



PHILOMATH MIDDLE SCHOOL

FEBRUARY NEWSLETTER

Be Brave. Be Kind.

2023-2024 School Year

Start of Quarter 3

Quarter 2 ended on January 25th. Students have received their new schedules and Quarter 3 began Monday, January 29th. Student report cards should arrive home in the mail prior to February 6th. We will be hosting the Quarter 2 Honor Roll Assembly on Friday, February 9 at 8:10am.

Make-Up Days February 16th & 19th

At the December School Board Meeting, a revised school calendar changed February 16th from a makeup day to a teacher work day. February 19th remained a make-up day and due to the winter storm in January, Monday, February 19th is now a school day for students.

6th Grade Outdoor School

Sixth grade outdoor school will be held April 29-May3. The students will leave to Camp Tadmor on a bus the morning of Monday, April 29th, and return the afternoon of Friday May 3rd. We will host a parent meeting in April. Look to receive more information in March.

1-1 Chromebooks for 7th Grade

COMING SOON! Grade 7 parents, please be on the lookout for a letter, Chromebook agreement, and email detailing the new one-to-one Chromebook program for your child. We plan to distribute Chromebooks to all seventh grade students with returned parent permission forms, during the week of February 26, 2024.

Yearbook Photos

The Yearbook Committee is requesting your photos for our 2023-2024 yearbook. We need photos from sports events and musical performances. We will continue to collect photos through the early spring. If you have any photos we might be able to use, please email them to either Chelsea at chelsea.vanderzwan@philomath.k12.or.us or Soliana at soliana.sapp@philomath.k12.or.us. Photos must be clear images. Thank you!

Important Dates:

February 9th- Honor Roll Assembly
February 16th.....NO SCHOOL for students
February 19th- Student School Day



January Students of the Month

Students of the Month

We recognize the students pictured above as the January Students of the Month. From Left to Right: Brenna Schrieber, Elijah Arthurs, Boston Avery, Alida Benbow, Abby Greeley, Bella Montemayor. These students have each contributed to the positive culture at Philomath Middle School. Keep up the positive attitudes! A special thank you to Dairy Queen for sponsoring the students of the month and providing lunch.



8th Grade Rotary Student of the Month

For the month of January we have two 8th Grade "Rotary Students of the Month." Congratulations



to Reagan Nuno and Charger McKinney.

IMPORTANT: 7th graders- Tdap Booster

7th graders need a Tdap booster. This is a requirement by Oregon Law for school attendance. Most students have 5 DTap (Diphtheria/Tetanus/Pertussis) vaccines and need a Tdap booster for this age group. These boosters can be administered through a provider office and/or pharmacy. **Notifications have been sent to families of students that are not up to date on immunizations. If your student is not up to date for required immunizations they will be excluded from school on the exclusion date: February 21st.**



Philomath Youth Activities Club

February is the time to sign up for T-Ball, Baseball and Softball for kids entering kindergarten through those currently in 8th grade. The deadline to register is March 5th. Details can be found on the PYAC website.

The Philomath Youth Activities Club has openings at the Clemens Clubhouse for 4th through 8th graders. The Clubhouse is a supervised drop-in club that is open after school until 6:00 p.m. Kids can come and go any time during the open hours. This is a good option for those who need somewhere to go before or after a sport or activity. It is also a great choice for parents who need somewhere for their child to go after school until they can pick them up. Kids can work on homework, hang out with friends, play basketball, or use any of the table games available. The fee is \$40 per month. Scholarships are available for families in need. The registration forms can be found on the PYAC website at www.pyac.net Contact Sarah Woosley with any questions at 541-929-4040 or swoosley@peak.org.

