Hello Lange Family,

It is already October and we are “Zooming” through the school year. Although this has been a very unusual school year, we still have so much to be thankful for this year. The most important aspect of our school is the fact that we have wonderful people working together to create the possible experience for our students each day. I am pleasantly surprised at the effort put forth by most of our students. We understand that learning can be a bit more challenging, but we are seeing plenty of good work among our teachers and students. Next week you will have an opportunity to see the results of your child’s work. Interim Progress Reports (IPRs) will give you an opportunity to see academic, conduct and effort grades. This should help you determine the level of engagement your child has shown us during the first few weeks of school.

I want to also invite parents or guardians to volunteer in our PTSA. In the near future you will be hearing from us on how you may become involved. We will need to be creative with the community involvement activities this year, but we are always open to including our families as partners. Currently the extent of our parent involvement is through our athletics. We are in full swing with volleyball, football and cross country. So far, all our teams are doing well by being the safe, respectful and responsible student athletes we need them to be. We are seeing great sportsmanship and a high level of commitment.

Finally, I want to let everyone know that CPS continues to monitor the COVID-19 positivity and infection rates to determine when we may be able to move to in-person learning. It is not an easy situation to deal with, but at the school level we are trying to make sure we are ready to receive students when they eventually return to our building. Our goal is to keep everyone updated when any relevant information is available. For now, we have no new news to share. If we are still in the online instruction model by the end of October, there will be another curriculum materials pickup on October 28-30. More details will be provided as we get closer to that time.

Thank you for all you do to help us. IT TIME TO SHINE!

C. Bernard Solomon, Ph.D.
7TH AND 8TH GRADE PARENTS!!

All 8th graders are required to have their 8th grade TDAP and Meningitis vaccines. 7th grade parents are welcome to start this process as well.

Please fax, email, or drop off a copy of your students immunizations once you receive the TDAP and Meningitis vaccines.

Free Flu Shots!

It is that time of year again, Flu Shot time. At this time the free Flu Shot Clinic for students will be taking place at Oakland Middle School on Tuesday October 13th from 9am-12pm. This specific clinic is for children from Lange Middle, Oakland Middle, and Blue Ridge Elementary. Please remember a form must be filled out and signed for your child to get their shot.

Details on how to access the online form are listed below. Printable copies are also available below.

Flu Shot Continued:
To minimize the amount of people in Oakland MS, we ask that middle school parents wait in their vehicle unless they need to fill out their child’s Flu shot form. Please remind your child to wear their mask.

If plans change for location and time of the Flu Shot Clinic, guardians will be notified by their school.
July 2020

Dear Parents/Guardians:

Subject: Free Flu Vaccine Will be Offered at School

Every flu season, thousands of children become sick with the flu, and some can become very sick. Getting the vaccine every year is the best way to protect your child from this potentially serious disease. The Centers for Disease Control and Prevention’s (CDC) Advisory Committee on Immunization Practices recommends all people over six (6) months of age get vaccinated with the injectable flu vaccine. The injectable flu vaccine (flu shot) is the only type of flu vaccine that will be offered. FluMist nasal spray will not be given this season.

Thanks to generous support from MU Children’s Hospital and the David B. Lichtenstein Foundation, the Columbia/Boone County Health Department is once again able to offer this year’s flu vaccine free of charge at Boone County schools. Flu vaccine will be available for all children in preschool through 12th grade. We are working with your child’s school to provide this year’s seasonal flu vaccine to children at their school. Vaccination clinics will be held this fall and you will be notified by your school of the dates once the clinics are scheduled. If you decide not to vaccinate, or if you do not return the required permission form to the school, the free seasonal flu vaccine will not be given to your child at school. The opportunity to get your child vaccinated is encouraged but not mandatory. This vaccine is free.

If you have questions about the vaccine or the vaccination clinics, contact your school nurse or the Columbia/Boone County Department of Public Health and Human Services at 573.874.7356. You can also learn more at http://www.cdc.gov/flu/. Beginning later in the fall, all Boone County children (age 6 months through 18 years old) can receive free flu vaccine at our clinic, located at 1005 West Worley in Columbia. Appointments can be scheduled by calling 573.874.7356.

Sincerely,

Stephanie K. Browning, Director
Columbia/Boone County Department of Public Health and Human Services
2020 Influenza “Flu” Vaccine School-Based Clinic Consent Form

All questions must be answered. If you do not complete this form and return it to school, your child will not be vaccinated.

