



Philomath Middle School

2021 Chapel Drive, Philomath, OR 97370

Main office: 541-929-3167

Www.philomathsd.net/Philomath-middle-school Attendance: 541-929-5009

We are off to an exciting and fast start at Philomath Middle School. Thank you for your continued support and we look forward to seeing you at Fall Conferences on October 17th and 18th.

Steve Bell - Philomath Middle School Principal

OCTOBER 2019 NEWSLETTER



Back-to-School Open House

Thank you to all who attended the Back-to-School Open House. It was great to see so many of you. I hope you were able to meet your child's teachers and become more familiar with the middle school. Thank you again for your support of the students at Philomath Middle School.



Statewide In-Service

There will be no school for students on Friday, October 11th. Teachers will have the opportunity to attend professional conferences and workshops around the state. These conferences provide teachers with knowledge and experience they use in the classroom.

Philomath Middle School Office Hours

Philomath Middle School office hours are Monday – Friday 7:00 a.m. – 4:00 p.m. during the school year.

The office will be closed on October 11th for the Statewide In-service Day.



Lilly's Lope for Hope - October 13, 2018

Lilly's FELINLope For Hope is Saturday, October 12th, at Philomath City Park. The race begins at 10:00 a.m. Proceeds help provide families in the Philomath and Corvallis School Districts with financial support for youth in need of mental health services. The Philomath Middle School HERO Challenge and the Philomath School District INSPIRED programs also receive financial support from the proceeds of this event. Visit www.lillyslope.com to register for either the 5k run or 1k walk.



Picture Re-Take Day

Picture Re-Take Day is Monday, October 14th. If you need a picture form, you may pick one up at the Front Office.



Conference Days *Grades 6/7/8*

Conferences will be held on Thursday, October 17th, from 4:00 to 7:00 p.m. in the gym. Your conference will begin with picking up your student's reflection and goal sheet in the main hallway. You will then move to the gym to meet with teachers.

On Friday, October 18th, conferences will be held in the classrooms or the library from 8:00 a.m. to 12 noon. There will be check-in sheets outside the doors of each classroom. These are to be brief conferences.

If you desire an in-depth conversation, please schedule a meeting with the teacher for another date. Please take advantage of this opportunity to see how your son/daughter is progressing. There will be no school for sixth, seventh and eighth grade students on Friday, October 18th.



East Parking Lot Hours

In an effort to keep our students safe, the east parking lot is closed to traffic from 7:00 a.m. to 2:55 p.m., Monday through Thursday, and 7:00 a.m. to 12:25 p.m. on Fridays. The gate will be opened every day at these times to allow access to the parking area. Thank you for your understanding and continued support for student safety.



7th Grade Required Immunizations

7th grade students are now at the age where a Tdap booster is needed for immunization requirements.

The deadline to have updated immunizations complete is February 19, 2020. If you have questions or concerns please call Tina Hoch, RN the District Nurse at 541-740-0245.



7th & 8th Grade Girls Basketball

Registration is now open for 7th and 8th Grade Girls Basketball at Philomath Middle School. Practice is scheduled to begin on Monday, November 4th. The season will run through the third week of January.

Sixth grade students will continue to play through PYAC programs. The 7th and 8th Grade Boys basketball season begins in January. If you have questions, please contact Chad Matthews at 541-929-3167 or chad.matthews@philomath.k12.or.us.



Veterans' Day Assembly

On Thursday, November 7th, at 8:10 a.m., the Middle School will be holding our annual Veterans' Day Assembly to honor all the men and women who have served our country. Parents and relatives are invited to attend this assembly, and we extend a special invitation to all veterans.

We would like the veterans to walk behind their service flag at the beginning of the assembly and to stand in front during the flag ceremony.

If you are a veteran, or know of one who might like to attend, please join us at 8:00 a.m. to prepare for the assembly.

