



SPECIAL POINTS OF INTEREST:

- Check out the Gilham Website
- 4J Food Changes
- No School Monday, February 21st. President's Day
- Remember to save your Box Tops to help Gilham fundraising
- Jaguar Jive Editor Wanted

INSIDE THIS ISSUE:

Aimee Davis	2
Child Safety	3
Run Jump Throw	4
T-Shirt Orders	4
Reminders and Procedures	5
Changes in 4J Food	6
Nutrition Services Events	8

Jog-a-Thon Fund Allocation

Thus far we have used/allotted the Jog-a-Thon funds for:

- New library circulation computers
- A 2TB external hard drive
- New front office laptop
- We will also be purchasing microphones, headsets, SmartBoards and new projectors

The Gilham technology team is currently evaluating additional purchases that will give the most benefit to Gilham kids while getting the most of the remaining funds. We want to sincerely thank everyone involved with the Jog-a-Thon fundraiser!

Thank you!!

Geoff Henderson



The Gilham PTC would like to invite all parents to join us for the:

FEBRUARY PTC PARENT MEETING

WEDNESDAY, FEBRUARY 9TH

6:15 PM — 7:30 PM

IN THE GILHAM LIBRARY

Gig Nelson will talk about the 4J District Changes for the 2011-2012 school year. Please join us and learn about volunteer opportunities for the upcoming Gilham Carnival being held on May 6, 2011. We look forward to seeing you there!

Jive Editor Wanted

We are looking for a volunteer to take over as Editor of the Jaguar Jive. Our current editor's youngest child will be moving on to Cal Young in the 2011-2012 school year. If you are interested in helping, please contact the Gilham office or Maggie Arnold at 541-338-7583 for more information.

**2010—2011
PTC Board**

President

Robin Obermire

Vice President

Betsey Paul

Treasurer

Candace Lovato

Secretary

Jaime Black

Volunteer Coordinator

Kristen Natt

**Fundraising
Coordinators**

Christie Wolgamott

Events Coordinators

Erika Maks

At-Large

Paula Hougue
Tasha Ruckwardt

**2009—2010
Site Council**

Teachers

Susie Bays, Laurie McCaskill,
Jenna Norton and Julia Siporin

Parents

Renee Buchanan
Lori Durling

Classified

Patti Gehlhaar

Administrative

Gig Nelson

Aimee Davis Fundraiser Thank You!

Letter From Aimee and Her Family

I want to say a very special thank you to Deana Schnoor for taking charge and heading this amazing Papa's Pizza fundraiser in my honor. Deana unselfishly put so much of her time, effort, and hard work into making this fundraiser a success on my behalf. Deana & Sara Montoya were there all day at Papa's Pizza greeting people and making sure all went well. Deana, Sara & Buffy Ritchie have been a rock to me during this difficult time in my life and I will be forever grateful for their friendship. A special thank you to Laurie McCaskill who I think the world of...she was instrumental in many ways and getting the Sheldon basketball team there; Annette Swangard & Deana Schnoor for coming over during Christmas break and giving my girls and I such wonderful gifts of love & kindness.

There are so many people who have shown me the true blessings of giving. The gift of time, listening, support & friendship. I am so grateful to my Gilham family for so much needed support for my three girls & myself. I was moved to tears with the incredible generosity and want you all to know how much I appreciate the time taken to show up to support me in this fight against Cancer. THANK YOU is simply not a big enough word to tell all of you what a true blessing it is to feel so loved & supported by so many. Thank you so very much for all the kindness and generosity that Gilham families have shown me.

I will beat this Cancer... thank you to all who are a part of the journey with me. My love to you all!

Aimee, Anna, Allie & Katie Davis

Fundraising Committee

A big thank you to the Gilham Community for your support of the Aimee Davis Medical Fund. We set a pretty lofty goal of \$5000 for the event and are very close to that total with over \$4,300 so far and more donations trickling in. If you are interested in making a donation please drop it off at the Gilham Office.

Many thanks to Deana Schnoor and Sara Montoya for making this happen and to the following sponsors of the successful raffle:

Lago Blu, Matt McLaughlin Dental, Sheldon Football, Sheldon Basketball, Harry Ritchies, Dairy Queen, Jill Wells of Mujeres, The Harward Family, The Bruegman Family, Megan Helfrich, Brian Movolson, Bello Salon, Hollis Hood, Tyler and Paula Cates, Josh Bidwell, and Casey Martin

We couldn't do it without you all!



