Dear Parents and Caregivers,

November is National Career Development Month! This newsletter will highlight some of the strategies that we utilize at school to help children become aware of the world of work and their personal career development process.

Despite the current economic recession, the Bureau of Labor Statistics (www.bls.gov) projects a growth of 15.3 million U.S. jobs during the 2008-2018 period. Students need a solid foundation in reading, oral and written communication, mathematics and science. Not only do students need mastery in these areas, they need to be able to apply these concepts to the real world.

Your elementary aged children are already developing the work habits to become productive members of society. We are more reliant than ever on technology; there will be jobs in the future that we can’t yet conceive! This is both exciting and daunting. How do we prepare our future work force with skills we might not know they need?

The following school readiness skills directly relate to career development:

- Be punctual and present.

  Teaching children to arrive on time for the school day teaches them to value the time spent and prepares them for the highly scheduled world in which we live. Poor attendance at work is one of the top reasons why an employee can be terminated. Start good attendance habits now and set your child up for success!

Continued on next page...
Be prepared.
Coming to school with the right materials, meeting deadlines and staying organized are life skills that will support career and work goals. After all, deadlines are more than mere suggestions! Adults can’t perform their jobs without their tools; children can’t learn their best if they aren’t prepared with supplies, snacks, and appropriate clothing for the weather.

Be involved.
Volunteer opportunities exist in the school. Safety Patrol, S.O.S. Squad [Save Organic Scraps], the Green Team, and classroom jobs give children a chance to try out different roles. As children increase their self-awareness of their interests and their abilities, they will make connections with activities that suit them well.

Be respectful.
One of our “GVE 3” school rules, teaching children to be respectful and follow directions relates to the world of work. The number one reason adults are terminated from their jobs is for insubordination and inappropriate work behavior.

Be careful and accurate.
Teaching our children to do their best work is a skill that will benefit their future career. Mistakes in the world-of-work can be costly or even life-threatening. We are teaching students to take care and pride in turning in their best work.

We believe that it’s important to instill a strong work ethic in our children. Thank you for partnering with our school to develop these work habits and traits of successful learners.

Sincerely,

Jeff Causey
School Counselor
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<th>Monday</th>
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| Scholastic Book Fair 9:00 AM - 4:30 PM | No School Veterans Day | Scholastic Book Fair 9:00 AM - 3:00 PM  
Book Fair Evening Hours 5:00 - 7:30 PM | Scholastic Book Fair 9:00 AM - 4:30 PM  
Assembly Music Guest  
Kristin Korb Trio 2:30 | Scholastic Book Fair 9:00 AM - 1:00 PM  
Skate Night 5:00 PM - 7:00 PM |
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| Stuff the Bus Begins         |                              |                                    | 5th Gr. Field Trip  
Steigerwald Wildlife Refuge 9:15 AM - 12:35 PM | November Birthday Celebration  
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No School
Thanksgiving Break
In honor of Veterans Day, school will be closed on Tuesday, Nov. 11.

Veterans Day Assembly today, Friday Nov. 7 at 2:30 PM in the Cafeteria. Parents and veterans welcome!

Coming to Grass Valley Elementary

Thursday, Nov. 13, 2014
All day student workshops and 2:30 PM assembly.

Returning to Camas for the fourth time, jazz bassist and vocalist Kristin Korb is on tour with her trio from Denmark.

Magnus Hjorth joins her on piano and Snorre Kirk on drums.

Sponsored by the Grass Valley PTA and a Jazz Education Network, Herb Alpert Foundation JAZZ2U Grant.
FALL into a good BOOK!

at the Fall Book Fair Nov. 10, 12-14

**Book Fair Hours:**
- Monday 9:00 AM to 4:30 PM
- Wednesday 9:00 AM to 3:00 PM,
  Special Evening Shopping
  5:00 PM to 7:30 PM
- Thursday: 9 AM to 4:30 PM
- Friday: 9 AM to 1 PM

Come by Wednesday evening from 5:00 PM to 7:30 PM for the special extended hours! Your children can enjoy some hot cocoa while you shop for the holidays! There will be book basket door prizes, so be sure to enter for a chance to win one of three door prizes!

If you are unable to visit the Fall Book Fair, you may purchase books online at [www.scholastic.com/fair](http://www.scholastic.com/fair).

**Helpful Hints:**

A sales tax will be added to every purchase.

If you send money in with your student, please put it in an envelope or plastic bag labeled with their name.