Release Time for Religious Instruction

ORS 339.420 allows parents to have their children excused from school *for periods not exceeding five hours in any week for secondary students* to receive religious instruction. Permission forms are available in the school office if you would like to have your child excused



Sports Scholarships Available

After school sports activities can be very expensive, and there is lots of help available for Philomath families. We just learned of an organization in Bend that will provide up to \$150 each season to pay for registration fees. There are five ways to prove eligibility: Free/Reduced Lunch, WIC, SNAP, Foster child, or OHP enrollment. If you have any questions, please contact the school office.

<https://kidsinthegame.org/programs/pnw/pass/>



School Site Council

The Philomath Middle School Site Council meetings are the second Wednesday of each month from 3:15-4:15 p.m. Site Council members promote staff development and look at ways to improve the school.

We have one open Site Council parent position. Please contact Steve Bell if you are interested in attending Site Council meetings. Parents are also welcome to attend meetings as guests.



Turkey Bingo

Turkey Bingo Night is November 22nd 5:00 to 8:00 p.m. in the high school auditorium. Bingo will start at 5:30 p.m.

We need parent volunteers to help at several stations that night.

If you are unable to help the night of the event, please make a contribution for the silent auction, or donate a frozen turkey or dessert.

Contact Connie Barnes at 541-929-3409 or connie@irmforestry.com about donations or volunteer opportunities.



Attendance Matters

What you can do....

- Make school attendance a priority by emphasizing the importance of showing up to school everyday. Make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try to schedule dental and medical appointments before or after school or on scheduled "No School" days.
- Don't allow your child to stay home from school unless truly sick. Complaints of headaches or stomach aches may be signs of something else going on.

More information on regular attendance and its impact on student success can be found at www.attendanceworks.org.



4-H Information Night

4-H Information Night will be held on Thursday, October 3rd, from 6:30 to 8:00 p.m. at the Benton County Fairgrounds Auditorium.

4-H is a youth development organization that offers opportunities for youth ages 5-19 to meet new friends, learn new skills, experience leadership, contribute to the community and much more!

4-H programs suit a variety of interests, budgets and schedules. From in-school to after-school, camps to clubs, our 4-H programs welcome all children who want to have fun, learn, and grow. Based on their interests, and guided by adult mentors, youth develop their own pathway in 4-H.

For more information please call 541-713-5000 or visit <http://extension.oregonstate.edu/benton/4h>.



Philomath Community Library

Teen Activities: Wednesday, 10/16/19 3-4:30 p.m.— Teen Videogame Afternoon.
Friday, 10/25/19 1:15-2:30 p.m.— Teen Book club.

Wednesday, 10/30/19 5:15-7:00 p.m.— Teen Harvest Party.

Important Dates



October

- 1-3 HERO Challenge - 7th Grade classes
- 1 Special Education Advisory Committee meeting– District office– 6:00-7:00 p.m.
- 2 7th/8th Grade Volleyball vs. Sweet Home– Home
7th/ 8th Grade Football vs. Talmadge– Home
- 3 Cross Country Meet @ Stayton Middle School
- 4 Early Release Day – Students dismissed at 12:25 p.m.
- 8 7th/8th Grade Volleyball @ Cascade
7th/8th Grade Football @ Cascade (6:00 p.m. start)
TAG Advisory Committee meeting– District office — 5:00 – 6:00 p.m.
- 9 Site Council Meeting– 3:15 p.m.
- 10 Cross Country Meet @ Avery Park, Corvallis
Emerging Bilingual Advisory Council– CPS Library– 6:00-7:30 p.m.
- 11 **NO SCHOOL**—Statewide In-service– Middle School Office is closed
- 12 Cross Country Meet @ PHS– optional event
- 14 Picture Re-Takes MP Room – 8:10 a.m.
7th/8th Grade Volleyball @ LaCreole
- 16 7th/8th Grade Volleyball vs. Newport– Home
7th/8th Grade Football vs. Stayton– Home
- 17 Cross Country Meet @ Cheldelin
6/7/8th Grade Parent/Teacher Conferences – Gym – 4-7:00 p.m.
- 18 **NO SCHOOL** - 6/7/8th Grade Parent/Teacher Conferences from 8 a.m.—12:00 noon
- 21 7th/8th Grade Volleyball @ Sweet Home
Cross Country Meet– HOME—4:00 p.m.
School Board Meeting – District Office Board Room– 7:00 p.m.
- 23 7th/8th Grade Volleyball @ Talmadge
7th/8th Grade Football vs. Neil Armstrong
- 25 Early Release Day – Students dismissed at 12:25 p.m.
- 29 7th/8th Grade Football @ Woodburn
- 31 Last day of First Quarter