**SECTION 1: INFORMATION ABOUT THE CHILD TO RECEIVE VACCINE (PLEASE PRINT)**

<table>
<thead>
<tr>
<th>STUDENT’S NAME (Last)</th>
<th>(First)</th>
<th>(M.I.)</th>
<th>STUDENT’S AGE</th>
<th>STUDENT’S GENDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>STUDENT'S DATE OF BIRTH</td>
<td>MONTH _______ DAY _______ YEAR ______</td>
<td>SCHOOL NAME</td>
<td>GRADE/TEACHER</td>
<td></td>
</tr>
<tr>
<td>DOES THE STUDENT HAVE HEALTH INSURANCE:</td>
<td>☐ Yes ☐ No ☐ Insured Through Medicaid (MO Health Net)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>STUDENT’S ADDRESS</td>
<td>CITY</td>
<td>STATE</td>
<td>ZIP</td>
<td></td>
</tr>
<tr>
<td>PARENT/GUARDIAN DAYTIME PHONE NUMBER(S):</td>
<td>PARENT/GUARDIAN EMAIL ADDRESS (Optional)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PARENT/LEGAL GUARDIAN’S NAME (Last)</td>
<td>(First)</td>
<td>(M.I.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SECTION 2: SCREENING FOR VACCINE ELIGIBILITY**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Does your child have a serious allergy to eggs?</td>
<td></td>
</tr>
<tr>
<td>2. Does your child have any other serious allergies? Please list: ___________________________</td>
<td></td>
</tr>
<tr>
<td>3. Has your child ever had a serious reaction to a previous dose of flu vaccine?</td>
<td></td>
</tr>
<tr>
<td>4. Has your child ever had Guillain-Barré Syndrome (temporary severe muscle weakness) within 6 weeks of receiving a flu vaccine?</td>
<td></td>
</tr>
</tbody>
</table>

**SECTION 3: VACCINE INFORMATION**
The injectable flu vaccine (flu shot) is the only type of flu vaccine that will be offered.

--- SIGN BELOW: VACCINATION WILL NOT BE GIVEN WITHOUT PARENT/LEGAL GUARDIAN’S SIGNATURE ---

**SECTION 4: CONSENT FOR CHILD’S VACCINATION**

I UNDERSTAND THE RISKS AND BENEFITS AND GIVE CONSENT to the Columbia/Boone County Department of Public Health and Human Services and its staff for my child named on this form to be vaccinated with the 2020 injectable influenza vaccine (flu shot). I understand that a 2020 Vaccine Information Statement (VIS) will be provided at the time of vaccination, and I can access the VIS at: www.immunize.org/vis

Parent/Legal Guardian Signature ____________________________________________________________
Month _______ Day _______ Year _______

**SECTION 5: VACCINATION RECORD - FOR ADMINISTRATIVE USE ONLY**

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Date Dose Administered</th>
<th>Route</th>
<th>Dosage</th>
<th>VIS Given</th>
<th>Vaccine Manufacturer</th>
<th>Lot Number</th>
<th>Name and Title of Vaccine Administrator</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020 Influenza</td>
<td>__ / __ / __</td>
<td>IM RD LD</td>
<td>0.5 cc</td>
<td>☐ ILV4 Date: 8/15/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2020 Consentimiento de vacuna contra la Influenza “Gripe” - Ofrecido por la escuela

Hay que rellenar el formulario completamente. Si no rellena UD. este formulario completamente y no lo devuelve a la escuela, su hijo[s] no será vacunado.

SECCIÓN 1: INFORMACIÓN DE ESTUDIANTE QUE RECIBIRÁ LA VACUNA (POR FAVOR-Escriba en letra imprenta)

<table>
<thead>
<tr>
<th>Nombre de estudiante (Apellido)</th>
<th>(Nombre)</th>
<th>(2º Nombre)</th>
<th>Fecha de Nacimiento mes día año</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nombre de escuela/ grado/ maestro(s)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edad de estudiante</td>
<td>Sexo de estudiante</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Masculino ☐ Femenino</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tiene el/la estudiante seguro de salud?:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Sí ☐ No ☐ Asegurado(a) por MEDICAID (MO HEALTHNET)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dirección de estudiante</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ciudad</td>
<td>Estado</td>
<td>Código Postal</td>
<td>Número(s) telefónico(s) del padre/madre/guardián:</td>
</tr>
<tr>
<td>Nombre del padre/ madre/ guardián (Apellido)</td>
<td>(Nombre)</td>
<td>(2º Nombre)</td>
<td>Dirección del padre/ madre/ guardián (Opcional)</td>
</tr>
</tbody>
</table>

SECCIÓN 2: PREGUNTAS DE ELEGIBILIDAD

| 1. ¿Es su hijo(a) alérgico(a) severamente a los huevos? | SÍ | NO |
| 2. ¿Tiene su hijo(a) cualquier otra alergia severa? Por favor liste: | | |
| 3. ¿Ha tenido alguna reacción seria a la vacuna de la gripe o a un componente en la vacuna? | | |
| 4. ¿Ha padecido su hijo(a) del síndrome de Guillain-Barré (severa debilidad muscular temporal) dentro de 6 meses de recibir la vacuna contra la influenza “grip”? | | |

SECCIÓN 3: INFORMACION SOBRE LA VACUNA

La vacuna contra la gripe inyectable es el único tipo de vacuna contra la gripe que se ofrecerá.

