

Medical, behavioral, preventive health services available on campus Keep Kids Healthy, Keep Kids in School

There's never a convenient time for your child to get sick, but busy parents may be comforted to know that quality medical services are available as close as their neighborhood high school.

In Lincoln County, School Based Health Centers (SBHC) are located at the high schools in Lincoln City, Newport, Toledo and Waldport. Any student from kindergarten through 12th grade (whether enrolled in Lincoln County School District or home-schooled) can go to any SBHC for medical treatment. Services are provided regardless of ability to pay, with most insurance plans accepted.

One parent who has benefited from the program is **Marva Villarreal** of Waldport. A busy mother of six who also works as a school bus driver, she really appreciates the convenience.

"Two of my kids have graduated and the rest are in elementary to high school," she says. "All of my kids have used the center at one time or another because I don't always have time to go to their pediatrician in Newport."

When her 8-year-old was sick with strep throat several times last year, Villarreal relied on the SBHC for care. "Every time I called for an appointment, everyone was very professional and helpful," she says. "They'll try to help you if they can."

The staff at the Waldport SBHC agree that they will do

whatever they can to help children with their medical, emotional, nutritional, and social needs.

"We just want to help," says **Kristi Self**, clinic assistant. "We want to see kids stay healthy and stay in school, so we'll do whatever we can to get them seen [by a healthcare provider]."

Health Services Advocate **Teresa Snow** echoes those comments: "We identify kids' needs, whether it's for food, dental, vision, hearing," she says. "Social and emotional needs are important too, especially for our homeless students. It's actually very rewarding to work here."

Adds **Maryse Goebel**, mental health counselor: "This is a safe place for students to come and talk to people."

What's a School Based Health Center?

Adolescents are often reported to have the lowest access to healthcare service of any age group, and they are the least likely to seek care through traditional office-based settings. At Oregon's 55 SBHCs located in 21 counties, youth and adolescents can receive comprehensive physical, mental and preventive health services in the school setting. *The overall impact?* The centers see children who otherwise would not get care. They help students get back to the classroom faster. They lessen the demand on parents to take time off to get children to wellness and urgent care



WORKING FOR HEALTHY KIDS. Close to two dozen health professionals staff the county's four School Based Health Centers. Pictured here, from left, are nurse practitioner Sue Oshiro-Zeier, clinic assistant Kristi Self, health services advocates Karen McCrae and Teresa Snow, mental health counselor Maryse Goebel, and program manager Julianne Sedlachek, seated.

needs. And, they improve students' health.

Because the health centers are located on school campuses, the health team is better able to reach out to students to emphasize prevention and early intervention and to deliver health services in a safe, efficient and cost-effective manner.

Julianne Sedlachek, BSN, BSE, of Lincoln County Health and Human Services, manages the Lincoln County SBHC program. County employees, working in collaboration with school employees, staff the centers. A licensed physician provides medical oversight for the staff of licensed nurse practitioners, physician assistants, registered nurses, and mental health clinicians.

continued on Page 3

Letter from Your Superintendent



Dear Lincoln County School District Residents:

Our school year is off to a great start. Although we have experienced a few speed bumps at some buildings because of the changes, overall our staff, students and parents are rising above the times we are in and focusing on student learning. Though funding remains difficult and highly unpredictable, we are dedicated to providing a quality education to all of our students.

I am impressed, awed and humbled by the amount of support from all the communities of our county. We had hundreds of community volunteers helping us this past summer getting schools ready for students. All of our employees – teachers, classified and administrative staff – have risen to the challenge of making this the best year possible for our students. We also continue to develop our marvelous partnerships with the Hatfield Marine Science Center, Oregon Coast Aquarium,

Oregon Department of Fish and Wildlife's Hatchery Research Center, Oregon Coast Council for the Arts, Let There Be Arts, Athletic Boosters, Music Boosters, Parent/ Teacher groups, and others too numerous to list. These partners contribute significantly to the educational experiences of our students.

When you meet someone who is partnering with us, or is working in one of our schools, please take the time to thank them for their efforts... it will be greatly appreciated!

