

Help the Jump Rope for WGSPE project

Washington Grade School (WGS) and The Clever Cricket Toy Store are participating in a fundraising project to help raise funds for the WGS P.E. Department (WGSPE). They are joining in the fight against the nation's No. 1 and No. 3 killers; cardiovascular disease and stroke.

Jump Rope for WGSPE helps students learn about the benefits of regular physical activity and heart health while raising funds to help the P.E. program. The money raised, combined with funds donated by the PTA, will fund a new climbing wall and help buy more P.E. 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 heart healthy future.

Jump Rope for WGS P.E. 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—jump roping. Rope jumping is an excellent workout for both the lower and upper body. Rope jumping improves fine and gross motor coordination, agility, and fluidity of movement, flexibility and lateral movement. It also helps improve rhythm, speed, power, timing and balance. Rope jumping is one of the best and safest ways to improve physical fitness and athletic ability. It provides a basic foundation for just about any sport.

Jump Rope for WGS P.E. Department will take place in

George Spaulding's P.E. classes on January 11-28. Collection envelopes will be due on January 27 or 28. Family and friends are welcome to support the students by making contributions. However, we ask that students not go door to door or ask strangers for donations. Checks should be made payable to Washington Grade School. Participants receive thank you gifts from The Clever Cricket Toy Store based on the donation level. 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 P.E. activity for one week. The goal for this activity is \$1500. With the community's cooperation, Jump Rope for WGSPE can achieve this goal!

Chalk Talk

Chalk Talk is a column of information about Vernonia schools. This column was provided by Superintendent Dr. Ken Cox.



Last month I had an opportunity to attend the Mist Holiday Program and would like to thank all those who made that production possible. It was evident that the Mist teacher, Joanie Jones, and her assistant Coni Hodgson had spent a lot of time working with the students. Kim Scott directed the music, which I learned she had done on a regular basis throughout the school year, volunteering her time to work with the children there every week. Although I had to leave before the performance ended, what I did see was very enjoyable. Good Job!

Earlier that week I attended the Vernonia Band Concert, where we were treated to progressively impressive pieces played by students from grade five on up. My hat goes off to Mr. Izzett and the great work he is doing with the band program!

I didn't get involved much in sports myself in high school, but I did have the opportunity to play the French horn in both our band and orchestra. I learned that in group music, as in almost every sport, the whole is greater than the sum of the parts. As an individual, the part you play in the music sometimes doesn't make much sense, but when you combine it with the parts that others play, the results, which we heard at the concert, can be inspiring.

The only thing that tended to spoil the concert for me, and a number of others from the comments I heard, was the fact that, as an audience, we did not give the proper respect to the students who had spent so much time practicing for this performance. When we go to a theater to watch a movie, we get upset with someone who is not quiet, or does other things to spoil the experience for us. I would hope that in the future we can show a little more respect for our children when they are performing. Hopefully, we can remember to not talk, nor leave our seats when a performance is in progress. It will help us all appreciate the performance much better.

Now that I have that off my chest, I am very encouraged by the progress that is happening with our new schools. We are currently planning another Town Hall on Thursday, January 21st, in the cafeteria at 7:00 p.m. to bring everyone up to speed. We hope to see you there.

Here's one list of popular baby names

The most popular name for baby girls born at St. John Medical Center in 2009 was Payton, which rose from #2 on the hospital's 2008 list. Payton was also a very popular choice for newborn boys, claiming the #8 spot in 2009.

The most popular name for newborn boys was Noah, which did not appear at all in St. John's 2008 Top-10 list. The second most popular boy name, Riley, is also a new addition to the hospital's Top-10 list.

Last year's most popular girl name, Emma, fell to #9 on the 2009 list, while 2008 favorites

#3 Hailey and #4 Madison did not make the 2009 Top-10 list. Moving up in popularity are Lily (#5 in 2008, #4 in 2009) and Alexis (#7 in 2008, #3 in 2009). Moving down are Sophia (#6 in 2008, #7 in 2009) and Addison (#8 in 2008, #10 in 2009).

Last year's top boy name, Aidan, dropped to #5 on the latest list. But gaining in popularity is Landon, which moved up from #5 last year to #3 in 2009. The remaining list of most popular boy names features eight names that did not appear at all in the hospital's 2008 Top-10 list.

Here are St. John's top baby names of 2009:

Boys	Girls
1) Noah	Payton
2) Riley	Isabella
3) Landon	Alexis
4) Mason	Lily
5) Aiden	Olivia
6) Bryce	Emily
7) Trevor	Sophia
8) Payton	Abigail
9) Jacob	Emma
10) Zander	Addison

The Birthing Center at St. John Medical Center expects to welcome more than 1300 newborns this year.

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Pet of the Month

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Open Mon - Fri 1 p.m. to 5 p.m. Saturday, 11 am. to 5 pm.

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The Columbia Humane Society is a No-Kill non-profit shelter dedicated to helping friends find each other since 1985.

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