

## Students and Community Take Action Against Hunger

Laura Rice is the Student Body President at Vernonia High School this year. Rice is getting ready and organizing this year's annual Presidential Challenge. Rice has chosen "Action Against Hunger" as the charity she is working for to raise funds during the week of April 7-12.

Rice says she is planning games, having "meaningful color dress up days", and selling snow cones and silicone bracelets at lunch as activities for students, teachers and staff during the school week.

On Friday (the 11th) she has organized "Vernonia's Taking Action Against Hunger" an all-you-can-eat

dessert night at 6:30 PM at the Vernonia School (\$10.00 admission and a \$35.00 family flat fee). There will also be entertainment by a hypnotist.

On Saturday (the 12th) Rice will host a community movie night, where they will be showing Disney's "Frozen". This will start at 6:00 PM and tickets cost \$5.00. All ages are welcome. This also will be taking place at the school.

Rice has an online fundraising page where people can donate online, follow her progress, and view pictures of the events: <http://my.actionagainsthunger.org/vhspresidentialchallenge>

## Cox Accepts New Position in Idaho

The Vernonia School District announced that current Superintendent Dr. Ken Cox has accepted a position as Superintendent of the Minidoka County Joint School District #331, located in Rupert, Idaho. The Minidoka district serves 4,000 students in four elementary schools, two middle schools, and a high school, as well as alternative middle and high schools.

"I am grateful for the time I have spent in Vernonia and feel that,

though we have faced many challenges together, we have accomplished much, particularly in the past six years. Carol and I are proud to be able to say that we were part of Vernonia's recovery following the flood of 2007," said Dr. Cox.

Cox and his wife Carol, have three children and seven grandchildren. One advantage of this move is that it will put them much closer to their family.

## Head Start Recruiting Now

Head Start, a federally funded pre-school program, is seeking students for the 2014-2015 school year. Applications are being taken from all three and four year olds in Columbia County. Recruitment for fall enrollment is now in progress. If parents are interested in enrollment information they are urged to phone immediately.

Prospective students must be three or four years old by September 1, 2014. Children must be from limited income households or have a disability and/or special needs to qualify.

Head Start incorporates a total family program that includes nutrition, education, medical and dental services for the enrolled child and home visitations. USDA approved meals are served. Training on various subjects and on the job training is offered to all enrolled families. Transportation is not available.

The U.S. Dept. of Agriculture (USDA) and the State of Oregon prohibit discrimination in all USDA programs

and activities on the basis of race, color, national origin, sex, religion, age or disability.

The Vernonia Center is located at 500 California Avenue next to the Blue Heron Hollow Apartment complex. Families who live in the Mist, Birkenfeld and Vernonia areas may phone 503-429-9243 or 503-369-7249 for more information.

The Clatskanie/Rainier Center is located behind the high school in Clatskanie. Families in the Clatskanie, Quincy, Westport, Knappa, Rainier and Goble areas may phone 503-728-2940 for more information.

Students in the St. Helens area attend class at the center on Columbia Blvd. next to McBride School. Families may contact 503-397-4114 for more information.

*Head Start is an agency of Community Action Team, Inc., serving Clatsop, Columbia and Tillamook counties.*

## Schools Update: Cyberbullying

By Dr. Ken Cox

Last issue I addressed briefly the bullying that goes on in schools. One of the bullying issues that we have to deal with today that was not an issue when most of us went to school is that of cyberbullying. This is when students use technology to harass each other. This can be in the form of emails, social media (Facebook, twitter, etc.), text messages, and any other type of digital communication. When such a message is sent out it can reach many students very quickly and turn a regular school day into a horrific experience for the victim. It has been reported that one in five children today face some sort of cyberbullying.

The Vernonia District does not condone this type of bullying and when it has been reported to us we investigate. If we find that there is cyberbullying, whether it is happening at school or not, we will take steps to address the situation just as if it happened at school.

The only email that students are allowed to use at school is one sponsored by the district that we can monitor. We of course cannot monitor all student access to technology and this is where you as parents need to be aware of what to look for when it comes to cyberbullying. The following comes from the InternetSafety.com website (<http://www.internetsafety.com/press-cyberbullying.php>)

"Signs that a child is being cyberbullied include a marked change in computer habits such as less frequent computer use, nervousness when a new e-mail or instant message arrives,

constant looking over his or her shoulder when at the computer, and anger or depression either at or away from the machine."

If you suspect that your child may be a victim of this type of bullying please check out the website above to gather more information about what you can do as a parent. They suggest that parents pay "even greater attention to victimized children's internet and cell phone activities," and that they refrain "from immediately banning access to instant messaging, e-mail, social networking web sites," as this does not address the underlying conflict. In addition they suggest, as do we, that the student recognize "the importance of scheduling a meeting with school administrators (or a trusted teacher) to discuss the matter."

On a somewhat related security issue please be aware that the Vernonia School District will be holding a school wide Lockdown and Evacuation Drill on Tuesday, April 8. We will not only practice going into lockdown, where students are secured in their classrooms until released by administrators or the police (in a real event), but we will also be leaving the building as we do in a fire alarm and then transporting all students to two church buildings downtown. Once all students have been transported and accounted for we will bring them back to school for the remainder of the day. We hope you understand the need for such drills as we prepare for any contingency that might arise in the district. As always, if you have questions, please call me at the district office (503-429-5891).

# P.E.O. RUMMAGE SALE



## at the Grange!

**375 North Street**


**All proceeds go toward P.E.O.'s ongoing commitment of providing scholarships to women.**


**Friday  
April 25<sup>th</sup>  
9am-4pm**

**&  
Saturday  
April 26<sup>th</sup>  
9am-3pm**

## STORAGE. TOP

Need more room?





**U-HAUL**

See us for the lowest prices  
**GUARANTEED!**

Debit/Credit now accepted

5x10 \$39    10x10 \$69    10x20 \$99  
RV Storage \$149

Outside storage available  
Totally fenced and gated  
Padlocks Available

Authorized  
U-Haul Dealer

Boxes and Supplies Available

We can make your reservation  
Pick up here or anywhere

**58605 Nehalem Hwy South • P.O. Box 292    10-6 Tue-Sat**  
**Vernonia, Oregon 97064    12-4 Sun**  
**(503) 429-7867**

# True Value<sup>®</sup>

START RIGHT. START HERE.<sup>SM</sup>



**Don't wait for the sun!**

**Get your MOWERS tuned up now!**

Oil Change • Sharpen Blades  
Filters • Cables • Pull Ropes  
**We pick up & deliver!**

*Family owned & operated for over 40 years*

**834 Bridge St., Vernonia (503) 429-6364**