

# Lake Oswego Community School Newsletter

The LOSD Community School offers enrichment and athletic activities and classes for children and adults. View our complete online catalog and register online today!

Telephone: (503) 534-2302

Email Questions To: [communityschool@loswego.k12.or.us](mailto:communityschool@loswego.k12.or.us)

Bookmark our website address:

<http://www.losdcommunityschool.com>

*Please note that many elementary school doors close at 4 PM. If your child is taking any Fall class or camps after-school, the classroom teacher or camp director will bring all children to the front door for parent pick up. No entry is allowed into locked buildings due to safety issues. Your understanding is appreciated!*  
LOS Community School

Week of November 1, 2015

## Featured this Week!

### Sports

- **[LO Mat Club for youth grades 1-8](#)**

*Come have fun playing games and learning the sport of wrestling. LO Mat Club is a youth wrestling program designed to promote the sport of wrestling in Lake Oswego. Wrestling is a great way to promote self confidence and physical fitness.*

### Enrichment

- **[Art Programs for boys and girls](#)**

**Young Rembrandts, grades K-5. *Have you signed up?***  
*During this 5-week series, we'll feature the fall season. It's undoubtedly, one of the most colorful times of the year. In this Young Rembrandts drawing class, we'll capture all of those colors and more in our fabulous drawings.*

- **River Grove, starts Tuesdays - 11/3/2015**
- **Westridge, starts Wednesdays - 11/4/2015**
- **Oak Creek, starts Mondays - 11/9/2015**

## Early Release Thursdays

## Elementary Early Release Thursdays

Click links to read more about each class!

### **LEGO Space Odvssev. series of 5 Thursday classes (aages 6-9)**

The collaboration between LEGO and NASA brings great excitement to children big and small, interested in Aeronautics and Space travel.

- **River Grove**, 1/14 - 3/10/2016, 1:25 thru 3:35 PM
- **Forest Hills**, 1/14 - 3/10/2016, 1:25 thru 3:35 PM

**Young Rembrandts**, 1-day Anime cartoon workshop. Using traditional teaching methods and curriculum, students will have a blast creating their own cartoon books, concentrating on the Anime style.

- **River Grove** – 11/12/2015, 1:25-3:25 PM
- **Oak Creek** – 12/3/2015, 1:25-3:25 PM

### **Creative Cookerv.** for boys and girls in grades K-5

Creative Cookerv is a great class to have fun on an early release afternoon! It offers your child creativity with food and opportunities to learn educational skills: measuring, counting, sequence of events, and fine motor skills.

- **Hallinan** – 11/12/2015, 1:30 – 3:30 PM, Crazy Combos!
- **Forest Hills** – 12/3/2015, 1:30 – 3:30 PM, Pies Oh My!
- **River Grove** - 12/17/2015, 1:30 – 3:30 PM, Winter Wonderland!

### **Mad Science** (Grades K-5)

- **Forest Hills**, Magnetic Magic, 1:25-2:25 PM, December 17th
- **Westridge**, Playing with Polymers, 1:25-2:25 PM, December 17th

# Join Our No-School Days at Uplands!

All classes listed are at the Uplands Extended Care site for District No School Days. Before and after care is available at Uplands 7 AM to 6 PM.