Sincerely,

Tom Rinearson, LCSD Superintendent



POOH AND THE PIRATES.

On Halloween night, more than 400 children visited the LCSD district office in Newport which was transformed into Winnie the Pooh's 100 Acre Woods. Each child received a treat and a storybook, and met with many familiar Winnie the Pooh characters. In photo, a group of little pirates pose for a photo with a big Pooh Bear, portrayed by Superintendent **Tom Rinearson**.

In This Issue

- Taking Note: News of Interest from Around the District - - - Pg. 2
- Budget Update - - - - - Pg. 3
- Photo Album: Yaquina View Closes - - - - Pg. 4
- Helping the Homeless - - - - Pg. 4
- Important Dates to Know - - Pg. 4

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TAKING NOTE

NEWS OF INTEREST
from around the district

Students To Be Offered H1N1 Flu Shots Soon

The vaccine against H1N1 influenza (originally known as "swine flu") will be offered without charge to all LCSD students some time soon

(hopefully during November). LCSD officials don't yet know the exact delivery date for the flu vaccine, but will notify parents and guardians by a letter and phone call to home just as soon as school immunization clinics are scheduled.

District nurse **Julie Turner, R.N., M.S.N.**, says plans are in place for setting up vaccination clinics at the district's 10 public schools. The H1N1 flu vaccination is not mandatory for students, but is highly recommended. The U.S. Centers for Disease Control and Prevention are asking children and adults between the ages of 6 months and 24 years to get an H1N1 flu shot.

"Even though a vaccine has been developed, I can't stress enough how important it is for people to take simple, everyday steps to prevent the spread of H1N1 and other infectious diseases," Turner says.



JULIE TURNER
District Nurse

That includes washing your hands thoroughly and often, coughing into your elbow or sleeve, staying hydrated, and avoiding touching your eyes, nose and mouth.

LCSD is taking extra steps to keep the disease from spreading through local schools. Those steps include:

- Emphasizing the importance of handwashing at school and home;
- Increasing the frequency of cleaning in high-traffic areas at schools;
- Focusing on thorough and regular cleaning of computer keyboards;
- Asking students to use hand sanitizer before entering and leaving the computer lab; and
- Alerting LCSD staff to watch for trends of sickness in their students and



to report all findings to Turner who, in turn, communicates regularly with Lincoln County Health and Human Services.

For the most reliable, complete and current information, go to the following websites: www.flu.oregon.gov, www.cdc.gov/h1n1 or www.flu.gov. The LCSD website, www.lincoln.k12.or.us, provides informational links, as well.

Parents Preparing for Graduation Night 2010

High school graduation is a proud moment for students – and parents! Making sure that graduation night is memorable, fun and safe are among parents' goals as they plan Grad Night celebrations. All parents of a graduating senior are cordially invited to join their high school's Grad Night Committee.

→ **NEWPORT HIGH** committee meets at 6:30 p.m. on the second and fourth Monday of the month in the Boone Center. *Contact:* Debby Clark, 264-8294.

→ **TAFT HIGH** committee meetings and contact information still to be determined.

→ **TOLEDO JUNIOR/SENIOR HIGH** committee is not yet meeting regularly. Instead, they are contacting all senior parents by e-mail. *Contact:* Patsy Hunt, 270-4936 or patsy.hunt@lincoln.k12.or.us

→ **WALDPORT HIGH** committee meets at 6:30 p.m. on the third Monday of the month at Oregon Coast Bank in Waldport. *Contact:* Candice Oldenburg, 270-8298.

Public Invited to Attend Teachers' History Fair

In 2006, LCSD received a federal grant to implement the Teaching American History (TAH) Fellowship Project, a unique professional development opportunity for teachers to deepen their understanding of U.S. and Oregon history and enhance their classroom instruction.

The 14 TAH Fellows invite all interested members of the community to attend their History Education Project Fair. This event culminates their three-year professional study and features nine projects documenting local and state history that enriches students and communities alike.

WHERE: Newport High School cafeteria/ multipurpose room.

WHEN: Wednesday, Nov. 18. Food and refreshments served at 5:30 p.m., opening remarks at 6 p.m., and presentations from 6:15 p.m. to 7:30 p.m.

