



The Sabin Sentinel

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MILES OF SMILES!



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Principal's corner

Dear Parents and Families,

This month's IB learner profile focus is "Communication" with a focus on respect. Students are talking about what it means to be a good communicator. A few adjectives that come to mind related to being a good communicator include respect, listening, caring, and questioning. This year, our students have been engaged in, or aware of, heated debates and discussions about the presidential election and future leadership of our nation. Around the country, we have witnessed unsettling news stories on many fronts. Our perspectives around social and political issues are often shaped by our own experiences and exposure. As we model the attribute of communicator for our students, let's keep in mind ways in which we demonstrate respect, care and acceptance toward each other despite our varied experiences and perspectives. Our children have a tremendous opportunity to learn from our example.

Next week, parents and families will be meeting with teachers for conferences. If you have not signed up for a conference next week, please contact your child's

teacher to do so. Conferences will be held from 8 a.m. to 8 p.m. on Wednesday and Thursday, November 9th and 10th. If you are unable to make either of those dates, please work with your child's teacher to schedule another time. This is an opportunity to discuss your child's academic performance and progress and to share important information about your child with their teacher.

Children spend 6 and-a-half hours each day at school, 33 hours per week and almost 6,000 hours per school year. As we work to improve communication, support and mutual respect between home and school, our children will surely benefit. Thank you for entrusting your children to our care each and every day of school. We will give them our best!

Reiko Williams
Sabin Principal




**You are invited to join us for
Sabin's Winter Concert!**
"The Rhythm of the Season"
December 7, 6:30 pm in the gym
See you there!

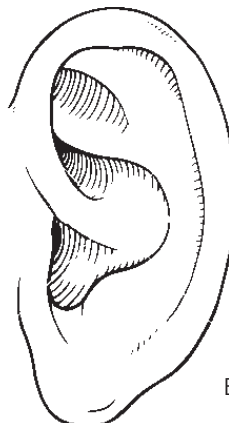
Sabin Vision

This year, we will engage in a process of developing a shared vision for Sabin with input from students, staff and community members. This process will hopefully allow us to come together around a shared set of principles around which our work will be focused.

Counselor's corner

Happy November. We will be discussing what it means to be a COMMUNICATOR this month with our IB learner profile and RESPECT is the attitude trait. Here are a few ideas to increase positive communication, much of communication has to do with listening:

1. Ask Open Ended Questions to show that you care and are interested: "How's it going?" "How was school for you today?"
2. Model positive conversation by using listening enhancers, such as: "Really?" "Wow!" "That's interesting." "Do you want to tell me more?"
3. Focus on the person's words as well as their non-verbal expressions. This often shows us how someone might truly be feeling.
4. Wait until the person is finished speaking, and give some wait time as they formulate thoughts.



5. Ask open-ended questions to find out more. "Would you like to tell me more about that?"
6. Repeat what you heard to show you understand and validate their feelings/experiences.
7. Understand that sometimes people need their own space and do not feel like sharing their thoughts or feelings at that time and need some autonomy.
8. Try to limit other distractions while having a conversation.

Erika and Anna



MILES OF SMILES Run for Sabin School race report

Thanks to everyone who made our first annual Run for Sabin School a huge success! We had a total of 473 runners who ran a total of 4,865 laps! That's 1,216 miles! It was great to see so many community members present to support and cheer them on! A special thank you teachers for putting forth your energy, organization, and care towards all students.

The individual K-5 runner awards will be announced at morning announcements on Monday, Nov. 7. The class trophies for the Fastest Class (the class that runs the highest average number of laps per student) and the Top Fund Runners (the class that raises the most money) will be announced on Monday, Nov. 21. The fund Runners will also win a class pizza party.

Don't forget to collect your offline donations and get them into the office before Wednesday, Nov. 16. If you did everything online, you don't need to turn anything in. Our website sabin.walkstarter.org makes it easy for your runners to write thank you emails to your sponsors. You can still make donations there, too. The total for online donations is about \$15,000 and we still have to count the donations coming in checks and cash. Let's hope we reach our goal of \$25,000 to support student success!

