

Jump Rope Fundraiser for VESPE Department

Vernonia Elementary School is having a very special fundraising project to help raise funds for the Vernonia Elementary School Physical Education (VESPE) department. VESPE is joining in the fight against our nation's No. 1 and No. 3 killers - cardiovascular disease and stroke. Jump Rope for VESPE helps students learn about the benefits of regular physical activity and heart health while raising funds to help the VESPE program. The money raised, will go towards helping to fund some more playground equipment at the new school, as well as helping buy more PE equipment.

Most people don't realize that the roots for cardiovascular disease in adults often begin in childhood from age 10 and even younger. That's why it's important to make changes now. Helping your children by teaching them to: eat healthy foods, stay

physically active and live tobacco-free will ensure a happy and heart healthy future.

Jump Rope for VESPE is a fun and effective way to teach heart-healthy living. It emphasizes the importance of physical activity as our children do something they enjoy--jumping rope. Rope jumping is an excellent workout for both the lower and upper body.

Jump Rope for VESPE will take place in a jump rope unit in Mr. Spaulding's PE classes from November 17th – December 12th. Collection envelopes will be due on December 11th & 12th. Family and friends are welcome to support student's participation by making contributions. However,

they are asking that students not go door to door or ask strangers for donations.

Checks should be made payable to Vernonia Elementary School. Participants can earn thank you gifts based on the donation levels they achieve. The top three fundraisers will receive two free games of bowling and free shoe rental at Rainbow Lanes in Forest Grove. The top fundraising class gets to pick their PE activity for one week.

The goal is to raise \$1500-\$2000. With your cooperation, they can achieve their goal!

Meet the Exchange Students

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team which won the NW League Championship for Vernonia this year. She says she likes Vernonia because everyone knows each other. Lisa says her favorite American food is burgers. Lisa has visited the United States several times in the past and has been to Miami twice, New York City and Orlando to see Disney World. She has also visited Dubai, Denmark, and Spain.

Nikita Moskalev- Nik is from far eastern Russia and is spending his year in Vernonia with Justin and Ashley Ward.

A junior, Nik played wide receiver and cornerback for the VHS football team and says he will play basketball this winter and run track and field in the spring. Nik say he likes the ice cream and yogurt here in the U.S. and also fast foods. Nik says he took this year away from home to see a new place and help him decide what he wants to do with his future. He says he will return to Russia for one more year of school and then go to university. Nik has traveled to Japan, South Korea and extensively in China. This is his first time visiting the U.S.

Vernonia School District Volunteer of the Month October 2014

Gennifer Hanner



Vernonia School District's Volunteer of the Month for October is Gennifer Hanner. Gennifer volunteers in Mrs. Campbell's 5th grade classroom. She has been a very consistent volunteer, coming in everyday and staying for most of the school day. She works with kids one on one and gives them that extra help they sometimes need. Gennifer also corrects papers endlessly without complaint. Gennifer's countless hours show how much she truly cares about helping the kids and is dedicated to our school.

Thank you Gennifer for all of your time and dedication to our students!

Fall Sports Awards



Cross Country

Cecile Birkelund
Drew Cheney
Maca Veselkova
Daniel Rice
Lisa Paje
Clay Sullivan

Most Valuable, Second Team All League
Most Valuable, Second Team All League
Most Inspirational
Most Inspirational
Most Improved
Most Improved

Football

Devon Shay
Alex West
Mekhi Williams
Niklas Merzadah
Reed Jones
Justin Wolf

Most Valuable, Second Team All League QB
Most Inspirational, Honorable Mention All League RB
Most Improved
First Team All League K, Second Team All League OL
First Team All League LB
First Team All League OL

Volleyball

Julia Fletcher
Taylor Titus
Meghan Sullivan
Brittany Young
Kassidy Fetch
Nathalie Scholz

Most Valuable, First Team All League
Most Inspirational, First Team All League
Most Improved
First Team All League
Second Team All League
Honorable Mention All League

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