



The Cougar “Paws”

The Journey Begins Here!

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Welcome Back!

Welcome back to Conger and to 2018! I know this year will be filled with great learning, engaging activities and strong attendance!

In the Know

4th and 5th Grade Boys Basketball After-School Program will run from January 2 – January 27. Girls Basketball will follow in February. If your child is interested in participating have them check in with his/her teacher or the office.

5th Grade will begin Starbase Field Trips this month. Watch for information coming home about the schedule for your child's class. We are so fortunate to have this wonderful resource so close to home!

2nd Grade YMCA Swimming Program will begin this month. Watch for information coming home about the schedule for your child's class. This is an important program designed to keep all children safe around water.

Attendance Counts!

As we begin a new year, we can all reflect on how we are doing in helping all children to succeed in school. **One strong strategy is to do our best to have students “Strive for Five or Less” days of missed school throughout the year.** The same can be said for tardies and early pick-ups. We begin instruction every day at 8:30 a.m. and teach until 3:00 p.m. Good attendance helps children do well in elementary, middle and high school. Most importantly it prepares them for successful adulthood in college and at work!



We are now an AVID Elementary Certified Site! What does this mean? It means that every day, all day we focus on developing key skills through writing, reading, organization, inquiry and collaboration. Conger staff know these skills will foster a learning environment that is safe and empowers students to grow intellectually.



Conger is now a Blue Zone Project Approved School! As a Conger Team, we have made important healthy improvements that are seen and felt every day. Here are some ways we promote healthy lifestyles for our students:

- Healthy celebrations with the focus on fruits, vegetables and whole grains
- Provide alternatives to food as a reward
- Accessible, filtered water for all students
- Integrate physical activity into daily lesson plans outside of PE
- Collaborate with OSU Extension Office to teach healthy food choices
- Teach all students self-regulation skills and mindfulness strategies
- Conger staff strive to model what we teach. We have eliminated a soda machine on campus, increased our water consumption on a daily basis, and support Conger Family Events focused on healthy lifestyles.