PRINCIPAL MESSAGE

LOJ Families,

We hope you will check your email on October 6 for our virtual Back to School Night. We regret that circumstances do not allow us to meet you in person and chat with you. Our teachers have enjoyed making connections with your students and are getting to know them better every day. During a share out in our staff meeting, they unanimously said that establishing a welcoming, inclusive, engaging environment in their zoom classes was a priority. Many of you are aware of the extra time they spend reaching out to your students just to check-in and see how they are doing. Thank you to the Parent Club and Chinese Community for encouraging our teachers this week with a gift bag. It was received with appreciation.

Remember that this Friday the 9th is a no school day for students and a statewide in-service day for teachers. We hope you find time to enjoy the long weekend with your families.

BACK TO SCHOOL NIGHT OCT. 6TH

Tomorrow is our Virtual Back to School Night! We are excited to give you all the opportunity to get to know more about our school and your student’s teachers.

Tomorrow at 4:15 you will receive emails from your student’s teachers with the links to their back to school night video. We encourage you to take the time to watch those videos and learn more about the amazing educators who are working with all our students.

Be on the lookout tomorrow afternoon!
COMMUNITY SERVICE OPPORTUNITY

LOJ's Parent Club is hosting an outdoor Community Service day on Friday, October 9, which is a non-school day. Come out and volunteer to help clean up Springbrook Park or to garden at Luscher Farms. Additional student volunteer and parent chaperone spots have been added in the last week. Please sign up here: https://www.signupgenius.com/go/10C054BADA82FA02-community

Note - all safety measures related to COVID-19 will be taken. Details will be provided to those who sign up.

MEETING IN THE MIDDLE

Last Tuesday teachers delivered our Character Strong Lesson "To Be Lists". We hope that you and your student enjoyed it and learned something from it. This Tuesday the lesson students will be participating in is titled, "What gets in the way?".

If you would like to read more on this topic here are some links:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4500900

http://psychology.iresearchnet.com/social-psychology/control/implementation-intentions/#:~:text=By%20creating%20strong%20mental%20links,responses%20repeatedly%20in%20daily%20life.

We hope you all have a good week,

Your LOJ Counseling Team

School Counselors:
Emily Gillard (6th grade) gillarde@loswego.k12.or.us 503.534.2455
Carrie Trullinger (7th grade) trullinc@loswego.k12.or.us 503.534.2456
Molly Healy (8th grade) healym@lowsego.k12.or.us 503.534.2454

Request to meet with a counselor using this link:
https://docs.google.com/forms/d/e/1FAIpQLSdpr7B-4sCCGq_i0DTVgn9dF7a2xnckcnsoSlknSj_z5UfQ/viewform

School Psychologist:
Katy O’Bannon (all grades) obannonk@loswego.k12.or.us 503.534.2457

If your child ever needs support after school hours and email isn’t immediate enough, our counseling team also wants you to know about Oregon YouthLine, which is a great resource for kids 11-21. See contact details below or read more on their website here:
https://oregonyouthline.org/
DYSLEXIA AWARENESS MONTH

What is Dyslexia?
Dyslexia is a learning disability in reading. People with dyslexia have trouble reading at a good pace and without mistakes. They may also have a hard time with reading comprehension, spelling, and writing. But these challenges aren't a problem with intelligence.

Children and adults with dyslexia struggle to read fluently, spell words correctly, and memorize rote facts such as multiplication tables, among other challenges. But these difficulties have no connection to their overall intelligence. While people with dyslexia can be slow readers, they often, paradoxically, are very fast and creative thinkers with strong reasoning abilities. Dyslexia can't be “cured” – it is lifelong. But with appropriate instruction, an individual with dyslexia can learn to read, write, and spell and can become a highly successful individual.

Get the facts on Dyslexia from the International Dyslexia Association (IDA): Fact Sheets

Click here for a video What is Dyslexia?

Click here for ways to help your child at home.
If you have questions or concerns regarding your child’s learning, please contact our literacy specialist, Jamie Chapman. Another great parent resource would be to contact our school’s Student Services Parent Advisory Committee (SSPAC) representative, Jennifer Harvey.
**LOJ LIBRARY UPDATE**

**LOJ Library is going Curbside!**
Tell us your book request(s) on this form by Wednesday night. We will have 2-3 books checked out to you for Thursday pick up.
Search the Library for books here
School Curbside Pick will be at Lake Oswego Middle School
Weekly on Thursday
12 Noon - 2PM
(Book Returns too!)

Questions??? Contact: Liana Fayloga at faylogal@loswego.k12.or.us

**TECHNOLOGY SUPPORT**

Can't hear, can't see well, freezing video, dropped from classes?
- Power your Chromebook all the way off. Wait at least 30 seconds. Restart. Do this at least once a week. This fixes so many problems.
- Close any extra tabs you might have open, especially games, streaming video, or music.
- Know that Zoom's network may be overloaded but they are working on it.

Further Support for zoom issues, please CLICK HERE

As we navigate the technology world often we find some hiccups in our technology use. If you have questions or concerns arise, please click on this link. There are many great tips and troubleshooting options in this link:

**LOSD LOGIC FAMILY RESOURCES**

https://sites.google.com/loswego.k12.or.us/losd-logic/distance-learning-resources/for-studentsfamilies?authuser=0
HUNGER FIGHTERS

FTC #18119, Mostly Operational, is a new robotics team at Lake Oswego High School. Please help us support our community and Hunger Fighters Oregon by donating non-expired, canned and packaged food items during our first-ever drive-through food drive!

- Sunday, October 11 from 12:00 PM – 2:00 PM
- Monday, October 12 from 5:30 PM – 7:30 PM

Volunteers will be wearing masks and gloves and following health precautions for COVID-19. You may remain in your car and volunteers can unload your donated food items. Please enter the high school parking lot through the entrance off of Country Club Rd and follow posted signs and volunteers’ directions to drop off your donation.

For a list of Hunger Fighters’ most needed items, follow this link.

Connect with our team via Instagram @mostly_operational_18119.

---

TRICK OR TREAT

DINE IN, TAKE OUT, OR ONLINE ORDERS* AT MOD PIZZA

OCT. 31ST 10:30AM-11PM

20% OF YOUR PURCHASE WILL GO TO LOJ PARENT CLUB!!!
PLEASE MENTION "LOJ PARENT CLUB" IF YOU ORDER OVER THE PHONE OR IN-PERSON.
FOR ONLINE ORDERS, PLEASE ENTER PROMO CODE "LOJPC."

MOD PIZZA @ 4811 MEADOWS RD, SUITE 115, LAKE OSWEGO
*NOT VALID FOR THIRD PARTY DELIVERY (I.E. UBEREATS, ETC.)
Hunger Fighters

Drive-Through Food Drive

Lake Oswego High School Parking Lot

Sunday, October 11th 12:00 - 2:00 pm
Monday, October 12th, 5:30 pm - 7:30 pm

Items to donate:
- Non perishable items (ex: canned food)
- Perishable items (ex: Fruits, Vegetables)

Specific Items:
- Canned Soup
- Nuts
- Protein Drinks
- Protein Drinks-Dry
- Dairy Products
- Freezable Meat

IMPORTANT LINKS

LOJ Website
Calendar
Register for Bus
LAKE OSWEGO MIDDLE SCHOOL

Facebook @lojSailors

We are a dedicated group of educators who have a relentless focus on learning for all. We value building strong relationships and working side by side with all stakeholders in creating an environment that is inclusive and safe.

Lake Oswego Junior High School
millsk@loswego.k12.or.us
503-534-2335
losdschools.org/loj