
Orient School Times

Volume 8 Issue 2 March 2013

Orient School Embraces “Parents Are Partners”

Decades of research shows that when parents are involved in their children’s education, students have higher achievement, better school attendance, increased motivation and self-esteem, lower rates of suspension, decreased use of drugs and alcohol, and fewer instances of violent behavior.

It is for these reasons the 2012-2013 Orient School Improvement Team (SIT) have set goals to incorporate Parents Are Partners as part of the monthly meetings. By asking how we can best support an Orient School student’s education, Orient School parents, teaching staff, and community members have generated and prioritized ways to build better school-to-home communications:

- encourage parent support
- recruit and organize parent volunteer programs
- provide families with ways to help students learn at home with homework and curriculum-related activities
- include parents in decision making
- collaborate with community resources and services

Please join us on Tuesday, April 9th and Tuesday, May 11th at 3:00 pm for a Bobcat Booster parent meeting and at 4:00 for the Orient School Improvement Team meeting. The meeting agendas provide opportunities for parents to be a part of school decision making, communicate with staff, learn more about their child’s curriculum, socialize with other parents, and support the OSD mission to provide a positive educational experience for all students. Childcare will be provided. Hope to see you there!



events

March

- Madness on 1st, 8th, 15th, 22nd, 29th
- 12th - School website presentation
1:00 p.m.-3:00 p.m.
- 18th - Staff Training Day. No school for students.
- 19th - School Board 7:00 p.m.
- 26th - Book Mobile
- 29th- 3rd quarter ends

April

- 1st-5th - Spring Break
- 9th - SIT /Parents Are Partners
Career Day Field Trip (5th-8th)
- 12th - 3rd Quarter Report Cards
- 16th - School Board Meeting at 7 p.m.
- 17th - Art In Public Places Meeting
2:15 p.m.-4:15 p.m.
- 23rd - Bookmobile
- 24th-May 16 MSP Testing for Students in grades 5th-8th
- 24th - May 31st - MSP Testing for students in grade 3.

May

- 1st - 6th Grade Conservation Tour
- 7th - SIT meeting at 4 p.m.
Parents Are Partners
- 21st-June 6 - End of Algebra Course



Core Knowledge Classroom News



Mrs. Brandi Armstrong - K-2 Teacher

Yankee Doodle went to town,
A-riding on a pony;
He stuck a feather in his hat,
And called it macaroni.

Yankee doodle keep it up,
Yankee doodle dandy;
Mind the music and the step,
And with the girls be handy...

In the 1st and 2nd Grade classroom we are learning about the American Revolution, which includes Paul Revere, the Boston Tea Party, George Washington, the Liberty Bell and the American Flag. We will also learn about our solar system along with quality literature and American songs.

In addition to this, the 1st/2nd grade students will delve deeper into their writing skills by writing about a variety of topics with different purposes. For example, students will write narrative stories for entertainment, informative writing pieces to provide others with information, and will also practice writing letters to others.

In addition to learning poetry this month, the kindergarten students will be learning Fables like, "The Lion and the Mouse", "The Dog and His Shadow", "The Grasshopper and the Ants", and "The Hare and the Tortoise".

The kindergarten students have been learning their spelling words and are beginning their spelling notebooks this month. Along with this, we have a classroom of kindergarten students that are beginning readers and are learning to enjoy a variety of books. The students are also learning to use their spelling words to become writers. This month in kindergarten we have learned about the geography and animals of the African continent. In addition to this, we will be learning about the North American continent and the United States Presidents.

Ms. Heather Alexander - 3-4 Teacher
by Emma Conyer

Math

You might have heard the idiom, "Time flies when you are having fun," but in the third grade classroom we say that time flies when you are having fun learning. They all say that in the third grade, it is always fun to learn.

In January, the third graders have been working with multiplication, and they were pretty eager to start! Also, in January, the fourth grade class have been working with harder multiplication and division. In the fourth grade math group, they are also learning fractions and how to compare the fractions to each other. The fourth grade math motto is that learning + hard work = fun!