November

- 1 **NO SCHOOL**—Quarter 1 Grading/Assessment
- 4 First day of practice for 7th/8th Grade Girls Basketball
- 5 Special Education Advisory Committee meeting– District office– 6:00-7:00 p.m.
- 7 Veterans’ Day Assembly—Gym—8:10 a.m.
- 8 Early Release Day – Students dismissed at 12:25 p.m.
- 11 **NO SCHOOL**—Veterans’ Day Holiday
- 12 TAG Advisory Committee meeting– District office–5:00– 6:00 p.m.
- 13 Site Council Meeting– 3:15 p.m.
- 14 Emerging Bilingual Advisory Council– PHS Library – 6:00-7:30 p.m.
- 15 First Quarter Honor Roll Assembly– Gym– 8:10 a.m.
Early Release Day – Students dismissed at 12:25 p.m.





Philomath Public Schools

Benton County School District 17J, 535 S. 19th Street, Philomath OR 97370 (541) 929-3169

School and Illness: Should Your Child Stay Home?

The following guidelines will help you decide whether your child is too ill to go to school.

Your child is too ill to go to school if they have any of these signs:

- * Seems very tired and needs bed rest (this is common with flu symptoms)
 - * Has vomiting or diarrhea (**Do NOT send until student is FREE OF symptoms for 24 hours**)
 - * Becomes short of breath or is wheezing
 - * Has a cough that disrupts normal activity
 - * Has distracting pain from earache, headache, sore throat or recent injury
 - * Has yellow or green drainage from eye(s)
 - * Break out in a rash; not all rashes require that a child stay home from school. Check with your child's doctor. Impetigo would require staying home until treated with an antibiotic for 24 hours.
 - * Live lice visible in hair. Treat. Student may return after no live lice are found in hair after treatment.
- *Fever:** Your child should not go to school if they have a temperature at or above 100.0* F. Student may return to school after they are feeling better (a temp. below 100.0°F without a fever reducer in their system).

Contagious Disease:

- * Your child should stay home from school if they have a contagious disease. A contagious disease is one that can be spread by close contact with a person or object. Examples are: chickenpox, flu, vomiting, diarrhea, colds, strep throat and "pinkeye." A disease may be contagious before the child shows signs of illness. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing will help prevent the spread of germs in most settings.
- * If your child has chickenpox or strep throat, please ask your doctor when they may return to school. In general, children who have active chickenpox should not return to school until all the lesions are dried and crusted. Children with strep throat should be on antibiotics for 24 hours and feeling well enough to concentrate.

When Cold and flu season is **HERE** please pay extra attention to signs and symptoms. We want all individuals to stay as healthy as possible!

Respectfully,
Tina Hoch, RN
Philomath School District Nurse
541-740-0245

Health Warning from Benton County Health Department

HEALTH WARNING - AVOID VAPING

Vaping Linked to Serious Lung Disease

The Centers for Disease Control and Prevention (CDC) and the American Medical Association (AMA) urge people to avoid vaping or using e-cigarettes until health officials understand the cause of a serious lung illness associated with vaping.

As of September 27, 2019, 13 deaths -- including two in Oregon -- and more than 805 possible cases of lung illness have been associated with the use of vape devices and e-cigarettes across the country.

