



## Teacher Spotlight: **Kim Cairns**



Kim with her husband, Troy

I was born in Portland, Oregon.

My favorite hobbies are cooking for my family and trying new recipes, hiking in the gorge, watching movies, making jewelry, and running/weight lifting. I have been happily married to my very best friend, Troy, for over 3 years now. I met him in college at the University of New Mexico where he was a baseball player and I was a softball player.

We don't have any children yet, but I would love to have at least 2 kiddos. Twins run on both sides of our families so we could be in for a real surprise!

Last summer we got a new addition to our family, a little French bulldog named Frankie. She is the love of

my life and she likes sitting on my lap and napping while I check my email.

The last book I read was "A Teenagers Journey" by Richard Pelzer. It is a very sad story with a courageous ending. I read this book so that I would have a better understanding of what some of my students may be going through.

I have a hard time picking a favorite food, considering I am Italian and I love to up everything. But my strong ties to the Southwestern culture have me craving green chili and Mexican food almost every day of the week. The hotter the food the better!

In addition to teaching at the AllPrep Academy, I am also a softball coach and private hitting instructor in the evenings and weekends.

There are so many things about my job that I love, where do I even begin? This job is so very unique compared to other teaching jobs that I have had in the past. The one-on-one relationships, a student-centered curriculum, and a staff that is constantly going the extra mile to help each other, makes it easy to get up each morning. In addition, I am looking forward to implementing a new and exciting physical education and health curriculum that will stand alone as one of the best programs in the state.



**Sept 30-Dec 30.... Dance Class on Wednesdays**  
(Grades 4-12)

Contact [lmartin@allprep.us](mailto:lmartin@allprep.us) for more info.

**Oct 2,3,4,9,10,11 . Art Harvest Studio Tour**  
..... of Yamhill County

*Family activity suggestion-not an AllPrep field trip*

**Oct 13..... Estacada Office Open House!**

Oct 13 & 20..... Costa Rica Info Meetings  
(High school students)

Contact [jfullilove@allprep.us](mailto:jfullilove@allprep.us) for more info.

**Oct 19..... Portland Underground—  
"Shanghai Tunnels" Field Trip**  
(Grades 7-12)

Contact [jmartin@allprep.us](mailto:jmartin@allprep.us) for more info.

**Oct 19..... George Fox Univ. Lab**  
(Upper elem/middle school students)

Contact [jseretan@allprep.us](mailto:jseretan@allprep.us) for more info.

**Oct 20..... Clackamas Office Open House!**

**Nov 2..... Earth Science Road Tour**  
(Middle school/high school students)

Contact [jseretan@allprep.us](mailto:jseretan@allprep.us) for more info.

**Nov 30..... OMSI**  
(Elem/middle school students)

Contact [jseretan@allprep.us](mailto:jseretan@allprep.us) for more info.

**Please note: Some of these trips require advance sign up and possibly a small fee, so please check with the contact listed above as soon as possible if you are interested in attending!**



## Some things you might like to know:

- Do you need some help with math? Estacada AllPrep Academy teacher, Jon Klos, is offering two opportunities to help you! He has set up a math forum to ask questions and discuss problems online. He is also offering an Algebra class on Wimba (a private online classroom for the use of students and teachers). Contact Mr. Klos for more information at [jklos@allprep.us](mailto:jklos@allprep.us).
- We have champions at our school!  
Go to [http://www.oregonlive.com/music/index.ssf/2009/08/8yearold\\_portland\\_girl\\_a\\_fiddl.html](http://www.oregonlive.com/music/index.ssf/2009/08/8yearold_portland_girl_a_fiddl.html) to read about two of our students, **Isaiah Baltzell** and her brother, **Gabriel Baltzell**. Way to go!!



## \*\* Counselor's Corner \*\*

Welcome back to AllPrep Academy!! Now that the year is already in full swing, it's important to start thinking about how to get organized so that the rest of the year is **productive!** Here are a few tips for getting the year off to a good start. They may not all be *your* style, but give some of them a try and see which ones feel right for you...

**GOALS:** Set a few realistic goals at the beginning of the school year, and break those large goals into mini-goals. Try writing these goals down on index cards and keep them in a visible place where you can see them every day. Writing down your goals makes them more concrete and motivates you to keep working towards them.



