

OAKVIEW ELEMENTARY NEWS

Oakview Elementary School
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Centralia, WA 98531
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<http://www.centralia.wednet.edu/Oak/oak.html>

February 2008

David Carthum, Principal



DATES TO REMEMBER

Feb. 4-8	Conference Week Dismissal 12:15 daily
Feb. 14	Cispus Money Due to the Office
Feb. 15	Mid Winter Break Day No School
Feb. 18	President's Day No School
Feb. 28	Math Night 6:00-7:30 p.m.
Feb. 29	Early Release Day 1:00 p.m.
March 21	Professional Day No School
March 25-28	6 th Grade to Cispus
March 31-April 4	Spring Break

PLEASE VOTE!!!!

**CENTRALIA SCHOOL DISTRICT
MAINTENANCE
AND
OPERATIONS
LEVY
MAIL IN ELECTION
FEBRUARY 19, 2008**

PARENT-TEACHER CONFERENCES

Parent-Teacher Conferences are scheduled for the afternoons of Feb. 4-8. Oakview students will be dismissed at 12:15 p.m. each day during that week. Teachers will be in contact with you to schedule conference times. We have designated one evening, Tuesday Feb. 5, for those parents who work and cannot be available for an afternoon conference. You will need to let your child's teacher know if you must be scheduled for that evening. Please notify the school office or your child's teacher if you need to change your conference time.

OAKVIEW MATH NIGHT

Oakview School will be holding its first math night, *Making Sense of Number Sense*, February 28th from 6:00 to 7:30 p.m. We will gather in the gym for some fun math activities and then break into grade level activities. We will be estimating, calculating, determining and figuring the answers to some fun and challenging math activities. We hope you can attend!

CISPUS NEWS

By now you have hopefully received the first information packet concerning Cispus. All forms and fees need to be returned to your student's teacher by Feb. 14th. The student fee for camp is \$60. You can make checks out to: Centralia School District. If you need another packet or any of the forms, ask your child's teacher or check at the office. If financial help is needed with Cispus payment, please contact Mr. Carthum at 330-7638.

There will be a parent meeting on Feb. 11th at 6:30 p.m. in the Oakview gym. If you have questions, attending this meeting is a good way to find out more about the camp experience.

WONDERFUL OAKVIEW READERS

Many Oakview students had a wonderful first trimester of AR Reading! 227 students reached both their point and accuracy goals. All of those students have earned 1 water balloon to throw at Mr. Carthum on the last day of school. We also had 226 students earn awards for completing their 20 minutes of reading homework every night in the months of September, October, and November.

At our Awards Assembly on December 12th, we honored ten classrooms for achieving their class AR goals. Those classrooms were: Ms. Hadaller-Walker, Ms. Miracle, Mr. Mollerstuen, Mrs. Rothlin, Miss Patchin, Miss Duncan, Mrs. Roberts, Mrs. Sherwood, Mr. Sprague, and Mrs. McCarty.

At the assembly, we also recognized the student from each grade level who was the top AR Reader for their grade level. These students also went out to lunch with Mr. Carthum on Dec. 14th. The top AR Grade Level Readers were: Madison Gardner - 4th grade, Euchari Majors - 5th grade, and Matthew Kramer - 6th grade.

Congratulations to a job well done and all of these fine readers!

FLOOD COUNSELING

FEMA has contracted with Cascade Mental Health to provide counseling for flood victims, free of charge. If you find yourself experiencing sleeping problems, anxiety, sadness, and/or low energy, you may need counseling. Call 748-6696 or 1-800-559-6696 and tell the operator that you are seeking assistance for flood victims so that your call will be routed appropriately. These numbers are answered by a professional counselor 24 hours a day, 7 days a week. These numbers are also available to anyone needing crisis services regardless of their ability to pay.

STEPS TO RESPECT

STEPS TO RESPECT is a curriculum taught by Mrs. Pierce, Counselor, to all Oakview students. They learn to recognize the components of bullying, learn how to refuse it (be assertive, but not aggressive), and report it (so that intervention can begin to change inappropriate behaviors and keep students safe). Students learn that it is good to be respectful in all that they do and that the definition of respect is the same as the *Golden Rule*, "to treat others like you'd like to be treated." Students examine respectful behaviors with classmates, younger students, at recess, and with family. The following is a list of ways to be respectful with family members, as suggested by Kaleb Baldwin, Kyle Selway, Matt Kramer, and Rainey Parish from Mrs. McCarty's 6th grade class:

- Do your chores
- Be kind
- Help sick people in the family
- Go to bed on time
- Hold doors open
- Say "good morning", "good afternoon", and "good night"
- Obey rules
- Clean up after yourself
- Don't argue
- Do homework once you get home
- No cussing
- Shower each night
- Cook dinner sometimes
- Set the table
- Don't lose your temper
- Get good grades
- Don't be a menace
- Don't steal
- Don't lie
- Don't yell—talk with an inside voice
- Don't complain
- Don't whine
- Respect others' things
- Treat others how you want to be treated
- Don't say "put down's"
- Respect your elders

Also from Mrs. McCarty's class, Ty Beairsto, Logan Stone, Elijah Taylor, Rylie Benjamin, and Travis Larson listed ways to show respect to younger students:

- Make them feel welcome at our school
- Don't harass them or bully them
- Be a good role model
- Help with schoolwork
- Look out for younger students
- Put sports equipment up (store away) for the younger students
- Use your manners
- Congratulate them for accomplishments
- Help them if they get hurt

Parents are encouraged to discuss with their children ways in which they can stay safe. Many complaints are vocalized from our students about bullying behaviors from siblings, cousins, and/or neighborhood kids. When children go through the program, they really begin to critique how their behaviors affect others, and how the behavior of others affects them.

