

# LONDON TIMES



Quality Education in a Rural Community

May 2019



## Principal's Corner

Dear London Families,

Greetings! It's that time of year when students in grades 3-8 begin state testing. Your student(s) will be asked to do their best on these assessments during the April 29-May 31 testing window. You can find your student's testing time at the bottom of this letter.

Information about the tests and how you can support your child (**The Four R's: Parents' Tool for Test Taking**) through this important part of the learning experience is included with an announcement sent home last Tuesday. Also, if you would like to check out the online practice test and/or the sample test, go to: <http://www.smarterbalanced.org/assessments/practice-and-training-tests/> Logging on as a **Guest** will allow you to view and take the practice tests at home.

London Testing Schedule	English/Language Arts	Mathematics
Mr. Alkire (4 <sup>th</sup> & 5 <sup>th</sup> )	April 29-May 10	May 13-17
Mr. Parsons (6 <sup>th</sup> -8 <sup>th</sup> )	May 6-May 17	May 20-24
Ms. Henderson (3 <sup>rd</sup> )	April 29-May 10	May 20-24

Thank you for all you do to support your child's learning. Please contact me if you have any questions at all.

Regards,  
Bill

## Upcoming Events

- 5/4 Spring Fest at CG Armory 6 – 10 p.m.
- 5/6 – 10 Teacher Appreciation Week
- 5/14 PTC Meeting, 5:00 p.m.
- 5/17 Fantastic Friday  
Chess Tournament
- 5/22 – 24 Rural Outdoor School for 5<sup>th</sup>
- 5/29 – 31 Talent Show Try Outs
- 6/7 Dental Clinic
- 6/14 End of The Year  
Field Trip
- 6/18 Last Day of School



## Student of the Month Nominations

### Sadie Cardwell

This month we would like to nominate Sadie Cardwell. Sadie is a 3rd grader in Ms. Henderson's class. She is a very hard worker and follows classroom rules. Sadie does a great job in PE and is always on



task. Although Sadie can be quiet, she speaks up on the playground to remind kids to play fair. She is a kindhearted keeper of the piece. Sadie's good attitude and pleasant demeanor make her an all around great kid. Congratulations Sadie on being our March 2019 Student of the Month!



### **Luke Sexton**

We would like to nominate 8th Grader Luke Sexton for the April Student of The Month. Luke is in our 6th - 8th Grade Middle School class of 23 students. He has put in consistent effort in math and completes classroom assignments. Luke has a comical personality but

usually knows when to not be disruptive in class. Luke is helpful to his friends and other London Students. He tries to do what is right and notices people in need. Luke makes an effort to keep the classroom atmosphere positive and helps other students to see the humor and brighter side when they are feeling down. He doesn't take part in Middle School drama and encourages others to do the same. Luke has been at London School since kindergarten giving us an opportunity to watch him grown into a fine young man that we can be proud of as he goes into high school and out into the world. We are proud of all his hard work this year.

### **London Grange Events**

London Grange Plant Sale May 4<sup>th</sup> & 5<sup>th</sup>  
Saturday, 10 -5 & Sunday 1-5

Large variety of plants, yard art, Mother's Day gifts, raffle baskets and much more. The Ladies from the Church of London will be serving lunch on Saturday. The lunch proceeds will go the Church's "Save The Bell Tower Fund".

"Firewise" presentation on Saturday, May 18, 5:00 - 6:00 p.m., we will have a presentation from the Oregon Department of Forestry on how to be Firewise for the upcoming wildfire season. This is a great opportunity to learn how to prepare and protect your property from fires. Dinner will be served after the presentation.

Family Relief Nursery will be at the London Grange on Saturday, May 25<sup>th</sup> from 1:00-3:00 p.m.. The Relief Nursery provides early childhood education classes, preschool and family support services. They will be presenting their programs, such as the Welcome Baby Box, that the London community members might find beneficial. Refreshments will be served.

Come on out to the London Grange and show your community support.