Reading

Third graders are working hard reading and thinking about biographies. When they are reading biographies they have to think about why the person is famous, and what is one word the reader would use to describe the person. This group is really trying to master this reading skill and is doing well!

Spelling

The third graders are practicing harder words and are eager to spell longer words. If you walk in there during any afternoon, you might hear kids reciting such words as, "M-I-S-S-I-S-S-I-

P-P-I" or "S-P-A-G-H-E-T-T-I." The students are also using their spelling words to learn about nouns, verbs, and adjectives and are writing compound sentences.

History

Our history class is learning about Christopher Columbus, Juan Ponce de Leon, John Cabot, Henry Hudson, and much more. Did you know that the Hudson River, the Hudson Bay, and others were named after Henry Hudson?

Science

In science, the third and fourth graders are learning about the human body. The former fourth graders say it is fun, and the slightest bit disgusting. They will also be learning about the skeletal system, and the muscular system.

They think it will be so much fun! The highlight for their teacher (and most of the students) was taking apart an owl pellet to examine rodent bones and compare them to human bones. The third graders are beginning to learn about different kinds of joints, as well.

Writing

Third graders are spending the quarter writing an opinion piece of their choice. They are using all of the steps in the writing process, which takes awhile, but it allows them to end up with a well-organized piece of writing. Some of the topics include the best pet and the best subject in school.



The 3rd graders in their spelling class.

5/6 Grade Reading

By Ms. Alexander

The fifth and sixth graders started out the year creating Reading Resolutions. These resolutions form the framework for their reading goals for the rest of the year. They will revisit those goals soon to check on their progress towards meeting those goals and to decide if the goal is one they want to continue. It's great practice for them in setting goals and working towards achieving those goals.

In addition to independent reading, the class have been reading an abridged version of Don Quixote. The focus has been on analyzing what Don Quixote believes is happening and what is reality. The version is shorter than the original, but has good vocabulary and follows the basics of the story. Later this year they will be reading A Midsummer Night's Dream, as well as Tom Sawyer.



5th-8th graders study peripheral vision in science.



8th grade students in Washington State history class.

Mrs. Gretchen Cruden - 5-8 Teacher

By Zara Cruden and Carson Vandegriffe

What do you get when you cross a cat with a student? Someone who is an Orient Bobcat of course. We are an elite hybrid of brains and brawn. This was demonstrated by the school's basketball team. They were, to quote Coach Porter, "Students first, athletes second." You have to have a C or above in all subjects in order to be eligible to play.

In the subject of math, there is much diversification. In Mrs. Cruden's class, there are Algebra I students, Course 3 students, and Course 2 students all working at the same time. The Algebra I students are learning how to simplify rational expressions with like denominators. Course 3's lessons are about negative exponents, scientific notation, and simplifying exponents, while the Course 2's lesson is how to put large numbers into scientific notation. Mrs. Belcher is teaching her class of 5th graders about the wonders of the decimal system, while the 6th grade class gets to learn how to multiply two digit numbers with decimals.

Mrs. Cruden also teaches science. As a 5th-8th grade group, we are learning about ecosystems and

photosynthesis. This word is devised from the Greek words "photo", meaning light, "syn", meaning together, and "thesis", meaning putting. Add them together and you get photosynthesis, the act of putting things together using light. Did you know that when H₂O and CO₂ are brought together in the chlorophyll of a leaf, they use the energy of the sun to make glucose (C₆H₁₂O₆)? The plant either lives off the glucose itself or is eaten by primary consumers. This means that all of the plants we eat really come from just water and some air! By the way, oxygen and water is released in this process.

The classes are split back up for history however The 5th and 6th graders learned about the Renaissance, and then began studies on Lewis and Clark's expedition. The 7th and 8th studied WW I as they finished their second quarter. In the third quarter, they will be doing Washington State History. This can be a high school credit for the students next year.