- **Creative Cookerv.** for boys and girls in grades K-5  
Creative Cookerv is a great class to have fun on a non-school day! It offers your child creativity with food and opportunities to learn educational skills: measuring, counting, sequence of events, and fine motor skills.
  - **FULL! Frightfully Good!**, 10/30/2015, 1:30 – 3:30 PM
  - **Breakfast Is Served!**, 11/23/2015, 1:30 – 3:30 PM
  - **Something For My Friends!**, 11/24/2015, 1:30 – 3:30 PM
- **On Camera Acting** for boys and girls in grades 2-5. **Lights! Camera! Act!**  
Learn the skills needed to go from stage to screen from “The Young & The Restless” 17-year veteran actress, Laura Birn! Each week this class will cover what to do and how to do it from TV/film auditions to commercials!  
**Try one or any of the 3 days!**
  - **October 30<sup>th</sup>**, 9:30-Noon
  - **November 23<sup>rd</sup>**, 9:30-Noon
  - **November 24<sup>th</sup>**, 9:30-Noon
- **Little Engineers LEGO Camps** for boys and girls ages 6-12. Half-day classes!
  - **FULL! Master Builders Academy, October 30<sup>th</sup>**, 9:00-Noon
  - **LEGO Education Starwars Robo-camp, November 23<sup>rd</sup>**, 9:00-Noon
  - **Motorized Machines, November 24<sup>th</sup>**, 9:00-Noon

# Winter Break Programs

## Classes held at Uplands

Click links to read more  
about each class!

- [Mad Science](#)
- [Lifeguarding Training \(15+ yrs\)](#)
- [Lifeguard Review \(16+ yrs\)](#)
- [2 Day Elite Boys Lacrosse Clinic](#)
- [more to come . . .](#)

# FALL ENRICHMENT PROGRAMS

Elementary ❖ Jr. High ❖ High School

## ELEMENTARY ENRICHMENT

Click links to read more  
about each class!

- **Chess Clubs for boys and girls in grades 2-5**
  - Mondays – Hallinan, starting 9/28
  - Tuesdays – Oak Creek, starting 10/6
  - Wednesdays – Forest Hills, starting 9/30
  - Thursdays – Lake Grove, starting 9/24
  - Thursdays – River Grove, starting 10/1
  - Fridays – Westridge, starting 9/25
- **Foreign Languages starting mid-October**
  - **Chinese**, AM classes only
    - Lake Grove – Mon/Wed AM **FULL!**
    - Westridge – Tue/Thur AM
  - **Spanish**, Grades K-2, 8-8:55 AM & Grades 3-5, most classes 3:30-4:25 PM (remember Early Release dates may affect start times)
    - Forest Hills, **Open!**
    - Hallinan, **Open!**
    - Lake Grove, **AM class only-grades K-5**
    - Oak Creek, **AM class only-grades K-5**
    - River Grove, **Open!**
    - Westridge, **Open!**
  - **French at Hallinan! NEW!** AM classes on T/Th starts on October 20.

## JUNIOR HIGH ENRICHMENT

Click links to read more  
about each class!

- **Chess Clubs**– (Grades 6-8) Various Thursdays, LOJrHS, starting 9/24
- **Lake Oswego Junior High Art Club - Fall Term**, Wednesdays after school, starting October 6<sup>th</sup> in Room 39. Come join us!

## HIGH SCHOOL ENRICHMENT

- **Lake Monster Robotics Team** for boys and girls in grades 9-12.  
*The Lake Monsters is a team of students from Lakeridge and Lake Oswego High Schools that participates in the international FIRST Robotics Competition. FRC combines the excitement of varsity of sports with the academic rigors of engineering and marketing. The team operates like a startup technology company, as participants specialize in areas from mechanical design and software development to branding and website creation. Monday-Thursday and some*

Click links to read more  
about each class!

Saturdays.

- [Driver's Ed – Winter Term LO Jr. High School \(Cafeteria\) beginning January 6<sup>th</sup>](#), (note student must be at least 15 years old with a valid permit)

The student will attend 30 hours of classroom instruction and participate in 12 hours of in-vehicle instruction, which consists of 6 hours behind the wheel and 6 hours of being a passenger in a car being driven by another student in our specially equipped Driver's Ed cars. Students who successfully complete the course will be issued a Certificate of Completion that can be presented to DMV waiving the driving portion of the licensing process. Drive time appointments will extend beyond the final classroom date of February 24<sup>th</sup>.