Information for Child Safety

While abductions by strangers are extremely rare (most offenses against children, including abduction and sexual offenses, are committed by people that they know), Eugene Police and Eugene School District 4J want to remind all families that because such crimes do rarely occur, it is important to teach children about personal safety. Crime prevention specialist offer the following tips:

1. Explain the danger. Parents often tell children, "Don't go with strangers." This is vague and doesn't help children protect themselves — most abductions are by relatives anyway! Better advice would be, "If you are lost or need help, sometimes it's okay to ask strangers for assistance — but strangers shouldn't be asking you for help or to go with them. You should not go somewhere with strangers unless you need their help in an emergency."
2. Who is a stranger? A stranger is anyone you don't know. Make an agreement regarding who is safe to go with, and that they must say "NO!" to anyone else, no matter what! Teach your child to stay at least arms' length away from a stranger who approaches them.
3. Don't be polite! Parents teach children to be "polite"; they should also teach that it's OK to be assertive and not talk to strangers. Adults should ask adults for help, not children!
4. Home and phone safety. Teach your child not to open the door to strangers except in a real emergency. Explain what an emergency might be, such as a medical problem or a fire. Tell them not to answer probing questions from strangers. Tell them to come get you, or to call you instead. Make sure they know how to reach you wherever you might be. Teach them how and when to call 9-1-1.
5. Make a code word. Teach the child a code word. If a visitor comes to get them. The visitor must know the code word, or the child should not go with them.
6. Pick their routes. Avoid alleys, wooded areas, parking lots and spontaneous shortcuts. Choose areas where anything out of the ordinary would be noticed by neighbors, business owners, pedestrians, etc. Most importantly, help them avoid isolation. Arrange for them to walk with trusted friends. Consider providing them with a cell phone so that they can call for help.
7. Identify trusted adults. Pick stores, schools, churches, and homes of safe neighbors. Make sure your child knows these "safe places" that they should go if they need help. Remember, it's generally safer if the child picks the adult!
8. NO-GO-TELL. If approached by somebody who is scary, or who asks them to do something that seems wrong, a child should yell "NO!" then GO immediately to a trusted adult and TELL what happened.
9. Teach what to do in an actual kidnap attempt. If a child is screaming, a passerby may think it's a child having a tantrum, and

fail to recognize an actual abduction. Children who are victims of attempted abduction should repeatedly yell "HELP! I DON'T KNOW THIS PERSON. I'M BEING KIDNAPPED!" Children have been saved by doing this! Be sure your child knows that resistance — yelling, kicking, scratching, biting — is acceptable under these circumstances. Depending on the age of your child, encourage them to remember details: vehicle description or model, appearance of the person involved, what was said, etc. Call the police immediately.

10. Practice with role-plays. Have a friend participate, and have your child GO and TELL. Reward and coach your child.

Additionally, parents interested in learning about convicted sex offenders in our community who may be a danger to children can call the Oregon State Police Sex Offender Unit at (503) 378-3725X4429 to request a list of all registered sex offenders living in their zip code, or go to <http://sexoffenders.oregon.gov> for information about area residents designated as "Predatory" sex offenders.



A friendly reminder that all popcorn money is due on Thursday for a successful Friday delivery. The cost is \$.50 per bag with an option to buy "tickets" for families that would like to pay in advance. Be sure the child has an envelope with their name and teacher marked so we can deliver the tickets successfully.

Would you like to treat the kids in the class for a "Job Well Done?" Consider the small price of \$10 for the entire class. What a great way to end a busy week and start off a weekend!!

T-Shirts and Hooded Sweatshirts

SHOW YOUR GILHAM SCHOOL COLORS!!!

PURCHASE A GILHAM T-SHIRT OR HOODED SWEATSHIRT

Shirts are on display in the office.

Orders Due by February 28, 2011

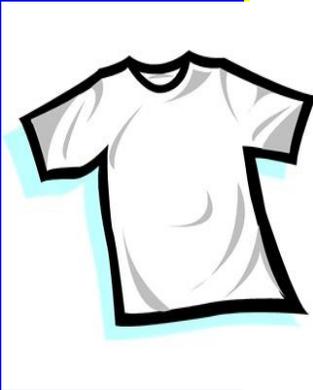
T-Shirts (all sizes) \$12.00

Youth Hooded SS \$20.00

Adult Hooded SS \$30.00

Youth Sizes: S, M and L

Adult Sizes: S, M, L and XL



Name: _____

Phone: _____

Item: _____

Size: _____

Quantity: _____

Total:

Check _____ Cash _____

Please make checks payable to Gilham Elementary School

Free Track Activities



www.tracktownusayouth.com

School District 4J is among the 23 local partners making up the Youth Track Network. We will be providing information about free opportunities for 4JL kids, including clinics and activities like these coming up soon:



Committed Partner for Youth
541-344-0833

FREE 700m Kids Run – Sun. Feb 13th
12:45 – Alton Baker Park

JERRY'S KIDS' FUN RUN
No registration necessary for the Jerry's Kids' Fun Run. There are two divisions: Under 5 and 5-10. Kid's cotton shirts can be purchased for \$10.

www.electicderacing.com

Reminders and Procedures

LABELS AND BOX TOPS EARN MONEY FOR GILHAM

Following are some updates about the Campbell's Labels for Education and Box Tops for Education fundraisers.

Labels for Education

Campbell's' NO LONGER WANTS SOUP LABELS COLLECTED. Instead, save only the UPC (bar code) from the soup cans. Proof of purchase from other products means money for our school as well, such as Pepperidge Farms and Prego. This year V8 beverages can also be included, but for these products, the cap is submitted. For complete details, a list of all eligible products, and other information, visit the web site and www.labelsforeducation.com.

Box Tops for Education

This is the easiest way our school can earn cash! Turn in box tops from products such as General Mills cereal, Ziploc, Huggies, Betty Crocker products, Fruit by the Foot, as well as Kleenex, Cottonelle and many, many more. You probably purchase products and don't even realize that they are included in this deal. The most important thing is to make sure they are not expired and the expiration date is intact. I have to go through all submissions to check and believe it or not it takes a while! Gilham families can also earn Box Tops credit just by registering at the Box Tops web site. Please go to the web site to sign up: www.boxtops4education.com. There are many other opportunities to earn Box Tops credits at this web site.

Contact Tash Ruckwardt at 541-968-2980 if you need more information.

REUSABLE CLOTHES NEEDED

We'd love to have sweatpants in good condition (size 6-12) that your children may have outgrown. It's so helpful when accidents occur and students need a change of clothing during the school day.

Please remember to use the

24-HOUR ATTENDANCE LINE

To call in all absences and tardies!

541-790-6225

HOURS OF SUPERVISION

It is important for you to be aware of the hours when no supervision is provided in the building or on the grounds at Gilham Elementary School. The school provides supervision only between the hours of 7:30 a.m. and 2:30 p.m. and during official school events and programs that occur before and after regular school hours.

BIRTHDAYS AT GILHAM

Birthdays may be celebrated at school. Please check with your child's teacher in advance to see how they prefer to celebrate birthdays, and plans can be made to allow time in the day for the celebration. To prevent hurt feelings, invitations to home parties should not be given out at school unless all classmates are invited to the party.

It is our school policy that no homemade food items be shared. Foods must be com-

mercially prepared and wrapped. It is also acceptable to provide whole, washed fruit, such as oranges, bananas or apples. This restriction is necessary to protect our students with life-threatening food allergies and also to reduce the chances of inadvertently spreading illness such as Hepatitis A, Norwalk Virus, Salmonella, or E-coli. Your cooperation is greatly appreciated.



TAG ASSESSMENT NOTICE

The Oregon Talented and Gifted Education Act provides for the identification of K-12 intellectually or academically gifted students who have met identification criteria of 97% on either a nationally normed test of mental ability or an achievement test in reading or math. In addition, the criteria for identifying TAG students must include behavioral learning and/or performance information Eugene School District 4J, according to board policy, has also made special provisions to identify students from ethnic minorities, student with disabilities, and students who are culturally different or economically disadvantaged. If you would like to refer your child for TAG identification, please contact your child's classroom teacher or Gilham Student Achievement Coordinator Julia Siporin at 541-790-6200.

**GILHAM'S
JANUARY
VOLUNTEER HOURS
380
THANKS TO ALL
OUR
VOLUNTEERS.**

Check Out Gilham's Online Calendar!!

Go to Gilham's Home Page at <http://schools.4j.lane.edu/gilham> and click on the Calendar link. The Gilham Web site also offers classroom information, access to library resources, Jaguar Jive archives and more!!

Changes in 4J Food

What changes have been made in 4J cafeterias?

