

Schools Update: Communication

By Aaron Miller

Good communication between parents and teachers is essential to providing students the most effective educational support possible. Parent/Teacher Conferences are a major piece of that communication puzzle, and they are coming up soon.

Vernonia School District Parent/Teacher Conferences will be held Thursday, November 19 from 12:50-8:00 pm, and Friday, November 20 from 8:00 am-Noon. Elementary conferences will be held by appointment, while middle and high school conferences are held arena style on Thursday evening, and by appointment on Friday. More

details regarding specific schedules for elementary, middle and high school conferencing will be sent home with students.

On Thursday, November 19 students will be released early at 12:30 pm to accommodate our full conference schedule. Please note that this is a change in release time from our original calendar.

While communication between parents and teachers should be ongoing, especially if there are specific academic, social or behavioral issues to address, conferences are a great way for parents to get information on how their student is performing, on the academic standards and expectations that their

children must meet, and to answer any questions regarding how to support their student's learning at home.

In addition to conferences, November brings with it several holidays and days off of school. Because of our modified calendar in November it is even more critical that students attend school each and every day they are physically able. They can't learn if they aren't here. A list of those dates include:

- Friday, November 6 – No School – Teacher Grading Day
- Wednesday, November 11 - No School – Veteran's Day

- Thursday, November 19 – Early Release at 12:30 pm – Parent/Teacher Conferences
- Friday, November 20 – No School – Parent/Teacher Conferences
- November 23-27 – No School – Thanksgiving Break

Again, communication is key in our work to educate students, and I encourage each and every one of you to be your student's biggest advocate and educational partner as they grow and develop here in the Vernonia School District. Together we can truly make a difference. See you soon at conferences!

Natural Path to Health: Reiki - The River of Good Health

By Jeff Dolan

There is a universal law that positive energy cannot exist without negative energy. In order to appreciate the positive, you must also acknowledge the negative. Reiki's positive energy can be compared to navigating the rapids of a river. Your energy experiences peaks and valleys as you traverse rocks and debris. A raft, like your body, swirls in small waterfalls and circles in eddies. Reiki's positive energy settles this energy and directs it to the calm water you experience after the rough rapids.

Reiki's positive energy flow is always moving. The body's energy current streams from the crown chakra at the head to the base chakra at the groin (seven chakras total). Stress is one of the main factors that interferes with the body's energy flow. It is like a large rock or logs in the middle of a river. Stress can interrupt the positive energy flow in your body and be the negative conductor that operates to make your body ill. When your glands or organs are bombarded with negative energy, disease can acquire a foothold and cause everything from the common cold, headaches, anxiety, back pain and cancer.

For example cancer and other health problems are like a rockslide that blocks the energy or water flow in the river (body). As time goes on the energy flow abates until it totally ceases. Many times it is simply too late to take action. The river dries up

and water no longer flows. Reiki is the bulldozer that reaches in and unblocks the rockslide. By removing the debris, the energy flow is restored and the river (body) flows once again. Reiki and acupuncture act on a similar plane of healing by improving energy flow. Positive energy flows through the body causing healing to be restored.

Reiki and acupuncture are two natural ways to help fight cancer and other health problems. Try an acupuncture/Reiki combination at your next appointment with Dr. Carol.

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Vernonia's Voice is published on the 1st and 3rd Thursday.
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