example, a family of four that earns as much as \$67,200 a year may qualify for low-cost coverage.

**Your child or student can be a Healthy Kid!
Make the call or apply online today for
Oregon Healthy Kids!**

www.OregonHealthyKids.gov or call 1-877-314-5678

Spanish version available in the office

MLK Essay/Poster Winners Announced

Shasta's own Maya Dotson won second place in this year's Martin Luther King Essay/Poster Contest for Lane County. Maya is a 7th grade and submitted her essay through Mrs. Greydanus's reading class. Winners will receive their prizes at a school board meeting in February. Maya's winner essay appears below.



Our Own Drum Major

By: Maya Dotson

"I was a drum major for justice, peace and righteousness." - Martin Luther King Jr.

Martin Luther King, Jr. was a leader. What does this quote mean? This quote means a lot of different things to millions of different people.

Martin Luther King, Jr. was born on January 15, 1929 and assassinated on April 4, 1968. I believe he was saying that even though he may be down, his words will never be out. But there is always more to his words.

The definition of a drum major is the leader of a marching band. Again and again, Rev. King is referred to as a great leader, and he was. He led us to a better place. He was powerful but peaceful. He didn't care what other people thought, he just kept going. He knew what was at stake even if we didn't always. That's why he was our drum major.

A lot of us don't deserve to be called drum majors for peace or justice, we really don't. Rev. King spoke out where there was injustice when others were afraid to speak; afraid to stand up for what was right.

He was our drum major by not only leading us, but showing us how to march on our own. He shaped American civil rights into what they should've been a long time ago. Many were too arrogant, stubborn or stupid to see it. The people who still deserve to be called leaders or drum majors today are people who kept on going even after Rev. King was shot and things were dark.

When Martin Luther King, Jr. died, he left us to figure out what we believe. And although he left us, his words never did. Each generation is left to ponder his words, his motives, his thoughts. We owe it to him to remember what he said. And we owe it to ourselves to be our own drum majors. Rev. King was the drum major, but the band must keep marching without him.

What does the quote mean? The quote reflects who he was, what people saw him as and what America should be like today. It's where he stood as a leader, as a father and as a man.

Martin Luther King Jr. was our drum major. He started a cause and the band got so big it was impossible to march down the street without crushing any opposition. I hope he would be proud of where America is today: of our feats, of America itself.

I hope as a country we continue to progress even as we are embroiled in wars, economic hardships and political strife. And who knows? Maybe the next drum major will be someone in my generation!

"I was a drum major for justice, peace and righteousness." - Martin Luther King, Jr.

Share the story of your year. Together.

ReplayIt.com is an interactive website that allows your school community to upload and share the most memorable photos from the year. See your school from all perspectives. It's your chance to have more of you and your friends in the yearbook.

Share your photos now!

Just log on to **ReplayIt.com** and get going.

School Pass Code: **47199**

ReplayIt by Jostens
replayit.com

Parents & students, if you have pictures of any Shasta activities, we would welcome you to share them with our yearbook staff. We are trying to cover every aspect of Shasta and it's students, but we cannot be everywhere at once. Please feel free to go to the Jostens Yearbook site and download your pictures there. We cannot guarantee that we will use them, we only have so much space & pages to cover it all, but we will be so grateful for your help.

Green School Update



This past month, Shasta's Green School Class worked on group projects to benefit our Green School efforts at Shasta. Groups redesigned and improved existing recycle bins (including the creation of plastic and aluminum only bins), installed water saving faucet aerators on classroom sinks, created "Energy Saving Tips" signs for teachers, picked up waste around the school and nearby wetland areas, and decorated cafeteria trash and recycle cans to better direct students to the use of proper bins. Several students worked hard to create a blog entitled "Green Beings" that will promote our group's efforts. The class also hosted several guest speakers from local organizations to speak to us about their efforts to improve sustainability in the community.

Thank you to the Shasta student and parent volunteers who attended our garden party last December. We successfully installed Shasta's school garden! In the coming months we will be setting up our cafeteria composting program and getting ready to plant in the Spring. We need volunteers to help us with the school garden program. Please contact Rich Dambrov if interested.

