

# SHSD UPDATES



## IN THIS EDITION:

- A visit from student athletes
- Rotary Student of the Month
- Elks Teen of the Month
- Featured "Promise Kids"
- Les Schwab Tire-Less Teacher
- 2023 Ready Freddy Events
- Becoming a Lion
- No school

## *A visit from student athletes*

St. Helens High School Lion Athletes attended McBride Elementary on Friday to read and engage with kindergarten and 3rd-grade students.

Teachers planned a variety of activities for the students to participate in and some even had their students interview the athletes.

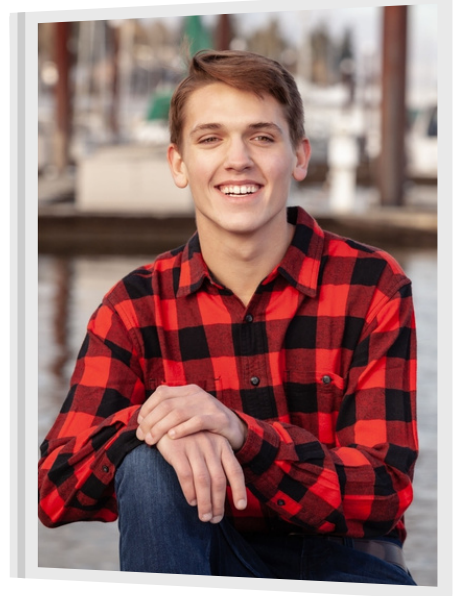
It was so exciting to see the students' faces light up as the athletes entered their rooms!



# Rotary Student of the Month

The Columbia County Rotary Club and St. Helens High School are pleased to honor Joseph Norris as the February Rotary Student of the Month.

Joseph is a hardworking and dedicated student and citizen. He always comes to class ready to learn, and other students highly respect what he says. More importantly, he is caring and helpful and puts others before himself. Joseph is compassionate, optimistic, earnest, and one of the more upbeat students.



He pays attention; he is witty and kind. Joseph is so kind-hearted and treats everyone as friends. He makes it a point to greet everyone with a smile and brighten their days. Joseph has a servant's heart and always looks to lighten others' loads whenever possible. He is an all-around great human and someone to look up to.

The Special Education Independent Skills Center has had many students come through the Exceptional Child program, being peer models to students with special needs. Peer models provide positive behavioral examples and give much-needed interaction. Joseph went beyond and offered his friendship to our students. He showed kindness, compassion, humor, and companionship in a way that made each student feel accepted. This comes from much more than just doing what is required for a grade. It shows a strength of character and a heart of service. Thank you, Joseph, for laughing with, not at, and for defining exceptional to our exceptional students.

Joseph has always shown kindness and respect to all our students in our school community; his contributions to our school and staff have been tremendous - he is always ready to assist and support. We are so proud that he is a Lion! I know he will be successful in his future endeavors.

# *Congratulations, Joseph!*



# Elks Teen of the Month



St. Helens High School is pleased to announce that Theo Janke has been selected as the Elks Student of the Month. Theo is an outstanding student, leader, and person who works extremely hard at everything all of the time.

As a student, Theo took a very rigorous course of study and was still able to come to school every day with a smile and a mind that was interested in what was being taught. One of his teachers, Mr. Meeuwsen, had this to say. "It did not seem to matter the chapter, he was interested and asked questions and was like a sponge where there was never too much information or discussion; Theo just soaked it all in and wanted more."

As a leader, Theo is involved in the National Honor Society and as a secretary for the Gender and Sexuality Alliance. In the National Honor Society, he took the leadership role in the winter clothes drive that was put on. It was a very successful event, and most of the reason for the success was dedication and encouragement of Theo.

Theo is also a lifeguard at Eisenschmidt pool. His coworkers and boss saw what type of leader he is and quickly promoted Theo, who is now a head lifeguard.

Theo is a terrific artist, according to Mr. Sumsion, the Art instructor at the high school. He also said, "Theo is just outstanding and not afraid to make changes and work extra long on a project to get it just right." Theo plans on attending the Pacific Northwest College of Art and focusing on illustration and then going on to make graphic novels.

As for his best quality, according to Theo, it would have to be vision, whether in art or a goal. His goal in 8th grade was to get all A's in high school, and he has done that. The other goal was to make strides as an artist to have a career as an artist, and that dream is still alive and well.