The following convenience items have been removed and from inventory and will not be replaced:

- Corn Dog
- Pancake and Sausage on a Stick**
- Turkey Salami
- Turkey Bologna

The following convenience items have been removed from inventory and will be replaced with an improved recipe:

Package Alfredo Sauce**	Frozen Breakfast Burrito	Frozen Bean & Cheese Burrito**	Frozen Beef and Cheese Burrito**
Breakfast Pizza**	Can Chick. Noodle Soup	Packaged Country Gravy	Pre-made Potato Salad
Canned Tomato Soup*	Packaged Turkey Gravy**	Canned Vegetarian Chili	

**Contains Hydrogenated Oil

*Contains HFCS

The following items have been removed from inventory and will be replaced with either a more whole, nutritious product, or a product that is sourced from Oregon:

Old Product:	Replaced With:
Chocolate Milk: Contains HFCS	Reformulated with sugar, no HFCS
Bagel, 2.3oz & 4oz: Sysco Brand	Franz Bakery Assorted 3oz Bagel (Springfield, OR)
Black Beans, Canned: Sysco Brand	Truitt Bros Black Bean (Salem, OR)
Elementary Round Pizza Crust	Harvest Crust- contains low fat mozzarella cheese and 8gms whole grain flour per slice. Pizza has been reformulated to contain 10% less sodium and 3gms of fiber per serving and will not contain hydrogenated oil.
Corn, Canned: Sysco Brand	Norpac Frozen Corn (Salem, OR)
Croutons: contains hydrogenated oil and HFCS	Croutons: does not contain hydrogenated oil or HFCS
Graham Cracker: contains hydrogenated oil and HFCS	Graham Cracker: Contains 2gm of fiber/serving, contains no HFCS or hydrogenated oil
Green Beans, Canned: Sysco Brand	Norpac Frozen Green Beans (Salem, OR)
Oatmeal: Sysco Brand	Still carry Oatmeal Variety Packs, but also carry Bob's Red Mill Steel Cut Oats for fresh oatmeal
Pancake:	WG Pancakes provide 50% more fiber and 25% less sodium per serving
Noodles, Elbow Mac: Enriched Noodle	WG Elbow Noodles
Noodles, Rotini: Enriched Noodle	Rotini, Plus Omega 3
Pepperoni: Made from Pork/Beef products	Turkey Pepperoni: contains 64% less kcal, 82% less fat, 50% less sat fat, 51% less NA per 1oz
Sauce, Soy: Regular	Soy Sauce, Lite 37% less sodium per serving
Soft Pretzel: Plain	Soft Pretzel, Wheat
Trix Yogurt: Contains HFCS, artificial colors and flavors	Dannon, Strawberry: Contains no HFCS, article flavors or coloring, contains more Ca, P, Vitamin D and active cultures

Better and healthier food for our 4J students.



Changes in 4J Food Continued...

The following items have been added to the inventory:

Beans, Kidney Red	Beans, Garbanzo	Flour, White	Corn Meal
Oats, Steel Cut	Vinegar, Red Wine	Olive Oil 80/20 Blend	Oil, Canola
Vanilla Extract	Cumin	Oregano	Parsley
Garlic Powder	Onion Powder	Chili Powder	Red Pepper
Black Pepper	Lemon Pepper	Sugar, Brown	Seasoning, Taco
Tomatoes, Diced	Tomato Sauce	Wheat Germ	Noodles, Penne WW
Ranch Pouch	Ketchup Pouch	Mayo Pouch	Mustard Pouch
BBQ Pouch	Chili Sauce		
COLD:			
Basil, Fresh	Parsley, Fresh	Cilantro, Fresh	Oregano, Fresh
Green Onion, Fresh	Cabbage, Savory	Tomatillos	Ricotta Cheese
Garlic, Minced	Dressing, Balsamic Vinaigrette		

What foods have been included in the 4J cafeteria over the years:

- Bread/Grains/Starches:
- WW Spaghetti
- WW Fettuccini
- Brown Rice
- Multigrain Hamburger Buns
- Wheat Sliced Bread
- WW Hot Dog Buns
- Wheat Bread Rolls
- Wheat Hoagie Rolls
- Wheat Kaiser
- Wheat Tortillas

Dairy:

- Reduced fat cheeses: Mozzarella, American, Cheddar, Cottage Cheese
- Reduced fat Sour Cream, Yogurt, cream based dressings
- Butter is not added to any recipes
- Milk is 1% or Fat Free

Fruits and Vegetables:

- Offering bars available daily and included with the purchase of breakfast or lunch
- Highlight an Oregon farm each month by serving an item on the offering bar
- Offer multiple fresh produce items daily and reduced canned or frozen

Breakfast:

- Reduced offerings of syrup
- No chocolate milk available during breakfast
- Multiple options including 2 hot entrees and 2 cold entrees daily
- Fruits and 100% fruit juice available daily

Menu Changes for 2010-11 School Year:

- Increase availability of vegetable sides offered with entrees: steamed broccoli, tomato basil cucumber salad, pico de gallo, roasted seasonal vegetables, garden salad

Increase variety of vegetarian/vegan entrees

Increase use of seasonal fruits and vegetables

Offering bar will be setup to follow a rainbow pattern with 7 different colored fruits, vegetables, or legumes being offer daily

Reduce 'bun' entrees (burgers, hotdogs, rib sandwiches) to 3x per week- Elem only

Source local produce to be featured at BBQs and Harvest Celebration

Increase purchasing and sourcing of local produce and processed items

Increase offering of scratch recipes made in production kitchen:

Taco Meat, chicken taco filling, bean and cheese enchilasaanga, vegetable lasagna, chili w/meat, vegetarian chili, bean topping for nachos, baked ziti, baked ziti with meat, spaghetti sauce w/meat, spaghetti sauce w/ vegetables, turkey gravy, country gravy, tomato basil soup

Increase cooking in the kitchens with multiple step recipes: chicken parmesan, rice sides, soups, stir fry, burritos, baked potato and taco/fajita top-

Message from Nutrition Services



Elementary Culinary Competition promises to be great fun.



Enjoy a heart-healthy lunch with your student.

How to deposit money into your student's meal account:

All students have access to a meal account through a point of sales (POS) system called Mealttime. Students are provided a four digit pin number when they start school that they enter into Mealttime every time they purchase a meal from the cafeteria. This pin number will last each student throughout their time as a K-5th grader and will change to their 6 digit student ID number once they enter middle school. The four digit pin number is linked to each student's account and not only keeps track of how often the student participates in the meal program, but also how much money they have in their account.

Depositing money into your student's account is easy. Parents can pay by cash or check either in person or by sending money with their student. You can also deposit money online by credit card at <http://www.4j.lane.edu/nutrition/payschoolmeals> online; however, this is just an option for convenience. If you choose to pay online, there is a minimum deposit required of \$25.00 and convenience fee that is passed along to you from the credit card company. We strongly encourage that student's lunch accounts be viewed as a debit account and remain in the positive. When balances drop below \$5.00, a low balance statement is generated and sent home once a week.

Meal prices for the 2010-11 School Year are as follows:

Breakfast:

\$1.20 for paid students

\$0.00 for free and reduced students

Lunch:

\$2.25 for paid students

\$.40 for reduced priced students

Upcoming Events:

Elementary Culinary Competition - 2/12/2011

South Eugene High School
<http://www.4j.lane.edu/nutrition/futurechefs>

Forget the Food Network — on Presidents' Day, these mini-chefs were the cooks to watch!

Thirty-one youthful chefs squared off on February 15 at South Eugene High School, participating in a cooking contest sponsored by the 4J Nutrition Services Department. The 31 contenders had been selected as finalists from among 130 recipes for healthy snacks submitted by fourth- and fifth-grade students across the Eugene School District.

Recipes ranged from simple to sophisticated, but all were sublime — and every one sported healthful ingredients and do-it-yourself, kid-friendly preparation.

Love Your Heart Lunch- 2/11/2011, all elementary cafeterias

Join your student for lunch on Friday 2/11 for a lunch filled with heart healthy options. Students are \$2.25 and Adults are \$3.00. All meals come with choice of an entrée, milk, all you can eat salad bar, and dessert. Inquire with in your school for service times.

Check Out the Gilham Website

<http://schools.4j.lane.edu/gilham>

You can:

- Get general information
- School hours and phone #'s
- See a current Gilham calendar
- See a current lunch menu or make a payment on your lunch account
- Find staff e-mail addresses
- Look at the current Jaguar Jive newsletter
- Find forms on line
- Look at what's happening in the classrooms
- Find information about after-school activities and links to their sites

Make Gilham a Favorite or save it to your desktop!!!



Jaguar Jive

Gilham Elementary School

3307 Honeywood Street

Eugene, Oregon 97408

Phone: 541-790-6200

Fax: 541-790-6205

Attendance: 541-790-6225

E-mail: <http://schools.4j.lane.edu/gilham>

Volume 20, Issue 5



Principal
Gig Nelson

Office Managers
Linda Willis
Patti Gehlhaar

Newsletter Editor
Maggie Arnold
541-338-7583
bowhuntnw@comcast.net

Deadline for Next Issue
February 20, 2010

Calendar of Events
For a complete list of upcoming
Gilham Elementary School im-
portant dates and events, visit
the school web site at
<http://schools.4j.lane.edu/gilham>

