



Trillium Tweet

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News and Events

From Garrett Yoshiwara, PE/Wellness Teacher

I am excited to be the new Physical Education/Wellness teacher at Trillium Creek. My name is Mr. Yoshiwara, although most the students simply call me Mr. Yosh. I have been teaching in sunny Chandler, Arizona for the last ten years and I am excited to return to Oregon. I grew up in Gresham and graduated from Oregon State University. (Go Beavers!) With my wife and 2-year-old daughter, I enjoy spending time outdoors hiking, camping, and exploring all that the Pacific Northwest has to offer.



My philosophy as a physical educator is to create a positive environment that encourages healthy lifestyles and good character. In class, we will work to give every student the basic knowledge, skills, and confidence to participate in a variety of physical activities during and beyond the school day. In my classroom each student will learn sportsmanship, caring for others, problem-solving, and conflict resolution.

This year, students will be learning a wide variety of activities ranging from team sports, rhythms and dance, tumbling, and of course everyone's favorite, the parachute. In addition to physical activities, students will be receiving wellness lessons about how to eat healthy, get regular physical activity, and making safe and healthy choices each day.

What students can do to be successful this year in P.E./Wellness are:

- Come prepared for activity: wear tennis shoes and comfortable clothes
- Give their best effort each day
- Have a Growth Mindset
- Participate in activities appropriately and safely
- Be respectful of their peers and teacher

SHAPE America Physical Activity Guidelines for Children

Children should accumulate at least **60 minutes**, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity.

Calendar of Events

October



Oct 20 - PTA Costume Swap
1:00-4:00 pm

Oct 26 - Professional
Growth Wednesday, Early
Release at 12:10 pm

Oct 28 - Harvest
Happenings at 5:30 pm

November



Nov 4 - Picture Re-takes

Nov 6 - Daylight Savings
Time Ends - Set clocks back
1 hour

Nov 7 - Parent Education
Night with Dr. Sosne at
6:30 pm

Nov 11 - No School -
Veterans Day

Nov 14-18—Scholastic Book
Fair

Nov 16 - PTA Meeting at
7:00 pm

**Trillium Creek Harvest Happenings
is less than two weeks away!
Friday, October 28th
from 5:30-7:30pm**

BUY YOUR TICKETS NOW!

**PIZZA WILL NOT BE SOLD AT THE EVENT.
THE LAST DATE TO PREORDER YOUR
PIZZA ONLINE IS
WEDNESDAY, OCTOBER 26.**

Did you know that **pizza** in the "Harvest Pizza Cafe" with live entertainment by "The Ed Haynes Show" at the event is pre-sale only and you have one more week to pre-order? **This means you have to PRE-ORDER YOUR PIZZA before the event if you would like to dine on pizza at Harvest Happenings.** Doesn't it sound nice to be able to skip cooking dinner and have pizza at the event? So click on the link below to buy your family entrance fee for \$10, and feel free to order a pizza & water combo for \$3/person and raffle tickets if you would like as well! Can't wait to see you there!

<https://tcpta.ejoinme.org/tcpsharvesthappening2016>

Included in the Harvest Happenings Admission Fee of \$10/family is Games, Prizes, Professional Pumpkin carver, Students in Costumes, DJ, Dancing, 1 Photo Booth Ticket, and much more! It's the biggest TCPS family event of the year! Pizza and raffle tickets are an additional charge.

We are also in need of more donations of candy, Gatorade and sparkling water for this event, as well as more volunteers to run the game booths. If you can help in these areas, please click this link below to sign up today:

<https://www.helpcounterweb.com/ci/signup/130ab8a7ef1>

save-the-date

Parent Education Night
Monday, November 7th

Dr. Jeff Sosne from the Children's Program
Building Positive Work Habits at
Home and School

Earthquake Drill

Today we practiced an earthquake drill as part of the *Great Oregon ShakeOut*. Attached in this newsletter are recommendations for earthquake safety actions. Please review them with your family as there are several different situations that will be helpful to know about in the event you are present when an earthquake occurs.

West Linn Event Thursday, October 20th at 6:30 pm

There will be a West Linn Community Task Force Meeting at West Linn High School starting at 6:30 pm in the auditorium. Come listen to experts in the prevention field of substance abuse. This event is sponsored by the West Linn Community Task Force whose goal is to support youth with prevention education, access to resources, and peer-to-peer encouragement so that they can live above influences that don't support being the best they can be.

BoxTops

Box Tops is off to a great start! Please remember to send in your completed Box Tops sheets in the office by October 21st for the contest.



Please make sure all Box Tops are cut out correctly around the dotted line and that the date has not expired. (Anything before 11/1/06 is considered expired.)

Happy Collecting!!

CORNY JOKE FRIDAY

Here are a few of our favorites:



What do you call a bull that is sleeping?
A Bull Dozer!

