



Cobra Tales

**Our Goal... Individualized Education
for All Learners**

Jan. 16th, 2019

Schedule of Events

Jan 21 ~ No School / Martin Luther King Day
Jan 22 ~ Site Council Mtg @ 3:30pm
Jan 25 ~ School in Session
Jan 28 ~ No School / Grading Day
Feb 1 ~ School in Session

Friday School Dates

Jan 18 * start of new session

Feb 8
Feb 15
Mar 1

Friday Fun Dates

Jan 18
Jan 28 / Field Trip
Feb 8
Feb 15
Mar 1
Mar 8
Mar 15

Reminder:

There is no school on both Monday, January 21st and Monday, January 28th. That means there will be school on both Friday, January 25th, and Friday, February 1st.

Please mark your calendar!

Parents interested in sending their child to Friday Fun's Winter Term. If you need a full scholarship for your child for Friday Fun, and for the Field Trip on January 28th to go Ice Skating, just indicate that on the form. Any questions please call Linda Hoyer at 541-409-5600.

New this year is a program called CATCH.

CATCH stands for a Coordinated Approach to Child Health. By uniting multiple players in a child's life to create a community of health, our community health programs aim to impact the messaging a child receives in physical education, the lunchroom, the classroom, and at home, to influence a child's choices not only in school, but lifelong. Two of the most important ways that CATCH creates behavior change are by enabling children to identify healthy foods and by increasing the amount of moderate to vigorous physical activity (MVPA) children engage in each day. Our health education curriculum uses terminology for identifying healthful foods—GO, SLOW and WHOA—that has been adopted colloquially nationwide as a simple means of labeling food's nutritional content.

In addition to being used in PE, there will also be a food tasting table in the cafeteria each month, and a flier about the food of the month will be sent home with Cobra Tales. Ask your student what they are learning about.

The Character Trait/Value for the month of January is **patience**.
This week's discussion: **How can you show patience when waiting in line?**

We will be practicing our Lock Out / Lock Down drills this month as well as our monthly fire drill.

A lock out is used when there is a potential threat outside the building or in the community. At that time no one is allowed to enter or leave the building. Students remain on their normal schedule. A lock down is used when there is a potential threat inside the building. At that time no one is allowed to enter or leave and students remain locked in their classrooms until an all clear is called.

During the fire drill we will be discussing Earthquake procedures. In case of an Earthquake, we will be exiting the building in the same manner that we do during a fire.

Emergency drills are required once a month. These drills must include a fire drill done monthly as well as drills on Earthquake, Lock Out and Lock Down procedures.

Order forms for this year's yearbook will be sent home next week. Be on the lookout for it. Yearbooks will once again be \$11.

If you have any pictures of school events or activities please email them to Leisa.Keyser@centrallinn.k12.or.us.

Central Linn School District is an equal opportunity educator and employer. El Distrito Escolar de Central Linn es una empresa educadora de oportunidad igual. Thank you.

Si usted tiene preguntas con respect a la informacion de este boletin de noticias (o para conseguir otra informacion en espanol) hable con Sra. Maria Guerrero 541-369-3419 Sra. Guerrero está aquí los martes y jueves en la tarde.

Leisa Keyser is the editor of Cobra Tales this year; please email her at Leisa.Keyser@centrallinn.K12.or.us if you have information to put in the weekly newsletter. The deadline is Monday @ 4pm.