



2855 Lincoln Street
Tel: 541-345-7285
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The Village Voice

This is our school, Let peace dwell here
Fill all the rooms with happiness.
As many hands do make a house,
So many hearts do make our school.



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eugenevillageschool.org
@EugeneVillage

March 13, 2015, Volume 14, Issue 26

UPCOMING EVENTS

3/16-3/30	NO SCHOOL - Spring Break
Tuesday, 3/31	School Resumes
3:15 PM	Green Team Meeting 16 Tons
Wednesday, 4/8 6:30-7:30 PM	Parent Council
Wednesday, 4/15 5:30-7:30 PM	Board Meeting
Thursday, 4/16 6:00 PM	1st Grade Play
Friday, 4/17 9:30 AM-2:30 PM	Upper Grades Track Meet



FROM THE PRINCIPAL'S DESK

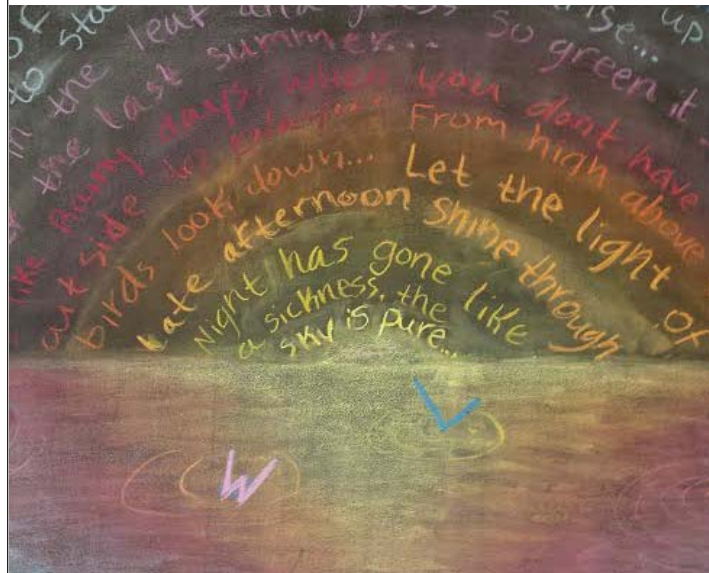
Very Important Message today:

HAVE A GREAT BREAK! RESTORE AND REJUVENATE!

See you on March 31st!
--Kent

ANNUAL GIVING CAMPAIGN 2015

Our specialty programs, Spanish, Music, Handwork and Movement, rely on your support. Thank you to all who have already made contributions; we hope to see 100% participation! We have raised \$3,600 to date.



VOLUNTEERS NEEDED FOR THE UPPER GRADES TRACK MEET!!!

We are in need of parent volunteers for our annual track meet on Friday, April 17 from 9:30 AM-2:30 PM.

We need:

- *Set-up crew (9-9:30am)*
- *7-8 volunteers for the Javelin*
- *7-8 volunteers for the Discus*
- *2-3 volunteers for the Shot Put*
- *2-3 volunteers for the High Jump*
- *2-3 volunteers for Girls Long Jump*
- *2-3 volunteers for Boys Long Jump*
- *2-3 volunteers for snack distribution and First Aid*
- *Clean-up crew members*

Please come and support our students while getting your volunteer hours completed! If you can't help this time; come cheer on our athletes. To sign up for one of these volunteer jobs or to ask questions, please sign up online, contact the school office or talk to Ms. Kimball.

Tapestry APPRECIATIONS

By: Andy Traisman

Thank you 7th grade for all your hard work. This is the first production of this play in four years. Each class brings its own unique talents and sensibilities to each production. It has been a pleasure watching you grow individually and collectively in your work with this play. This annual compulsory endeavor asks a lot of our students--this class has risen to meet the challenge. Congratulations on your good work.

Special thanks to **Mika Scott** (grandmother of Kiarha) who brought her special talents and passions to our class every day for the past four weeks. Her contributions and effort have been invaluable to the class.



See more pictures on page 4!

A MESSAGE FROM LANE COUNTY HEALTH

Dear Parents and Guardians,

There have been 5 confirmed case of Pertussis (Whooping Cough) in the 5th grade at The Village School from February 18th-March 11th. These children who have had Pertussis have siblings in grades 2 and 4, and the siblings have been treated for the illness as well.

Pertussis is a highly contagious respiratory disease caused by the pertussis bacteria. The bacteria can spread easily with direct, close contact with secretions from the nose, throat, and mouth, such as with sneezing or coughing.

Symptoms to look for include:

- Cold-like symptoms, such as a runny nose, watery eyes, and sneezing
- Possible low-grade fever
- Cough that is mild at first, then increasingly severe with times of deep, rapid coughing and crowing or high pitched “whoop”. Cough often worsens at night
- Possible vomiting after coughing

Symptoms occur within 5 to 21 days (usually 7 to 10 days) after someone has been exposed. If your child has any of these symptoms see a doctor immediately to be tested.

