

Terrebonne Community School

TERREBONNE TRIBUNE



December 2014



At Terrebonne Community School we provide a positive environment and challenging learning opportunities that improve student achievement and produce life-long learners.

Trevor Flaherty, Principal

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Message From the Principal

Greetings Terrebonne Community and Families,

The holidays are upon us and this is always a good time to reflect on the past year, spend quality time with our loved ones, and think about the opportunities we have to do for others. I am looking forward to the next few weeks at our Morning Gatherings as much of what we will be discussing with students is how they, even as young people, can contribute to the bigger picture of life.

In an effort to help families prepare children academically, socially, and emotionally for the public school system, many schools and districts are pursuing opportunities to have 4-year-old programs on site (pre-kindergarten programs). Terrebonne Community School has space available to pursue this and I am interested in finding out how many of our families would take advantage of this type of opportunity. The current plan is to create a tuition-based program (\$200/month), which would follow the current elementary school schedule. The program would be a half-day program running five days per week from 9:00-12:00 and would be open to students who turn four years of age on or before September 1, 2015. While a major focus of this program would center on building literacy skills through a variety of play and inquiry-based learning strategies (a constructivist approach to learning), equal weight will be given to developing the emotional and relational skills of these students. If this is something of interest to you, please contact me as soon as possible.

Parent-teacher conferences were a huge success. Nearly 96% of our families were able to join our teachers in a collaborative discussion on their child's progress in school. I was able to overhear many quality and engaging conversations, with thoughtful questions and high interest by parents. Thank you parents for partnering with our learning community!

Our first Family Fun Night is fast approaching so save the date. Our winter-themed event will occur on Thursday, December 11 from 5pm to 7pm. A free dinner will start at 5pm and will be served in our cafeteria. We will transition to arts and crafts stations around 5:45 in our gymnasium. There may even be a special visit from a special individual...you'll have to stop by and see for yourself.

Our canned food drive is in full swing. My understanding is that this is an event that we have won for a number of years so expectations are high for a repeat. Regardless of winning this event within the framework of friendly competition between the schools in our district, this is a great opportunity for students to learn about selflessness and doing for others. The last day to bring in food donations is Thursday, December 18. We will find out who the winning school is at Morning Gathering on Friday, December 19. I appreciate your efforts in advance at helping our students make a difference for families in need in our community.

As always, I value your opinion and thoughts on how we can make Terrebonne Community School an even better place for kids. My door is always open. Considering I won't have a chance to see and connect with many of you before we leave for the winter holiday break, have a Happy New Year and I look forward to seeing you in 2015!

Trevor Flaherty, Principal

Special Dates To Remember

- ◆ **Dec. 1—Canned Food Drive Begins**
- ◆ **Dec. 3—Early Release**
- ◆ **Dec. 8-12—Book Fair**
- ◆ **Dec. 10—Early Release**
- ◆ **Dec. 11—Holiday Family Fun Night**
- ◆ **Dec. 16 & 17—Garage Sale**
- ◆ **Dec. 17—Early Release**
- ◆ **Dec. 18—Canned Food Drive Ends**
- ◆ **Dec. 19—Canned Food Drive Assembly**
- ◆ **Dec. 22-Jan 2, 2015—Winter Break—NO SCHOOL**
- ◆ **Dec. 24—Christmas Eve**
- ◆ **Dec. 25—Christmas Day**
- ◆ **Dec. 31—New Year's Eve**
- ◆ **Jan. 1, 2015—New Year's Day Holiday**
- ◆ **Jan. 5th—School Resumes**

Note: 6th, 7th & 8th Grade Girls' Basketball will start in January. Watch for more information to follow.

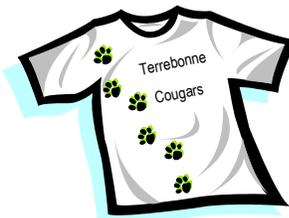
Holiday Book Fair

Terrebonne's Holiday Book Fair will run from December 8th–12th in room 117. We will also be open during the December Family Fun Night on December 11th. Remember that books make great gifts. Come check it out!