The Orient Community Club will be holding another great dinner, raffle & silent auction on Saturday, May 4th at 4 p.m.

The event will be held at Orient School's cafeteria. The menu will include: pasta, sauce, salad & French bread, dessert, coffee and punch. \$6.00 for adults and \$2.50 for children 8 years old and under.

Donations for the silent auction would be greatly appreciated. Sample donations include: crafts, baked goods, games, toys, household items, books, plants, anything that you think someone would bid on.

Raffle items will be new donations from local merchants. Funds raised will help us finish the pavilion in the Orient Park and support a local food bank. If you have any questions or items you wish to donate, please call: Pennie at 684-6335 or Shelby at 685-9756, Regine at 684-6725, and Dan at 684-2959.

ECEAP - REGISTRATION - Tel. 684-3421

Early Childhood Educational Assistance Program

ECEAP (Early Childhood Education and Assistance Program) is a comprehensive preschool program that provides free services and support to eligible children and their families. The goal of the ECEAP program is to help ensure all Washington children enter kindergarten ready to succeed. The program includes:

- Early learning preschool
- Family support and parent involvement
- Child health coordination and nutrition

Age: The ECEAP program prioritize children who are 4 years old by August 31, and accept children who are 3 years old by August 31st when space is available.



Kindergarten - REGISTRATION - Tel. 684-6873

A child must be five years of age as of midnight August 31 of the year of entry to be entitled to enter kindergarten.

Please call the office at 684-6873 for an enrollment packet if you wish to enroll your child in ECEAP or Kindergarten for school year 2013-14.



**Open Gym at Orient School
Basketball
Every Thursday
6:30 p.m. - 8:30 p.m.
Families are Always Welcome**

Hop on out to the Orient School's Playground

for our ECHO SPRING EGG HUNT



Springing on Friday, March 29th
3 p.m. until 4:30 p.m.

For all ages; 5 and under must be accompanied by an adult.
Come out and join us for lots of EGGtastic games, prizes and FUN!

Orient has Food Sense!

By Mrs. Davis, School Nutrition Instructor

On January 14, we started a 10 week course on food nutrition sponsored thru Washington State University. Our goal is to expand the variety of food from all the food groups that children include in their diets. We are trying to encourage children to make healthy food choices. We meet every other week for 45 minutes and will continue thru May.

Here is a recipe you can try at home with your student(s):

Peanut Butter Yogurt Dip

28 servings

- 1 cup vanilla yogurt
- $\frac{3}{4}$ cup peanut butter
- 2 T. honey
- Slices of your favorite veggies or fruits (such as celery, carrot, broccoli, cauliflower, apple, pear, peach)

Mix yogurt, peanut butter, and honey together well. Eat dip with fresh veggies and fruits, or spread on bread or bagels. Keep leftover dip refrigerated.



**Orient Community Church
Main Street, Orient
Youth Group**

All students of elementary/ HS school age are welcome. Fun, games, friendship and refreshments!

**Wednesday, March 20th
5-7 p.m.
Wednesday, April 3rd
5-7 p.m.**

From the Transportation Department



Kitchen Nuggets of Health How Digestion Works

Corner

By Janelle Klein, MSN, ARNP

Thoroughly chewing our food starts the digestion process. It also gives our tonsils time to detect pathogens and start the process of fighting them.

Once the food is swallowed a flap closes over the vocal cords which lean to our lungs. This means we unconsciously hold our breath and stop talking for a brief and critical moment while our food passes safely through the windpipe. Then the food travels down the esophagus toward the stomach, assisted by gravity and muscle contractions.

