



Lowrie Primary Pack Post

February 12, 2015



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Join our email listserv to receive important updates about our school. Sign up [here!](#)



28995 SW Brown Rd, Wilsonville, OR 97070
(503) 673-7700; Visit us online [here](#).

Message from Mr. Meigs

Dear Families,

I hope you have been enjoying these “spring-like” days of winter. Around school, children have been working hard thinking, exploring, wondering, researching, singing, creating and asking great questions. It is such a pleasure to be in classrooms from Kindergarten to 5th grade to see children and teachers thriving each day!

While it seems far away, spring Student-Led Conferences are right around the corner. **Please make sure you are available the week of March 16th!** Teachers will provide the opportunity for afternoon or evening conferences (March 16, 17, 18) and a full day on March 19. Each teacher will soon have their conference schedule ready for families to sign-up.

We hope you will arrange your schedules so your children are both at school during conference week and are available for your conference time. It means a great deal to us when you are able to attend this important school function with your child. It can be challenging to reschedule a conference after spring break, but teachers will make efforts to reschedule a conference missed due to special circumstances as they are able. Again, please make every effort to attend student led conferences the week of March 16th - these conferences are a wonderful showcase of student learning and an opportunity to discuss your child's progress with both your child and his or her teacher.

~With Appreciation, Patrick



Office Notes

- **Visitors** must check in at the office
- **Volunteers** sign in on computer located inside office
- **Late Students** must check in at the office when they arrive
- **Arriving Early Students** are permitted in the building no earlier than 7:35am
- **Leaving Early Students** must be checked out by guardian or parent
- **For absences**, call attendance line at (503) 673-7700 by 7:30am
- **Changes in pick-up:** send "memo to school" note with your student

Upcoming Dates

February 12, Lowrie Family Night at Wilsonville Public Library, 6:30-8pm

February 16, NO SCHOOL, Presidents' Day

February 19, 2nd Grade Family Music Night, 6:30-7:30pm, Lowrie Gym

February 23, Science Fair & Evening Presentation

February 23, Ms. Crystal's class informance, 1:30-2pm

February 24, Mrs. Butler's class informance, 1:30-2pm

February 25, Sra. Lee's class informance, 1:30-2pm

February 26, PTA Meeting, 6pm

February 27, Ms. Block's class informance, 1:30-2pm



Lowrie News

The payment system for school lunches has changed. Set up an account or add money to your student's account here!

Lowrie is on Twitter! Follow us at [twitter@lowrieprimary](https://twitter.com/lowrieprimary)



Counselor's Corner

I love blogs, and one of my most valuable and favorite blogs is written by a Portland-area elementary school counselor in the Parkrose district writes about her favorite books for kids.

Her blog, Books That Heal Kids, is an amazing resource for finding age-appropriate books on subjects ranging from the death of a pet to dealing with gossip and rumors.

Most of her recommendations are available from the public library, and I own copies of my favorites, which I'm always happy to lend out to families. Check it out and let me know what you think!

www.booksthathealkids.blogspot.com

~Emily Townsend, school counselor



COMMUNITY NEWS

West Linn High School Thespian's

GREEK MYTHOLOGY KIDS IMPROV DAY

At the West Linn High School Performing Arts Center

Play theatre games, gain self confidence, and collaborate!

February 16th, 2015

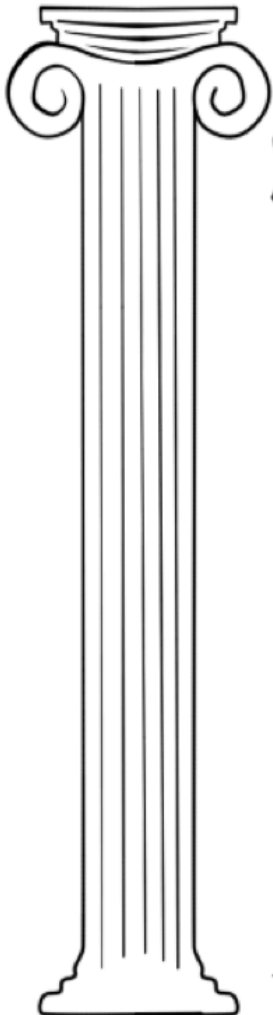
Registration 9:30-10am

Pick-up at 3:00pm

Bring a sack lunch and wear clothes to move in. Feel free to dress up in costume for the theme!

