PRINCIPAL MESSAGE

LOJ Families,

As we venture into the last week of school before break I want to share that our LOJ staff is grateful for your collaboration and support during comprehensive distance learning this year. Your students have been doing an amazing job during a very challenging time. We also appreciate the generous donations to support our families in need. We could not do this without you! Wishing you a peaceful winter break and we look forward to seeing you in 2021.

LOHS HOLIDAY TOY DRIVE

The Lake Oswego High School junior class is hosting a holiday toy drive to collect new and like-new toys for children all ages under 13. The toy drop off will be in front of LOHS. Please wear masks as you drive through for drop-off. More information is noted on the image below.
This past Wednesday, December 9th, teachers delivered Character Strong Lesson #11: Practical Gratitude. We hope that you and your student enjoyed it and learned something from it. This week, the lesson students will participate in a lesson #12 titled, “What’s Empathy”. This lesson focuses on defining and helping students understand what empathy is. Like so many topics, Empathy is defined in different ways by different researchers. We chose to follow the lead of Stanford scientist Jamil Zaki and break empathy into three parts: Sharing, Thinking, and Caring.

Sharing refers to when someone gains insight into what another is feeling because it evokes a similar emotion for them. This is sometimes called Affective Empathy. So a student might understand a peer is sad by noticing that they feel sad when they see them or what they’re going through.

But we don’t need to share the same feeling as someone else to be able to perceive or understand what they’re feeling or experiencing. We can also engage in Perspective Taking, also called Cognitive Empathy. One advantage of this ‘Thinking’ route to gaining empathy for others is that, unlike affective empathy, we can consciously choose to do this purposefully.
Caring refers to what is often called Empathic Concern. It helps someone go beyond feeling or understanding what someone else is going through and helps to motivate kindness or compassionate action.

If you would like to read more on this topic:

Contact your Counseling Team with Questions:
Emily Gillard, 6th grade
Carrie Trullinger, 7th grade
Molly Healy, 8th grade
Adam Johnson, Counseling Intern

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**GRAB AND GO MEALS FOR STUDENTS**

During Winter Break (Dec. 19-Jan. 3), LOSD is offering grab & go meals. Seven days of breakfasts and lunches will be available for pick up from the following two schools only:

Lake Oswego High School and Lakeridge High School
Monday, Dec. 21 and Monday, Dec. 28
11:45 a.m.-12:45 p.m.

On Thursday, December 10, a meal count for the above dates will be taken for accuracy at the time you pick up your grab-and-go meals. We can provide one meal bag per child.

*Face coverings are required at pickups.*

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**CONTEST CORNER - OREGON BATTLE OF THE BOOKS!**

Attention Avid Readers: it's OBOB sign up time!
That's right - Oregon Battle of the Books! While the regional and state competitions are canceled for this school year, we will hold a school competition in late Feb. or early March. Details on the date and format to come.
Here is a [link to the list of books](#).
Here is a [link to the sign-up form](#). Only one person from your team needs to fill out the form. You only need to fill out the form once. So far there are seven teams signed up!
HOMEWORK CLUB

Every Wednesday from 1:30 pm-2:30 pm. Students are encouraged to come to work in breakout rooms with high school students to get academic support. The high schoolers are willing to assist with various subject areas such as Math, Science, LA/SS, Writing Support, IXL Help, etc.

Homework Club Zoom Link
Email Mrs. Espinosa with any questions.

IMPORTANT LINKS

LOJ Website
Calendar
LOMS Library Curbside!
LOMS Virtual Library
Register for Bus

LAKE OSWEGO MIDDLE SCHOOL

We are a dedicated group of educators who have a relentless focus on learning for all. We value building strong relationships and working side by side with all stakeholders in creating an environment that is inclusive and safe.

Lake Oswego Junior High School
503-534-2335
loschools.org/loj