--- FIRMA ABAJO: NO SE DARÁ LA VACUNA SIN LA FIRMA DEL PADRE/ MADRE/ O GUARDIÁN ---

SECCIÓN 5: DECLARACIÓN DE AUTORIZACIÓN

Doy consentimiento al Departamento de Salud pública y servicios humanos de Columbia/condado de Boone y a sus empleados para administrar la vacuna 2020 contra la gripe/influencia. He leído o me han explicado la declaración de información 2019 (8/7/2015 versión) para la vacuna 2020 contra la gripe/influencia y entiendo los riesgos y beneficios. Entiendo que se de una declaración de información sobre vacuna para 2020 en el momento de la vacunación, y puedo acceder a la declaración en www.immunize.org/vspanish_flu_inactive.pdf

Firma del padre/ madre/ guardián ______________________________ Fecha: mes día año __________________

SECCIÓN 6: REGISTRO DE VACUNA – PARA USO OFICIAL SOLAMENTE:

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Date Dose Administered</th>
<th>Route</th>
<th>Dosage</th>
<th>VIS Given</th>
<th>Vaccine Manufacturer</th>
<th>Lot Number</th>
<th>Name and Title of Vaccine Administrator</th>
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<tbody>
<tr>
<td>2020 Influenza</td>
<td>/ /</td>
<td>☐ IM RD LD</td>
<td>☐ 0.5cc</td>
<td>☐ IV4 Date: 8/13/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lange Special Services

Our Mission: To individualize the instruction and supports necessary for students in special education to reach their educational goals.

WELCOME TO A NEW SCHOOL YEAR! Meet the team!

<table>
<thead>
<tr>
<th>Lucas DeLaporte</th>
<th><a href="mailto:LDeLaporte@cpsk12.org">LDeLaporte@cpsk12.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Krista Emis</td>
<td><a href="mailto:KEmis@cpsk12.org">KEmis@cpsk12.org</a></td>
</tr>
<tr>
<td>Jennifer Burt</td>
<td><a href="mailto:JBurt@cpsk12.org">JBurt@cpsk12.org</a></td>
</tr>
<tr>
<td>Kimberly Hall</td>
<td><a href="mailto:KIHall@cpsk12.org">KIHall@cpsk12.org</a></td>
</tr>
<tr>
<td>LaVetta Hodges</td>
<td><a href="mailto:lhodges@cpsk12.org">lhodges@cpsk12.org</a></td>
</tr>
<tr>
<td>Deanna Null</td>
<td><a href="mailto:dnull@cpsk12.org">dnull@cpsk12.org</a></td>
</tr>
<tr>
<td>Nicole Potter</td>
<td><a href="mailto:npotter@cpsk12.org">npotter@cpsk12.org</a></td>
</tr>
<tr>
<td>Sandhya Sharma</td>
<td><a href="mailto:ssharma@cpsk12.org">ssharma@cpsk12.org</a></td>
</tr>
<tr>
<td>MaryAnne Wolfmeyer</td>
<td><a href="mailto:MWolfmeyer@cpsk12.org">MWolfmeyer@cpsk12.org</a></td>
</tr>
</tbody>
</table>

New Sped classes

The school year 2020-2021 will see 2 new classes join our list of sped courses. **English E** and **Reading for Success**.

**English E 6, English E 7, English E 8 and Math E6:** Special education English class led by a Special Education teacher who will service students in small groups settings to address prioritized grade level standards.

**Reading for Success using the Wilson Reading System (WRS):** WRS is an intensive Tier 3 program for students in grades 2-12 and adults with word-level deficits who are not making sufficient progress through their current intervention; have been unable to learn with other teaching strategies and require multisensory language instruction; or who require more intensive structured literacy instruction due to a language-based learning disability, such as dyslexia. WRS directly and systematically teaches the structure of the English language. Through the program, students learn fluent decoding and encoding skills to the level of mastery.

Returning classes

**Co-Teaching Math and English:** Students with IEP’s will be serviced in a general education classroom where a general education and special education teacher will work together to address grade level standards.