WHAT: The projects include a film documentary on an early surf club in Lincoln County, a CD of western Oregon folk songs, a Siletz tribal history traveling trunk, a Lewis

and Clark traveling trunk, a drama production of the 1925 mob expulsion of Japanese workers from Toledo, a photographic history of Lincoln City schools, and more.

Who: The TAH teachers are **Valerie Baker, Matt Falby, Janna Limbert and Kim Miller** (Lincoln City); **Debby Clark, Marnie Cogswell, Ruth McDonald and Christie Walker** (Newport); **Meg Groat, Joe Jordan and Dana Spink** (Toledo); **Libba Sager** (Waldport); and **Sandi LaRouche and Doug Schwartz** (Eddyville).



MATT LOVE
TAH Project Director

"The teachers who participated in the program have turned in an incredible effort on behalf of documenting local history. I couldn't be more pleased," says TAH project director **Matt Love**. "I urge the public to come out and see what a unique way our teachers are contributing to the historical richness of their communities."

Athletes, Parents Learn About Pure Performance

This school year, LCSD student athletes and their parents are attending mandatory pre-season meetings to learn about "Pure Performance: Life of an Athlete."



PURE PERFORMANCE.

A new program encourages all LCSD student athletes to adopt a chemical-free lifestyle. Pictured here is Taft Tiger John Wilkinson reaching for a catch during a late September ball game.

Photo Credit: Don Anderson/The News Guard

Used by high schools and colleges nationwide, this program offers a philosophy and a process that seeks to prevent chemical health issues and to identify students who need help. Basically, the concept is that in order for effective

change to take place in our community there must be many messengers sending the same message, which is:

Chemical use/abuse of any type among students is not acceptable and will not be tolerated!

Pure Performance provides awareness and education on chemical health issues, provides set of standards, guidelines and expectations for athletic and co-curricular participation. Additionally, parents are required to sign a Code of Conduct.

Should a violation of the code occur, parents agree to follow corrective and restorative guidelines, such as meeting with substance abuse evaluators with their student, meeting with law enforcement officials, and supporting their student's efforts to make some type of restitution to their school, their team and their community.

The use of chemicals (including underage drinking, steroids and over-the-counter medications) is illegal, unsafe, and unacceptable, and should not be condoned or tolerated in our youth. This requires a concerted effort from parents, coaches, student leaders, and the community.

Community members can help reinforce this message by mentoring a student, providing positive alternative activities, sponsoring dances/events, volunteering, acknowledging positive behaviors, enforcing the law, supporting treatment efforts, leading by example, endorsing personal responsibility, and upholding the LCSD Code of Conduct.

The mandatory "Pure Performance" meetings were held Aug. 24 and Nov. 4 at all four LCSD high schools. If you are the parent of a student athlete and missed attending one of these meetings, contact your school administrator – **Aaron Belloni** at Newport High, **Majalisse Tolan** at Taft High, **Clint Raever** at Toledo High, and **Von Taylor** at Waldport High – to find out how to make up the meeting.

The program is made possible through a grant obtained by the Lincoln Commission on Children and Families. ♦

Capture the Flag. Last year's "Capture the Flag" competition among LCSD grade schools helped to increase school pride and boost student attendance, so the friendly contest is continuing this year. Each month, the winning school with the best attendance rate has the honor of displaying the colorful Attendance Champions flag. Here are results so far this school year:

SEPTEMBER: **Sam Case Primary** in Newport took first (95.76%), and **Crestview Heights School** in Waldport was second (94.82%)

OCTOBER: **Oceanlake Elementary** in Lincoln City took first (94.31%), and **Crestview Heights** was second (93.83%) ♦



Planning Under Way for Future Financial Needs

Public Input Invited Throughout Process

The prolonged downturn in the state and national economy means that LCSD is still struggling with finances, and likely will for years to come. Extensive planning is under way now in the school district to help stabilize future budgets and forestall any unexpected issues – while striving to do what’s best for student learning.