The final section of the esophagus, just before it opens into the stomach, has a narrowing made by muscle rings. This narrowing is called the cardiac sphincter. When this sphincter opens, food pours into the stomach. The sphincter then prevents stomach contents from coming back up into the esophagus. Unlike a cow, humans do not need to re-chew their food. Doing so would be problematic, both socially and health-wise. If the cardiac sphincter fails and the stomach contents enter the esophagus, an uncomfortable burning sensation in the chest can occur as well as a bad taste in the mouth, bad breath, burping and belching. If this continues everyday, the esophagus wall will become inflamed and eroded. It can also trigger another disease process called reactive airway disease.

The good news is that we can help our cardiac sphincter do its job by maintaining upright and straight posture while eating. That's right, "sit up straight at the table and don't slouch!" The muscle rings can be easily overcome if you lay down immediately after eating. Staying upright for at least an hour after eating allows gravity to help your cardiac sphincter keep the fluids and food down, where they belong.

Dear Parents,

In an effort to keep with the Orient School District's commitment to provide the highest degree of safety in transporting the children, we are preparing to set up emergency bus routes.

These routes are pre-established with stops at designated areas. Parents/guardians will be asked to get their child/children to the nearest emergency route location. If parents are unable to get their child/children to the emergency bus stop, the child/children will be excused for the day.

Emergency routes will be broadcasted on the news just as closures and late starts are. It will say something like "Orient School District is operating on emergency routes only."

If you have questions please contact me at the Transportation Department 684-1303.

Laura Sigmund
Orient Transportation Supervisor
684-1303

LINC SURVEY

The LINC's objective is to serve its neighbors and community members by Lifting up, Investing In, Neighbors and Community. The board of directors has discussed various program services that could be developed for our community. We value your ideas and input. Besides providing a food bank, clothes closet, and meeting facility what other ways can the Kettle River LINC serve our community? We would like to hear from you. Please share your specific ideas that would fall within the following broad categories.

Training/education

Health/exercise program

Family services/support groups

Social events

Please mail your ideas to Kettle River LINC, P.O Box 232, Orient, WA. 99160, or call 509-684-1087, or drop your ideas off at the LINC (76 3rd Ave., Orient) on Wednesday from 12-4 p.m.

Jan Greve
Executive Director

Orient School District Sealed Bid Surplus Items. Bid deadline- April 8, 2013
Viewing Items is limited to the following schedule: Tuesday, March 12, 19, 26, 2013 From: 9:30am - 12:30pm

| how many | Item | Condition | Specs | Bid | Bid | Bid |
|----------|--|--------------|---------------|-----|-----|---------------|
| 1 | Frigidaire Freezer | fair | 70h32w24d | | | |
| 1 | Cres-cor warming oven | fair | 70h31w20d | | | |
| 5 | Particle Board Shelves (8x12) includes hardware | fair | | | | |
| 4 | Indal Furniture Systems overhead desk lights | fair | 4 ft | | | |
| 1 | Nevco Scoreboard (indoor use only) | poor | 3'x 8' | | | |
| 1 | Overhead Projector | fair | | | | |
| 1 | Overhead stand | fair | | | | |
| 1 | New Book of Knowledge Encyclopedia Set | fair | | | | |
| | Spanish and English Dictionaries | fair | | | | |
| | Books on Human Behavior | fair | 24 volumes | | | |
| 4 | Dispensers for ketchup, mustard, mayo | fair | stainless | | | |
| 1 | Christmas tree stand | fair | up to 5" tree | | | |
| 1 | Charge 20 Electric Floor Buffer | poor | Several pads | | | |
| 4 | Teacher chairs | poor | swivel | | | |
| 12 | Exit signs | poor | various sizes | | | |
| 1 | Electric Panel(new never used)600volt 3phase | excellent | and breakers | | | |
| 1 | Upright Freezer 60" Kenmore | fair | 20CuFt | | | |
| 1 | Upright Freezer 4' Westinghouse | fair | 55"tall | | | |
| 1 | Travlsen 2 door Stainless refridgerator 115 volt | good | 7'h51w32d | | | |
| 2 | Haler & Frigidaire air conditioners (window) | good | 13' and19" | | | |
| 4 | Chalkboards (various sizes) and chalk | Fair to poor | | | | |
| 40 | F32T8 Fluorescent Tubes full spectrum lights | good | 5000k | | | |
| 1 | Homemade Dehydrator | fair | 48h24w27d | | | |
| 50+ | Hockey Sticks and pucks | fair | plastic | | | 3/5/20133/5/2 |

