



Forest Hills Friday News

Forest Hills Lutheran School • September 18, 2009

Principal's Coffee

You're invited to attend an informal gathering of parents to hear the results of the 2008-09 school year strategic plan results. Ask questions. State your idea for the next coffee's topic. Your input is vital!

Three possibilities to attend on one day:

- **Tuesday, September 29th**
- **8:15 a.m. or 2:15 p.m. or 7 p.m.**

You Can Make a Difference

To make it possible for teachers in grades K-5 to have weekly team meetings during their lunch and recess time on Fridays (11:15-12:30), I am looking for two other parents to join me in helping students with lunch and then being a recess "go-to" person. The time passes quickly, the kids love you, and you'll never be under appreciated!

Please contact Jean Faszholz at faszholzj@fhls.org or 503.359.4853.

Fine Arts Classes New This Year

Exciting fine arts choices began this past Tuesday for students in 6th-8th grades. Classes meet from 2:15 - 3:00 p.m. Monday - Thursday. Offerings include French, Spanish, band, handbells, choir, leadership/yearbook, art and theatre. Check the school website for interesting details.

**Lost and Found
1 Adult Forest Hill
Green Hoodie Sweatshirt**

Next Week in Chapel Christ Be My Leader

We welcome Mr. Joel Zander, Director of Christian Education at Our Redeemer Lutheran Church in Tigard as our chapel leader on Wednesday, September 23. Mr. Zander will talk with us about "**Christ be my Leader. . . as I Receive and Give Forgiveness**" as recorded for us in the book of Matthew chapter 18 verses 21-33

Each Wednesday, we collect an offering at the door. Through Project Compassion, our school continues to sponsor Angel Bolivar Castro, a 15-year old boy living in Ecuador with his grandparents. We have received a letter from Angel that he wrote during our summer vacation.

"Forest Hills Lutheran School,

Hello dear friends, how are you? It is such happiness to be able to write you. I ask you how your family is. My family is fine. I have three more years to go to the university and I will study Social Studies. I want to be a professional and a great lawyer to defend the people that need my help. I thank you for the help you give me and for caring about me. I ask you a favor, pray or my grandma who will have a surgery of her throat on July 23, so everything is fine. and nothing happens to her. I will also pray for you so you do well. How are your studies?

*May God bless you a lot.
Angel Castro"*

Parents and friends of the school are invited to join us each Wednesday, beginning at 8:20 a.m. at St. Peter's Church, next door to the school.

With much anticipation we announce that **Violinist Aaron Meyer** will be our **Artist in Resident** next week. Each class will have two sessions with Aaron where they will write lyrics and compose the melody to a song. During our back to school night, each class will be performing their song in the Dobbin Center. The songs will be recorded during the residency sessions and a CD will be created for the school. The CD's will be copied and available to order following the back to school performance. The concert, which will also feature Aaron Meyer will begin after classroom and campus visits on Friday, September 25th.

If you are interested in assisting or observing during the residency please contact Sharlayne Buuck at buucks@fhls.org. Parent participation and involvement helps our art smart program thrive. Having a representative from the school in the music room during the residency is very helpful to the artist and teacher. Consider joining your child's class during their scheduled time below. Funds raised during Run For the Hills in May of 2009 allows FHLS this fine opportunity.

Tues. 9/22	Grade	Wed. 9/23	Grade	Thurs. 9/24	Grade
8:30 - 9:30	4th	9:30 - 10:30	5th	9:00 -9:30	4th
9:30 - 10:30	3rd	10:40 - 11:30	7th/8th	9:30 - 10:00	3rd
10:40 - 11:40	6th	12:15 - 1:15	Mult/2	10:15 - 10:45	5th
		1:30 - 2:30	K -1	11:00 -11:30	7th/8th
				12:00 - 12:30	K/1st
				1:00 -1:30	Mult/2
				1:45 - 2:15	6th

PTC News

Our teachers need our help; there are still volunteer spots open in the upper grades (3-8) for room parents. We also need auction leaders/helpers, art smart helpers & harvest festival leaders so check out the VIP boards in the main lobby and sign up.