**Skills for Success:** Coursework is prepared to address reading, writing, executive functioning skills, critical thinking, and speaking & listening and behaviors.

**Math E6:** A comprehensive math intervention curriculum that targets middle students. Using a dual-topic approach, this class improves math skills by emphasizing fewer topics in greater depth while accelerating students to more advanced math, from number sense to rational numbers, to understanding algebra. Students who struggle with math will find new concept mastery and confidence.

Discontinued classes—Reading Apps and Writing Apps (The content taught in these courses will be covered in English E, Wilson’s and Co-Teach English)

*The Special Services Department continues to update its website for parents and families. The most notable updates include questions and answers for families. We have added a link to the Special Services website from the CPS Official [COVID-19 page](https://www.cpsk12.org/).*

Resources:

A Way with Words and Numbers tutoring resource: [https://career.missouri.edu/a-way-with-words-numbers/](https://career.missouri.edu/a-way-with-words-numbers/)

Khan Academy is a free online resource for math and other lessons and practice: [https://www.khanacademy.org/](https://www.khanacademy.org/)

Epic gives access to 40,000 digital books. Students can log in with preexisting accounts or sign up for free for 30 days. [https://www.getepic.com/](https://www.getepic.com/)
Mr. Linhardt the Wacky Science Guy:

So far it looks like we have some wonderful students this year. I have been teaching at Lange for 14 years now, and I have to say that the students seem very excited to learn this year. The students are doing better with Virtual learning than I expected, and hopefully I will get to see them in person as this month goes on. We are in the midst of Energy and as the school year goes forth the Energy level of students increases. Now we just need to Transform that Energy into useful energy and schoolwork as we learn more about Energy Transformations and Thermal Energy. As your student goes through this year and actually Middle School please help them learn Organization and Responsibility as I am seeing many of the students not finishing their work. Please make sure your student is trying their best to stay engaged. Please make sure they are fully charging their IPAD. Thanks for all of your hard work and thanks for letting me teach your students this year and I can’t wait to see them in person.
SPIRIT WEEK
October 5th through the 9th

Monday, October 5th
PAJAMA DAY

Tuesday, October 6th
VACATION DAY

Wednesday, October 7th
FANCY DAY

Thursday, October 8th
JERSEY DAY

Friday, October 9th
SCHOOL COLORS

Post your picture on Twitter with #CPSspiritweek and #LMSbest to see who has the most spirit!
Program Eligibility
- Must reside in Boone County at the time of application and at the time of distribution
- Must have a child 18 or younger permanently living at the address
  - If you are pregnant, the unborn child must be due on, or by, December 31, 2020
- Must have a gross income at or below 200% of the Federal Poverty Guidelines as determined by number of people at the address
  - Information VAC collects includes: employment income, unemployment, SNAP/food stamp benefits, TANF, child support, VA Benefits, Social Security income (dated for 2020)

Children may only be signed up ONCE for the Holiday Program. If more than one person tries to sign up the child, it may DISQUALIFY the family.

Verification
1. Have you received services from VAC this year (2020) - information will need to verified and updated
   - If anything has changed like had a child, started a new job, moved, this will need to be changed.
2. Are you seeking services for the first time or have not been to VAC this calendar year - you will need to call to set up a file over the phone.

Requirements
Client must call VAC office during the sign up times listed below and complete an intake over the phone with a Social Service Provider. You must speak with someone. Please do not leave a message as your call may not get returned in a timely manner. A staff member will complete intake of family's information completely over the phone.

Client must submit a complete Wish List and Statement of Need, which may be done in one of three ways.

SIGN UP DATES:
Weekdays: 9:00 a.m. – Noon and 1:00 – 4:00 p.m.
Beginning Tuesday, September 8 | Ending Friday, October 16 at Noon
Extended Hours:
Thursday, September 17, 4:30 – 7:30 p.m.
Saturday, September 26, 9:00 a.m. – Noon
Wednesday, October 7, 4:30 – 7:30 p.m.
Tuesday, October 13, 4:30 – 7:30 p.m.

Please Note: All sign ups will take place over the phone this year. In order to be fair to all families who apply, these dates are firm, and no exceptions will be made.

Presenting Sponsors

[Logos of sponsors]
The Salvation Army
2020 Christmas Sign Ups

October 5th-9th

October 5th, 7th & 9th
9a.m. to 11a.m.
1pm to 3:30p.m.

October 6th & 8th
4pm to 7pm

YOU MUST BRING ALL OF THE FOLLOWING

- Photo ID
- Proof of Boone County Residence (Excluding Booneville and Centralia)
- Social Security Cards for all members of the household
- Proof of all household income

We will be using a ticket system this year,
So you will take a number at the door and
wait for the screen to show your number,
then ring the doorbell for access.

