Message from the Principal

It is hard to believe we are already near the end of the year! It has been a good year and we have been blessed to be a part of your child's growth this year. It has also been a pleasure getting to know many of you. We are already working hard to prepare for next year, but will treasure our last several weeks together this year!

This week will feature our Band and Choir concerts on Wednesday night at 7:00. Mr. Kuzdzal has been working hard with the bands and Mrs. Reinhart has had a great year with the choir. We are looking forward to a great show!

Have a terrific week!

Sincerely,
Tim Holcombe
Publications Distribution Center

Please note that you can find sporting activities/tryouts on the district's website under the Publications and Flyer Distribution Center. Please continue to check that site for information available on various events and activities.

Printing Ike Fly-ers

When we have permission slips and other forms you would like to have in full-size, you can go to our website and under "Newsletters" each Fly-er is published in PDF format. This will allow you to print in full page anything you would like to have.

Muddy Eagle Help Still Needed

Thank you to all of those who helped begin the course set-up on Saturday! We got a lot of work done and were blessed to avoid most of the storms.

There are several days this week we still need help. Monday and Tuesday we need help with prize distribution. Thursday after school we have to set up all the fencing to divide the course and need ten or more to help on that day. If you are willing to help, please sign up here: [http://tinyurl.com/muddy2018](http://tinyurl.com/muddy2018). Thank you!

Career & Tech Summer Camp

The Career & Tech Summer Camp is May 30th, 2018 from 9AM - 2PM

The camp fee is $15 for the day. If your child signs up for the Medical Technologies Babysitting Camp the fee is $40 (this session is 9AM-2PM). The fee includes lunch and t-shirt.

If you have any questions, please contact Anna Skinner at askinner@oregoncs.org

Additional forms for the camp can be found below.

Eisenhower Notes:
Correction: Our Connections schedule below lists May 17th as Honors Breakfast. This year, we are going to host an Honors Ice Cream Social. That will be on May 21st. We are excited about this event. Students who were on the Honor Roll and/or Principal’s List for the first three quarters will get an invitation for ice cream. We are looking forward to that opportunity to celebrate with all recipients.

Below is a form for Soaring Festival. If you would like to volunteer, please return the form by May 11th.

Additionally for Soaring Festival, there will be information about coming for lunch that day, if you would like. We like to have the opportunity for parents to spend some time during the day with their children. After lunch, students get back to their routine.

The Jerusalem Township Fire Department is hosting a blood drive and needs your help! More information is below.

Below is information on the Oregon Crew Soccer Club try-outs.
FASSETT CROSS COUNTRY INFO 2018

Why Run Cross Country? Speed. Endurance. Confidence. Cross Country is great for 1) Those looking to challenge themselves in competitive races, 2) those that have never played a sport before and are looking to be a part of a team and get in shape and 3) multi-sport athletes looking to improve their speed and endurance.

What is Cross Country? Cross Country is a Fall sport option for 7th and 8th grade boys and girls. To put it simply…running.

So is it like track? Kind of, but instead of running around in circles, Cross Country races are held on marked trails through fields and wooded areas.

How long are the races? Junior High races are 2 miles long (yes, you can do this!) We will race mainly at invitational races where many schools compete together.

When are tryouts? In Cross Country there are no tryouts and no cuts. Anyone can join and everyone gets to race. Whether you are in first place or last, every runner is supported by the crowd and their teammates. The goal of every runner is to do their best and improve their times throughout the season.

So what do I need to do to join the team?
In order to practice…OHSAA Physical Evaluation. Physicals are good for one year.
In order to race…
- All forms must be completed on Final Forms (https://oregon-ch.finalforms.com)
- Athletic Fee (Paid online using EZ pay, prior to competing in your first meet)
- Must have 10 days of practice and successfully complete a 2-mile run.

When are the practices?

