

# LONDON TIMES



Quality Education in a Rural Community

June 2019

## Principal's Corner

Greetings London Families,

Well, it's been another fabulous year at London, and as some of you may have heard, my last at London School. I will be moving over to Lincoln Middle School beginning next September. While I am very excited for my next assignment, I will always hold my experiences at London close and dear.

Some lessons I've learned or have been reminded of over the last five years:

- We are all in this together
- When you provide folks the benefit of the doubt, you are usually right
- When you expect the best, people strive to be their best selves
- Please and Thank you go a long way
- Kids are fun
- Parents are the most important influence in their kids' lives
- London is, was, and always will be a place for kids to be safe, thrive, and learn
- The London staff – teachers, educational assistants, food service, custodial, and even our district courier – care about your child and are a positive influence in their life
- The London PTC is supercharged
- April runs the school

I'm sure I could come up with many more, but these are the things that stand out as I write this.

Lastly, I want to express my sincere appreciation for the privilege of working with all your children. It has been my pleasure to see them grow, learn, and expand their world. Keep'em coming every day, "On time and Ready to Learn!"

My Best Regards,

Bill

## Upcoming Events

6/13	Day Of Caring
6/14	All School End of The Year Field Trip to SPLASH
6/17	Middle School Lake Afternoon
6/17	8 <sup>th</sup> Grade Promotion Night, 5:30 p.m.
6/18.....	Talent Show, 12:00 p.m.
6/18	Last Day of School, <b>1:30 release</b>
6/19	Inservice/Grading Day
6/25 – 8/11	School Closed for Summer Break
8/12	School Office Reopens

## Meet Our New Principal, Laurie Melendy

My name is Laurie Melendy and I am excited to be joining the London family next year as your school Principal. Most of my career has been working in small schools and I am looking forward to meeting all of you and your students. I have worked in education for twenty four years and have experience with students from preschool through eighth grade. My passion is helping students learn and grow while having fun. I love outdoor adventures, music and traveling to new places. I am excited for the coming school year and to learn about all the amazing things that happen at London School.

Sincerely,

Laurie Melendy





### **May Student of the Month Nomination**

Owen Powell has been chosen as the London School May Student of the Month because he is kind and considerate. Owen is a 1st grader in Mrs. Christian's class. He almost always has a bright smile on his face to

greet the day. Owen has shown tremendous growth since the beginning of the year and is a respectful and hardworking student. He is always thoughtful and has a good heart! Owen's such a sweetie and completes his work? He has just bloomed this year. Congratulations Owen!



### **June Student of the Month Nomination**

Our last Student of the Month is 5th grader Elijah Smith. Elijah is in Mr. Alkire's 4th/5th Grade Class. He is an all around great kid and a pleasure to have around. Elijah is a blast to have in class. He always

works hard and is friendly towards others. Elijah attended Rural Outdoor School this year with the other 5th graders from London, Latham and Dorena Schools and was a great representation of what it means to be a London Knight. He stands out among the crowd. He is a thoughtful and courteous young man who has a positive attitude. Elijah puts forth his best effort in nearly everything he does. He takes his school work seriously but what really makes him a great candidate for Student of the Month is his kind demeanor and well rounded personality.

Congratulations to Elijah!

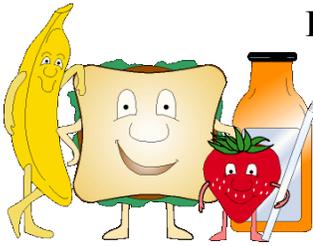


## **Counselor's Corner**

### The Importance of Good Sleep

Did you know that getting enough sleep plays a major role in your mental health? It's true! Kids aged 6-13 need 9-11 hours of sleep a night to function well. A good night's sleep contributes to learning and memory, being able to pay attention, ability to follow directions, and remember what you learned in class (because there *will* be a test). But did you also know that a good night's sleep can also help prevent mood swings, behavior issues, angry outbursts, and impulsivity? Scientists are still trying to figure this out, but studies suggest that our brains process and consolidate information we take in during the day- while we are sleeping. Good sleep also sets us up for being able to take more information in the next day. It's like our brain is a net full of fish (information & experiences), and good sleep is the net that keeps the fish in the net. When we get good sleep, the fish stay in the net- but not enough sleep, and we're losing all the fish in our net, and not able to manage our responses to stress as well.

