

Principal's Message



Greetings Chapman Families,

Between snow days, late starts, and a short month, February breezed right by, and March promises to do the same, with only three weeks of school before we head off to spring break. With the jam-packed schedule that March brings (musical rehearsals have started up and our auction is this week), if February breezed by, March is going to be a gale.

Events

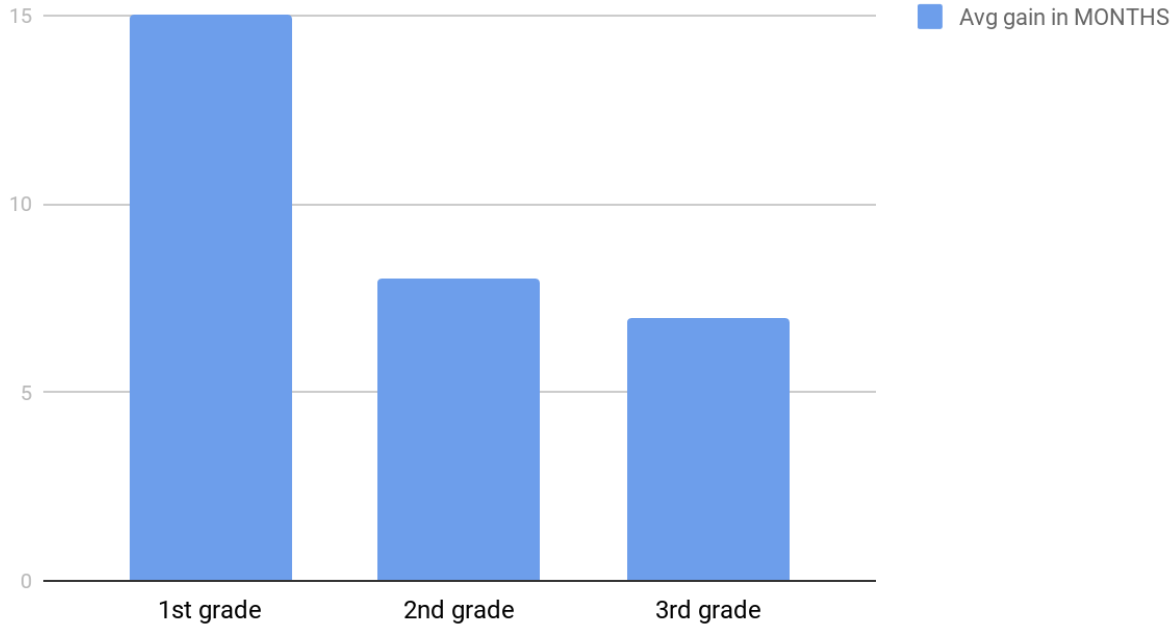
- 3/8 PTA Coffee
- 3/12 PTA Meeting @ 6pm
- 3/15 Mindfulness for Parents
- 3/19 Dining for Dollars
@ Pok Pok NW
- 3/22 PTA Coffee
- 3/25-3/29 Spring Break
NO SCHOOL
- 4/5 Color Day
Principal's Coffee
- 4/8 Teacher Planning Day
NO SCHOOL

I recently received an update from Reading Results about the amazing growth our students are making with this powerful intervention program. Reading Results is a reading support program that brings small group and individual reading instruction to our 1st, 2nd, and 3rd grade students who are lagging in reading skills (many of the tutors are former Chapman parents). For the last few years, our PTA applies for a grant from Metro to allow Reading Results to serve Chapman students. Reading Results just completed their winter assessments, and the student growth is astounding! So far this year, they have provided 1,100 different sessions to 41 students. Of those 41 students, 14 made such rapid growth that they were exited from the program at the mid-year point. As students are exited, the Reading Results team is able to add new students to their program. On the next page you can view the breakdown of the growth students have made in word attack (decoding) skills and fluency skills since October.

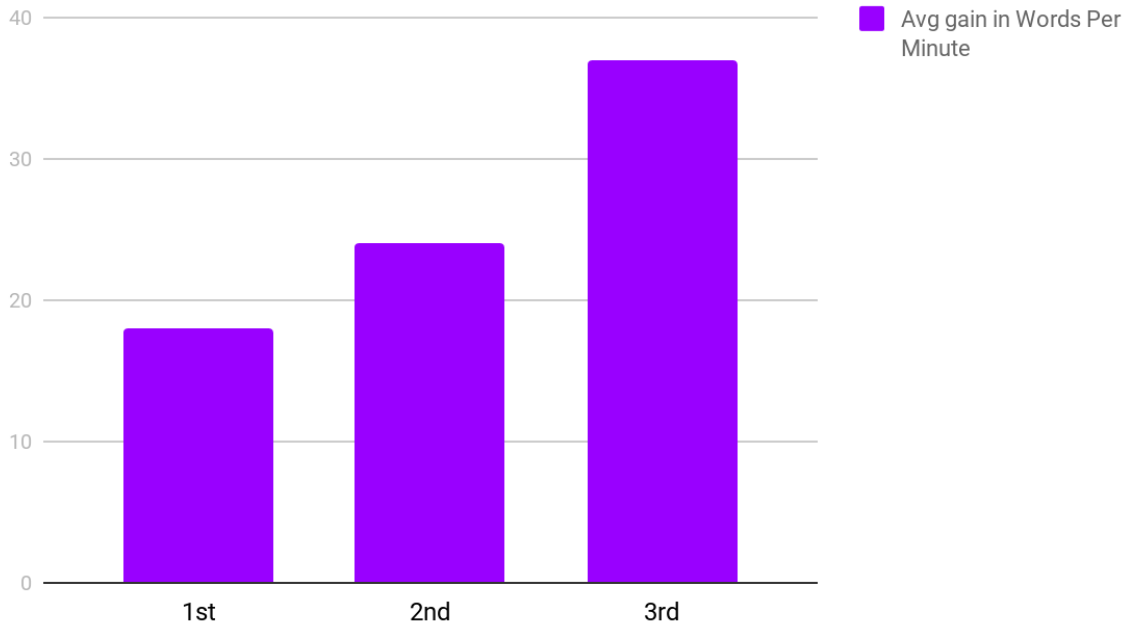
First graders have made an average of over a year and a half of growth in their word attack skills in a few short months! Thank you to Reading Results and our PTA for helping provide this valuable resource!