Pertussis is treated with an antibiotic. If treated soon enough, the antibiotic may decrease the contagiousness and severity of the disease.

Babies less than 1 year old are most at risk for severe complications from pertussis. Pregnant women in the 3rd trimester are at risk of passing it to their newborn.

Please check to see that your child’s immunizations are all up to date, and if not, get the remaining dose of Tdap right away. It is recommended that adults have a booster dose of Tdap as well to help stop the spread of the disease.

Report any respiratory illness (such as a cold, cough, or sore throat) that occurs within 3 weeks of this notice to your doctor for medical testing and follow up. If you have any questions, please do not hesitate to call the school at 541-345-7285 , or Lane County Public Health at 541-692-4041.

For more information on Pertussis, visit:
<https://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/Pages/disease.aspx?did=48>

KEEP SCHOOL A HEALTHY PLACE

Please continue to have your family members wash their hands often, and continue keeping your children home when they are sick. This is an important piece in keeping our school a healthy place to learn and play.

Thank you!

COMMUNITY TRACK MEET

The South Eugene HS track team is having a community meet fundraiser this Saturday March 14th! Community members are invited to participate in some events. There are 3 running events (100m, 400m, mile) as well as 3 field events (long jump, high jump, turbo javelin) that are open to the community (age 7+). More information about this event has been posted on the “South Eugene Track and Field” facebook page (<https://m.facebook.com/pages/South-Eugene-Track-and-Field/293276384037846>).

This meet is a fundraiser for the track team, so there is an entry fee. There will be separate events for the community and members of the track team. The facebook page also has more of the important event details!

SHOP LOCALLY OR ONLINE AND RAISE FUNDS FOR VILLAGE SCHOOL



We encourage everyone to use scrip from eScrip, Capella, and Unique Eugene. These programs help local vendors and bring fundraising dollars to our school.

To use eScrip, log onto www.eScrip.com, and click: Sign up! Our Group I.D. is 9130886 (beware: there are several Village Schools). Register your Safeway, debit & credit cards (the site is secured), then shop at eScrip merchants, such as Market of Choice & Safeway. You can use your eScrip registered cards for all your purchases.



To shop for Village School on Amazon.com, go to www.eugenevillageschool.org and click “Shop for Village School” on the left. Click the Amazon.com link, and shop. The Village School earns as much as 15% of your sales.



When you shop at MightyNest.com, a website that sells eco-friendly cookware and some natural toys, 15% of the proceeds of your purchases can be donated to our school when you select us when shopping! To check it out, go to MightyNest.com and click “Support your local school” to register Village as your school of choice before you make any purchases.

THE GREEN SCENE

Earth Week at the Village School is being planned (April 20-23) and we could use some help. Come to the next meeting, the day after break, Tuesday, March 31, 3:15pm at 16 Tons. Enjoy a beverage while we work on ways to inspire and empower the Village School community around topics of climate change. Kids who come can have their own table to make posters.

Looking for something to do over spring break? How about a family challenge to see how many things you can do on the list from the Earth Guardian’s website earthguardians.org/simplethings.shtml :

Simple Tips to Help Create a Beautiful World for Yourself, Your Children, and Future Generations

HOME

- In the winter, turn down the thermostat and wear warmer clothes instead.
- In the summer, avoid using the air conditioning. Consider getting an evaporative cooler instead.
- Avoid using the clothes dryer, hang your clothes out to dry whenever possible.
- Turn down the temperature on your water heater (130 degrees is hot enough).
- Put a brick or rocks in your toilet tank to conserve water each time you flush.
- Minimize toilet flushing - "if its yellow, its mellow, if its brown, flush it down".
- Remember to turn off your lights whenever not needed, especially during the day.
- Put stereos and electronics on power strips and turn off when not in use.
- Replace your light bulbs with CFLs or LEDs, which use a lot less energy.
- Use rechargeable batteries instead of disposable batteries for portable devices.
- Minimize printing of documents from the computer, go paperless.

EATING

- Buy locally sourced food when possible.
- Eat organic food (pesticide and GMO free), it is better for your health and the environment.
- Shop at local farmer's markets.
- Plant a garden and grow your own.
- Dispose of leftover food, yard trimmings, and weeds by starting a compost.
- Avoid disposable plates, cups, and utensils.
- Decide what you want before you open the refrigerator, don't leave the door open.
- Use a pressure cooker, especially for beans and grains.
- Avoid eating meat or reduce the amount you eat and buy organic.
- Avoid supporting fast-food restaurants, go to the local cafe instead.
- If you get food to-go, bring your own containers, cups and utensils to use, avoid the disposables.