January 2012

Students of the Month



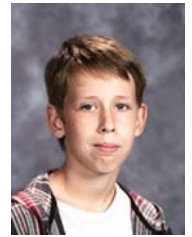
Jackson Brown
Mr. Allard



Bree George
Adv. Choir - Mr. Fitch



Bryce Schug
Mr. Reetz—Jazz Band



Tanner McBride
Mrs. Sumich



Lauren Walters
Mrs. Barker



Michael Taylor-Crespin
Session - Mr. Fitch



Jaedyn Lopez
Mrs. Greydanus



Alex Ruiz Martinez
Mr. Miller



Rachel Strasdas
Mr. Reetz - Concert



Madison Singler
Mr. Lyons



Kyler Wilcox
Mrs. Bradshaw



Dustin Higgins
Concert - Mr. Fitch



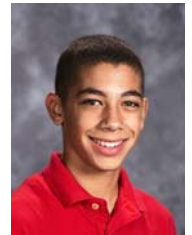
Alyssa Gayle
Mrs. King



Cuyler Watson
Mr. O'Neil



Ben Loy
Mr. Reetz - 6th Brass



Deshawn Brant
Mr. Walker



Kody Poltera
Mrs. Brown



Chloe McClatchey
6th Choir - Mr. Fitch



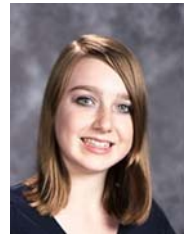
Danny Mora
Mrs. Lind



Toby Hardan
Ms. Poindexter



Gordon Mindoro
Mr. Rindy



Kaitlin Tintle
Mr. Woods



Grace Cooley
Mr. Dambrov



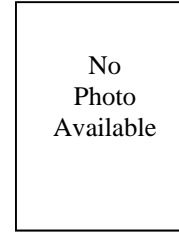
Justin Winter
6th PE - Mr. Fitch



Tylor Harper
Mrs. McElravy



Haley Dotson
Mr. Reetz - 6th Winds



Ernesto Buendia
Mrs. Robbins



Taelor Critchett
Mrs. Embree-Leadership



Alexa Whitehead
Mrs. Gardner



Nicholas Highfill
Ms. Michalenko



Alec Beebe
Mr. Reetz - Symphonic



Ben Loy
Mrs. R.W.



No matter the shape, make your mark!



Girls Rule!

A Day for Girls ages 9-14
& A Caring Adult

Saturday, March 17th, 2012
9am-3pm

Lane Community College Center for Meeting & Learning,
4000 E. 30th Ave., Eugene, Oregon

Join in on a fun day of exploration, leadership, food & prizes!

For more information or to register:
www.opbeiaspace.net
(541) 284-4335
www.facebook.com/GirlsRuleLane

\$5
Suggested
Donation

A Lifesaving Gift

Last spring Shasta lost an angel with the passing of Angelique Marie Lenhart. A defibrillator was purchased in loving memory of Angelique as a tribute to her and her love for Shasta. A significant donation was made on her behalf by her family to make this purchase possible. The device is located in the main office area and staff will be trained how to use the new Automated External Defibrillator (AED). Thank you to the Lenhart family for making this possible.



Angelique Marie Lenhart



VALENTINE DEDICATIONS

PARENTS: YOU CAN TAKE ADVANTAGE OF THIS OPPORTUNITY BY FILLING OUT AND MAILING THIS FORM TO SHASTA OR COMING INTO THE SHASTA OFFICE FOR YOUR ORDER.



For several years now, the Leadership Class has sold "Valentine Dedications". Students can select items they wish to send to their friends, teacher, or take home to a parent. For items dedicated to students, the Leadership students deliver the items to the recipient during 8th period on February 14th.

This activity also supports a worthy cause; the funds earned go to the Mr. Wolverine Pageant and on to the Children's Miracle Network.

