

# Tualatin Telegraph

20405 SW 95<sup>th</sup> Ave, Tualatin, OR 97062  
<http://www.ttsd.k12.or.us/tualatin-elementary>

Johanna Cena, Principal 503.431.4800  
January 7, 2010

## From the Principal's Office -

Dear Families --

Happy New Year! I hope all of you had a rejuvenating Winter Break and that our students are excited to be back and ready to learn. I'd like to take this opportunity to thank our marvelous Winter Holiday Committee for hosting such a special family night on December 10th. It was so great to watch the excitement of the children as they assembled their gingerbread houses, participated in the cookie walk and visited with Santa. It was also a nice addition to have our Garden Committee selling native plants! I am so grateful for the many, many volunteer hours our parents and teachers contributed—it really paid off.

As we move forward into the New Year we will begin our testing season for students grades 3-5. This will begin January 11th. They will be testing in reading and math. You can visit the Oregon Department of Education website to see a sample of the test at <http://www.ode.state.or.us/search/page/?id=1307>. The state math benchmarks have gone up this year meaning that students will have to score higher on the math test in order to Meet or Exceed the benchmark. At Tualatin Elementary we are always focused on how much students grow in their score over time and from year to year. This gives us important information as to how much each individual student is learning at his or her level. This is also reflected in the state report card for Tualatin Elementary that went home with students attached to the Telegraph a few weeks ago. The state looks at student level growth in the calculation of each school's score. This information is helpful to us in order to see where to focus our improvement efforts. Our goal is to make sure each student at Tualatin makes significant growth each year.

Finally, your child will be receiving a newspaper in their backpack on Friday showcasing the work that our afterschool arts students created with senior Portland

State University Students. This was part of a University school partnership with PSU. The Tualatin students in the afterschool class created a school crest, developed a story about our mascot the panther, and created hope flags for our school. Finally, the students of PSU created beautiful banners that are hanging in our rotunda with 5 themes that represent our school. The themes written on them are: Excellence, Diversity, History, Community and Language.

Thank you for your continued support. Happy New Year!

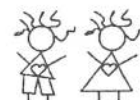
--Dr. Johanna Cena

## NO SCHOOL

Martin Luther King, Jr. Day  
Monday, January 17

## TEAF REMINDERS

The brochures for Winter TEAF classes were sent home this week! Registration will be accepted in the school office through Monday, 1/10. Late registrations will be processed as space permits. The children will be informed of the class/s they are in by Friday, 1/21. The classes will begin the week of 1/24. **Also please note that there will be NO CLASSES on 2/21 and 3/17 due to days off of school.**



## Healthcare for all TTSD Students!

The School-Based Health Center offers healthcare for all students in the Tigard-Tualatin School District. Located on the southeast side of the Tigard High campus, the facility provides physical, mental and preventive health services. Appointments are made for sick children, vaccinations, or sports physicals. Most health insurance plans, including Oregon Health Plan are accepted. No one will be turned away due to inability to pay. The clinic is open school days  
Monday -Thursday, 10:00 a.m. - 4:00 p.m.  
Call 503-431-5775 for an appointment.

## Do you Have Roofing Expertise?

We could use your help in fixing our garden shed. If you can help or consult we would be greatly appreciative. Please contact Bridget Lynch at [bridget.lynch@me.com](mailto:bridget.lynch@me.com)

### Emergency Closures

A great option available to our families in the event of a weather related event or emergency closure is the **Flash Alert system** available via the Tigard-Tualatin website. You can opt to have closure information sent to you as a text or an email. To sign up go to: <http://www.flashalert.net/news>

### Activities & Events

1/11	Oaks Testing begins
1/14	Dibels Testing
1/17	NO SCHOOL – MLK Day
1/21	Next Telegraph available
1/24	TEAF classes begin
2/1	LaPac meeting, 4:30 p.m. PTA meeting in library, 7:00 p.m.
2/4	NO SCHOOL – Teacher Workday
2/16	5 <sup>th</sup> Gr. Civil Rights Concert in the gym, 6:30 p.m.



### COMMUNITY RESOURCES

Would you like more information about programs and resources offered in our community? Are you interested in parenting classes, accessing the Caring Closet, or information concerning dental or medical referrals? If you answered YES to any of these questions, or you would like to volunteer or share your ideas about future school events call Linda Muñoz Blackwood at 503.431.4769. You may also complete the form below and return it to school.

YES, I am interested in learning more about community resources and other school information.