### **Flower Basket Sales, \$30**

Flower Baskets are still on sale through May 9<sup>th</sup>. This is a fundraiser for our Alumni Scholarship Fund. Baskets are 12" and bloom through the fall.

Baskets will be available for pick up at the school on May 9<sup>th</sup> (just in time for Mother's Day) or you can receive a paid coupon from the school and pick out your own basket at Shady Oaks. This scholarship supports former London Students who are currently graduating high school. Funds are given directly to their college of choice in the summer. Thank you for supporting our scholarship fund.



### **Lost & Found Clothing**

The Lost & Found is filling up the halls. Please remind your child to look in the Lost and Found for their clothing. We would like to get all jackets, coats, lunch boxes, pants, shirts and sweatshirts back to your children before the end of the school year. We will be cleaning the Lost & Found out during the summer. Please help us reunite these lost items to their owners.

## Counselor's Corner



May is Mental Health Month! How do we nurture mental health in our children? Our kids are not often able to use their words to tell us that they need our affection, love, attention, and a sense of security. But kids

will *show us* when they need us to help refill their emotional cup. We all have things in our life that fill our emotional cup, and things that empty our cup. Maybe for you it's a great day at work, or getting a job done. As adults, we can usually tell if our cup is more empty or full. Our job as caring adults in a child's life is to help our young one to develop language so that they can tell us and others what they need. Until then, we have to rely upon behavior cues. Here are a few ways you might be able to tell that your child needs their emotional cup refilled. If kids are actively making others feel badly/ picking fights (stealing from their cups), misbehaving or whining to get your attention, are very needy or seem to be constantly interrupting what you are doing, rejecting your attempts to nurture them/ avoiding people close to them, spending hours online/ binge watching or gaming alone, bouncing off the walls, or fighting or competing for your attention- these are some clear signs that they may need your time and loving attention.

There are many factors that contribute to emptying your child's emotional cup, including school and peer or family stress, feeling lonely or isolated, being punished, not getting enough sleep, and having to do things that aren't fun for them. Adults have many of the same factors that empty our cups, don't we? So, how do we fill our child's cup when we see these signs? Much of how we fill our child's cup depends on their personality- but some ways might include playing together, being goofy together, one on one time, helping them be successful with a task, giving hugs, seeing and acknowledging their strengths, and teaching them ways to ask for what they need from you. A fun way to figure this out is to do an activity with each person writing down the things that empty their cup, and fill their cup. We can also ask our children how full their cup is, and if there is anything we can do to help refill it. By teaching our young ones to really become aware of what they need in the

moment, we can help them to build up resiliency against so many mental health struggles, including anxiety and depression which are at all-time highs for young people across the nation. This Mental Health month, let's spend some time learning how to refill our children's cups!

Kirstin J. Nusser

## Spring Fest, May 4<sup>th</sup>

6 – 10 p.m.

Does your student like having Art & Music instruction at school? The Spring Fest fundraiser makes it possible.

Spring Fest details:

Where: Cottage Grove Armory

When: Saturday, May 4<sup>th</sup> Doors open at 6:00 p.m.

Why: To continue to fund art & music.

Band: Lotis (Jazz Funk Fusion)

Food, Beer & Wine: Available for purchase



This is a family friendly event! There will be dancing, food for sale, silent auction and raffle items to bid on and a photo booth. We received several wonderful auction items this year giving you the opportunity to come home with discounted rates on gift certificates to vacation packages. Come help make art & music happen at your school.



**Box  
Tops  
Teddy  
Bear  
Raffle**  
If you



have any Box Tops at home please turn them in this month. We will be sending in another submission at the end of the school year. Each Box Top Buck (ten box tops) will be entered into a raffle for a giant teddy bear. Box Top Bucks are available in the office. Make sure to put your name on each buck. There is no entry limit so students can enter as many bucks as they can fill. Thank you for your continued support by collecting Box Tops. Every little bit helps!

