

# IMBLER SCHOOL DISTRICT



## A Note From The Superintendent

By: Angie Lakey-Campbell, Superintendent/Elementary Principal

### Routines and Technology

With the start of a new year and decade, I have set some goals for myself. One of those goals is to keep my home and office space more organized. To accomplish this goal, I'm attempting to adjust my routines. For example, when reading emails, I delete, delegate or deal with it the first time I read it. I've been able to keep an empty inbox for more than a week. At home, I've identified one small housekeeping task for each day of the week. On Tuesday, I clean the sinks. It seems more comfortable to face cleaning the house when I only have ten minutes' worth of work rather than an hour or two!

I have asked Mrs. Arnoldus to include an article taken from this month's Blue Mountain Early Learning HUB newsletter written to parents of preschool children, but I think the message is appropriate to all of us because we all have routines – some good, some bad. The author reminds her reader that, if your home is chaotic, it may be due to established habits. For example, if a little one is put to bed and gets out of bed several times, a routine may have been created if the behavior is a nightly event. A new method will need to be established with lots of practice to keep it in place. When reading the article, use more than one lens – that of your struggles and those of your children. Do you need new routines?

I may be showing my age when I express concern about the increased use of technology in our lives. It worries me when I see families eating dinner together, and each person is spending more time with their phone than with their loved ones. I mentioned earlier that I've been trying to establish new routines in my life. During this time of year, I get home first and have some time alone in the house. I enjoy the quiet, avoid turning on the electronics and leave them off while we eat dinner. I've noticed that we take time to visit with each other about our day now that the TV is off while we eat.

I may also be showing my age when I say that children grow up very quickly. The time parents have with their offspring is fleeting. In a recent *Simplify* magazine article, Rachel Macy Stafford gave this advice in regards to technology:

- Instead of saying, "Devices are not allowed at the dinner table," I said, "We'll miss the best part of eating together if we're looking at our devices."
- Instead of saying, "Put away your device while we wait for the doctor," I said, "Waiting time is a great opportunity to catch up with each other. Tell me the best part of your day."
- Rather than letting the smile on the cashier's face go unnoticed, I said to my child, "Did you see how happy it made the cashier when we acknowledge her rather than looking at a phone?"

Someday, your children will be out of your house, and your phone will still be there. Which is more important to you?

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## FBLA NEWS

The month of January was short without having school the first week. With so much that needed to be done for FBLA week and regionals coming up, this created a very busy month. During Christmas break, the high school officer team got together for a "planning day." A lot was covered and accomplished that day. We talked about what we wanted to do during FBLA week and the activities we should include.

Most importantly, there was a lot of planning that was done for the regional competition. We had two study nights for the members that are participating in a speaking event. The two study nights were on January 22nd and January 29th. At these study nights, the members practiced giving their speeches or presentations to either one of the officers,

Mrs. Teeter, Mr. Thompson, or even a group of friends. They also enjoyed a snack to help them focus.

Our next big event to plan for is FBLA week. There is a lot going on during FBLA week and many important dates to remember. Tuesday, February 4th is teacher appreciation day and February 6th is regionals at Eastern Oregon University, where FBLA members will compete in various events. We are going to have many fun activities to celebrate FBLA week. Some of these events include the office chair race, giant paper plane contest, mug race, wastepaper basketball contest, and sliming the teacher. We wish the best of luck to all the members at regionals and hope to see you having fun during FBLA week!



## PAC/BOOSTER NEWS

Do you know that PAC and BOOSTER Club support our local sports teams, field trips and other activities? ALL of our students benefit from PAC and BOOSTER club! Please come help us give our students the best activities and help we can. We need more volunteers, we meet one night a month and we don't expect everyone to come to every meeting, but would appreciate new ideas. If you can only come every other meeting, we don't mind and will take ALL the help you are willing to give.

## DR. SEUSS

The Imbler Elementary will be celebrating Dr. Seuss's birthday, March 2nd. Every year we do a drawing for a Dr. Seuss quilt. Here is where you come in! We are looking for someone to put together a twin or lap size quilt or blanket for one lucky winner. The office has scrap pieces you can use and PAC will donate up to \$50.00 for the fabric. Please contact Wendy Crow in the elementary @ 541-534-2311 if you are interested in helping us out.

## PANTHER CARDS

Once again, PAC will have Panther Discount Cards available. Several groups will be participating in this fundraiser in order to raise funds for their activities/programs. The discount cards will be available beginning the middle of February and sell for \$10 with 100% of the proceeds benefiting student programs. We have many businesses participating in the program offering discounts. This is an excellent way to support the school and save money at the same time. If you are interested in purchasing a card, call the elementary (541-534-2311) or high school office (541-534-5331).