JULIE BALDWIN
Business Manager

“We are working on projections for future years to be prepared for additional cuts,” says Julie Baldwin, LCSD business manager. “Even if the economy improves, we know that we will have reduced dollars in future years due to decreased student enrollment. At this point, we are not anticipating that the state will offer an increase in per student funding next year.”

As Baldwin stated at a recent school board meeting, the best-case scenario for the next school year is that LCSD will be approximately \$3.2 million short of being able to offer the same level of service as the current year (\$1.1 million reduction in revenue due to declining student enrollment plus approximately \$2.1 million increase in fixed expenses. Additionally, if Oregon voters repeal the Legislative tax increases and the Legislature does not come up with alternative ways to fund schools, the district stands to lose an additional \$2.8 million – for a 2010/11 budget shortfall of approximately \$6 million.

To enhance the communication and understanding of the budget process, a timeline has been prepared that includes not only the required specific dates of

the process, but the internal processes that LCSD staff must complete prior to the next school year’s budget being developed.

“We hope the plan will provide a good understanding of district processes and how the different departments are working together to improve student achievement,” Baldwin said.

The timeline calls for increased input from the school board, with budget committee members and all interested community members invited to attend board meetings. The next scheduled school board meetings are 7 p.m. Nov. 17 at Waldport High School and 7 p.m. Dec. 15 at Newport High School. The school board will be discussing their directives for next year’s budget at those meetings, with the public invited to give testimony on the subject.

The budget timeline is available to view in the Sept. 15 Board Folder (go online to www.lincoln.k12.or.us, to Departments to School Board to Board Folders.)

TAX REFERENDA: A major concern now to school districts across the state is the Oregon Tax Hike Referenda scheduled to appear on the Jan. 26 special election ballot.

In July, Gov. Ted Kulongoski signed into law two tax bills that would increase the state’s tax revenue by \$733 million through increasing the state’s corporate minimum tax, raising taxes on the state’s high-income individuals, and raising income taxes on businesses. In reaction, opponents successfully met requirements to place these tax issues on the January ballot – voters will be asked to approve or disapprove the tax increase. The result of this election will have a direct impact on the state’s

budget, and therefore on school district budgets.

“Based on the state’s current funding of K-12 education, the loss of these tax measures means Lincoln County School District would lose approximately \$2.8 million,” Baldwin says. “Although this reduction in funding wouldn’t happen until the 2010/11 school year, we would have to consider making reductions this year to help offset the larger anticipated reductions next year.”

LCSD BUDGET CUTS: During the last half of the last school year, district administrators feared that schools would have to close early for the year because of lack of funding. Instead, the district was able to complete the school year without any significant program cuts or personnel layoffs. This was accomplished by cutting discretionary spending across the district, staff agreeing to give up some work days,



“Even if the economy improves, we know that we will have reduced dollars in future years. . .” – Julie Baldwin
LCSD Business Manager

and using cash reserves. The state also dipped into reserves to provide additional funding to schools.

In planning for the current school year, LCSD had to make bigger cuts, with 64.24 full time equivalent (FTE) positions eliminated from the 2009/10 budget. Thanks in great part to federal stimulus money, the district has been able to add back 12.47 FTE positions. ♦

School Based Health Centers continued from Page 1

The program is funded by the Oregon Department of Human Services, the federal government, and many state and local agencies and civic organizations. The school district provides space in school buildings or in modular units on school grounds for the health centers.

“The value of services provided far exceeds the state dollars spent,” Sedlachek says. “For every dollar invested from the state general fund, three to four additional dollars are leveraged through local public-private

“Some of these students develop the most wonderful relationships with the staff.” – Julianne Sedlachek
SBHC program manager

partnerships, such as the one we have with the school district. However, even more important than the funding is the vital role that School Based Health Centers play in the delivery of healthcare to our underinsured and uninsured population.”

What Services Are Provided?

The list of services provided at SBHCs is quite extensive: performing comprehensive physical exams and sports physicals; diagnosing and treating acute and chronic illness; treating injuries; providing vision, dental and blood pressure screenings; administering vacci-

nations; providing screening and counseling for drug and alcohol problems; promoting health education and wellness; counseling on chronic disease prevention; screening for and providing services or referrals for mental health issues; providing reproductive health services; providing referrals to other healthcare providers; prescribing medications; performing some lab work; providing information about other available resources in the community; and helping to sign up children for the Oregon Health Plan.