**TO-DO LISTS:** Try spending some time each day preparing a "To Do" list for the next day (including school assignments, appointments, chores, etc). This way, you will know exactly what tasks you have to accomplish the next day, and the best part, you can cross them off when you're done and know it's free time!!



**STUDY SPACE:** Choose a quiet, well-lit area for studying, not in front of the TV, or in an area of your home where you're bound to be distracted. If you can't find a quiet spot at home, go to the library. Also, study while sitting at a table or desk rather than in bed or in a comfy chair, which may make you feel drowsy.

**REST:** Get a good night's rest. This will ensure you are alert and ready to learn the following day.

**CALENDAR:** That way, whenever important field trips, teacher visits, or other group events take place, you won't miss out!

**ROUTINES:** Create a daily routine so you get in the habit of working at a set time each day. If you keep your school work and supplies in a specific place in the house and access them at a similar time each day, you'll get used to distinguishing between "work time" and "play time" – that way both will be more enjoyable and productive!

Have a great beginning of the year and we'll look forward to being in touch with you!  
Your AllPrep counselors,  
*Wendy Roller, Kevin Terpstra, and Laurel Auda-Capel*

### COSTA RICA EXPEDITION AND STUDY ABROAD

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AUGUST 2010

OPEN TO ALLPREP HIGH  
SCHOOL STUDENTS

Information & Enrollment  
Meetings:

Tuesdays,

October 13<sup>th</sup> and 20<sup>th</sup>

Clackamas Office:

8800 SE Sunnyside Road

North Wing Rm. 215

4:00-5:00 pm



Enroll by the 15<sup>th</sup> for

**\$100 savings**

Can't Wait for More Info?

e-mail

[jfullilove@allprep.us](mailto:jfullilove@allprep.us)

## AllPrep Academy Students: Let's Dance—Session One



**What :** 14 Weeks of intro to movement and jazz dance.

**Where:** Clackamas Dance & Performing Arts Center  
11785 SE HWY 212 #313, Clackamas, OR 97015

**Activity Fee:** \$70 per 14-week session (This fee can be paid in more than one installment)

**When:** Starting Wednesday, September 30th.

**Why:** To move! To be creative! To learn something new!  
Classes have room! Late registration is an option.  
Grades 8-12 will earn .5 fine arts credit OR .5 PE credit

**Grades 4th-7th meet Wednesdays, 12:15-1:15 pm**

**Grades 8th-12th meet Wednesdays, 1:30-2:30 pm**

TO REGISTER: CONTACT ALLPREP TEACHER, LYNSEY MARTIN, by email [lmartin@allprep.us](mailto:lmartin@allprep.us)

Subject line: *Let's Dance!*



## Bienvenido a otro año escolar.

Espero que todos hayan pasado un verano divertido. Cada verano trato de tomar tiempo para leer. Muchas veces los libros me inspiran a ser mejor y activan mi mente para considerar nuevas ideas, formas de pensar e imaginar las posibilidades.



Este verano leí de nuevo uno de mis libros favoritos, El Burro Genio, escrito por Víctor Villaseñor. El título del libro suena chistoso, pero es una historia muy seria que trata de la vida del autor. Víctor Villaseñor, hijo de inmigrantes mexicanos, habla de su experiencia en las escuelas públicas de California durante los años 60 del siglo pasado. El fue clasificado como fracaso por sus maestros y el sistema escolar tradicional. Pero Víctor y sus padres nunca se dieron por vencidos y él seguía luchando para progresar en sus estudios a pesar que los maestros no quisieron ayudarlo. Le costó mucho trabajo aprender a leer y escribir porque tenía dislexia, una condición que causa que uno vea las letras revueltas y le hace difícil para uno aprender a leer y escribir. Víctor y sus padres por fin encontraron la ayuda que Víctor necesitaba para aprender a leer y escribir.

Víctor Villaseñor ya es un señor muy rico y sus libros han vendido millones de copias. El Burro Genio me hace pensar que cada alumno tiene un genio adentro. Como maestro es mi responsabilidad de buscar este genio y ayudar a mi alumno a realizar su potencial. Esta historia mi inspira ser un mejor maestro. Espero que todos tomen el tiempo de leer un libro y compartan con nosotros sus impresiones y lo imprimimos aquí en nuestro periódico. Imagina lo posible.

Gracias

*Del Bernardini, Director, De La Academia Virtual de Éxito*



## Notes From Our Principal:

Well, here we are, at the start of a new school year. It seems incredible that summer has passed and fall is here. And, while there have been a few hiccups, we are very excited to be working with our families again.