There are a variety of plush items, which include: bears, frogs, hippos, elephants, raccoons, cats, monkeys, bees, seals, and turtles. In addition to those we have silk roses, conversation heart candies, jewelry, and chocolate roses with cards.

VALENTINE DEDICATIONS

Your Name _____

Dedication to _____

Their grade _____ Their 8th Period Class _____



Please make a selection by marking a check next to your choice:

- | | |
|---|--------|
| <input type="checkbox"/> Plush animal (either small or large), chocolate rose, & card..... | \$6.00 |
| <input type="checkbox"/> Plush animal (either small or large), light up necklace, & card..... | \$6.00 |
| <input type="checkbox"/> Small plush animal, heart candies, & card..... | \$5.00 |
| <input type="checkbox"/> Small plush animal, silk rose, & card..... | \$5.00 |
| <input type="checkbox"/> Large plush animal & card..... | \$4.00 |
| <input type="checkbox"/> Small plush animal & card..... | \$3.00 |
| <input type="checkbox"/> Chocolate rose & card..... | \$3.00 |
| <input type="checkbox"/> Silk rose with card..... | \$2.00 |
| <input type="checkbox"/> Heart candies with card..... | \$2.00 |
| <input type="checkbox"/> Light up necklace with card..... | \$2.00 |
| <input type="checkbox"/> Bracelet with card..... | \$1.00 |
| <input type="checkbox"/> Valentine Card..... | \$.50 |

Plus item choice _____

**Price includes delivery to the receiver's 8th period class on Valentine's Day!
PROFITS GO TO THE CHILDRENS MIRACLE NETWORK*

10 tips

Nutrition Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

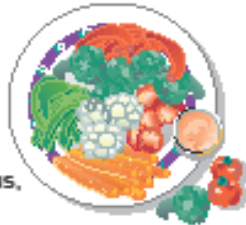
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Bethel School District Middle School Lunch

Harvest of the Month: Blueberries from Lochmead Farms in Junction City, Oregon



For more information on what's happening in Nutrition Services find us on Facebook as Bethel Nutrition Services

Daily Special Listed Below:	From the Grill	From the Oven	From the Deli:	V Taco Salad M, W V Quesadilla T V Bean Burrito TH V Nachos F
Monday	From the Grill Cheeseburger Chicken Nuggets M, W, F Popcorn Chicken T, TH	From the Oven V Vegetarian Pizza Chefs Choice Pizza	From the Deli: Deli Sandwich Yogurt Parfait V	Friday
Jan 30—Feb 3	Tuesday BBQ Sandwich Coleslaw	Teriyaki Chicken w/ Asian Noodles	Soft Beef Tacos Corn	Thursday
Feb 6-10	Enchiladas V Black Bean Salsa	Chicken Alfredo w/ Penne	Brunch Lunch Scrambled Egg V Sausage Cinnamon Roll	Meatloaf Hero
Feb 13-17	Valentine's Day Chili w/ Chips V Chocolate Brownie	Chicken Grinder	Turkey Gravy w/ Mashed Potatoes Sub Sandwich V Dinner roll Green Beans	Crunchy Chicken Wrap
Feb 20-24	Chicken Fajitas	Orange Chicken w/ Fried Rice	Lasagna	Sloppy Joe on a Bun
Feb 27—Mar 2	Soft Beef Tacos Corn	Teriyaki Chicken w/ Asian Noodles	Grilled Cheese w/ Vegetable Soup V	Chicken Pot Pie

Meal Prices 2011/2012

Middle School Lunch (Paid)\$1.85

Middle School Lunch (Reduced)\$.40

Adult Lunch.....\$3.10

Breakfast is available at no charge to all students

Available Daily: Color Your Plate variety bar including tossed salad greens, broccoli, cauliflower, carrots, bean, celery, cucumber, salsa, fresh fruit, canned fruit and condiments
1% milk, skim milk and chocolate skim milk
V denotes vegetarian entree

This institution is an equal opportunity provider

February 2012

Lane County School District #52
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Eugene, OR 97402

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