FIRST RIF DISTRIBUTION

During the week of Jan. 7 –11, Oakview held the first of three RIF (Reading Is Fundamental) distributions for the year. Students got to choose one free book and will have two more opportunities to choose free books during the school year. This was done during their weekly library time.

Funding for this project is made available through our PTO and a grant from the RIF Program.

SUBSTITUTES NEEDED

Centralia School District is seeking responsible people to become Substitutes (on call) in the ParaEducator, Food Service, Transportation and Maintenance Departments. Anyone interested in helping serve our kids can pick up an application at the Administration Office, 2320 Borst Ave., between the hours of 7:30 a.m. and 4:30 p.m. Centralia School District is an equal opportunity employer.

MOLD FACTS

What is a mold?

Mold is a fungus. There are tens of thousands of different species of mold. Mold needs moisture, oxygen, and an organic food source (like wood or dust) to grow. Mold grows best in damp, warm, and dark environments.

How do I know if I have a mold problem?

Mold is a normal part of the outdoor environment. There will always be some mold both outside and inside your house—especially here in the often wet and humid winter seasons. But, if you can see or smell mold in your house, you should clean it.

Can mold make me sick?

Yes! Mold causes allergic reactions in many people—eye or skin irritation, wheezing, nasal stuffiness, and/or coughing. Some people are more sensitive to mold than others. Young children, elderly people, people with immuno-compromised conditions (HIV/AIDS, lupus, etc), and people with severe allergies or asthma should be especially careful to avoid mold. Mold can worsen asthma and allergies. People with obstructive lung disease or other chronic lung problems can develop mold infections in their lungs.

What about “toxic black mold”?

Most molds are not toxic. The most common types of indoor molds in this area (aspergillus, penicillium, cladosporium) do not produce toxins. Many molds are black—don't be scared just because you see black mold in your house! However, there are some species of mold that can produce toxins. There may be a link between these molds and health effects like memory loss and severe illness in infants. However, even though “toxic” molds are not common, living in a home with high levels of any kind of mold is not a good idea.

Why can't I just build on top of the mold?

Mold can eventually rot the wood components of the house and make it structurally unsound. Also, mold eats through drywall paper, so if you build on top of mold, you may end up having to replace your drywall in just a few years. Lastly, living around mold is not healthy. Not cleaning the mold in your house means you and your family can get sick.

How do I kill mold?

The basic idea is to remove the mold, not kill the mold. There are very few chemicals that can kill all the parts of the mold plant, and some of them you would have to apply in concentrations so strong it would be dangerous to use. Also, even dead mold spores can cause irritation and allergic reactions in people, so killing the mold won't get rid of the health risks.

How do I remove mold?

The first step is to fix any roof or pipe leaks you have. As long as there is a moisture source, mold will grow right back. Next, remove as much of the porous, moldy material as you can. Moldy drywall and insulation can't be cleaned properly—it needs to be thrown out. Once the house is down to the studs, use a wire brush or a power grinder to scrub away visible mold. After you've scrubbed the mold, vacuum the area with a vacuum *equipped with a HEPA filter*—regular vacuum-cleaner filters won't catch the tiny mold spores. Throw away debris and dust from the moldy area in a double-bagged heavy-duty plastic garbage bag. Finally, wipe away visible mold using a detergent or general-purpose cleanser. Always use a clean surface of the rag to avoid just spreading the mold around.

Is it safe to clean mold?

It is very important to protect yourself while cleaning your home of mold. Wear some sort of filter mask—*either an N95-rated dust mask, or a double-filter respirator with replaceable cartridge*. Wear eye protection and heavy work gloves. When using chemicals, keep the room well-ventilated, wear rubber gloves, and follow the manufacturer's instructions. Never mix bleach and ammonia. Cover your skin to prevent irritation, and either clean your clothing thoroughly after working, or wear coveralls that can be thrown away.

Most importantly, pay attention to how you're feeling. If you start to feel sick or start to have trouble breathing, stop cleaning, get some fresh air, and use more protection if you decide to go back to the job. If you have asthma or other lung illnesses, or if you start feeling sick while working on your house, you should not clean your own home of mold.

What about sealants and fungicides?

Applying a sealant to the cleaned wood in your home can help keep the mold from growing back. You can use a heavy-duty primer paint, like Kilz 2 or Glidden Gripper, to seal the wood. There are also lots of sealing products that contain fungicides, like MoldShield. If you do use a sealer, make sure that the wood is dry (under 18% relative humidity) before you apply the seal. If the wood is cool to the touch, it is probably still too wet to seal.

How do I keep the mold from coming back?

There is no way to keep your home completely mold-free. However, you can minimize the amount of mold you have. The most important factor you control is the moisture level in your home. Try to keep the humidity levels low inside your house, and fix roof leaks, leaky pipes, etc. right away. Plenty of airflow will also help keep mold away. Remember, mold is everywhere, and you won't get rid of all of it. That's ok. Get the levels down to where you can't see or smell the mold, and you'll be in a good position to rebuild. Good luck!