If there's anyone who would like to join us in the efforts to organize the second annual Run for Sabin School in 2017, let us know. Sarah would love a co-chair! It's never too soon to start looking ahead!

Miles of gratitude
Sarah Shine and Deborah Pleva

Run for Sabin School Speedy MYP Runners

59 MYP students laced up and ran 698 laps. Congrats to the top male and female runners for 6th, 7th and 8th grades:

6th Grade	Boys	Mitchell Milbrooke, Lorenzo Saint Preux
	Girls	Malaya LeSueur
7th Grade	Boys	Owen Pyle, Jackson Drake, Evan Smith
	Girls	Madison Bradley
8th Grade	Boys	Kai Gilmore
	Girls	Ruby DeWilde

3rd-5th grade IB assembly



This month students were recognized for demonstrating the learner profile characteristic of being Open Minded.

IB corner

IB Learner Profile of the Month

This month our IB Learner Profile focus is on being Communicators. Students are encouraged to be communicators in many different ways. We teach students how to express their ideas and share them with a variety of audiences. We would like students to be able to communicate clearly in reading and in writing too!



Another part of being a communicator, is learning to communicate in another language. As part of this, all students from kindergarten through eighth grade receive Spanish instruction here at Sabin. Most PPS schools do not offer a second language in the earlier grades. (It is not required till 7th grade!)

How can I support my child with learning Spanish?

One great free resource (with your public library card) is Mango. With Mango you can learn a second language. I highly recommend trying out Mango yourself to brush up or learn some more Spanish. You need to know your library card number and password to use the resource.

Talking questions:

- When is it easy for you to communicate how you are feeling?
- When is it hard for you to communicate your thoughts or feelings?
- How is communicating with technology (texting) different than on the phone or in person? Which do you prefer and why?
- Why is it important to learn another language?

Please complete your family survey by Nov 9

The National PTA School of Excellence program is designed to support Sabin School and our PTA as we strengthen family-school partnerships that enrich students' educational experiences and overall well-being. One step in the process is to gather feedback from our school family on

the frequency of family engagement strategies implemented by our school. We will need your help in completing this survey at the beginning of the year and end of the year.

Please submit your responses to the PTA School of Excellence Family Survey online at tinyurl.com/SabinFamilySurvey or return your completed paper survey to the Family Survey box in the office by November 9 (extra copies of the Family Survey are available in the office).

If you have any questions - or want to help! - please contact Sabin PTA Co-President Michelle Ganow-Jones at SabinPTApresident@gmail.com.



Increase walkability at your school

Every Body Walk! and America Walks are looking for small community projects that can make walking safer, easier and more enjoyable for your neighborhood. The best ideas will be awarded up to \$1500 to help make it happen! **Applications are due November 18th.**

These micro grant funds can be used for projects or programs - anything from supporting a walking-focused event or club, beautifying community spaces to make walking more enjoyable, making improvements to paths, trails or other connections, or even upgrading crossing guard gear. Do any of these sound like something you could see making a positive impact at your school?

Find more information about the Every Body Walk! Micro Grant Program at americawalks.org.

If you have questions or need help applying, get in touch with the Safe Routes to School staff at saferoutes@portlandoregon.gov or 503-823-5358.



Calling all uke & guitar players

If you would like to join in our performance (one song needs ukes and one needs guitars) please email me at msimrell@pps.net to get the music. Easy chords C F G.



GENTLE REMINDER

Please do not park in the Loading Zone. This space is needed for wheelchair bound students. Thank you for your help with ensuring students have access to and from school.

Upcoming Events

Picture Re-Takes in the Auditorium

Tuesday, November 8

Election Day "Sabin Mock Election"

Tuesday, November 8

No School: Full Day and Evening Conferences

Wednesday-Thursday, November 9 and 10

End of Children's Book Harvest (Donation boxes located near stairwells and in front of the office).

Thursday, November 10

Veteran's Day

Friday, November 11

They don't call it No-school-vember for nothing!