Principal's Message (continued)

Word Attack Skills



Fluency Skills



Principal's Message (continued)

2019-2020 Staffing Update

I wanted to share some quick news on staffing--with more to follow in the next few weeks..

Last Tuesday, principals received initial staffing allocations for the next school year. The district is facing a \$17 million budget gap next year. In addition, the district is projecting a slight decline in enrollment in our neighborhood. Due to this, Chapman is receiving fewer FTE (full-time equivalent) in the areas of classroom teachers and counseling support. Over the next week and half, I will be working to calculate how our Foundation's earnings and other grant sources can supplement core staffing in the coming year.

By March 13, I will be required to submit a completed 2019-20 staffing template to our central office. At that time, I will share an update with any concrete staffing changes or shifts that we can anticipate for the coming year.

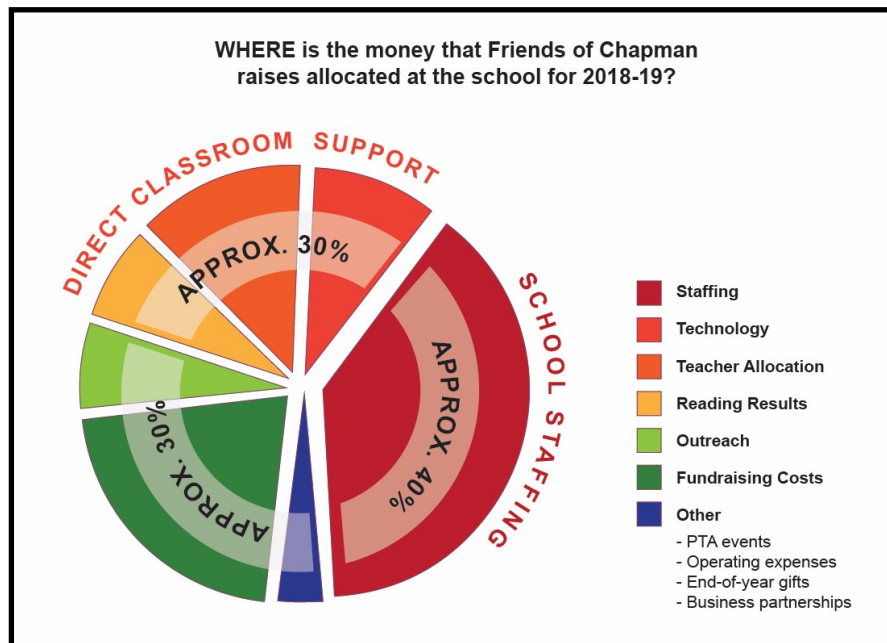
If you have questions, please feel free to contact me directly.

Sincerely,

Pamela Van Der Wolf

Important Information

Did you know that **OVER 50%** of our entire Friends of Chapman budget is raised on just one (very important) night—Auction Night? We thought you'd like to know **HOW** and **WHERE** we spend that money. See the FAQ at <https://friendsofchapman.org/how-fundraising-works-at-chapman/>





Why Teach Mindfulness in Schools?

Intuitively, we as educators and parents understand the value of taking a quiet deep breath. We see the power of a pause before saying or doing something that could cause harm – either emotionally or physically – to another person. We know that taking note of awe inspiring beauty of a sunset, a moonrise or a snow fall brings joy to all who notice. While we may understand how and why these things are important – how do we create space to practice noticing what is happening right now, at this moment.

When children learn how to pay attention, how to pause, understand the value of kindness and generosity, more deeply understand their emotions, we can help raise children to be kind, sensitive, and understanding adults. Everything I need to teach as a school counselor can be taught through the lens of teaching the skills of paying mindful attention.

I am continually honored and grateful to share the gifts of mindfulness with the Chapman community. Our students continue to learn and grow in their capacity to trust their own inner knowing about making good choices for themselves each and every day.

Portland Public Schools is the first district in the nation to offer a Mindful Studies course for credit at our high schools – including our feeder Lincoln High School. At the elementary level, mindfulness is primarily used to help regulate emotions and to teach attentional skills, at the middle and high school levels it can be a valuable resource to help students regulate feelings of depression and anxiety. Take a look at this short film about the Peace in Schools program in Portland Public Schools and how mindfulness practices are positively impacting high school students in our community.

https://www.youtube.com/watch?v=b365Glz_W74

Best,

Ariel Frager

Chapman School Counselor



Other



Chapman School would like to give a heartfelt thank you to Molly Porter, our extraordinary Garden Coordinator. She braved the cold and organized a Garden work party this weekend. The garden looks fresh and clean and is now ready for Spring! (If it ever comes.) Thank you to Molly and the team who came to work.



Dining for Dollars

On March 19th, Pok Pok NW is hosting a Dining for Dollars event for Chapman. They are located at 1639 NW Marshall St., and they are sharing their proceeds with us all day.



**For information from our PTA and Foundation
visit www.friendsofchapman.org**