Theo is just an outstanding person, and one SHHS is very proud to call Elks Student of the Month.

*Congratulations, Theo!*

# PROMISE OF OREGON

*the*  
**Promise**  
OF OREGON

"I am the Promise of Oregon because I want to be a football player, especially a wide receiver for the Steelers."

- Landyn Albertson,  
McBride Elementary, St. Helens SD

Photo By Alisha Jucevic/www.jucevic.com, © Alisha Jucevic 2022

## Promise Kids

- Russell Treat
- Cassidy McGregor
- Finley Brummer
- Nate Peau
- Esteban Gabriel Molina
- Paula Perez-Tapia
- Ayla Sorber
- C.J. Washington
- **Landyn Alberston**
- Derick Smith
- Emilio Munoz
- Logan Bell
- Joshua Olson
- Sarah Cobabe
- Hailey Holcomb
- Natalia Navaro-Orozco
- Jemma-Lou McCartney
- Phoenix Lince
- Karlie Sprague
- Logan Hair
- Gena Smith
- Griffin Sexton
- Kaiya Lujano
- Loreali Moore
- Isaac Polvogt

The Oregon School Boards Association, a non-profit member services organization based in Salem, founded "The Promise of Oregon" campaign in 2014 to focus attention on the accomplishments of Oregon's K-14 students and the need to adequately fund public education. Through its photographs, videos, and stories, the campaign highlights the aspirations of students and demonstrates their incredible accomplishments and potential.

St. Helens School District will be one of four districts featured in this year's Promise campaign. As a district, this is a huge honor to have our students participate and be featured in this campaign. Districts across the state apply to have their school district recognized, as it is a very competitive campaign with only four districts being chosen to participate. We are so proud to be one of the four districts selected!

Our St. Helens student featured as the "Promise Kid" today is Landyn Albertson from McBride Elementary

**Congratulations, Landyn!**



# Tamera Lewno



Tamera Lewno is an outstanding teacher at St. Helens High School and works with some of the most challenging students in the district.

Tamera helps students that others believe could not graduate and she helps them every step of the way. She works very hard to develop a positive relationship of trust and support with her students. Mrs. Lewno teaches her students how to take big problems and break them down into small challenges they can overcome.

My son did not believe that he could graduate, however, Tamera has built up his confidence to a point where he is now excited to graduate and looking forward to his future. She is a miracle worker for so many students and their families. It is very obvious that she is passionate about her job and role in these kids' lives. She never gives up on any of them and does her best to help them not give up on themselves either.

She truly is adored and respected by all her past and current students.

*Congratulations!*



# Ready Freddy 2023 EVENTS

**Open to all incoming 2023-24  
Kindergarten students!**

**MARCH 11**

**Kindergarten Transition Event 1**  
9:30-11 am, McBride Elementary



**APRIL 8**

**Kindergarten Transition Event 2**  
9:30-11 am, Columbia City Elementary

**APRIL 22**

**Kindergarten Transition Event 3**  
9:30-11 am, Lewis & Clark Elementary

**MAY 4**

**Kindergarten Welcome**  
5:30-7 pm, McBride, Lewis & Clark, Columbia City  
(go to the location your student will attend school)

**MAY 31**

**Family BBQ/Movie Night**  
5:30-7 pm, McBride Elementary

**Please RSVP to:**  
<https://forms.gle/yT2w6DisTyZQsviJ9>

**Or Scan The QR Code**





TUESDAY, FEB. 21ST 2023  
SHHS OLD LIBRARY

# BECOMING A LION NIGHT

8TH GRADE FAMILIES!!  
JOIN US TO HEAR EVERYTHING  
YOU NEED TO KNOW ABOUT  
BECOMING A SHHS LION!

2 INFORMATION SESSIONS TO  
CHOOSE FROM.

BOOTHs FEATURING CLUBS,  
ACTIVITIES, ATHLETICS, AND  
MORE!

For more info on Becoming A Lion visit our website at





An American flag is draped across the top of the image, with its red and white stripes on the left and its blue field with white stars on the right. The flag is set against a background of dark, horizontally-grained wooden planks. The text 'NO SCHOOL' is written in a large, white, cursive script across the middle of the image.

# NO SCHOOL

MONDAY, FEBRUARY 20, 2023  
IN OBSERVANCE OF  
PRESIDENTS DAY