Terrebonne T–Shirt Sales

If you need another great idea for a holiday gift for your student (or yourself!), Terrebonne will be selling their Terrebonne Cougar T-shirts at the December 11th Holiday Family Fun Night. These are a fantastic way for our students to show their school spirit.



Health News



Immunization Update

The school year is flying by, and we are already in the midst of the busyness of the holiday season. The extra time away from school can be a great time to double check your student's immunization records and make sure they are up to date. It is also important to make sure your child's school has this information. We want to make sure to draw attention to that fact that there are some significant changes this year regarding what was referred to as *Religious Exemptions*. As of March of 2014, parents who choose not to immunize their student must now acquire a *Nonmedical Exemption* by obtaining two pieces of documentation: 1) An Oregon Certificate of Immunization Status with the nonmedical exemption section filled out, and 2) A vaccine education certificate from your healthcare provider or the online module provided by Oregon Health Authority. Please note that if your student already has a religious exemption from the previous year, he/she is grandfathered into the new policy. Additional information about these requirements can be found at www.healthoregon.org/vaccineexemption, or by contacting your school nurse.

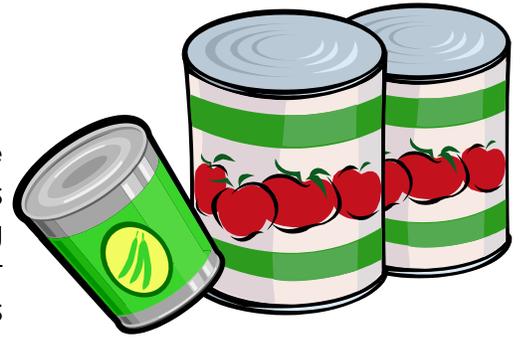
When considering nonmedical exemptions, it is always good to discuss your choice with a trusted healthcare provider. There are medically fragile students in the district that may have compromised immune systems and are not able to receive immunizations due to medical reasons. Ensuring that students around them are immunized can protect them from diseases such as pertussis (whooping cough) through what is referred to as "herd immunity." In other words, if every other student is protected from receiving the disease through immunization, the disease is less likely to be transmitted to a person who is not able to be immunized. We do understand that this is a personal choice, and your school nurse is always open to questions or concerns regarding immunizations, so please feel free to contact them.

Gail Burton, Terrebonne School Nurse, 541-923-4856, Ext. 4506

You can access our school website: www.terrebonne.redmond.k12.or.us

Canned Food Drive at Terrebonne

The students at Terrebonne Community School are once again participating in the Redmond Fire Department's canned food drive to help support families in need during the holiday season. This is a Redmond School District competition between the schools, and Terrebonne is proud to say they have taken the top honors in this competition for **7 out of the last 10 years!** Our goal this year is to surpass what the students collected last year, which was an average of 15 cans per student. We hope you will support this very worthwhile competition and help our students reach their goal.



Holiday Family Fun Night *Thursday, Dec. 11th, 5-7pm*



Bring the family and join our staff for a light dinner, followed by family fun making holiday crafts. A Holiday Book Fair will also be open during the evening. Rumor has it that Santa may be paying us a visit???



4th Graders Hold Annual Garage Sale To Benefit F.A.N.

The 4th graders of Terrebonne School are putting on a garage sale. It will be: December 16th and 17th during school.

We would appreciate it if you would go through your toy boxes and closets, and bring any toys, books, games, movies and other cool things you don't want anymore, to donate to our garage sale. Little things to big things (even bikes) would be greatly appreciated.

After donations are received, all students from Terrebonne School will have a chance to come to the garage sale and buy items for themselves, friends, or family members. It is a great way to buy something special for people on your Christmas list!



You can access our school website: www.terrebonne.redmond.k12.or.us



**BOYS & GIRLS CLUBS
OF REDMOND/TERREBONNE**

Hello all and welcome back from the holiday break! We would like to give a huge shout out to our November *"Youth of the Month"* recipients as follows:

Character & Leadership: Charleen Davenport

Education & Career: Ryder Doan

Health & Life Skills: Calan Vorseggern

The Arts: Makayla Perry

Sport & Recreation: Matthew Nonato

Congratulations! We are so proud of you all!!!