We have some new teachers joining us this year, as well as the great crew we had last year. We have already had two field trips and looking forward to several more. We have some new classes developed by our teachers, and more of those to come, as well.

I would like to welcome all of our Academy families to the 2009-2010 school-year.

We will work our hardest to make it the best year yet!

Sincerely,

*Joni Tabler, Principal*

### AllPrep Academy Open Houses

**Tuesday, October 13<sup>th</sup>**

Estacada Office (354 S Hwy 211)

6:00 PM – 8:00 PM

**Tuesday, October 20<sup>th</sup>**

Clackamas Office, Room 215 (8800 SE Sunnyside Rd.)

6:00 PM – 8:00 PM

***Please join us for one or both of the Open Houses—we would love to see you!!***





## Reflection on Salmon Watch 2009

Students begin each year eager to learn. It's a fresh start in the cycle of a new school year. Students get new classes, new "books" (computer textbooks on OdysseyWare), and new school supplies. We even have a new name this year: AllPrep. Why "AllPrep" instead of "Web Academy"? Well, we all enjoy more than book (and computer) learning. Now don't get me wrong, books are great and all, but it also helps to get your hands dirty. Kudos to all 30 students and the parents that attended Salmon Watch this year to get their hands dirty. And the icing on the caviar is that participating students can replace up to 4 OdysseyWare-based labs (typically, there is 1 per unit) by showing lab results to their advisors. Keep attending the hands-on opportunities we provide!



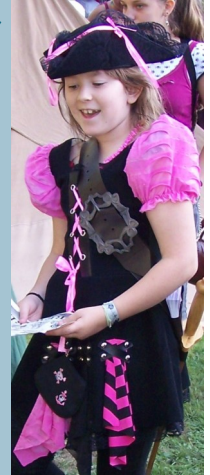
In small groups, Salmon Watch attendees went to 4 lab stations led by federal scientists and non-profit professionals who study and monitor salmon for a living. If you were there, you dipped a net in a stream catching bugs that indicate water quality. You used good old-fashioned chemical kits to test for pH, water turbidity or clarity, and dissolved oxygen. You sampled a section of forest to see what species an old-growth riparian area consists of. And perhaps most importantly, you counted and observed Chinook salmon fighting to reproduce before their entire life cycle begins anew. They will lay new eggs, hatch new fry, and then perish, providing new feeding opportunities for surrounding wildlife, and provide new space for their young. As you mature in your learning through the school year, so will the salmon, as they prepare to swim out into the big wide ocean. There, they will live out their lives for approximately 5 years until they return to their birth river and create the next generation.

We learned that Chinook salmon are not having a particularly good year. The numbers in the returning spring run are down. Scientists are not yet sure why, and need more data to help figure it all out. The data that our AllPrep students collected will serve as part of a larger data set to help keep track of the Salmon River watershed and the fish that depend on it.

Ellora Thiebaud,

EAPA 5th grader, Teacher: Coli McGhee

On, Sunday, September 20, 2009, my family and I went to the Portland Pirate Festival under the St. John's bridge. The person on stage announced they were going to try to beat the record of 1,500 for the most people dressed up as pirates. You had to have eye patches, swords, a hat or a head scarf in order to be counted. When we went through the pillars, we had to wait for a long, long time until they were done counting. The guy on the stage sang songs until they were done and we danced a little to the songs. They finally they gave us the score, which we thought was 1100, but the actual score was 1651, so my family and I are going to be in the *Guinness Book of World Records!*



### CONTACT INFORMATION:

Joni Tabler, Principal, 503-867-1696, [jtabler@allprep.us](mailto:jtabler@allprep.us)  
Dale Bernardini, Vice Principal, 971-275-2394, [dbernardini@allprep.us](mailto:dbernardini@allprep.us)  
Office, 354 SE Highway 211, PO Box 2631, Estacada, OR 97023, 503-630-5001  
[www.estacadawebacademy.com](http://www.estacadawebacademy.com) ••• [www.allprep.us](http://www.allprep.us)

Next EAPA Board Meeting:

Tuesday, October 27, 2009

5:30 pm at the Estacada Office



AllPrep | Academies & Early Colleges

354 SE Hwy 211  
PO Box 2631  
Estacada, OR 97023