What kind of music do bunnies listen to?
Hip Hop

Why did the boy sit on his watch?
Because he wanted to be "On Time"

West Linn Eco-School Leadership Training

Are you active in introducing "green" changes at school? Do you want to be? Join other West Linn parents to

Refresh and learn new strategies for implementing the changes you are most passionate about,

Meet local parents, make new friends, and have fun and interesting conversation with other engaged West Linn families,

Learn about best green practices from neighboring primary schools so we can all work together for a stronger community,

Walk away with a concrete plan in place for next steps at school, and

Receive on-going support and inspiration from the Eco-School Network.

When: October 20 and 27, November 3, and December 1

Time: 7:00-8:45 p.m.

Where: Market of Choice, 5639 Hood St.

This training is offered through the **Eco-School Network**. Our mission is to introduce sustainable practices and increase eco-awareness to enrich the lives of children at school. Parents from different schools come together in person and online to share ideas, experiences, and projects, as well as offer each other motivation and inspiration.

Please RSVP to Jeanne Roy at 503-244-0026 or jeanne@earthleaders.org. The sponsor of the Eco-School Network is the Center for Earth Leadership, www.earthleaders.org.

Forest Flyers

The rainy weather has set in which can impact Forest Flyer weeks. These weeks are chosen well in advance of the school year based on when holidays fall, school activities and in-service days. Unfortunately, Mother Nature doesn't always cooperate. Monday proved to be entirely unsafe for the kids to run and their safety is always our top priority. Assuming the rest of the week cooperates with regard to weather, running will continue through Friday with charms to be handed out next week. Should another day this week have to be canceled we will let everyone know of alternative plans to allow kids to get their four days of running. For now, happy running! Our owl kids are amazing!

THANK YOU!

Thank you Trillium Creek Families who donated to the Annual Fund this year. As of today, our community has raised approximately \$ 27,000! Your generous donations will be used for the betterment of our children's education. Programs like Fifth Grade Biz Town, Art Literacy, access and improvement to technology, Time for Kids, Math IXL and so much more are possible because of you! Thank you!

The Annual Fund site is active year round. If you would like to donate, you still can! Simply go to www.trilliumcreekpta.org and click on the Annual Fund Donation link on the left-hand side of the screen.

If you donated to the Annual Fund, please inquire if your employer offers a "Company Match Program." Many businesses will match charitable donation(s) that you make. Companies like Nike, Intel, and various banks offer this program.

FRI
OCT

28

5:30 to
7:30PM

HARVEST HAPPENINGS!

COME JOIN US FOR

THE ED HAYNES SHOW

pre-order pizza only

PUMPKIN RAFFLE

PIZZA PRIZES

WEAR YOUR COSTUMES



**PRE-ORDER
PIZZA &
TICKETS
ONLINE:**

TrilliumCreekPTA.org



There will be lots of fun games and prizes, The Ed Haynes Show, and even a professional pumpkin carver to come watch, Tom Ziemann, tomziemann.com. We will be raffling off a couple of those pumpkins at the end of the night! Come in costume for a spooktacular night of fun. See reverse side of flyer for information to pre-order tickets and food for this event!

COST:
\$10
PER
FAMILY



We will need Bags of Treats (store bought candy) , or prize items in new condition. No weapons, scary items and age appropriate. Examples are new pencils, erasers, stickers, tattoos, etc.

Donations of flavored sparkle water for the ring toss is greatly appreciated as well. Donation bins will be located in the front office.

PIZZA PRE-ORDERS
ONLY ONLINE FOR
PIZZA SLICES & WATER
PRE-ORDER YOUR PIZZA TODAY >>>>>>
THE ED HAYNES SHOW will be performing in the Pizza Café

RAFFLE PRIZES
professional pumpkins carved valued at \$300 a piece
SUBZERO GIFT CARDS
🎃 RAFFLE TICKETS ARE \$2 EACH OR 3 TICKETS FOR \$5 🎃

DONATIONS NEEDED
Sign up to give donations for prizes!
PLEASE DROP OFF DONATIONS BETWEEN OCTOBER 10-27
READ BELOW FOR DONATION DETAILS!