Students can also visit the Book Fair during their lunch recess or after school as well as with their class.

Volunteer shifts are still available at SignUp Genius. Click [HERE](http://www.scholastic.com/fair) to sign up for a shift.
It's almost time to Stuff the Bus!

Students can bring non-perishable food to their classrooms Monday, Nov. 17 through Friday, Dec. 5.

The class that collects the most food will receive the Stuff the Bus trophy for the school year and have their picture taken with Ziggy!

Last year, Camas and Washougal residents collected more than 57,000 pounds of food that was distributed to families in our community. Let’s see how much we can collect this year!

Congratulations to Mrs. Linton’s class for winning the Box Tops contest and earning a class spirit day to celebrate!

The students in Mrs. Linton’s class turned in an amazing 700 Box Tops which contributed to the 7,750 grand total submitted by the entire school, which amounts to $775. Stay tuned for the February collection theme and prizes!

Don’t forget to keep collecting and turning in your Box Tops, Campbell’s labels and Coke Rewards caps to the collection bin in the hallway!

Roll on over to Golden Skate for Skate Night, Friday, Nov. 14, 5:00 PM to 7:00 PM
Admission is $6.00
See you there!

100 Mile Running Club Volunteers Needed During Afternoon Recess!

Volunteers will help the students keep track of their laps completed during recess. Click HERE to sign up for a shift.

100 Mile Running Club is a fun and challenging way to get students to walk or run during recess and is a program administered by our PE Teacher, Mrs. Andrea Little. If you have any questions regarding the 100 Mile Running Club, please contact our PE teacher Mrs. Andrea Little at Andrea.Little@camas.wednet.edu.

***Volunteers will be required to complete a background check before they will be allowed to volunteer during school hours.***
Camas Community Education
http://schools.camas.wednet.edu/communityed/
Click HERE for fall classes and activities

Camas Parks and Recreation
http://www.ci.camas.wa.us/index.php/parkshome
Click HERE for fall programs & community events

Camas Community Library
http://www.ci.camas.wa.us/index.php/camaspubliclibrary

Jack, Will & Rob Center

Columbia Springs
http://www.columbiasprings.org/
Click HERE for upcoming events

Holly Days Craft Fair & Pancake Breakfast with Santa
Get your family’s picture taken with Santa, in time for this year’s card!

November 22th, 2014
Pancake Breakfast with Santa: 9am-11am
Camas Holiday Craft Bazaar: 9am – 5pm
Liberty Middle School
1612 NE Garfield Street,

Potential Vendor? Call Robin Klave 360 910 4426
Questions? Call Nadine Knight 360 910 5435

All proceeds go towards the alcohol and drug free Camas High School Senior Grad Night*.

*Camas 2015 Grad Night is a parent led volunteer organization, and is not an official function of the Camas School District or CHS
Join Camas Parks and Recreation for The 4th Annual

At Lacamas Lake Lodge
Friday, Nov. 14, 7:00 PM - 8:30 PM
(doors open at 6:45 PM)

All Ages & Families Welcome!

Reserve a spot for a night of fun Bingo. Adults play to win TURKEYS, pies & other prizes. Kids play to win toys. One turkey per family.

In addition to bingo, food will be available for purchase.

Pre-registration required! Call 834-5307 to register. A limited number of walk-ins will be allowed. Program Code: 48010A

Bingo Cost (for play all night):
(can switch cards at any time)

Adults (13+):
$5/1 card, $9/2 cards,
$12/3 cards, $15/4 cards

Kids (under 12):
$5 - 1 card at a time

First Friday – Nov. 7, 2014:
"Hats Off to Harvest"

Oh we have fun things planned for Downtown Camas First Friday in November!! 5:00 PM - 8:00 PM. The theme is “Hats off to Harvest” and we will be doing a pie tasting contest in participating merchants!! Yum! There will also be a pie raffle, kids’ autumn scarecrow and leaf crafts, and an autumn themed photo booth. Roasting marshmallows for s’mores will be back, weather permitting! Also, to fit the theme, wear your favorite festive hat and be entered to win!

Holiday shopping will be gearing up in a big way and all the restaurants will have warm, comforting food options. Downtown will be beautiful with all the fall leaves and it will be the perfect night to bundle up and share some time in your community. Enjoy it all!

Book Swap at the Camas Library for Kids and Teens

Trade your used books with the library or with others. Free!

