

KENNEDY ALTERNATIVE HIGH SCHOOL (9-12)

Principal: Mike Ingman (541-942-1962) **Office Manager:** Jolie Presley

All Kennedy Alternative High School students must re-register at the Alternative High School office during the following hours: Monday, August 24 – 1:00 p.m. to 4:00 p.m.

Tuesday, August 25 – 1:00 p.m. to 4:00 p.m.

Wednesday, August 26 – 8:00 a.m. to 11:00 a.m. and 1:00 p.m. to 4:00 p.m.

Thursday, August 27 – 8:00 a.m. to 11:00 a.m.

Friday, August 28 – 8:00 a.m. to 11:00 a.m.

School photo identification pictures will be taken on Monday, September 21st.

School Hours: The school day will begin at 8:00 a.m. and end at 3:00 p.m. Monday through Friday. Classes will begin Wednesday, September 9.

For more information about Kennedy Alternative High School programs, please contact Mike Ingman at 541-942-1962.

COTTAGE GROVE HIGH SCHOOL

Principal: Iton Udosenata (541-942-3391)

Office Manager: Lisa Thoms

Assistant Principals: Heidi Brown, Dave Presley

Dean of Students: Gary Roberts

All high school students new to the district should call the high school to set up an appointment with their counselor after Tuesday, August 25, to develop their schedules.

Registration will be as follows:

Sophomores: Tuesday, September 1 – 9:30 a.m. to 11:30 a.m.

Juniors: Tuesday, September 1 – 1:00 p.m. to 3:00 p.m.

Freshmen: Wednesday, September 2 – 9:00 a.m. to 11:30 a.m.

Seniors: Wednesday, September 2 – 1:00 p.m. to 3:00 p.m.

A student data form MUST be filled out and returned at registration in order for students to receive their schedule. No schedule will be given until we have a student data form. The form is also available online at <http://cghs.slane.k12.or.us/> under admissions. Please print, complete form, sign and return to school at registration. School pictures will be taken

at the time of registration. Make-up pictures will be taken on Monday, October 20.

School Hours: Monday, Tuesday, Thursday and Friday the school day will begin at 8:15 a.m. and end at 3:10 p.m. for high school students. Every Wednesday, students will be released at 2:07 p.m. This will begin on Wednesday, September 9. The first day for freshmen is Wednesday, September 9. The first day for all other CGHS students is Thursday, September 10.

Fall sports practices begin Monday, August 17. In order to participate, athletes must complete the online registration process. Directions and information can be found at www.cgions.org.

If you don't have access to a computer, you can make arrangements to complete this at the school.

Our new fee schedule for ALL students is: 1st and 2nd sports \$75.00 each and the 3rd sport is Free!

All incoming 9th graders need to be ImPact tested and have a new physical, with repeat testing and physicals required every 2 years.

We will be offering physicals and ImPact testing at CGHS on Monday, August 10th and Tuesday August 11th:

Physicals 6:00-8:00 p.m.

ImPact Testing 6:00, 6:45 and 7:30 p.m.

Charter Schools ACADEMY FOR CHARACTER EDUCATION (ACE) CHARTER SCHOOL (K-12)

Director: Starr Sahnaw (541-942-9707)

The Academy for Character Education utilizes a comprehensive classical curriculum and customizes it for the needs of each student. The school operates year round and provides a combination of school-based instruction and home-based instruction.

Child's Way Charter School (6-12)

Director: Mike Kerns, Travis Powell (541-946-1821)

Childs Way Charter is a secondary school providing small group instruction in basic academics. Each student has a personal computer; there is an emphasis on technology, community service, and project based, hands-on learning.

Backpack safety can prevent serious injuries

Trips and falls on the playground may account for the majority of injuries that send school children to the nurse's office. But backpacks cause their fair share of injuries as well.

The U.S. Consumer Product Safety Commission estimates there are more than 7,300 backpack-related injuries per year. Children routinely carry more than the recommended weight in school backpacks and, compounding the problem, also carry their bags incorrectly.

The American Academy of Pediatrics and other medical agencies recommend that a child's backpack should weigh no more than 10 to 20 percent of the child's body weight. However, this figure should be adjusted based on a child's fitness level and strength. That means that the average seven-year-old second grader who weighs between 55 and 60 pounds should be carrying no more than 11 to 12 pounds in his or her backpack. A backpack that is too heavy may cause

- red marks on the shoulders or back from the straps
- tingling or numbness in the arms and back
- changes in posture when wearing the backpack, and
- pain anywhere in the back.

To compound these problems, which also may include nerve damage resulting from pressure on nerves in the shoulders, children should lighten their loads and carry backpacks correctly. The following tips are some additional ways youngsters can prevent backpack-related injuries.

- Carry only necessary items. Children should only carry what is required for that particular school day in their backpacks. If teachers routinely have students carry home many heavy books, parents can



consult with the teachers to see if there are other options.

- Distribute weight evenly. Items in the backpack should be spread out to distribute the weight across the entire back. Heavier items should be at the bottom of the pack.
- Use both straps. Using only one strap shifts the backpack weight to one side, causing the back and shoulders to strain. Many orthopedists have reported treating children with back or shoulder pain as the result of carrying backpacks incorrectly.
- Choose the correct backpack size. The size of the backpack should match the scale of the child and should rest evenly in the middle of the child's back.
- Lift safely. Children should lift their backpacks by bending their knees and lifting to protect their backs.

There are some safety features parents can look for when purchasing backpacks. A padded back reduces pressure on the muscles and can be more comfortable, while compression straps make the backpack more sturdy. Additionally, reflective material on the backpack can make the child more visible to motorists.