The Le Stew Learning Lounge

The Le Stew Learning Lounge is a space where students are able to eat lunch while receiving academic support or completing school work. We are pleased to announce this program has seen incredible success!! Students receive grade reports, organizational help, and assistance with class work for any subject matter. If you have a student who could use some extra support, we would love to see them in Le Stew. If you have any questions please contact Adeline Stewart adeline.stewart@philomath.k12.or.us or Nancy Thompson nancy.thompson@philomath.k12.or.us

Bus Routes

If you have any questions regarding your student's bus route, please call Mid Columbia Bus Company at 541-929-5474. **Please remember that vehicles should not be driven through the bus lane (front of school), while students are being dropped off in the morning, and when students are waiting for the bus after school.**

Oregon Battle of the Books

Philomath Middle School has 15 students participating in Oregon Battle of the Books this year. Pool play will be held February 13th and 15th. With Quarterfinals taking place on the 21st and Finals on the 29th at 6pm in the Library. If you have any questions please contact Meegan Benbow at mee-gan.benbow@philomath.k12.or.us

Upcoming Music Concert

All District Band Concert: Wednesday, Feb 28th @ 7pm

Please join us to hear all the band students from the elementary band to seniors in high school and all those awesome humans in between, for a BANDtastic evening of music on February 28th at the District Auditorium located at the Philomath High School. Each band will play a few songs on their own and the concert concludes with a few pieces with every single band student playing together.

Matilda Jr.

Matilda participants are hard at work preparing to bring Matilda Jr. to the stage. Practices are in full swing and everyone is doing outstanding work. The show is based on the beloved book "Matilda" by Ronald Dahl and tells the story of an extraordinary girl, who, armed with a vivid imagination and sharp mind, dares to take a stand and change her own destiny. The show dates are March 14th, 15th, and 16th and our Matilda Tea Party will be Thursday, March 7th. Hope to see you all there! 'Even if you are little you can do a lot.'—Matilda



Track

The track season begins on March 11th. The PMS track team is open to 6th, 7th, and 8th grade students. To participate, athletes need to have a current physical (good for two years) and parents need to fill out an emergency information form. Practices will be from 3:10-4:30 pm Monday-Thursday at the Philomath High School track. The track season ends the second week of May. If you would like more information, please contact the middle school office.



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2023-2024 School Year

Strengthening Rural Families Winter Classes

Strengthening and Rural Families has winter classes open to the public. If you are interested or have any questions please contact Jen at (541) 929-2535 or at Jennifer.srf@ruralfamilies.org.



WHERE: Philomath Community Library

WHEN: Every 2nd Wednesday

TIME: 10:45am following Story Time

January 10 - Mystery Watercolor Painting

Using a white crayon, you will draw on paper. After you paint over it with watercolor, your art will appear. Make a prediction and watch the transformation!



February 14 - Wrapping Paper & Card

Practice your fine motor skills and creative expression by using ink pads and stamps to create your very own take home paper and greeting cards.



March 13 - Collage Art Creation

Get your fingers ready for some ripping, tearing and cutting! You'll glue different sized paper shapes to create a beautiful one-of-a-kind collage.



Feel free to drop in or contact Jennifer for details.



email: jennifer.srf@ruralfamilies.org
SRF office: (541) 929-2535
www.ruralfamilies.org



Provided in collaboration with
LBCC-Parenting Success Network, with funding by DELC



For families with newborns to 'not yet confident' walkers

Instructor:
Tamara Ross

Brought to you by Strengthening Rural Families, in partnership with LBCC Parenting Education Dept. with funding provided by the City of Philomath



Strengthening Rural Families
P.O. Box 1528, 535 S. 19th St., #162
Philomath, OR 97370
(541) 929-2535
www.ruralfamilies.org



LIVE & LEARN WITH YOUR BABY

Adult & child together class

NEW CLASS!!

Fridays, 9:30am-11:00am
1/12/24 - 3/15/24

Your baby is born learning! Come join other parents/caregivers and their babies as you learn how to support your child's emotional, physical, and intellectual development through songs, activities, and group discussions. All while building a community of support and friendships for you and your baby.