REMINDER TO FAMILIES:

The Terrebonne Branch **will NOT be open** for full days during the Winter Break. The Redmond Branch will be open to all Terrebonne Members. You must have your child/ren registered in advance. December full days at the Redmond Branch are as follows:

Monday, December 22nd

Monday December 29th

Tuesday December 23rd

Tuesday December 30th

Cost is \$15/day for early registration. \$20/day for late registration.

For further details or questions. Please call Leo Gonzalez, or Stephanie Powell, Program Directors, at 541-548-3456.

Stephanie Powell, Program Director

Boys & Girls Clubs of Redmond/Terrebonne

Terrebonne Branch P.541-548-3456

E. spowell@bgcrt.org W. www.bgcrt.org

F. www.facebook.com/BGCofRT

**Great Opportunity
to Support Your
School Library**

Paulina Springs Books in Redmond will be offering a 15% discount on book sales from Dec. 7-14th. During that time, your school library will be credited with another 15% for purchasing library books.

Be watching for a flyer to come home with your student during the first week of December.

News From the Deschutes County Library

Attention Teens: Join Your County Library's Teen Advisory Board

Be a voice for teens at your library! Join other students from Central Oregon to help shape the services Deschutes Public Library offers to middle and high schoolers. Teen Advisory Boards can also support their local communities through service projects and outreach. We want to hear your ideas and thoughts! You will be responsible for attending monthly meetings with your library's TAB, and being an active participant at those meetings. We hope you are interested in reading, technology, and creating fun events for teens both inside and outside your library. By serving on the Teen Advisory Board you can earn volunteer or community service hours for school or honor societies. Ready to join in on the fun? Fill out a Teen Advisory Board application at <http://www.deschuteslibrary.org/teen>, or email josieh@deschuteslibrary.org.

Julie Bowers, Redmond Community Librarian
Deschutes Public Library, (541) 312-1054

<http://www.deschuteslibrary.org>

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Eat Your Breakfast!



All too often during the first hours of the school, students come up to the health room "just not feeling well." When asked if they had breakfast, sometimes the answer is "no." We know that mornings can be hectic, and even getting out the door can be a huge accomplishment, so finding a few minutes to make sure your student has a healthy breakfast may be a bit of a challenge. Remember though, that breakfast is truly a very important meal. Students who skip breakfast may spend the morning feeling tired, restless and irritable. They may have stomach aches or headaches, and it can have a negative effect on how their brain processes the information they receive in class. On the other hand, a student who eats a healthy breakfast made up of whole grains, fiber and protein (and limited sugar), can give them the energy they need to make it through the morning, and gives them the fuel their brain needs to stimulate learning in the classroom. Here is an easy recipe idea that incorporates plenty of fiber and protein that you can easily make ahead of time!

Rainbow Egg Muffins (gluten and dairy free)

Makes about 24 muffins

Ingredients:

12 eggs whisked well

2-3 cups of assorted vegetables (onions, carrots, zucchini, cooked sweet potatoes, spinach, kale, bell peppers, cooked squash, or whatever you have in your fridge!) Try for a **rainbow** of colors!

Optional: 6 slices of cooked and crumbled bacon, cooked breakfast sausage, cooked and diced chicken, or diced cooked ham

Sea salt and black pepper to taste

Coconut oil, butter or ghee

Directions:

Preheat oven to 350.

Grease two muffin pans with coconut oil, butter, or ghee.

Whisk eggs in a bowl. Add a pinch of sea salt and pepper to your liking.

Chop vegetables into small bite-sized pieces.

Cook optional meat and dice it or crumble it.

Sprinkle assorted vegetables and meat into muffin pans about half full.

Pour whisked eggs into pans just to cover vegetables/meat.

Bake for 20-25 minutes, or until the eggs are set in the middle. Serve with salsa and avocados.

These make wonderful on-the-go meals that are nutrient-dense, and easy! Store the leftover muffins in the fridge for easy grab-and-go snacks or breakfasts. Enjoy!



We wish you a Safe and Happy Holiday season
from all the Staff at Terrebonne Community School

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