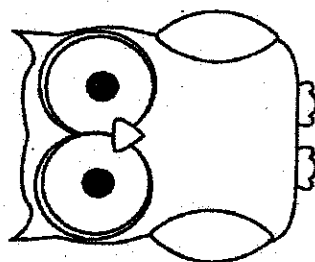
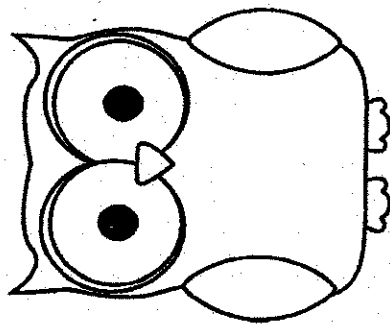
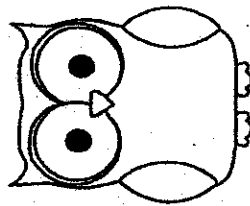
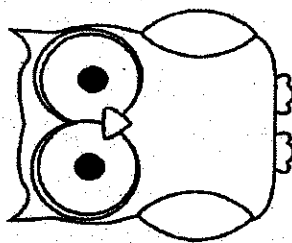
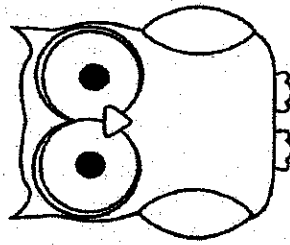
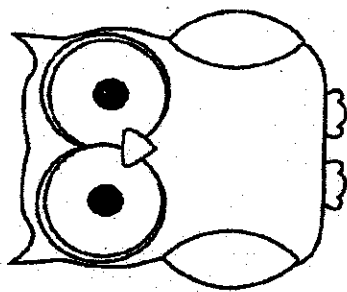
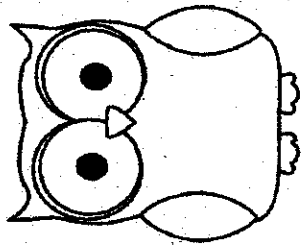
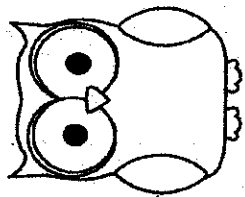
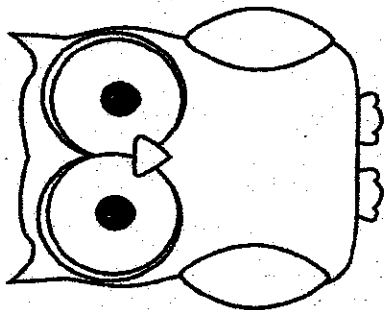
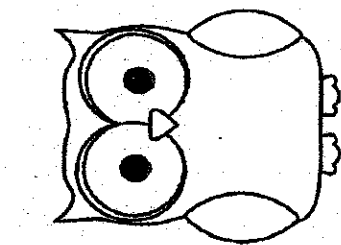
**PRE-ORDER
PIZZA &
TICKETS
ONLINE:**

TrilliumCreekPTA.org



**COME & WATCH
pumpkin carving by
Tom Ziemann**
TomZiemann.com

Look Whoooo's Collecting Boxtops!



TRILLIUM CREEK PRIMARY SCHOOL

NAME: _____

TEACHER: _____

Please attach one boxtop to each owl by glue or tape. Be sure the date on your boxtop has not expired. Expired boxtops will not be counted.

Thanks for your help!!

Federal, State, and local emergency management experts and other official preparedness organizations all agree that “**Drop, Cover, and Hold On**” is the appropriate action to reduce injury and death during earthquakes. Great ShakeOut Earthquake Drills (www.ShakeOut.org) are opportunities to practice how to protect ourselves during earthquakes.

You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

In MOST situations, you will reduce your chance of injury if you:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms.

Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be start of the big one...and that's why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit

www.earthquakecountry.org/step5.



Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. However, do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away. If seated and unable to drop to the floor: bend forward, Cover your head with your arms, and Hold On to your neck with both hands.

In a wheelchair: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available. See EarthquakeCountry.org/disability for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance.

In bed: Do not get out of bed. Lie face down to protect vital organs, and Cover your head and neck with a pillow, keeping your arms as close to your head as possible, while you Hold On to your head and neck with both hands until shaking stops. You are less likely to be injured by fallen and broken objects by staying where you are.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a classroom: Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

In a stadium or theater: Drop to the ground in front of your seat or lean over as much as possible, then Cover your head with your arms (as best as possible), and Hold On to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

In a store: Drop, Cover, and Hold On. Getting next to a shopping cart, beneath clothing racks, or within the first level of warehouse racks may provide extra protection.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then Drop, Cover, and Hold On. This protects you from any objects that may be thrown from the side, even if nothing is directly above you.

MYTH – Head for the Doorway:

An enduring earthquake image of California is a collapsed adobe home with the doorframe as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. We now understand that doorways are no stronger than any other part of the house, and do not provide protection from falling or flying objects. You are safer under a table.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles. If a power line falls on the car, stay inside until a trained person removes the wire.

Near the shore: Follow instructions above for your particular location. Then as soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive soon. Don't wait for officials to issue a warning. Walk, rather than drive, to avoid traffic, debris, and other hazards.

Below a dam: Follow instructions above for your particular location. Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan for getting to high ground.

More information:

ShakeOut.org/dropcoverholdon

[Earthquake Safety Video Series](#)