In our modern world, there are a lot of things that work against getting a good night's sleep. A big problem is screens in bedrooms- any kind of screens: tablets, gaming systems, TVs, laptops, phones, etc. Screens emit blue light that can prevent our body from naturally creating melatonin- which helps us fall asleep. *Ideally, all screens should be out of bedrooms, and shut off an hour before going to sleep.* The reason it is so hard to put down our technology is because it activates our dopamine centers in the brain- which makes us feel so good. This drive to feel good by interacting with video games, social media, and watching videos, is really messing with our ability to sleep enough, which is affecting our learning, memory, and mental wellness. Setting limits around screen use by making our bedrooms places where we can get good sleep, helps us to wake up & show up in life- ready for adventure, learning, and growing! Sweet dreams, London families!



## Kids Eat Free This Summer!

This summer free meals are available to all children and teens 2-18 years old through Food For Lane County. Meals

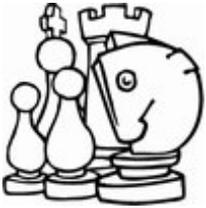
will be served in Cottage Grove Monday through Friday beginning June 19<sup>th</sup>. Serving sites will be Bohemia Elementary, Harrison Elementary, Dorena School and Cottage Grove High School. Here is the meal schedule for each site:

Bohemia Elementary: Lunch 11:30 am -12:30 pm  
Coiner Park : Lunch 11:30 am – 12:30 pm  
Dorena Post Office Lunch 12:00 am – 12:30 pm  
Cottage Grove HS: Lunch 11:30 am – 12:00 pm

If you have any questions please contact Food For Lane County at 541-343-2822.

## Chess Tournament Winners

Our Chess Tournament this year was won by Caleb Riley. Caleb is a 3<sup>rd</sup> grader in Ms. Henderson’s classroom. Micah & Everett 2<sup>nd</sup> & 3<sup>rd</sup> place.



We would like to thank all the chess tournament participants:

Caylea, Chance G., Kollin, Gerald, & Jayden.

We would like to give a special Thank You to Dennis Chapman & Kellie Riley for volunteering their time all school year to teach our students chess. We couldn’t do it without them. Congratulations to all the Chess Tournament contestants.



## Talent Show, Tuesday, June 18<sup>th</sup> 12:00 p.m.



You are all invited to join us for our Talent Show on the last day of school. We have several talented students who will be performing. Please make sure to come on time so we have enough time to get through all the acts. London School Has Talent!



## Middle Washington D.C. Trip

We have ten Middle School 7<sup>th</sup> & 8<sup>th</sup> Graders going to Washington D.C. June 24<sup>th</sup> – July 2<sup>nd</sup>. We would like to thank everyone who has contributed to our fundraising efforts. We appreciate you sending in your recyclables & supporting our yard sale. Our middle school families have come together and reminded us how dedicated they are to their children. We would like to give special thanks to Jill Hermansen for making this trip happen! This trip is a wonderful opportunity for our students to learn about the history of our nation.

## 2019/2020 School Year Information

The school office will be closed June 26 through August 11, 2018. Our school office reopens on Monday, Aug. 12<sup>th</sup>. Staggered start notices will be sent home to families at the end of August for KG - 3<sup>rd</sup> graders.

We will be sending home attendance exception forms to all students who do NOT live in the London attendance area in August. Please complete those forms and send them back into school. This form needs to be filled out annually for students to be able to keep their enrollment on an attendance exception. We have over 100 students scheduled to come next year and have a waiting list. We are becoming quite popular and want to make sure to keep your child’s slot if you wish to continue attending London School.