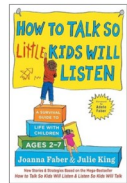
COST: \$25

LOCATION: Clemens Primary School
535 S 19th St., #153 Philomath

Register by contacting Jen at the SRF office, 541-929-2535 or jennifer.srf@ruralfamilies.org

Parenting Book Club

PK McCoy, MS Early Childhood Educator & Parent Coach



Read 'How to Talk So Little Kids Will Listen' by Joanna Faber & Julie King with PK and other parents like yourself who want to learn some positive parenting strategies in a casual, relaxed atmosphere.

You'll learn ways to help navigate challenging situations:

What do you do with a little kid who...won't brush her teeth...screams in his car seat...pinches the baby...refuses to eat vegetables...throws books in the library...runs rampant in the supermarket?

Organized by common challenges and conflicts, this book is an essential manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders.

Books will be provided to participants before the first meeting. We will meet in a casual gathering over the course of the class to talk about the ideas presented in this book and how they can be applied to your real-life situation.

7 weeks: Wednesdays,
January 31 - March 13
9:30am - 11:00am
@ Imagine Coffee,
5460 Philomath Blvd.,
Corvallis, OR

For more info
or to register email:
jennifer.srf@ruralfamilies.org
or call the SRF office
(541) 929-2535

Individual coaching is available to anyone interested.



BROUGHT TO YOU BY:
Strengthening Rural Families,
LBCC-Parenting Success Network,
& DELC



Health Guidance for Going to School

Health Guidance for Going to School

Showing up to school every day is critical for children's well-being, engagement, and learning.

Make sure to send children to school if they:

- Are generally healthy and well.
- Can participate in usual day-to-day activities.

Children can even go to school if they:

- Have a cold, which may include a runny or stuffy nose and cough.
- Have eye redness without drainage, fever, eye pain, eyelid redness or vision changes.
- Have a mild stomachache.
- Have a rash that is consistent with a previously diagnosed skin condition, e.g., eczema or psoriasis.
- Have head lice. Though they are annoying and should be treated, lice are not a reason to exclude a child from school.
- Haven't had a fever in 24 hours and they have not taken fever-reducing medicine during that time.

Please see the back of this handout for details on when children should stay home. Note that in many situations, a health-care provider's note is not needed to return to school.

Children may sometimes avoid school due to feelings of anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc.). If you are worried that your child may be suffering from feelings of anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child stay in school. If you feel your student is experiencing anxiety, then a visit to your healthcare provider may prove helpful to your student.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.

Please note: This document is intended to supplement your local health department/school district guidance.



Reasons to keep me home from school and what needs to happen before I can return

What is my symptom?	When should I stay home?	When can I return to school?
Fever	I have had a fever of 100.4°F (38°C) or higher in the last 24 hours.	If I have been fever-free for 24 hours without the use of fever-reducing medication and I am feeling better.
Vomiting or diarrhea	If I have vomited 1 or more times in the last 48 hours. If I have had 3 loose or watery stools in a day or if I may not make it to the toilet in time.	If I did not vomit in the last 48 hours and I am able to drink liquids and eat food. If I have not had diarrhea in the last 48 hours.
New cough or trouble breathing	If I have a new or persistent cough that interferes with my ability to participate in school activities, difficulty breathing or trouble catching my breath.	Once I am feeling better and my symptoms are improving for at least 24 hours. If my symptoms were due to asthma, please make sure that I have permission to use a rescue inhaler at school.
Rash	If the rash is new and undiagnosed by a health-care provider, is increasing in size, is draining and cannot be completely covered, or if I develop a fever.	If my rash has healed or I have been cleared for return by my health-care provider and any draining rashes are completely covered.
Eye redness and drainage	If I have new and unexplained eye redness with drainage, fever, eye pain, eyelid redness or vision changes.	Once my eye symptoms have gone away or I have been cleared for return by my health-care provider.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local healthcare provider, or the school nurse.