The goal is for the SBHC to be available to all students with minimal impact to class time, with appointments available before and after school and during students’ lunch time.

The SBHC program in Lincoln County has been in operation for more than two decades. Following a comprehensive review of the SBHC program over the summer, school district and county staff members are well satisfied that students will continue to receive services in an efficient, legal, confidential and safe manner for years to come.

“Our young patients often feel more comfortable coming to the School Based Health Center. They get more personalized attention and more time with a

FAST FACTS ABOUT KIDS’ HEALTH

- 13% of Oregon’s children – or 117,000 kids – are uninsured
- Uninsured children are 30% less likely to receive medical attention when they are injured
- 25% of adolescents are at risk for adverse health outcomes such as teen pregnancies, suicide and substance abuse
- Oregon SBHCs served 20,971 students in 66,087 visits during 2007-08
- Local students made 2,141 medical visits and 1,388 mental health visits to LCSD SBHCs during 2008-09
- OF SURVEYED SBHC PATIENTS...
 - 62% say they would not have received health services that day without the SBHC
 - 53% say they did not miss class while using SBHC services
 - 75% say they would have missed one or more classes if they had gone to a traditional medical clinic

Source: Oregon Department of Human Services



health professional. Some of these students develop the most wonderful relationships with the staff,” Sedlachek says.

“I feel so strongly that the work we do on behalf of students in the community is very important and worthwhile,” she adds. “When we provide preventive care and wellness education to our children and adolescents, they can grow to become healthier adults.” ♦

SOLEMN FAREWELL, BRIGHT BEGINNINGS

Sept. 9, 2009, was a special day for the Newport community. That afternoon, teachers, students and parents gathered at Yaquina View Elementary for a tearful ceremony marking the closure of the 48-year-old school. Immediately after, the group traveled by police-escorted caravan to the newly renamed Newport Intermediate School. There, an even larger crowd awaited that school's opening ceremony. Afterwards, students, with parents in tow, excitedly thronged the building to look for their classroom, meet their teachers, greet friends not seen over the summer, and enjoy cake and ice cream.



The closing of Yaquina View School is part of the LCSD's West Area school reconfiguration plan to deal with a decade-long decline in student enrollment, rising operating costs, and greatly reduced state funding as a result of both decreased student enrollment and a depressed state economy. Although grade-school children no longer fill its halls, Yaquina View isn't vacant. Several programs are housed there this school year, including the alternative high school, the early intervention program for special needs preschool children, and some district support services. The high school softball team continues to play and practice on the ballfield, and the gym is available for school district sports and activities.

Under the reconfiguration, the "new" West Area schools are: Sam Case Primary (grades K-3); Newport Intermediate (grades 4-6); Isaac Newton Magnet School (grades 6-8); Newport Preparatory Academy (grades 7-8); and Newport High School (grades 9-12).

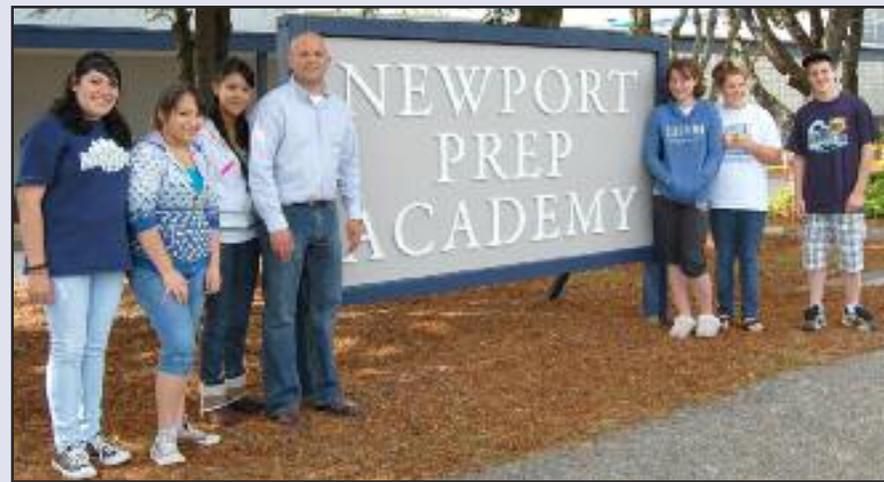
Top Photo: MAKING NEW MEMORIES.