- [ACT Prep Courses](#) for Lake Oswego & Lakeridge HS students (Grades 11 & 12)
  - December 12<sup>th</sup> Test, starts 11/30/2015, classes at LOHS
- [SAT Preparation Courses for High School Students – Fall Term](#)

#### **Do You Want A Better Score on the SAT?**

Know what to expect on test day by reviewing practice questions, taking practice tests and learning helpful hints to successfully complete the SAT test. Various Monday, Tuesday & Wednesday sessions will prepare your student for the exam.

- December 5<sup>th</sup> Test, starts 11/2/2015, classes at LOHS

# FALL SPORT PROGRAMS

Elementary ❖ Jr. High ❖ High School

## ELEMENTARY SPORTS

Click link to read more  
about each camp!

- [2 Days - Elite Boys Lacrosse Clinic \(Grades 2 – 8\)](#) Improve your shooting skill, with both right and left hands. Enhance your footwork and stick skills with challenging drills that develop fundamentals to bring your game to the NEXT LEVEL.
- [Unicycling](#) (Boys and Girls in grades K-5) **Learn** the basics if you are a new rider, learn some new tricks if you have experience! Helmets (required) not provided! Unicycles will be available for use and checking out to practice. **Space limited to 40 registrants only!**
  - [Hallinan](#) – (Grades K-5) Tuesdays before school starting October 13<sup>th</sup>.
- [Ryan Moir Advanced Individual Baseball Lessons](#) (Grades 2-12)  
Hitting, fielding and pitching instruction is available in 30 minutes sessions. See details to register.
- [LOYBA-Recreational Basketball for Boys and Girls in grades 4-5](#)  
The purpose of this non-competitive recreational basketball program is to teach participants fundamental basketball skills, team play and sportsmanship. The primary aim is to have balanced gender specific teams with equal playing time for all in a safe and fun atmosphere.

<p><b>JUNIOR HIGH SPORTS</b></p> <p>Click link to read more about each camp!</p>	<ul style="list-style-type: none"> <li>• <b>NEW! 2 Days - Elite Boys Lacrosse Clinic (Grades 2 – 8)</b> Improve your shooting skill, with both right and left hands. Enhance your footwork and stick skills with challenging drills that develop fundamentals to bring your game to the NEXT LEVEL.</li> <li>• <b><a href="#">Ryan Moir Advanced Individual Baseball Lessons</a></b> (Grades 2-12) Hitting, fielding and pitching instruction is available in 30 minutes sessions. See details to register.</li> </ul>
<p><b>HIGH SCHOOL SPORTS</b></p> <p>Click link to read more about each camp!</p>	<ul style="list-style-type: none"> <li>• <b><a href="#">High School Equestrian Teams</a></b> in grades 9-12 The Lake Oswego and Lakeridge High School Equestrian Teams compete in the Tri-River Valley District of Oregon High School Equestrian Teams. Riders must own, full-lease, or half-lease a horse, and document at least six hours per week of practice during the season. Non-riders may join the team as grooms, assisting with horses and riders at meets. <ul style="list-style-type: none"> <li>• <b>Lake Oswego High</b> – For further details and information, please contact team advisors.</li> <li>• <b>Lakeridge High School</b> - For further details and information, please contact team advisors.</li> </ul> </li> <li>• <b><a href="#">High School Student Coaches Wanted!</a></b> (Gr. 9-12) only for LOYBA (Recreation) Basketball Coaches wanted for teams in grades 4-5. Practices will be in one of the District's elementary school gyms. Practices and games will be played in one of the District's gyms.</li> <li>• <b><a href="#">High School Student Referees Wanted!</a></b> (Gr. 9-12) only for LOYBA (Recreational) Basketball. Referees wanted for LOYBA games played January 16, 23, 30, February 6, 13, 20, 27, March 5, 2016. Games will be in one of the District's elementary school gyms. Mandatory meeting January 6<sup>th</sup>, 6-7:30 PM, Uplands Elementary Gym.</li> <li>• <b><a href="#">Ryan Moir Advanced Individual Baseball Lessons</a></b> (Grades 2-12) Hitting, fielding and pitching instruction is available in 30 minutes sessions. See details to register.</li> </ul>