GRADES 1-6

COST: \$ 30 PER CHILD



LACROSSE IS HERE!

Youth Lacrosse Sign ups now open through Sunday, February 15th. Sign up now for boys youth lacrosse (grades 3-8) and girls youth lacrosse (grades 2-8). Wilsonville Youth Lacrosse welcomes players of all abilities and encourages new and/or inexperienced players to begin their lacrosse experience at any age (older kids should not be afraid to join for the first time!). Come join one of the fastest growing sports in the state!!

Registration information is available at www.wilsonvillelacrosse.com

2015 SPRING BREAK ORCAS ISLAND MARINE BIOLOGY ADVENTURE CAMP!

Tuesday, March 24, 2015 - Saturday, March 28, 2015
Grades 4, 5, 6, 7, & 8

Spend a fun-filled week in the beautiful San Juan Islands! You'll have a great time making new friends, learning about marine biology, and challenging yourself on a high ropes course.

The trip will kick off with a stop at the Point Defiance Zoo and Aquarium in Tacoma and then we'll spend the night in Anacortes, the gateway to the San Juan Islands. The next morning we'll travel by ferry to Orcas Island where we will spend the rest of the week. Y MCA Camp Orkila is an amazing place, where the beach is your front yard! Orkila's environmental education staff will lead us on a variety of fun, engaging lessons about marine mammals, invertebrates, and the ecology of the Puget Sound area in their very own marine science center. You will get to explore camp during beach hikes and recreational activities (including row boating, art, and archery). And you will never forget walking a tightrope high between two trees, scaling a tower, and possibly swinging on a giant swing or zipline on Orkila's (very safe) Challenge Course. We'll wrap up our busy days with fun campfires and even a night hike.

Lodging will be in heated cabins and CREST staff members will serve as chaperones. Students will be broken into age groups for lessons and lodging. Meals are served family style in Orkila's main lodge.

For registration information, please visit the CREST website at:
<http://www.crest.wlwg.k12.or.us/Page/2534>.

Nursing Newsletter

The WLWV Nursing Department will be using this forum to address current health topics. Please visit our website for more information pertaining to your student's health and safety at school.

By: Paula Hall, RN, Karen Pyeatt, RN, Lindsay Nowak, RN

JANUARY 2015



FIGHT THE FLU

- Get your seasonal flu vaccine
- Cover your nose and mouth with a tissue or your arm when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Stay home if you become sick*

Students with fever greater than 100.5°, vomiting, diarrhea may return to school when they are without symptoms for a minimum of 24 hours without the use of medication used to prevent these symptoms.

Handwashing: Clean Hands Save Lives

Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (think Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

HOW?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.



WHEN should you wash your hands?

- Before, during, and after food prep
- Before eating food

- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Source: Centers for Disease Control and Prevention: <http://www.cdc.gov/handwashing/index.html>

Immunization Exclusion Day

Exclusion Day is rapidly approaching. Be sure to get your student's immunization updates turned in to the school office as soon as possible. Names of students with incomplete vaccination records were turned in to the Clackamas County Health Department January 14, 2015.

Exclusion Day is February 18, 2015.

A few helpful tips:

- One dose of Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough) is required for students in seventh through 12th grade.
- The hepatitis A vaccine, a two-dose series that protects against a communicable viral infection, is required for children

18 months and older in childcare, preschool and for those in kindergarten through fifth grade.

- By law, no one can be turned away from a local health department because they can't afford the required vaccines.
- Pharmacists can immunize children 11 or older.