- We practice at Pearson Park (meet at lot 5 by the Tennis Courts) most of the time and Maumee Bay State Park on Wednesdays (Beach Lot).
- We practice from 3:00 to 4:30 p.m. Monday through Friday. Students will be bused to the park after school.
- We practice rain or shine, so please dress accordingly. We only cancel practice for severe thunderstorms involving lightning.

What if I have more questions? I understand. I can be reached at Fassett (419) 693-0455 ext. 3006 or best by email at tmalerich@oregoncs.org ……Coach Malerich

2018 Junior High Cross Country Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Bus Time</th>
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<tr>
<td>08/01/2018</td>
<td>Wednesday</td>
<td>3:00 PM</td>
<td>1st Official Practice</td>
<td>Pearson Park Tennis Courts</td>
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<td>08/23/2018</td>
<td>Thursday</td>
<td>5:00 PM</td>
<td>Lake Invitational</td>
<td>Lake High School</td>
<td>3:00 PM</td>
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<td>08/30/2018</td>
<td>Thursday</td>
<td>5:00 PM</td>
<td>Eastwood Invitational</td>
<td>Eastwood High School</td>
<td>3:00 PM</td>
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<tr>
<td>09/11/2018</td>
<td>Tuesday</td>
<td>4:30 PM</td>
<td>Mile Repeat Meet</td>
<td>Pearson Park</td>
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<tr>
<td>09/29/2018</td>
<td>Saturday</td>
<td>8:30 AM</td>
<td>Stritch Invitational</td>
<td>Maumee Bay State Park</td>
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<tr>
<td>10/04/2018</td>
<td>Thursday</td>
<td>TBA</td>
<td>Fremont Invitational</td>
<td>Walsh Park, Fremont</td>
<td>3:00 PM</td>
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<tr>
<td>10/13/2018</td>
<td>Saturday</td>
<td>8:30 AM</td>
<td>TRAC League Meet</td>
<td>Lima</td>
<td>TBA</td>
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</tbody>
</table>
“Soaring Festival”
Volunteer Form

Volunteer’s Name: ___________________________ Phone Number: ___________________________
Student’s Name: ___________________________ Lunch Hour: ___________________________

Please write 1st, 2nd, and 3rd choices on the space provided.
Remember first responders are more likely to get their first choice!

____ Sign in table (8:20)
____ Ice Cream (during lunch)
____ Track Events
____ Water Stations
____ Field Events
____ Yearbook signing and games
____ Inflatables
____ Gym (obstacle course)
____ Clean Up/Tear Down
____ Outside games

*** Please return to Eisenhower office by Thursday, May 11th***

The Soaring Festival Committee as well as the students and staff here at Eisenhower Intermediate School are truly appreciative of our volunteers. Without you this event wouldn’t be possible so THANK YOU for giving up your valuable time for this day. If you have any questions please call Pam Newton (419) 349-2273 or Angie Saunders (419) 290-7480
Cross Country Training - Summer Running

Training for Cross Country is very simple. If you want to race well in the Fall, you need to build a ‘distance base’ and be consistent in your training. When you ran the mile in P.E. you didn’t just go out and do it all on the first day. You started out jogging one lap, then two and so on. When you train in the summer you are laying the foundation for a successful season. If you show up in August and can jog 2 miles without stopping, then we can begin to work on your speed and more advanced training.

If you work hard and have a positive attitude, you will be successful in running. You will surprise yourself with how much you improve over the course of the season!

**June:** Run 2 to 4 days per week.

For **returning athletes** or new runners who have some experience with running, daily runs should be 2 to 3 miles with weekly mileage totals around 4 – 12 miles.

For **beginners** try to jog 1 mile without stopping your first couple of weeks of training. After another week or two, add a half-mile and try to go 1.5 miles. The important thing is to cover the distance you set out to do. If you need to run half way, walk for a minute or two, then jog the remainder, this is still a successful run!

Remember, **improvement** is the key. Try to get farther into your run without needing those walking breaks.

**July:** Run 3 to 5 days per week. Try not to take 2 days in a row off from running and try to cross train on non-running days. **Cross training** is the term for activities such as swimming and biking that help athletes build endurance.