Orient School District Sealed Bid Surplus Items. Bid deadline- April 8, 2013
Viewing Items is limited to the following schedule: Tuesday, March 12, 19, 26, 2013 From: 9:30am - 12:30pm

| how many | Item | Condition | Specs | Bid | Bid | Bid |
|----------|---|--------------|---------------|-----|-----|---------------|
| 1 | Frigidaire Freezer | fair | 70h32w24d | | | |
| 1 | Cres-cor warming oven | fair | 70h31w20d | | | |
| 5 | Particle Board Shelves (8x12) includes hardware | fair | | | | |
| 4 | Indal Furniture Systems overhead desk lights | fair | 4 ft | | | |
| 1 | Nevco Scoreboard (indoor use only) | poor | 3'x 8' | | | |
| 1 | Overhead Projector | fair | | | | |
| 1 | Overhead stand | fair | | | | |
| 1 | New Book of Knowledge Encyclopedia Set | fair | | | | |
| | Spanish and English Dictionaries | fair | | | | |
| | Books on Human Behavior | fair | 24 volumes | | | |
| 4 | Dispensers for ketchup, mustard, mayo | fair | stainless | | | |
| 1 | Christmas tree stand | fair | up to 5" tree | | | |
| 1 | Charge 20 Electric Floor Buffer | poor | Several pads | | | |
| 4 | Teacher chairs | poor | swivel | | | |
| 12 | Exit signs | poor | various sizes | | | |
| 1 | Electric Panel(new never used)600volt 3phase | excellent | and breakers | | | |
| 1 | Upright Freezer 60" Kenmore | fair | 20CuFt | | | |
| 1 | Upright Freezer 4' Westinghouse | fair | 55"tall | | | |
| 1 | Travlsen 2 door Stainless reifridgerator 115 volt | good | 7'h51w32d | | | |
| 2 | Haier & Frigidaire air conditioners (window) | good | 13' and19" | | | |
| 4 | Chalkboards (various sizes) and chalk | Fair to poor | | | | |
| 40 | F32T8 Fluorescent Tubes full spectrum lights | good | 5000k | | | |
| 1 | Homemade Dehydrator | fair | 48h24w27d | | | |
| 50+ | Hockey Sticks and pucks | fair | plastic | | | 3/5/20133/5/2 |



Orient School

PO Box 1419, Orient, WA 99160
Tel.: 509-684-6873

NON-PROFIT ORG.
U.S. POSTAGE
PAID
KETTLE FALLS, WA
PERMIT #10

Carrier Route Presort Postal Patron

Attitude of Gratitude

Every time we remember to say "thank you", we experience nothing less than heaven on earth.
~ Sarah Ban Breathnach ~



A thank you to Tara Holmes, Christine Jenkins, and Robin Gillis for ensuring that all the cross-country ski equipment was properly fitted to each student. This enabled us to cross-country ski for Winter Sports in January

and for P.E. in February.

An additional thank you to our instructor, Keith Wakefield, for giving the students and the teachers the skills to enjoy the abundance that winter has to offer in our Kettle River Valley.

- From the staff and students at Orient School



Many thanks to our wonderful volunteers:
Ray Dahl
Jessica Hyde
Bill Charlton
School Board Members: Pennie Lindsey, Brad Armstrong, Keith Wilder, Gabe Kerr and Dale McNitt
All Winter Sports Program Donors
Mountain Gear
Heidi Golden-Thorne
Jodee Granville
Abbie & Nate Dudley



Ray Dahl volunteering in the kitchen with Diana Behrens, Kitchen Manager