

CUB UPDATE

Your weekly newsletter about our school!



A NOTE FROM PRINCIPAL COUTURE

Nutrition Service Staff is planning to serve a Holiday Meal during lunch on Tuesday, December 16. Therefore, the main entree for that day will be changed to the following:

Turkey with mashed potatoes and gravy, green beans, dinner roll, cranberries and a pumpkin bar for dessert. The PB & J option will be available as well that day.

I look forward to seeing all of our first grade families at the Winter Music Concert on Wednesday!

CHARACTER TRAIT OF THE MONTH

Caring & Kindness

SOCIAL STORY OF THE WEEK

Apologizing



NEXT WEEK

Monday: Normal Day
National Brownie Day

Tuesday: Normal Day
National Pastry Day

Wednesday: First Grade Music Concert
Dewey Decimal Day

Thursday: Normal Day
National Stretching Day

Friday: Early Release @ 12:10
National Gingerbread House Day

December 8th - 12th - CPS Food Drive. Class with the most donated items earns a prize!

December 10th - First Grade Music Concert @ 6:30pm

P.E. News

Hello Clemens Families,

This week in Physical Education class students played a game called “clean up the yard. I had a volleyball net set-up in the middle of the gym and I divided the class into two teams. We used many beachballs and foam balls. The object of the game is when the signal freezes the game to have more balls on the other team’s side of the net. In the second class of the week we did station skills including hula hoop, jump rope, scoops and balls, basketball dribbling and basketball shooting. See you next week!

-Mr. Nick Burnett

PE Teacher Blodgett/ Clemens Primary



SPIRIT WEEK COMING UP!



12/15-Favorite Flannel

12/16-Holiday Sweater

12/17-Red & Green Day

12/18-Dress to Impress Day

12/19-Pajama Day

PTO DONATIONS!

If you would like to donate to Clemens Primary School, scan the QR code here with a smart phone and it will take you to a link! Click on “school” and find Clemens Primary. We use these donations for a variety of things that support our students and teachers. We appreciate our philomath community an enormous amount!



CLASS	SEPT.	OCT.	NOV.
Bennett	93%	95%	89%
Crawford	91%	93%	89%
Kampfer	94%	93%	89%
Opheim	97%	96%	91%
Allen	93%	91%	87%
Blackstone	96%	95%	90%
Maluky	97%	94%	92%
Ochs	98%	95%	88%

We started the school year off strong and then declined significantly in November.

Ideally, we would like to see the attendance rates above 90% throughout the school year, so we have a bit of improvement we can make in the new year. As a reminder, it's important to keep your child home if he/she has a fever above 100.4, has vomited or had diarrhea within the past 24 hours, has an undiagnosed rash or gooey/weepy eyes. *If your child is going to be absent, please call the front office to excuse their absence.*

ATTENDANCE MATTERS





Mrs. Crane

SCHOOL COUNSELOR'S CORNER!

Supporting kids with... SCHOOL REFUSAL

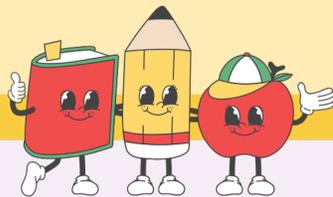
Highlights

Include your child by **working together** to **identify the problem** and **develop solutions**. Start small with **gradual exposure** and **celebrate small wins**.

Positive School Relationship

Encourage Open Communication: Talk regularly about school experiences, both positive and negative. Example: "Tell me about the best part of your day and anything that bothered you."

Stay Involved: Attend school events and parent-teacher conferences to show support as often as possible.



Build Routines

Consistent Morning Routine: Ensure mornings are calm and predictable. Ex: Set a regular wake-up time, followed by breakfast, and a set departure time.

Night Before Preparation: Prepare for school the night before to reduce morning stress. Ex: Lay out clothes and pack the backpack together. Identify one positive about the next day.



School refusal?

School refusal is when a child **consistently avoids** going to school due to emotional distress. It's different from truancy, which is skipping school without a valid reason. Children who refuse school often experience anxiety, depression, or other emotional challenges.



Causes & Signals

Common Causes: Anxiety, bullying, academic pressure, family issues, or significant life changes.

Signs: Frequent stomachaches or headaches, tantrums on school days, excessive worry about school, or refusal to leave the house.

Tip for Prevention

Address Anxiety Early by Teaching Coping Skills:

Practice deep breathing, naming feelings, visualization, or mindfulness exercises. Example: "Let's take a deep breath together when you feel worried."

Addressing refusal

Stay Calm, Supportive and Encouraging: Listen and Validate Feelings: Show empathy and understanding, "I see that you're feeling really upset about going to school. Can you tell me more about what's worrying you so I can help you?"

Reassure and Encourage: Provide comfort and reinforce the importance of school, "I understand it's hard, but going to school is important and we have to go. Let's figure out how we can make it easier for you."

Develop a plan

Identify the Problem: Work with your child to pinpoint the exact cause of their refusal. Example: "Are you worried about work you have to do, is something happening with your friends, help me understand?"

Create a Solution Together: Involve your child in identifying potential solutions. Example: If peer conflict is an issue, discuss steps to address it, like talking to the teacher.



Specific scenarios

Morning Refusal: Your child refuses to get out of bed.

Say, "I know you're feeling anxious about school today. How about we take it step by step? First, let's get dressed, and then we can talk more about what's bothering you."

School Drop-Off Anxiety: Your child refuses to get out of the car at school.

Say, "I understand you're feeling nervous. Let's take a few deep breaths together. I believe you can do this, and I'll be right here cheering you on."

Ongoing Refusal: Your child has been refusing school for several days.

Say, "I've noticed it's been tough for you to go to school lately. Let's talk to your teacher together and see how we can work together to make things easier for you."

Gradual exposure

Start Small: Gradually reintroduce your child to the school environment. Ex: Begin with half-days or just visiting the school for a short period.

Celebrate Small Wins: Acknowledge and reward progress. Ex: "You did great today going to school for the morning! Let's do something fun together."



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SCAN ME

TUITION FREE INFANT & TODDLER PRESCHOOL PROGRAM

EARLY HEAD START (0-3yrs) | HEAD START (3-5yrs)

This institution is an equal opportunity provider.

ALSO ENROLLING...

OSU CHILD DEVELOPMENT CENTER

<https://health.oregonstate.edu/child-development-center>

BATES HALL

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AHORA ESTAMOS ACEPTAMOS APLICACIONES

Para obtener más información, visite : WWW.KIDCOHEADSTART.ORG



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Programa preescolar gratuito
para bebés y niños pequeños

EARLY HEAD START (0-3años) | HEAD START (3-5años)

Esta institución es un proveedor que ofrece igualdad de oportunidades

También inscribiéndose...

CENTRO DE DESARROLLO INFANTIL DE OSU

<https://health.oregonstate.edu/child-development-center>

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