**GREASE UP THOSE GEARS, IT'S WALK AND RIDE TO SCHOOL TIME AGAIN!**

Every Wednesday in October Ride to School For Fun, Health, and Prizes

**Where:** The playground picnic tables

**When:** Check in by 8:10 for small prizes, music, and snack.

**What:** Bikes, Scooters, Feet, Hang gliders, Just get to class without a motor.

Every Wednesday morning you make it, you get an entry into a raffle for a $100 gift card to Get 'n Gear.

Please remember helmets and speed limits!

**BEAR CREEK WATERSHED RESTORATION PROJECT**

This is our 12th year in partnership with Lomakatsi Restoration Project and Ashland Parks to restore riparian habitat in the Bear Creek Watershed. With their cross-age buddy, students will help restore the riparian zone at the Ashland Creek Park October 22-24. If you would like to chaperone, please make sure you have completed the Ashland School District Volunteer Registration and check with Malinda in the front office to ensure you are cleared. Volunteers also need to complete an Ashland Parks and Recreation Volunteer Waiver.

**LUNCH PROGRAM – PLEASE APPLY**

Qualifying for a free/reduced lunch can be a huge help to many families. Breakfast and lunch are served daily in the cafeteria. You can apply for this benefit at the website below or pick up an application in the office. **Families must apply each school year to keep benefits.**

Meal Benefit applications do more than help children get a hot, healthy breakfast and lunch every day. The demographic information on them (no names or other specifics) is used by Oregon Department of Education to help allocate dollars for classrooms to provide additional supports such as Educational Assistants and Reading Specialists. **Ashland School District encourages all families to investigate the possibility of receiving meal benefits so if you haven’t filled out an application this year be sure to visit the link on the website to fill one out online.**

To access your child’s lunch account (check balances, make payments), please visit [http://www.ashland.k12.or.us/Page.asp?NaviD=1656](http://www.ashland.k12.or.us/Page.asp?NaviD=1656). To create an account, you will need your child’s student number. You can call Malinda in the office to obtain this number.
TEA WITH THE PRINCIPAL

Our Tea with the Principal program honors and celebrates positive behaviors. Each month, the school focuses on an important life skill and October’s theme is “Responsibility”. Teachers choose students from their class who exhibit the month’s theme to have tea with the Principal. We discuss what the life skill looks like at school and at home while enjoying a snack and each other’s company.

COINS FOR A CAUSE

Ms. Ashley’s and Ms. Trish’s classes are launching a coin drive to raise money for those impacted by Hurricane Dorian in the Bahamas. Coin jars will be in every classroom, the Library, and Office until October 25. Funds collected will be donated to the Global Empowerment Mission.

WALKATHON

Can you believe it is Walkathon time again? On October 15th, the 2019 walkathon will take place. Your child recently brought home a bright and shiny walkathon envelope. Kids that return their envelope by October 28 will be entered into the classroom drawing for a prize. There will also be a drawing for a larger prize.

Our goal is to get 100% student participation at the event and raise more than $7000. Both Erin and I will be at the event to help encourage kids on.

If you can help count laps for students during the event, please let us know. The class times are below.

10:15-10:45     Smith (1st grade) and DiMaggio (2nd grade)
11:00-11:30     McLean (Kindergarten) and Driscoll (Kindergarten)
12:10-12:40     Martin (1st grade) and Schwedes (1st grade)
12:40-1:10      MacKenzie (2nd grade) and Snowden (2nd grade)
1:20-1:50       Collonge (3rd grade) and Brendlinger (3rd grade)
1:50-2:20       Werner (4th grade) and Sherbow (4th grade)
2:20-2:50       Dorr (5th grade) and Dunbrasky (5th grade)

Thank you for your dedication to our children. Helman families are simply the best!
Please feel free to email me, Christine, directly should you have any questions or concerns at christine@seekoei.com.

Yours in running shoes and headbands,

Christine Shepherd and Erin Endress

HEALTH CURRICULUM

In order to align with the Department of Education all schools are putting into place the new Oregon Health Education Standards. Health Education Standards help define the knowledge and skills students will need throughout their K-12 experience. Standards also provide consistency in what is taught to students across our state to ensure equity in education. Quality health education is characterized by standards-based instruction and provides students with the knowledge and skills needed to lead healthy lives. Health-literate people are able to obtain and apply knowledge and skills to enhance their own health and the health of others — both now and in the future as their needs change throughout their lives.