We would like to thank all of our families for their support in our fall fundraiser this year! Packets were due today by afternoon pick up. If you forgot it's not too late, please turn them into the office by Monday at 3:00. A big thank you to all of the parents who participated in our first PTC meeting of the school year! If you would like to be added to the PTC emailing list because you cannot make the meetings, send an email to suemitchkj@comcast.net and put in a request.

Empties for Cash

Please bring your empty ink cartridges from your laser printers and any other ink jet print cartridges to the school.

We receive money for the empty cartridges for our PTC. There is a box inside the school by the Box Top and Campbell's Soup Label boxes.

Thank you for helping support our school through this fundraiser! If you have any questions on what type of cartridges are accepted, please let me know - PLEASE DO NOT SEND TONER CARTRIDGES FROM COPY MACHINES as these will not be accepted by the program.

Tracy McInally
Empties for Cash Coordinator

A Room with a View



Five years ago an idea was borne to create a Resource Room where teachers could easily access sets of books for reading with

small groups in their classrooms. Hidden from view next to what became the new library was a grand space where they began to pool their collections on cinderblock shelving. But without adequate support, the room became a disorganized mess with bags of books, old catalogs, AV equipment, tubs of decorations, and all other kinds of junk.

This summer, after many hours of hard work, what had become a storage room is now a room with a view. The junk is gone, bookshelves have replaced cinder blocks, book sets have been categorized and organized. The room is a comfortable place where teachers can find appropriate materials and students can work one-on-one with a tutor. The dusty drapes that covered the large window are now clean and open to reveal a new view of what is possible with team work.

A special thanks goes out to Mrs. Thompson, Mrs. Rickman, and Ms. Hoffman for their vision. Thanks also to Mrs. Hofrichter and Mrs. Langbehn who helped the transformation take place. Finally, with the additional support of Mrs. Faszholz, Sarah Nuno, the Grandpas, and others, the room is ready to be used again. Come and see the "Room with a View".

SOS - Hot Lunch Helpers Needed

We are in need of Hot Lunch helpers on the following days during the month of September.



Mon. 9/21 - 1 helper

Tues. 9/22 - 2 helpers

Mon. 9/28 - 1 helper

Wednes. 9/30 - 1 helper

Fri. 10/2 - 1 helper

If you can fill a spot, email "The Lunch Lady" (Diane Nuno) at nunod@fhls.org.

A successful launching of the FHLS Spanish Program happened on Wednesday, September 16. Mrs. Cheryl Souigny is the teacher and will be at our school on Mondays and Wednesdays.

Blessings Forest Hills Families-

As our fall fundraiser wraps up on Friday the 18th, the PTC would like to extend a huge THANK YOU for your support of our school. Without the help of all of the families we wouldn't be able to sustain all of our valued projects ranging from the Back to school BBQ, outdoor school, graduation support, field trips, birthday appreciation, classroom help, swim & skate nights and much more! Thank you.

As you turn in your fundraiser packets, please keep this in mind:

Fill out the outside envelope information as completely as you can. In the space where it states: "TOTAL AMOUNT ENCLOSED" please put in the total of sales that you actually received money for(Sally Foster & Cookie dough) I will print a copy of your internet sales at the conclusion of the sale and make sure your child receives credit for this. Feel free to attach your own copy of internet sales if you like.

Note on the bottom of your Sally Foster order form, the yellow boxes. Please fill these out completely. INCLUDE ANY Internet unit sales in your Sally Foster unit total as well as how many cookie units were sold and include that # in the total units section so your child receives the appropriate prize level.

If you opted to do a donation instead of the fundraiser, please note that when sending in a donation and your child will receive credit for prize incentives if applicable.

Thank you.
Sue Hergert
PTC President

All Fore Him

The 5th annual golf outing will be held Friday, October 2nd at Forest Hills Golf Course. Golf will begin at 1:00 with a shotgun start followed by dinner. Join others for a day of fun and fellowship.

