

# ab Actively c Building

Competence, Character,  
Culture & Community

August, 2009

Early Learning Days—  
3 1/2 to 4 year old Screening  
September 3 and 4

Call 835-4034 for an appointment!

**NOW is the time to sign up  
for fall and early winter  
youth sports!**

**Oregon Youth Basketball  
(OYBL, Tri-County Boys and  
Girls) registration begins  
August 1**  
[oregonbasketball.org](http://oregonbasketball.org)

**Oregon Youth Football  
Grades 4-6 Flag Football  
Grades 7-8 Tackle  
Registration ONGOING  
Sign up NOW! 835-6663**

**Fitchburg Flag Football  
Grades K-1 and 4-6**  
[city.fitchburg.wi.us](http://city.fitchburg.wi.us)

**Oregon Youth Hockey  
On-going registration at**  
[oregonhockey.org](http://oregonhockey.org)

**Oregon Community Swim  
Club** [oregonswimclub.org](http://oregonswimclub.org).

**Oregon Acers Volleyball  
Grades 5 & 6 registration  
ongoing at [acersvbc.com](http://acersvbc.com)**

**YOU CAN PRE-PAY FOR  
SCHOOL PICTURES BY  
CREDIT CARD!**

Go to <http://www.mylifetouch.com> and  
place your order. Make a  
note of your Online  
Payment Code and bring it  
with you to registration.



## Oregon School District Family Resource Newsletter

DISTRICT WIDE REGISTRATION

August 13 & 18 Noon to 6 pm

### Back To School Issue

**With registration just a few days  
away, now's a great time to start  
getting ready for the return to  
school.** Getting ready is about  
more than school supplies, new  
classmates and some new  
clothes! Here are some ideas to  
help your kids be ready for the  
first day of school and ready to  
learn!

**Back on Schedule** Now's a great  
time to start readjusting to a  
school sleep schedule. Have  
kids go to bed and get up at their  
normal school-day times, espe-  
cially if they've spent the summer  
sleeping in or staying up late.  
Have your child set their own  
alarm clock as part of the rou-  
tine. Think about meal times,

too. If your child is going to have  
an early lunchtime, consider  
offering lunch earlier in the day  
and have healthy snacks on  
hand for after school.

#### **Supplies Aren't Just for School!**

When you're buying supplies,  
grab a few extras so your child  
has everything they need to sit  
down and get homework done.  
When you bring the supplies  
home, organize them in a place  
convenient for doing homework.  
While older kids can study in  
their rooms, younger children  
benefit from having a quiet area  
set aside in a place that will fa-  
cilitate monitoring, supervision  
and encouragement.

**Make a Visit** Students of all ages  
will benefit from a chance to visit  
their school. For younger stu-  
dents, follow the walking or bus  
route and take advantage of back  
to school events. Intermediate,  
Middle School and High School  
students can take advantage of  
locker drop days to get their lock-  
ers organized and to reconnect  
with friends.

**Turn off the TV** Set the stage for  
learning by encouraging your  
child to read, do puzzles, color or  
another quiet activity each morn-  
ing. Once school begins, keep  
the TV off on school mornings to  
minimize distractions and help  
your child be engaged in learning.

### More Information and Reminders

**Tools for Parents!** Learn practical  
strategies to raise responsible  
kids using Love and Logic tech-  
niques. Sign up at <http://www.oregonsd.org> (click on the  
Community Education tab).

Classes for parents of children in  
K-6 Mondays, October 5 until  
November 23. Classes for par-  
ents of preschoolers begin Tues-  
day, October 20 and run until  
November 24.

**OHS and OMS Sports** schedules  
are on line! Come out and sup-  
port the Panthers! For a com-  
plete list, go to:

[http://tinvurl.com/  
Oregonsportsschedules](http://tinvurl.com/Oregonsportsschedules)

#### **Free and Reduced Lunch Forms.**

All families who want to apply for  
free or reduced lunch must reap-  
ply each year. If you have re-  
ceived this benefit before, the

district mailed you a new applica-  
tion. If you have never applied  
before we can help you deter-  
mine your eligibility and complete  
the application. For help on this  
or any other school related ques-  
tions, contact

Cynthia DiCamelli  
Family Resource Coordinator  
[cad@oregonsd.org](mailto:cad@oregonsd.org)  
835-4052

## Oregon School District

123 E Grove St., Oregon, WI 53575 608-835-4000