Many pieces of the standards have already been addressed with the work we have been doing with SART (Jackson County Sexual Assault Response Team) for the past 3 years. We have pooled from many different resources to address standards that were not being met through our SART lessons. If you would like to preview the curriculum please see the office manager. If, after previewing the lessons, you would like to opt out of any individual lessons, please visit the link below for a copy of the opt-out form.

http://www.ashland.k12.or.us/Page.asp?NavID=3088

PARENT-TEACHER-STUDENT CONFERENCES

There will be no school Wednesday, October 30 – Friday, November 1 so that all teachers and families can meet to discuss student progress and set goals for the year. Please contact your child’s teacher to schedule a time if you have not already done so.

SCHOLASTIC BOOK FAIR

While you’re on campus attending parent-teacher-student conferences, stop by the Library for the Scholastic Book Fair! Many great titles are available for purchase and all books purchased help put more books in the Helman Dorr Family Library!

Wednesday, October 30 (8:30-5:00)
Thursday, October 31 (8:30-1:30)

Friday, November 2 (8:30-5:00)

**TALENT SHOW INFO**

December 13, 2019 (6-8pm)

It’s not too early to start thinking about your act for this year’s PTA-Sponsored Talent Show! All students in grades K through 5 are welcome to perform. Keep an eye out for sign-up forms and start thinking about ideas like singing, dancing, comedy, gymnastics, magic tricks, acting, poem-reciting, almost anything you can think of! Audition previews will take place in November. Direct questions to Ms. Amy at amy.merwin@ashland.k12.or.us.

**BUS DRIVERS WANTED**

Do you want to make a difference in a child’s life? Come join our team of dedicated school bus drivers with the Ashland School District! No CDL? No problem! We offer on-site job training for your Class B CDL. You must be able to pass criminal / driving background checks and a drug test. If you’re interested in Good Pay, Benefits, and driving Good Equipment, see our job postings or call for more information:

[http://www.ashland.k12.or.us/Employment](http://www.ashland.k12.or.us/Employment) 541-482-3174

Posting 19-93 Bus Driver, Transportation: $15.60 per hour, 4.2 hours per day, benefitted position

Posting 16-122 Substitute Bus Driver, Ashland School District: hours vary depending on need, salary based on Classified Salary Schedule
Capture Your Memories in This Year's
Helman Elementary School
Yearbook

10% OFF
Purchase by October 31

Purchase by October 31st to get 10% OFF

Customize Your 2 Free Pages
- Add photos from your computer, Facebook, Instagram, Google Drive & more.
- Answer fun Memory Questions to help remember the year.
- The 2 Custom Pages are FREE and are printed ONLY in your book. You can’t paste pages! Each additional 2 pages is just $0.99.

To Purchase & Customize Your Yearbook
Must be a parent or student; 13 years or older.

1. Go to www.treering.com/validate
2. Enter your school’s passcode: 1014165064511104
Regular Price: $11.99

TreeRing
Birthday Books for Ashland Schools

Buy a book for your child’s library, and we will personalize it in their honor! You choose a book from titles selected by the library staff!

Sponsored by the Kiwanis Club of Ashland.

In partnership with Tree House Books, Project A, & Ashland Elementary Librarian Matt Dainon

To buy a book, please visit:
https://booksforashlandschools.com/

You can purchase a book online using the link above. Enter the discount code KIWANIS to receive a 10% discount on your purchase. You can also visit Tree House Book Store at 15 N. Main Street in Ashland, on the Plaza to view the books and make your purchase right there in the store, and you will also receive a 10% discount. Not only will Kiwanis put a label in the book noting the child’s name and event being celebrated, they will send a birthday card or a congratulations card (depending on the occasion) to the child at their school.

Questions? Call the Ashland Kiwanis Club and speak with Sandy at: 541-821-4939 or e-mail k.sandyou@gmail.com
UPCOMING IMPORTANT DATES AND EVENTS

Tuesday, October 8  
PTA Meeting – Helman Dorr Family Library, 6:30-8:00pm

Thursday, October 10  
NO SCHOOL – Teacher Inservice Day

Friday, October 11  
NO SCHOOL – Teacher Inservice Day
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<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td><strong>Tuesday, October 15</strong></td>
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<td>October 22 – 24</td>
<td>Bear Creek Watershed Restoration Days</td>
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<td><strong>Tuesday, Oct 29</strong></td>
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