Save the Date:
- 11/16 & 11/17 - 7:30pm Fall Play - The Book of Will
- 11/19 - Snowflakes of Joy begins
- 11/22 & 11/23 - No School - Thanksgiving Break
- 11/29 - 7:00pm Winter Coral Concert
- 11/30 - End of Trimester 1
- 12/3 - No School/Grading Day
- 12/4 - Trimester 2 Begins

From the Principal's Desk:
Sheldon Families, The Irish Nation Newsletter will be now be presented to our Sheldon Families in an email form bi-monthly. We are hopeful this will be a positive change as we strive to keep our families as up-to-date as possible with the events that occur here at Sheldon. We would also like to encourage our families and community members to refer to the school website as it provides the most updated, essential and applicable information right at your fingertips. It is a privilege to continue to serve and be a part of a community that works together to encourage, support and celebrate the success of all of students. Thank you Sheldon families and community members. Please don’t hesitate to contact us with any questions or concerns that may arise.

Students:
Sheldon students and families: Finals are right around the corner, but it’s still not too late to take advantage of the time we have left. We would like to thank our students, teachers, staff and community for a great first trimester of the school year! Now let’s finish the first trimester on a strong, focused and positive note!

Sheldon Food Drive:
Attention Sheldon families, we need your help! This upcoming week, Sheldon ASB Leadership will be collecting canned food to donate to Food for Lane County! Unlike years in the past, this year we are competing against South Eugene and Churchill to be the school that collects the most food. Partnering with Food for Lane County, our individual goal is to raise one ton of food. That’s right, 2,000 lbs!
Hunger is a huge problem in our district that frequently goes unnoticed. 43% of households in Lane County struggle to obtain basic necessities such as food. Through access to resources, such as Food For Lane County, 73% of those people are able to meet their food needs. Through our partnership with Food For Lane County and our collaboration with South and Churchill, we are hoping to help those in need this Holiday
season! We hope that you will donate canned food during this important week. As a community we must come together to eradicate this problem. While we are competing against the other high schools in our district, we are also working together to reach a common goal and to supply food to our neighbors. Be sure to send your child to school with canned food the week of November 13-16. There will be marked collection bins spread throughout the school for your donations. Let’s be the school to raise the most canned food! GO IRISH!

**Grief Support Groups for Youth:**
Youth who are grieving share with us again and again that they feel isolated, and that other peers and adults just don’t understand what they are going through. By being with peers who also have experienced a death of someone close, they can see that they are not the only one who has feelings of loneliness, anger, or guilt, or who worries about someone else in the family dying. They are not the only one who gets annoyed about perhaps well-meaning but insensitive remarks. In our support groups they feel understood, supported, and validated in their own process. Courageous Kids does not believe that there is only one right way to grieve. Trained facilitators address a theme each meeting. We use art, drama, games, sand play, writing, and discussion to give voice to thoughts and feelings, tell our stories, ask questions, address life changes, and to remember our loved ones. All participants decide for themselves when and how much they wish to share with the rest of the group. For some, doing the project and not the talking is the most helpful.

The groups are offered both at schools and at PeaceHealth facilities in fall, winter, and spring terms.
For more information please call (458) 205-7474
No fees are charged to provide or participate in these groups. Courageous Kids depends on individual and community support. Donations of any size are always welcome. In addition, PeaceHealth bills insurance for services when possible, but a family does not need to have insurance to participate. Families are never charged any amount.

**Jeppesen Acres:**
As a courtesy to our neighbors on Jeppesen Acres Rd. We would like to inform you to please use the front of the building when dropping off and picking up your students. Dropping off your students should occur in the front of the building for various safety reasons. We would like to ensure all of our students remain safe and to also respect the privacy our Jeppesen Acres Residents at all times of the year. Students may not be monitored as closely in that area when traveling through the access path rather than the main campus. Thank You Sheldon families for your cooperation!