Back-to-School Night
We're looking forward to seeing all Cal Young parents at Back-to-School Night on Thursday, September 27, from 6:30 to 8 p.m. You'll meet in the West Gym with Principal Sara Cramer and Assist. Principal Brian Beard, then follow your child's schedule to each class where teachers will give you a ten-minute curriculum overview.

**Be sure to bring your student’s planner with his or her schedule.** CY maps will be available. See you there!

Get that Cougar Spirit!
Cal Young Cougar clothing is on sale in the office now. Most sizes available and in stock.

Blue Cougar short sleeved t-shirts are $8, blue Cougar, crew neck sweatshirts are $16, CY baseball caps (pink and blue) are $8, blue Cougar knitted beanies are $8.

Show your school spirit and wear our school colors! Sizes are 14-16 child, xs adult, sm adult, med adult, lg adult, 1x adult, 2x adult, and 3x adult.
### To contact the Cal Young staff

Address your email to the staff member you wish to contact by name listed in the column below followed by @4j.lane.edu

For instance, to contact the registrar, you would address your email to: hanauka@4j.lane.edu

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<th>Name</th>
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<td>Barb MacWilliam, Earth Science/Health</td>
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<td>Ramona Peterson, Math/Algebra</td>
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<td>Dan Powell, Band</td>
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### Register today for eScrip!

1. Log on to www.escrip.com
2. Enter our group number: 8410484
3. Register your credit/debit cards and/or grocery cards
4. Watch as a percentage of your purchases help Cal Young
From the Library - The Reading Thing

**A new librarian at Cal Young!**
After many great years as librarian at Cal Young, Linda Ague has embarked on a well-deserved retirement. We will miss her and have high hopes that she will return for frequent visits with news of all the exciting books that she’s now having time to read. Her departure opened the way for me, Sam Arnold-Boyd, to take over as the new librarian. I come to you from Churchill High School, where I was a part-time librarian for three years. Though I loved working at Churchill, I am thrilled to be making this change to Cal Young and am enthused about what Ms. Ague has shared with me over the summer. Most of all, I can’t wait to get to know the students, parents, and staff of Cal Young. Please stop by and introduce yourself! Read on for news and opportunities at your library!

**“Get social about reading”: a new student book/library club**
Students! Do you love to read and would you like to meet regularly with other students who share your interest? Would you like to be a special advisor to Sam Arnold-Boyd as she gets immersed in the world of books for middle school students? If you feel a nudge of a “YES” to either one of these questions, the new yet-to-be-named student book/library club could be for you! Come by the library and get your name on the sign-up sheet for interested students, and then listen for the date of our informational meeting.

**Plunge into the Battle! The books for the Battle of the Books are here!**
Get ready for the second annual Battle of the Books, a program that aims to celebrate the love of reading and promote good sportsmanship. Students form teams with five members, read books from the list presented below, meet to discuss the books, then come together for the culminating event – a quiz-show format in which teams answer questions about the books. The process includes special drawings, food, and fun. This year Cal Young will be participating in the statewide competition sponsored by the Oregon Association of School Libraries.

As a recipient of one of the Battle of the Books grants, we have been able to purchase multiple copies of the books for this year’s competition. Come to the library to find out more about the books and the event! Here's the list:

- *Airborn* by Kenneth Oppel
- *Among the Hidden* by Margaret Haddix
- *Cages* by Peg Kehret
- *Code Orange* by Caroline B. Cooney
- *Code Talker: a Novel about the Navajo Marines of World War II* by Joseph Bruchac
- *Criss Cross* by Lynne Rae Perkins
- *Eleanor’s Story: an American Girl in Hitler’s Germany* by Eleanor Ramrath Garner
- *Flush* by Carl Hiaasen
- *The Kite Rider: a Novel* by Geraldine McCaughrean
- *The Lightning Thief* by Rick Riordan
- *Princess Academy* by Shannon Hale
- *Shadow Spinner* by Susan Fletcher
- *Stargirl* by Jerry Spinelli
- *Touching Spirit Bear* by Ben Mikaelsen
- *Uglies* by Scott Westerfeld
- *Under the Blood-Red Sun* by Graham Salisbury
From the Library - The Reading Thing continued

Parents and community members – consider volunteering in the library
I would like to extend a thank you to the many volunteers that have helped to make the library at Cal Young such a great resource for reading and research. There are so many tasks, both visible and “behind the scenes,” that need to be done in the library, and the assistance that volunteers provide is vital to the library’s success. Volunteering in the library might involve shelving books, processing new books, repairing books, creating displays, helping with the book fairs, or other tasks that match your interests and talents. Contact Sam Arnold-Boyd in the library, by phone at 687.5459, or by e-mail at arnold@4j.lane.edu. I look forward to meeting you!

Cal Young Library Hours
8 a.m. – 2:30 p.m. with after-school checkout on Tuesday, Wednesday, and Thursday.
The Library Website at http://schools.4j.lane.edu/calyoung/library/ is open 24 hours a day/7 days a week! It’s full of resources for homework and research. Come to the library and pick up a handbook about these high-quality online resources.

Sam Arnold-Boyd, Librarian

Art News Flash
“A student from Cal Young Middle School, Rex P., has been accepted into “Fast Forward: The Mayor’s Teen Art Show” at the Maude Kerns Art Center (September 14 - October 5),” announced Marsha Shankman, Publicity Coordinator for Maude Kerns.
Rex had to turn in a portfolio of work to be considered for the show. Moral of story: keep that great art work if you are serious about your art. What an honor. Go Rex!
On another note, catch the Rembrandt show at the Museum of Art in Portland if you can. It ends soon.