**WE SERVE DAILY : MAIN ENTRÉE, SALAD BAR ,  
FRESH FRUIT, WHOLE GRAINS,  
LOW FAT MILK & FAT FREE CHOCOLATE  
[MENU SUBJECT TO CHANGE]**



**2020  
February**

**Panthers**

**USDA and the  
State of Oregon  
are equal oppor-  
tunity providers  
and employers.**

Allergens

\*Dairy \*\*Eggs

\*\*\*Wheat/Soy

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3	<i>Hot Dogs/Baked Beans ***</i>	4	<i>Tacos/Refried Beans ***</i>	5	<i>Chicken Burger/Fries ***</i>
6					6
					<i>Spaghetti/Texas Toast * ***</i>
10	<i>Corn dogs/tots*** **</i>	11	<i>Cheese Sticks/ Marinara/Green Beans***</i>	12	<i>Haystacks</i>
					13
					<i>Chicken Tenders/ Mashed potatoes/Gravy/ Roll ***</i>
17	<i>No School</i>	18	<i>Chicken Fingers/ Onion Rings **</i>	19	<i>Chicken Noodle Soup/ Cornbread *** **</i>
					20
					<i>Sloppy Joes/Fries ***</i>
24	<i>French Bread Pizza* ***</i>	25	<i>Chicken Fried Steak Biscuit/Country Gravy ** ***</i>	26	<i>Chicken Fajita/ Refried Beans ***</i>
					27
					<i>Hamburger Gravy Over Mashed Potatoes/ Corn/Roll ***</i>
					28
					<i>No Lunch Served</i>
					21
					<i>No Lunch Served</i>

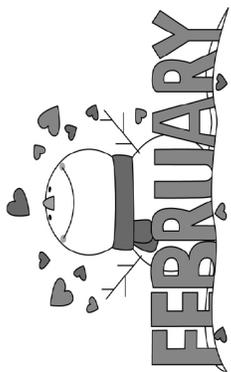
Choose at least 3 from the following : \*Meat/Meat Alternative \*Fruit \*Vegetable \*Whole Grains and \*Milk

Please encourage your children to take small portions and to eat what they take....

Doing their part to reduce waste. THANK YOU

IMBLER SCHOOL DISTRICT #11

Tanya.corta@imblersd.org



# FEBRUARY 2020

## Imbler School District Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> HS Wrestling @ Heppner 10:00 am JH Girls Basketball vs. Cove 10:00 am HS Basketball vs. Pine Eagle 1:00 pm
<b>2</b>	<b>3</b>	<b>4</b> JH Girls Basketball vs. Elgin 5:30 pm FFA Chapter mtg. 6:00 pm	<b>5</b> FFA District Competition Little League Sign-up 5:30-7:00 pm	<b>6</b> FBLA Regionals @ EOU	<b>7</b> JH Wrestling @ Pine Eagle 10:00 am HS Basketball @ Wallowa 3:00 pm	<b>8</b> JH Girls Basketball Tournament @ Wallowa HS Basketball vs. Nixy 1:00 pm HS Wrestling @ Pine Eagle
<b>9</b>	<b>10</b>	<b>11</b> HS Basketball vs. Joseph 5:00 pm PAC mtg. 6:30 pm	<b>12</b> FFA District Convention @ Enterprise Board Meeting 7:00 pm	<b>13</b> FFA AET Workshop 6:00 pm Elem Etiquette Luncheon	<b>14</b> District Wrestling @ Union HS Basketball @ Cove 3:00 pm Elem Valentine Parties	<b>15</b> District Wrestling @ Union
<b>16</b>	<b>17</b> <b>NO SCHOOL</b> President's Day	<b>18</b> Little League Sign-up 5:30-7:00 pm Elem AR Shopping	<b>19</b> Little Steps 6:30 pm Vaccination Exclusion Day	<b>20</b> District Basketball Tournament	<b>21</b> District Basketball Tournament 3rd Grade Swim	<b>22</b> District Basketball Tournament
<b>23</b>	<b>24</b> <b>National FFA</b> <b>Week</b> Elem Assembly	<b>25</b> Elem Lunch w/Teacher	<b>26</b> Girls 1st Round State Basketball	<b>27</b> Boys 1st Round State Basketball	<b>28</b> FFA Community Breakfast 6:00 am Girls 2nd Round State Basketball 3rd Grade Swim	<b>29</b> Girls 2nd Round State Basketball

## **RADON RESULTS**

Dear Imbler School Community,

This letter is to inform you of the results of the radon testing that was performed in all buildings of the district. As part of Oregon Health Authority's Healthy and Safe Schools Plan, all Oregon schools are required to test for radon by January 1, 2021. All Imbler School District buildings are safe, well below the maximum allowed levels.

You may have heard of radon, but are not sure of what it is or how it affects you. Radon is a naturally occurring gas, which can seep into buildings through the foundation and other openings. In the environment, radon poses little to no risk, but the build-up of radon in an enclosed building can pose serious health effects. Since it is invisible, has no odor, and has no taste, proper testing is the only way to identify radon.

The test results will be posted on the district website.

Thank you for your patience and cooperation. If you have any questions, please contact me at 208-566-0315 or via email at [mike.campbell@imblersd.org](mailto:mike.campbell@imblersd.org).

Mike Cambell,  
*Imbler School District Maintenance Supervisor*



# 2020 UNION COUNTY LITTLE LEAGUE SIGN UPS



Spring will be here before we know it. Time to sign up for little league baseball/softball is NOW! Children as young as 4 are eligible to play and it's a great way for the littles to meet new friends. We also have opportunities for the older kids, 13-14 years old are needed to field junior teams. Spread the word!! Registration closes February 28th so don't delay!

Register online TODAY at [tshq.bluesombrero.com/ucll](http://tshq.bluesombrero.com/ucll)

Or at Imbler High School February 5th or 18th from 5:30-7pm

- Division fees for t-ball through majors are \$50. Juniors \$85. Sweatshirt will be available for preorder sale at these in-person sign ups only.
- For the most up-to-date information like us on Facebook at Union County Little League. Any questions text or call Niki 541-910-0308 or email [ucllorejon@gmail.com](mailto:ucllorejon@gmail.com).



BOXHOLDER  
IMBLER, OR 97841



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