# YEAR-ROUND PROGRAMS

<p><b><a href="#">Lifeguarding Programs</a></b></p>	<ul style="list-style-type: none"> <li>• <b><a href="#">Lifeguarding &amp; CPR (Age 15+)</a></b> Week of 12/28/2015 - 12/31/2015) Pre-requisite swim test is required on 12/19/2015. This course focuses on the job of a lifeguard in a swimming pool environment. Course will emphasize victim recognition, patron surveillance and equipment-based rescues, First Aid and CPR/AED for the Professional Rescuer.</li> <li>• <b><a href="#">Lifeguard Review Class (Age 15+)</a></b> Split days on 12/27/2015 and 1/1/2016. This 2 day class is for those guards who need to renew their current cards.</li> </ul>
<p><b><a href="#">Swimming Programs</a></b></p>	<p>These year-round classes are geared toward swimmers of all ages. Anyone can learn to swim with ease in the water thru these classes.</p> <ul style="list-style-type: none"> <li>• <b>Private or Semi-Private lessons</b> available year-round. Please visit our webpage <a href="#">HERE</a>.</li> <li>• <b>Masters Swimming Team</b> with Al Capron (Mature swimmers age 18+) Monthly lessons. Have you signed up yet?</li> </ul>
<p><b><a href="#">First Aid, CPR &amp; AED</a></b></p>	<p>The class offers a concise curriculum which carries a 2-year certification. Enrollment has been limited to first come, first serve</p>


<p><b><u>Training</u></b></p> <p><b>Locations Note:</b></p> <ul style="list-style-type: none"> <li>• <b>Staff Development Room, 2477 Country Club Rd, LOHS Campus (<u>Old Black Box Theatre</u>)</b></li> </ul>	<p>basis for District employees. Sign up early, space is limited to 25 - 40 participants!</p> <ul style="list-style-type: none"> <li>• <b>Saturday, November 14, 2015, 8 AM to 12 Noon, Staff Development Room - LOHS Campus</b></li> <li>• <b>Friday, January 29, 2015, 12 Noon to 4 PM, Staff Development Room - LOHS Campus</b></li> <li>• <b>Saturday, February 27, 2015, 8 AM to 12 Noon, Staff Development Room - LOHS Campus</b></li> </ul>
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<p><b><u>Adult Fitness</u></b></p>	<p><b>Small Group Fitness Training, 6-7:00 AM, Mon-Wed-Fri, LOHS</b></p> <p><b>Q:</b> Are you trying to get in shape for fall and the holiday season? Maybe you are training for an event or sport? Or maybe you're just tired of the gym scene?</p> <p><b>A:</b> Everybody can find some reason to not work out and train, and small group fitness training is an excellent way to get fit, improve performance, and do something different. Teresa Wymetalek (Trainer/Instructor) offers a "boot camp" style small group fitness training classes are designed to improve overall strength and performance, assist in weight loss, and be a lot of fun!</p>
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<p style="text-align: center;"><b>Next issue:</b></p> <p style="text-align: center;"><b>Week of November 8, 2015</b></p> <p style="text-align: center;"></p> <p>Don't see what you are looking for? Check out our website at <a href="http://www.losdcommunityschool.com">www.losdcommunityschool.com</a></p> <p>Programs are broken into easy to use categories listed by Featured, Early Release Thursdays/No-School Days/Enrichment/Sports/Year-Round</p>	<p style="text-align: center;"><b>Check back frequently, more camps and classes will be added to the next newsletter!</b></p> <ul style="list-style-type: none"> <li>• <b>More Winter Break Programs to come!</b></li> <li>• <b>And much, much, more . . . . .</b></li> </ul>
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