**Returning athletes** should try to increase 1 or 2 runs per week to 4 miles and aim for weekly mileage of 9 – 20 miles.

**Beginners** should now be trying to cover 2 miles during their runs. Since you are moving up in distance, you can use walking breaks as necessary, and then work on eliminating those as you continue to train and get stronger.

Running with a friend or group of runners increases your commitment and focus. Try adding variety to your runs such as running hills, at different parks, or in a road race.

On the website “www.toledoroadrunners.org” there is a listing of all local road races (see ‘event calendar’) and a map of local parks (see ‘places to run’).

**Star Spangled 5 – K**, July 4th, 8:00 a.m. This race, which is just over 3 miles long, starts and finishes at Starr Elementary and would be a good race to try. I would suggest using this race as a fitness goal to help motivate you to train in June.

**Remind**

Make sure to sign up for the Fassett Cross Country ‘Remind’ for updates.

To receive messages via text, text @tmale to (804) 867-2549

To receive messages via email, send an email to tmale@mail.remind101.com

* I encourage you to email me with questions about training and racing over the summer months (tmaletich@oregones.org). Coach Maletich
OREGON CREW
SOCCER CLUB

2018-2019
Tryouts!
May 30th. (Weds)
(Rain/Make-up Date: May 31st 6:00-7:00pm)

Age Chart (Year Born In)
U8    U9    U10    U11    U12    U13    U14    U15

<table>
<thead>
<tr>
<th>Boys’ Tryouts:</th>
<th>Girls’ Tryouts:</th>
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<tbody>
<tr>
<td>All Ages 6:00-7:00pm</td>
<td>All Ages 6:30-7:30pm</td>
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</tbody>
</table>

Tryout Location:
Oregon Rec Soccer Flds. (South Coontz Complex Off Starr Ext.)

Players must bring soccer ball, shinguards, cleats, water bottle!

For more information Please Contact Andrea Musselman:
419-466-3555 (cell), mussandrea@gmail.com (Email) or
Bethany Williams 419-304-6884 (cell)
Blood Drive
Jerusalem Township Fire Department
Hall
9501 Jerusalem Road
Curtice, OH 43412
Thursday, May 17, 2018
12:00 PM to 6:00 PM
For an appointment, call 1-800-RED CROSS or www.redcrossblood.org and enter sponsor code: JERUSALEM_TOWNSHIP.
Oregon Fest
Sunday, May 20
Noon-6 * Dustin Rd
GRAND PARADE at 4

Give & Take Plant Exchange—Saturday, May 19
Big Tent behind Catania’s/ABC, Dustin Rd * Plant Drop Off 9-10 am; Plant Shopping 10-11 am
Details online at oregonfest.info

May 20 * Noon – 6
Begin the day with a community picnic! Bring the family to have lunch at the Fest!
Food discounts at some vendors 11:30-1 *Prizes and raffle
CORN HOLE TOURNAMENT * Noon
Arts & Crafts * Business Fair * Classic Car Show * Festival Food
Stage Entertainment * Amusement Rides * Free Contests
GRAND PARADE – 4 pm

City Memorial Service
100 pm * Oregon Municipal Building

FREE CONTESTS AT INFO TENT
FESTO – play this “Plinko”-type game and win prizes! One player per person per hour – adults & children
DISCOVER IT! - Find one of six picnic baskets somewhere on the Fest grounds.
Bring it to the INFO tent to claim a prize. One prize per person.
RAFFLE – Register to win prizes. Drawing at 5:30.

STAGE – Oregon’s Got Talent!
12  Corey Paapes, Pianist
12:30 Brian Gardiner, Popular Vocals
12:45 Haley Lott, Vocals
1:00 Alex Manthey, Popular Vocals
1:15 T-Town Zumba, Dancing for Fitness
1:45 Karla Gladieux, Vocals
2:00 Faith Schwarz, Popular Vocals
2:30 Kamron Girard, Vocals
2:45 El Corazon de Mexico, Folk Dances
3:15 Kelsey Rigby, Vocals w. Ukulele
3:30 REPT on the Bay, Positive Energy
4  PARADE
5  Thrash, Rock

THANKS TO OUR SPONSORS!