BATHING

- Take shorter showers.
- Turn off the water while shampooing or washing your body.
- Turn off the water while you are brushing your teeth or shaving.
- Avoid using hot water for simple washing of hands and face. Cool water is more refreshing.

CLEANING

- Use rags or hand towels instead of paper towels or napkins.
- Use non-toxic, environmental-friendly products for cleaning.
- Minimize use of aerosols. Don't buy it if halons or CFCs are listed.

SHOPPING

- Support local stores and restaurants.
- Use cloth bags for shopping; keep them in your car.
- Buy bulk and unpackaged items rather than packaged goods when possible.

- Buy carrots, onions, potatoes, etc. loose, no need to use a plastic bag.
- Strive to buy products made from recycled materials.

TRANSPORTATION

- Walk or ride a bike whenever possible.
- Carpool and ride-share whenever possible.
- Use alternative means of transportation (bus, subway, train) as often as possible.
- Drive a fuel-efficient, hybrid, or electric car. Avoid using the air conditioning.
- Be an eco-driver (slow acceleration, gradual deceleration, smart parking, etc.).
- Keep your trunk clean, extra weight decreases gas mileage.
- Make sure the tires on your car are properly inflated and balanced.
- Keep your car tuned up and clean.

ACTIVITY

- Decrease TV watching and increase creative learning, art, and exercise.
- Pick up litter when you walk, and support litter pick-up days in your neighborhood.
- Start or help with a community garden, and spend more time in nature.
- Buy a living Christmas trees, and plant it somewhere after the Christmas season.
- Plant trees in your community.
- Adopt a street or trail, and keep it clean
- Organize a clean up at a beach, lake, river, or creek.

RECYCLE AND REUSE

- Recycle everything possible - paper products, aluminum, glass, plastic, etc.
- Recycle old cell phones, mobile devices and batteries.
- Donate to thrift organizations, shop at thrift stores.
- Use, and re-use cloth napkins instead of paper.
- Use containers to store food in your refrigerator, minimize aluminum foil, plastic wrap, or bags.
- Mend and repair, rather than discard and replace.
- Before you throw away plastic six-pack holders cut each circle with scissors.
- Be aware of local waste management methods and visit your local recycling center.
- Buy a water bottle for yourself. Refill, use it, and carry it with you at all times.
- Avoid using styrofoam and plastic as often as you can.
- Bring a coffee cup from home to the coffee shop, instead of using disposable cups.

New habits and lifestyle choices can be hard to make. Remember these wise words from Gandhi:

*Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.*

So let's believe that we can, individually and collectively, make a difference on this big, beautiful planet. Think about it, talk about it, then do something about it. Then do it again and again.

Please submit Village Voice entries to Maureen on Thursdays by noon at village@4j.lane.edu.

TAPESTRY



VILLAGE CLASSIFIEDS

TOOL AND MEMBERSHIP DRIVE



IT'S LIKE THE PUBLIC LIBRARY, EXCEPT YOU BORROW TOOLS

**Bring us your dusty, your still-in-the-box tools,
Your hammers, drills
and table saws yearning to be used!**

(Translation: We're looking for tool donations to stock our shelves.)

**Bring us your energized, your project-ready neighbors,
Our new members, ready to build what they didn't
dream possible!**

(Translation: We're looking for YOU, our future library members.)

JOIN OR DONATE AT TWO UPCOMING EVENTS:

Sunday, April 12, 11am-3pm
Friendly Street Church of God
at 23rd Ave. & Adams St.

Sunday, April 18, 11am-5pm
EWEB's River Edge Plaza

SHARE TOOLS | MEET NEIGHBORS | EAT COOKIES
www.eugenetoolboxproject.org



SUN. APRIL 19TH CONFIDENT CYCLING FOR FAMILIES CLASS 9AM-NOON – VILLAGE SCHOOL

To register:
<http://eugenerts.org/events/confidentcycling/>



For more information
contact:
Shane MacRhodes
rhodes_sh@4j.lane.edu
541-556-3553

Class attendees will not only learn about basic traffic skills but also learn how to perform a bicycle safety check, how to properly fit a helmet, how to size a bicycle for a child, and how to properly carry things on a bicycle. Information will also be provided about gear and clothing, proper lighting, use of lights, and locking a bike. Half the course will be conducted indoors and the last portion will be held in the parking lot with skills & drills before a final ride on neighborhood streets.

This class is made for parents AND kids so all participants are asked to bring a bicycle and a helmet with them to class. Some reduced cost helmets will be available. Anyone requiring a loaner bicycle for the class is asked to state that in the comments section of the registration form. This class is geared towards children ages 5 - 13 and is free and open to all families but registration is required.