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Student(s) \_\_\_\_\_

Grade(s) \_\_\_\_\_





**Dedicated to keeping kids healthy, in school and ready to learn!**

Not feeling well? Need a strep test? Ear check? Immunization? Physical exam? The School Based Health Center is a convenient option for all students, siblings and staff and their children in the Tigard Tualatin School District. The SBHC accepts most insurance plans, including OHP but will not turn anyone away. The SBHC is conveniently located behind Tigard High School. Urgent problems are seen on a walk-in basis, appointments are recommended for non-urgent health concerns.

**Appointments: 503-431-5775.**

Office hours:

**Family Nurse Practitioner**

Monday: 7:30-am - 12 noon

Tuesday - Thursday: 9 am - 4 pm

**Mental Health Specialist**

Monday - Thursday 7:30 am - 4 pm

Friday: By appointment

**Outdoor Deprivation Disorder!**

What is it? A new way of saying we don't get out enough. Children ages 8 to 18 spend more and more time indoors. It almost goes without saying, a lot of adults do too! When we're indoors we are less active. This affects our health: obesity, Type 2 diabetes in children and adults, high blood pressure in children and adults, asthma, vitamin D deficiency, stress, depression, attention deficit disorder, osteoporosis, and heart disease.

What can we do? Go outside. Move around. I know, it's raining! Grab an umbrella or a raincoat, put on some wool socks or rubber boots! Splash in a puddle, and run through the park, breathe deep and spend at least 20 minutes at it. Try to do this every day.

Here are some websites with more information:

- <http://www.tigard-or.gov/community/parks>
- <http://www.letsmove.gov/letsmoveoutside.php>
- <http://www.childrenandnature.org/>
- <http://www.nwf.org/News-and-Magazines/National-Wildlife/Outdoors/Archives/2010/6-reason-you-dont-go-outside.aspx>
- <http://www.nwf.org/Get-Outside/Be-Out-There/Why-Be-Out-There/What-is-a-Green-Hour.aspx>

Anne Trainor, FNP

School Based Health Center at Tigard High

2010-2011

September 20 – December 17, 2010

January 3 – March 18, 2011

March 28 – June 10, 2011

# English Classes for Adults in Tigard

<p><b>Tigard Senior Center</b> 8815 SW O'Mara (off Hall Blvd. near Tigard Library) Kris Magaurn, 503-620-4613 (Tuesday and Thursday)</p> <p><b>Beginning I and II</b> Tuesday &amp; Thursday, 12:30-2:00 pm</p> <p>Monday &amp; Friday (Spanish speaking students only) 1:30 – 3:30 pm</p> <p><b>Intermediate</b> Thursday, 11:00 am-12:30 pm</p> <p><b>Advanced</b> Monday, 9:00-10:30 am</p> <p><b>Intermediate/Advanced</b> Conversation Friday, 1:30-3:30 pm</p> <p><b>Women's Conversation Group:</b> Friday, 10:00-11:30 am</p> <p><b>FREE – register in class</b></p>	<p><b>Tigard United Methodist Church</b> 9845 SW Walnut Place (behind Jiffy Lube) Paul Colligan 971-275-3775</p> <p><b>Conversation classes:</b> Beginning Intermediate Advanced</p> <p>Monday and Wednesday 12:30 – 2:00 pm</p> <p>Childcare provided</p> <p><b>Last class May 25, 2011</b></p> <p><b>FREE – register in class</b></p>	<p><b>St. Anthony's Catholic Church</b> (classes in the middle school) 9905 SW McKenzie St. Marco Espinoza 503-636-4179 ext-129 Derene &amp; Bob Meurisse 503-590-5582</p> <p>Tuesday and Thursday 7:00 – 8:30 pm</p> <p>Beginning I Beginning II Intermediate Advanced</p> <p><b>First class Sept. 21, 2010</b> <b>Last class May 26, 2011</b></p> <p><b>FREE- register in class</b></p>
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# SIGN UP NOW!

## Winter Quarter English Classes

Beginning and Intermediate

### Winter 2011 Schedule

#### BEGINNING

MONDAYS: 10 a.m. – 11:30 a.m.

January 10 – March 14, 2011

#### INTERMEDIATE

TUESDAYS: 10:30 a.m. – 12 a.m.

January 11 – March 15, 2011

At the...

### TIGARD-TUALATIN FAMILY RESOURCE CENTER

Tigard High School Portable #716

(Behind the Swim Center)

9000 SW Durham Rd.

Tigard, OR 97224

\$1 donation per class

No childcare available.

## TO REGISTER

Please call the  
Tigard-Tualatin Family Resource Center

503-603-1585