GOAL \$5,000

Funds used directly impact what you pay for tuition

We Need Your Help

12 Silent Auction Items Needed

- 2 night vacation home stays
- Sporting event tickets or theater tickets
- Golf related items
- Theme baskets
- Oregon Ducks or Beaver items

20 Raffle Items Needed

- Gift cards
- Homemade desserts
- Wine and cheese plates
- Fall bedding plants
- Golf accessories

Golfers and Hole Sponsors Needed

- \$125 to golf (register individually or as a foursome)
- \$50 to sponsor a hole
- Registration forms were sent home in the family folder

PLEASE RETURN YOUR GREEN

VOLUNTEER FORM. We are still in need of bottled water, apples, chips and granola bars.

If you have any questions or want to be involved in anyway, please contact Sharlayne Buuck at buucks@fhls.org or call the school.



Picture Day is HERE

Monday, September 21st

Lifetouch Photography will be here to capture this years school pictures.

Students must have the order form at the time their picture is being taken if you wish to order portraits. Enclose cash, money order, credit card information or check payable to **Lifetouch**.

Packages will only be printed for students paying on portrait day.



DON'T FORGET



Friday, 9/18

Monday, 9/21

Tuesday, 9/22

Wednesday, 9/23

Thursday, 9/24

Friday, 9/25

Monday, 9/28

Tuesday, 9/29

Thursday, 10/1

Friday, 10/2

Sunday, 10/4

Monday, 10/5

Tuesday, 10/6

Thursday, 10/8

Saturday, 10/10

Monday, 10/12

Tuesday, 10/13

Wednesday, 10/14

October 14, 15 & 16 ~ Northwest District Lutheran Teachers Conference, No School

Volleyball at HOME

Picture Day (CHANGE)

Volleyball @ Faith Bible

Volleyball at HOME

Soccer @ OES

Volleyball @ Faith Bible

Back to School Night, 6:30 p.m.

Volleyball @ Pilgrim

K-1st G. Scout Mtg. 3:15 pm

Soccer at HOME

Volleyball at HOME

Soccer @ Gilkey

All Fore Him Golf Outing

Fireproof @ Bethlehem, 3 pm

Volleyball at HOME

Volleyball @ CS Lewis

Soccer @ Life Christian

Soccer @ Catlin Gabel

Happy Birthday, Mrs. Foster

Fire Prevention Education

Brd. of Directors Mtg., 7 pm

Early Dismiss, 1 p.m.



Dear Parents,

This letter is to help you get your family ready for this year's flu (influenza) season. We will be seeing both the regular seasonal flu as well as the new H1N1 flu virus (formerly called the Swine Flu).

The H1N1 flu virus spreads easily from person to person. Public health officials want people to protect themselves against **all** flu viruses. Flu viruses are spread mainly from person to person through coughing or sneezing by people with the flu. Sometimes people may become infected by touching items with the flu virus on it and then touching their mouth or nose.

Here are some ways to protect your family:

- Be sure you and your children get both the seasonal flu and the new H1N1 (swine flu) vaccines as they become available. This is the most important action to prevent flu infection.
- Teach your children to wash hands with soap and water for at least 20 seconds each time. Be sure to set a good example by doing this yourself. Hands should always be washed:
 - ✓ Before eating or drinking.
 - ✓ After coughing, sneezing or using facial tissues.
 - ✓ After using the toilet or changing diapers.
 - ✓ Before touching your eyes, face or nose.
 - ✓ When water and soap are not available, alcohol-based hand cleaners can be used.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick. This means at least three "giant steps" away.
- Teach your children not to share food, drink, or other personal items (such as lipstick) with others.
- Keep sick children at home. Do not send them to school. If they become sick at school, you will be called and asked to pick them up. Make sure your emergency phone numbers are up to date. Plan now for sick child care.
- People who are sick should stay home from work or school and stay away from other people until they are free of fever for 24 hours (without the use of fever reducing medications like acetaminophen and ibuprofen) and are feeling better.

If you have questions, please contact your School Nurse or healthcare provider.

Best Regards,

Kathleen O'Leary, RN, MPH
Washington County Public Health Administrator