SILVER

BRONZE

GENERAL
Arborist Home Improvement * Be There Dump That
Cardinal Stritch Catholic High School & Academy * Chipawa Golf Club
Holiday Inn Express Oregon * Dr. Joseph Section DDS * Indoor Sand Northwood
Kingsdale Health Care Co. * Krueger * Midwest Eye Consultants / Ohio LASIK Centers
Oregon City Federation of Teachers * Oregonians Club * Procraft Home Products * Tom’s BBQ

INFORMATION:
Oregonfest.info
fest@bex.net
Up-coming Events

May
14 Final Week for Library
16 Band/Choir Concert -- 7:00
18 Muddy Eagle
19 Family/Community Muddy Eagle
21 Library outreach at lunch
21 Honors Ice Cream
22 DARE Graduation -- 8:30
24 Soaring Festival
25 Last Day of School -- 2 Hour Early Release

A fundraising event for Eisenhower Intermediate School

The Muddy Eagle

Saturday, May 19th
331 S. North Curtice Rd., Oregon
Registration starts at $12/person
(includes free t-shirt for prepaid participants, while supplies last)

Get ready for some serious fun at Eisenhower Intermediate School’s 3rd Annual Muddy Eagle! This 1.5 mile no-pressure untimed mud and obstacle course is a fantastic family race or a great starter race for those looking to improve running goals. Located just down the road from Maumee Bay.

For more info, visit www.eventbright.com & search “Muddy Eagle” or email epssoo4ike@gmail.com
### May 2018

#### Oregon K-8

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Baked Fried Fritter</td>
<td>Pizza</td>
<td>Waffle Sandwich</td>
<td>Regular or Spicy</td>
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<td>Fishsticks</td>
<td>Hot Dog</td>
<td>Breakfast</td>
<td>Chicken</td>
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<td>Vegetable Selection</td>
<td>Vegetable Selection</td>
<td>Vegetable Selection</td>
<td>Potato Smiles</td>
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<td>Fruit Selection</td>
<td>Fruit Selection</td>
<td>Fruit Selection</td>
<td>Vegetable Selection</td>
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<td>Milk Selection</td>
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<tr>
<td>Chicken Nuggets</td>
<td>BBQ Sauce</td>
<td>Pastry Sandwich</td>
<td>Breakfast for Lunch</td>
<td>No School</td>
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<tr>
<td>BBQ Sauce</td>
<td>Pork Chops</td>
<td>Turkey Sausage</td>
<td>Turkey Sausage</td>
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<td>Potato Smiles</td>
<td>Baked Beans</td>
<td>Hash Brown</td>
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#### Connections 4th Quarter

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<td>Report to Traveling Group</td>
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<td>Easter Break</td>
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<td>Rodeo Dance Class: 5th Grade</td>
<td>Traveling Groups Team up to Teach &amp; Learn Virginia Reel</td>
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<td>Easter Break</td>
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<td>Honor Roll Pictures</td>
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<td>Muddy Eagle</td>
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<td>Talent Show/Early Dismissal</td>
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#### Standards-Based Grading Links

Rubrics can be found here.
Standards-Based Grading (SBG) at Eisenhower presentations:
https://drive.google.com/file/d/0B1VfjCwNuN8KTnpoRzBDQVpqLUU/view?usp=sharing
https://drive.google.com/file/d/0B1VfjCwNuN8KbnRzeks0dklZZ0U/view?usp=sharing

How to view grades on-line:

SBG Brochure

Ike Social Media

Instagram
https://www.instagram.com/eisenhowerintermediate/

Twitter
https://twitter.com/IkeOCSEagles

Facebook
https://www.facebook.com/eisenhowerintermediateschool

Eisenhower Student / Parent Handbook Link

Oregon City Schools Communications

6th Grade Camp Info / Website