The illnesses have not been linked to any specific vape product or substance in e-cigarettes.

This warning applies to **all vaping products** including nicotine, non-nicotine, marijuana products, essential oils, and all others. Cigarettes and Marijuana are not safer alternatives.

Please follow and share the following recommendations:

- » Avoid vaping or using any type of e-cigarette.
- » If you vape and are experiencing symptoms such as coughing, trouble breathing, chest pain, nausea, vomiting, abdominal pain, or fever, seek medical attention right away.
- » Do not modify your vape device, nor add or alter the substances provided by the manufacturer.
- » Adults who do not currently use tobacco should also not vape or use e-cigarettes.
- » Young people and pregnant women should never vape or use e-cigarettes.
- » If you vape, never buy products off the street or from unofficial online vendors.
- » Parents, guardians, educators, and concerned adults should talk to kids about the dangers of vaping - here are some tips <https://bit.ly/2kbZoLW>.

If you want to break your nicotine addiction or need help to stop vaping please visit <https://smokefreeoregon.com>, call 1-800-QUIT-NOW, or see a health care provider about FDA-approved nicotine replacement and cessation options, such as skin patches, gum, lozenges, inhalers, and medicines.

Advertencia de salud del Departamento de Salud de Benton County

ADVERTENCIA DE SALUD - EVITE VAPEAR

El vapeo ha sido vinculado a enfermedad pulmonary grave

Los Centros para el Control y la Prevención de Enfermedades (CDC) y la Asociación Médica Estadounidense (AMA) exhortan a las personas a evitar el vapeo o usar cigarrillos electrónicos hasta que los funcionarios de la salud comprendan la causa de una enfermedad pulmonar grave asociada con el vapeo.

A partir de 27 de septiembre de 2019, se han reportado trece muertes, dos incluida en Oregon, y más de 805 posibles casos de enfermedad pulmonar se han asociado con el uso de aparatos de vapeo y cigarrillos electrónicos en todo el país. Las enfermedades no se han relacionado con ningún producto o sustancia de vapeo específico en los cigarrillos electrónicos.

Esta advertencia se aplica a **todos los productos de vapeo**, incluyendo nicotina, no nicotina, productos de marihuana, aceites esenciales y todos los demás. Los cigarrillos y la marihuana no son alternativas más seguras.

Por favor, siga y comparta las siguientes recomendaciones:

- » Evite vapear o usa cualquier tipo de cigarrillo electrónico.
- » Si vapea y experimenta síntomas como tos, dificultad para respirar, dolor en el pecho, náuseas, vómitos, dolor abdominal o fiebre, busque atención médica de inmediato.
- » No modifique su aparato de vapeo; No agregue ni cambie los líquidos que vienen incluidos por el fabricante.
- » Los adultos que actualmente no usan tabaco no deben vapear ni usar cigarrillos electrónicos.
- » Los jóvenes y las mujeres embarazadas nunca deben vapear o usar cigarrillos electrónicos.
- » Si vapea, nunca compre productos de la calle o de vendedores por internet de dudosa reputación.
- » Los padres, tutores, educadores y adultos con estas preocupaciones deben hablar con los niños sobre los peligros del vapeo. Aquí hay algunos consejos <https://bit.ly/2kbZoLW>.

Si desea eliminar su adicción a la nicotina o necesita ayuda para dejar de vapear, visite www.quitnow.net/oregonsp, llame al 1-855-DEJELO-YA o consulte a un proveedor de atención médica sobre las opciones para reemplazar y dejar la nicotina, aprobadas por la FDA, como: parches para la piel, chicles, pastillas, inhaladores y medicamentos.



THURSDAY, OCTOBER 31
3-5 PM PHILOMATH

Down Main St. (Between 17th and 12th)

WEAR YOUR COSTUME!



INCLUDES:
TRICK-OR-TREAT BAG
GAMES
PRIZES
COOKIE WALK

www.philomathchamber.org
(541) 929-2454