



Charles F. Tigard Wildcat Chat



12855 SW Grant Avenue, Tigard, OR 97223

(503) 431-4400

Kirk Sherrill, Principal
September 19, 2008

I'm sure you've heard it before:

- “Mom, Dad, I didn't do my homework because you forgot to remind me.”
- “I left my assignment at school.”
- “The teacher didn't give me any homework.”
- “I can't do my homework because it's too hard.”

Are you pulling your hair out yet?

Here are just a few tips from the PSO website and authors Jeanne Shay Schumm and Yvonne D. Perry:

- Talk to your child about school. Does your child understand why he/she goes to school? Discuss how school is one way that children discover who they are and who they may become. Talk to your child about what he/she likes and dislikes about school and why. Let him/her know that he/she can always come to you with problems.
- Communicate with your child's teacher. Plan to meet with the teacher if you believe your child is struggling to discuss your child's progress or lack of progress. Once a relationship is established, it is easier to examine difficult issues if they arise.
- Learn about the curriculum. The more you know about what will be taught in the classroom, the better you will be able to help your child with homework.
- Find out what your child's teacher's homework policies and practices are. It will take the guesswork out of determining whether or not your child has homework.

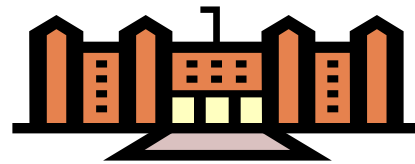
I wish you all the best of success as you partner with our school by helping your child stay on top of their homework.

DATES TO REMEMBER

Sept. 26	Ice Cream Social, 6:30pm
Oct. 3	Jog-A-Thon
Oct. 7	PSO Meeting, 7:00pm Guest Speaker: Officer Jamey McDonald- How to Keep Your Kids Safe
Oct. 10	NO SCHOOL: Classified Inservice
Oct. 14	Picture Day
Oct. 16-17	NO SCHOOL: Conferences
Oct. 24	Harvest Fest, 6:30pm
Nov. 10	NO SCHOOL: Teacher Training Day

ATTENDANCE LINE

Please call our 24-hour attendance line at **503-431-4405** if your child is going to be absent or tardy. Your call to us saves us a call to you. Thank you.



SCHOOL HOURS

8:20am – 2:25pm

AM Kindergarten: 8:20 am – 10:40 am

PM Kindergarten: 12:05 pm – 2:25 pm

JOG-A-THON

Mark your calendars for October 3 for our annual Jog-A-Thon fund raiser.



Counselor's Corner

For many of our families, buying clothing for our children can cause a financial strain on our budget. If you are having difficulties affording clothing this year, please contact me, the counselor (Dianne Wilson) or the front office. We can write a referral to the district's clothes closet that can help provide gently used clothing for students. Sometimes they also have cleaning supplies for families.

If you are in need of some school supplies or a backpack, please contact the counselor, Dianne Wilson at 503-431-4409. I have available a limited amount of supplies and backpacks for students. If you would like to donate supplies for other students, we are usually short on calculators and glue sticks.

Coming next month will be a Holiday Needs form. This is for families that would like a little extra help during the holidays. Please look for that form during the month of October and be sure to return it by the date that will be on the form. Often we can assist with at least one gift for every child in a family that applies (this does not include children that do not attend CFT).

We have a dental van coming on October 13th this year. To qualify a child must not have insurance. If they can qualify for the Oregon Health Plan, the student is also not eligible. Students are seen in the order of need with pain being a strong factor on who can get on the van. If you have a student that is in need of this service, please contact me.

If you would like some assistance finding out more about the Oregon Health Plan, please let me know.

Dianne Wilson
School Counselor

Getting Ready and Healthy for Winter

Get plenty of rest. Eat a balanced diet. Exercise regularly.

This mantra for physical well-being is only part of the story. While it may make you look like the picture of health, it takes more than that to develop a good defense against winter illnesses. Nancy Bock, Vice President of Education at The Soap and Detergent Association, offers some effective and easy-to-implement strategies for getting ready and healthy for winter.

Develop a hand washing routine. Washing your hands is the single most important – and the easiest way to avoid spreading germs that are responsible for colds, flu and staph infections. Some critical times to clean your hands are: before and after meals and snacks; before caring for young children; after touching a public surface; before and after preparing food, especially raw meat, poultry or seafood; after using the restroom; when hands are dirty; after touching animals; after coughing or sneezing; when you or someone around you is ill.

Learn how to wash your hands properly. Who doesn't know how to wash their hands? You'd be surprised! A quick rub with the soap and a splash under the water isn't going to kill those germs. Here's how to do it properly:

1. Wet hands with warm, running water. Then apply soap.
2. Rub hands together vigorously to make a lather, and then scrub all surfaces. Continue for 20 seconds, which is about how long it takes to sing two verses of "Happy Birthday."
3. Rinse well under warm, running water.
4. Dry hands thoroughly, using paper towels or an air dryer. If possible, use a paper towel to turn off the faucet.