Take home as many books as you bring! The library will donate several boxes of books to the swap.

Monday Nov. 17,
3:00 - 5:00 PM
Come any time!
Take A Bite Of CORN

Corn is a delicious crop that when consumed adds lots of vitamins and minerals to your diet. They are also packed with antioxidants, making them a nutritious addition to anyone’s diet! People have been eating corn for hundreds and hundreds of years. Known to pilgrims as “Indian corn” it was one of the “Three Sisters” (corn, squash and beans) planted by Native Americans. And still today it was one of our most beloved crops. There are many types of corn; the most popular is sweet corn. Others include pod, dent and flint. Flint corn is what makes up one of our most beloved movie snacks, Popcorn! So you see, there are many ways for you to incorporate corn into your daily diet. Corn is often used in a milled form for breads, cereal, and other baked foods. Research has proven that milled corn is high in antioxidants called carotenoids. Carotenoids have been shown to reduce the risk of heart problems such as cardiovascular disease. It also may help reduce the chances of macular degeneration and reduce the risk of some cancers! Eating corn also supports local farmers and growers because 40% of the world’s harvest is grown right here in the United States. What’s better than a tasty, healthy snack that is also grown domestically!

Nutrition NOTES

Corn is a delicious crop with lots of nutritional value. One cup of cooked yellow corn yields over 18% daily value of fiber as well as 24% daily value of Vitamin B1. Corn also provides protein, along with other vitamins such as B3, C, and folate. The tasty crop is also packed with lots of healthy minerals. A single one cup serving of corn has about 11% to 17% of the daily value of potassium, phosphorous, magnesium, and manganese. And adding to the health benefits a one cup serving of corn only has about 117 calories.

Did You KNOW?

• Corn is believed to have first appeared in Mexico, a descendant of the teosinte plant that still grows there today.
• Corn is grown on every continent except Antarctica.
• The United States produces 40 percent of the world’s harvest of corn.
• Sweet corn is America’s most popular corn type.
For The RECORD

MOST CORN COBS ON A SINGLE PLANT

WHO Tyler Craig
WHERE United States
WHEN October 13, 2009
DETAILS The most corn cobs on a single plant were 16, grown by Tyler Craig at his home in Swedesburg, Iowa on October 13, 2009.

It’s All In The VARIETY

Just like many other vegetables, there are several varieties of corn, all of which have different purposes. Sweet corn is what we most often encounter when we sit around the dinner table. It’s either on the cob or in frozen or canned form. Flour corn is easily ground and used for baking. Flint corn is very hard and colorful. Its colors range from red to orange to white. It’s sometimes referred to as “Indian corn”. Its primary uses are for industrial purposes, livestock feed, and decoration, especially around Thanksgiving. Since it is one of the “Three Sisters” planted by the Native Americans along with beans and squash. Our favorite movie snack, popcorn, is a type of flint corn that has a very hard kernel that traps moisture. When heated, the moisture turns to steam and the kernel explodes, providing us with our beloved snack. Dent corn gets its name from the dent in each kernel and is used for processed foods and livestock feed. The last type of corn variety is Pod corn. It is believed to have been the first kind of grown corn. It is not easy to use though, because each kernel grows in its own husk.

Let’s Get Cooking

SWEET SUMMER CORN SUCCOTASH (SERVES 4)

INGREDIENTS:
• 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
• 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
• 1 1/8 tsp basil (chopped)
• 1 1/8 tsp parsley (chopped)
• 1 3/4 tsp canola/olive oil blend
• 3/4 cup and 1/2 Tbsp corn kernels without salt
• 1/3 and 1 Tbsp frozen green peas without salt
• 1/3 cup and 1 Tbsp lime beans without salt
• 1 1/4 cup and 1 tsp low fat milk
• 2 3/8 tsp water
• 3/4 tsp cornstarch
• Black pepper

DIRECTIONS:
1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. In a sauce pan and tilt skillet, heat oil. Add onion and peppers and saute until tender; about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

NUTRITION FACTS:
92 calories, 2.59g fat, 23mg sodium, 2.84g fiber

By The NUMBERS

3 CORN WAS ONE OF THE “THREE SISTERS” (CORN, SQUASH, BEANS) PLANTED BY NATIVE AMERICANS.
18% The amount of RECOMMENDED DAILY FIBER THAT ONE CUP of cooked yellow corn yields.

Let’s Get Cooking