The Salvation Army Columbia Corps
1108 W. Ash St. * Columbia, MO 65203 * 573-442-3229
Limits for middle schoolers

Your tween might not admit it now that he's getting older, but boundaries help him feel safe and secure. Rules also teach him to make positive choices as he grows up. Consider these tips for setting limits.

Prioritize rules
Having too many rules can be confusing for everyone. Try to narrow them to key categories like health and safety (no drugs and alcohol, limit screen time), school (complete homework on time, keep grades up), and family life (do chores, be respectful).

Be clear and reasonable
State each rule simply but clearly, and try to phrase it in a positive way. Example: “Sign off from social media and put away your phone 1 hour before bed” vs. “Don't chat with friends at night.” Listen to your tween's input (“My friends text late!”). Then explain your reasoning. (“Screen time can interfere with sleep, and you need sleep to stay healthy and do well in school.”)

Remain consistent
Stand firm in enforcing rules—letting something slide teaches your child that the rules don't really matter. Also, assign a consequence that's directly linked to each rule. Have him make and hang up a two-column list labeled “Rules” (“I agree to finish homework before playing video games”) and “Consequences” (“If not, I understand that I can't play video games for one day”).

Stay on top of projects
A long-term project will seem more doable if your tween thinks of it as a series of smaller assignments. Recommend this strategy:

- **Break it into chunks.** Your child can start by listing everything she needs to do. For a paper analyzing a famous speech, steps might begin with: “1. Read the speech,” and “2. Research the speaker’s life.” Seeing that each step is something she can handle will give her the motivation to begin.

- **Assign a deadline to each chunk.** Your middle grader could work backward to make a schedule for completing her project. On her calendar, she should write in the project’s due date, then add her own due date for each step.
Find meaning in books

Thinking “outside the book” often leads to deeper understanding when your child reads novels for school. Share these activities.

**Pair it up.** Encourage your middle schooler to find a poem or another book that’s related to what she’s reading. For a novel about the Dust Bowl, she might choose Langston Hughes’s poem, “Dust Bowl.” How does the poem affect her feelings about events in the book? Or she could read an ice-skater’s biography along with a novel about ice-skating.

**Take a picture!**

Snapping photos is a popular pastime for tweens. With these ideas, your child will boost his creativity as he takes interesting shots.

**Experiment with subjects**

Encourage your middle grader to shoot extreme close-ups of objects, such as marbles in a jar or the inside of an orange. Then, he can share the photo with family members and challenge them to figure out what’s pictured. Or he might snap photos related to a theme, perhaps water or happiness, and put them in an album to keep on the coffee table.

**Explore all the angles**

Your tween could try shooting the same scene or object from various perspectives. Maybe he’ll lie under a tree and point his camera straight up to take a picture. Then he can stand up, step away from the tree, and get a photo at a different angle.

---

**Fall for family fitness**

I know exercise is important for my family’s health, but we weren’t making time for it. So now each week, we appoint an “activity director” who plans an active game to play.

My seventh-grader, Mariah, invented Calculator Hopscotch. She drew a calculator on the driveway, and on each turn, players toss a rock onto a number and hop onto squares to create equations equaling that number. For instance, when Mariah’s rock landed on 7, she solved $56 \div 8 = 7$ by hopping on 5, 6, 8, 7, and 7. Since her equation was correct, she scored 7 points. High score won the game.

My sixth-grader, Rafael, made up a nature scavenger hunt. He listed things to find, like an acorn or something blue, and we raced to find them. We’re having so much fun playing outside that we don’t even feel like we’re exercising!

---

**Academic honesty—at home**

**Q** How can I make sure my son doesn’t cheat when he works online at home?

**A** It can be tempting for tweens to copy and paste information from the internet or chat answers to friends. Or they may not even realize they’re cheating. Explain to your child that cheating is dishonest, can cause him to get a zero on his work—and will prevent him from learning.

Instead of copying and pasting, encourage him to read his source material, close that window, and type the information in his own words. Point out that it’s not enough to rearrange words and sentences. He needs original explanations and examples, and he needs to cite the source. If he’s taking a test or quiz at home, make sure he turns off chat and email notifications. He won’t be distracted by pings or feel pressured to share answers.

Finally, praise hard work rather than focusing on grades—you’ll teach him to value both effort and honesty.

---

**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated

128 N. Royal Avenue • Front Royal, VA 22630

800-394-3052 • rscustomer@wolterskluwer.com

www.riconline.com

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