Patti Wessman & Hal Huestis
Art Teachers
The cornerstone of a child’s physical activity in schools is physical education. School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. In addition to physical education programs, schools should have many opportunities for children to participate in physical activity. September is National Recess Month, a time to recognize the need that children have for short, unstructured play and physical activity. Recess, unstructured opportunities of play and physical activity, is an essential element of children’s academic performance because it helps energize them and get them ready to learn more effectively.

As a parent you can encourage your child to engage in more physical activity after school and on the weekends. Playing with your child will not only motivate the child to be more active, but it will increase your own personal physical activity; that is a win-win situation! I look forward to an exciting, productive, and healthy school year, and would like to invite you to visit our physical education class. You will see children participating the developmentally appropriate activities that will help increase their physical competence, self-esteem, and joy of being physically active no matter what their physical abilities may be. By enhancing your child's physical activity education, I’m certain we will be able to help your child enjoy a lifetime of physical activity and good health. We welcome your support and

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**Distinguished Teaching Achievement Award Goes To Terri Simons!**

The NCGE College/University and K-12 Distinguished Teaching Achievement Awards recognize outstanding geography teaching in the colleges, universities, and schools of the United States and Canada, including U.S. Department of Defense schools abroad. This year, Cal Young’s own Terri Simons has been chosen as an outstanding middle school teacher!

Terri will attend the NGCE Conference in Oklahoma City from Oct. 18 - 21. At a banquet on Oct. 19, she will be presented with a plaque and a one-year membership in The National Council for Geographic Education.

*Way to go, Terri!*

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**Physical Education news**

Dear Parents:

Welcome to the beginning of a new school year — a great time to emphasize the importance of physical activity in your child’s education which is vital to his or her health and wellness. Children should accumulate 60 minutes of physical activity per day!

We all have heard the statistic that the percentage of overweight youth has more than tripled in the past 25 years, partially due to increased interest in sedentary activities such as television, computers, and video games. A reduction in physical activity as well as an increase in caloric intake has contributed to an obesity epidemic.

I am often asked the difference between physical activity, physical education, and recess, so let me take a moment to explain. Physical activity is bodily movement of any type and may include recreational, fitness, and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs, or raking the leaves. A variety of physical activity opportunities are vital to children’s growth and development. Please remember that all physical activities are not equal.

The cornerstone of a child’s physical activity in schools is physical education. School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. In addition to physical education programs, schools should have many opportunities for children to participate in physical activity. One of these opportunities is for students to participate in daily recess.

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Sincerely,

Bear & Mason
Cal Young P.E. Staff
Cal Young Middle School Supply List 2007-08

The following is a basic school supplies students will need to start the year off right:

- 1 - 2” 3 ring notebook
- 1 - pencil pouch
- 20 - #2 pencils
- 2 - black pens
- 2 - blue pens
- 2 - boxes of tissues
- 1 - pair of scissors
- 1 - compass

- 2 - notebook lined paper
- 1 - ream copier paper
- 2 - sets colored pencils
- 2 - red pens
- 1 - metal edged pencils
- 1 - protractor
- 1 - box of band aids
- 2 - pink pearl erasers
- 2 - glue sticks

— Students will need a t-shirt, shorts with no zippers or buttons, and tennis shoes for any PE/Rockwall class.
— Teachers may request specific supplies at Open House that are not on the above list, i.e., science calculators.

If purchasing school supplies causes a financial hardship for your family, please contact the office for assistance, 687.5400. We are collecting student supplies for students who need assistance. There will be a container in the office for your donations. We can provide a tax letter for your donation upon request. Thank you for your generosity.

Smart Ways to School

Our free services can help with school transportation!

- Save Money and Time by Carpooling!
- Ride LTD Free!
- Get a Group to Walk or Bike Together!

Carpool

Smart Ways to School’s free SchoolPool service connects families who want to carpool to the same school. You’ll receive a match list of other registered families whose students live near you.

- Register online at www.swts.ltd.org or call 682.6212 to request a form.

Ride LTD Free

Students in grades 6 - 12 can ride LTD free beginning September 1, 2007. Students can obtain their free LTD pass from their school.

- Call 687.5555 or visit www.ltd.org to find the best LTD route for your student.

Walk or Bike

We can help you connect with families near you to walk or bike together to the same school. Your group would follow a planned route and could add more students along the way. If appropriate, parent volunteers could choose to accompany students. Globally, it’s called a “walking (or bicycling) school bus.”

- Call 682.6212 to get connected.

Lisa VanWinkle
LTD EmX Pioneer Parkway, and Commuter Solutions Smart Ways to School
541.682.6212
lisa.vanwinkle@ltd.org
Dance Clinic!

Put on by the Sheldon High School Dance Team — The Colleens

When: Saturday, September 22, 2007
Time: 9:30 a.m. – noon (registration paperwork/payment begins at 9 a.m.)
Where: Sheldon High School Cafeteria
Who: Participants ages preschool — 8th grade
Cost: $22 per students (some scholarships are available)
What: Dance instruction, snack, dance team t-shirt, free participant ticket into Sheldon football game on Friday, September 28, and the opportunity to perform at half-time at the football game!
Contact: Coach Hillary McClintick with questions
Phone: 541.337.3367
Email: mcclint_h@4j.lane.edu

Check out http://www.shs.lane.edu/sports/dance/index.php for more information about the clinic and our team!

Are you Uninsured or Underinsured for Prescription Drugs?
The state of Oregon has started a prescription drug discount program that will save you up to 60% on generic drugs and 30% on non generic drugs.
Enrollment is easy! Either call 1.800.913.4146 or go to www.opdp.org You will receive a discount card that you present to your pharmacy. You must live in Oregon and be either uninsured or underinsured.
Calendar and Newsletter
September 2007