Former Yaquina View teacher **Wren Clark** hugs **Kristin Takano Becker**, former Yaquina View principal and current Newport Intermediate principal. In a heartfelt closing speech, Clark spoke of the feelings of "disbelief, shock and dismay" people had upon learning that the school was selected for closure. She concluded by saying: "We recognize that we are losing something precious here today. However, I also know that tomorrow morning the teachers will be waiting at their doors as students arrive. We will start the process of making new memories together."



Middle Photo: CHECKING OUT THEIR CLASSROOM. Some classrooms in the renamed Sam Case Primary are new to both students AND teachers this year, including former Yaquina View teachers **Cindy Thomas**, left, and **Sue Fowler**, right, who are "job sharing" a third-grade class. During the open house on Sept. 9, students **Makaela Lehmeier** and **Jake Tucker** get acquainted with their new classroom and

teachers, while Jake's younger sister **Sydney Tucker** peeks over his shoulder.



Bottom Photo: NEW SIGN FOR NEW SCHOOL. Located on the west campus of Newport High, the newly created Newport Prep Academy will focus on preparing students academically for their high school years. During the campus open house on Sept. 9, **Principal Jon Zagel**, fourth from left, shows off the new school sign, with support from junior **Lizbeth Santos**, freshmen **Crystal Hernandez** and **Andrea Velazquez**, seventh-graders **Matlyn Miller** and **Emma Paranto**, and sophomore **Tristan Wilson**, from left. ♦

How can YOU help our homeless students?

Recent reports show that in Lincoln County, the number of homeless students and the number of youth not living at home continue to go up.

Overall, families are having a hard time, and many community members have asked how they can help.

"In addition to making sure that children are going to school regardless of their living situation, we are working hard to provide families with some of their basic needs," says **Senitila McKinley**,

LCSD homeless liaison for the east, west and south areas. She is pictured at right in the photo with **Charla Guiwits**, homeless liaison for the north area.

Resource rooms are now available in Waldport and Toledo, where families and youth can get clothing, personal care supplies, and blankets, she says. A resource room in Lincoln City also offers personal hygiene supplies and bedding.

"We hope to get one open in Newport soon. I am looking for volunteers to

help with the setting up of these programs,"

McKinley says. "There is no one answer to the problem of homelessness, and I do not think we can end it soon. It is going to take the whole community working together to meet the needs."

If anyone wishes to help with this program or in other ways, please call McKinley at 574-5833 or Guiwits at 996-4878 or 996-2115. ♦



IMPORTANT DATES

- **VETERANS DAY** – No School
Wednesday, Nov. 11
- **THANKSGIVING** – No School
Thursday & Friday, Nov. 26-27
- **WINTER BREAK** – No School
Begins Monday, Dec. 21
School is back in session Monday, Jan. 4, for North Area schools; and Tuesday, Jan. 5, for all other area schools

LCSD has five school calendars for different areas and schools. Please contact individual schools for a copy of the school calendar or go online to the LCSD website at:

www.lincoln.k12.or.us

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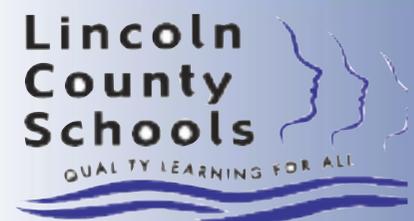
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LCSD VISION:

Quality Learning For All

LCSD MISSION:

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DISTRICT DIALOG

Quarterly Newsletter for Patrons of Lincoln County School District

Current and Past Editions of "District Dialog" are available in Spanish and English online at: www.lincoln.k12.or.us

Need More Information about LCSD? Call the District Office in Newport, Oregon at: (541) 265-9211