

Principal's Message

October Events

- October 2nd- Walk and Bike to School Day**
- October 4th- Family Club 8:50-10am (Library)
Marysville FUN RUN**
- October 8th- Picture Day
Division Pizzicato Dough for Dollars**
- October 11th- NO SCHOOL (Inservice Day)**
- October 14-18- Scholastic Book Fair**
- October 16th- Speaker: Trudy Ludwig Parent Night**
- October 18th- Mindful Morning 8:50-10am (Library)**
- October 21-25- Outdoor School for 6th graders**
- October 24th- Family Club Fall Festival (evening event)**
- October 25th- Cross Cultural Affinity Group 8:50-10am**

TAG

If you are interested in nominating your child for TAG, please submit a nomination form to your child's teacher before the November 26th deadline. Nomination forms are available in the school or on the PPS website.

Fall Conference: Celebrating Neurodiversity- Information and registration at www.oatag.org Saturday, October 26, 2019, Clackamas Community College, Oregon City

Keynote Speakers: Dr. Susan Baum and Dr. Robin Schader, co-authors of the award-winning book, *To Be Gifted & Learning Disabled: Strength-Based Strategies*

Vendors, Exhibitors and Breakouts, Free Parking, Lunch included with admission, Open to the Public

Multipotentiality and Your Child- 1st session, Tuesday, October 15th, 6:30-8:00 p.m., BESC – 501 N. Dixon, Level 1 WyEast
Additional workshops: December 3rd, February 19th and April 15th

Dr. RubyDawn Lyman, Coordinator of Pacific University's Talented and Gifted Specialization Program and teacher in HSD, will present 4 sessions on what it means to be gifted.

Dear Marysville Families,
Happy October and Fall! I continue to be filled with gratitude to be principal of Marysville School. It was wonderful to see so many of you at our Back to School Night and I have enjoyed reconnecting with families at our Friday Morning Family meetings and our first ever evening Family Social Hour. I look forward to more opportunities to spend time with you. Please share your positive moments and concerns with me whenever you want.

The month of October, will be action packed. In addition to the usual activities, we will have the Fun Run, Picture Day, Book Fair, Author Visit, Sixth Grade Outdoor School Week and a Fall Festival. There is of course, a lot of learning happening here as well. Together, we are implementing our School Continuous Improvement Plan, with goals of increasing student English Language Arts, Math skills and student sense of belonging. Through it all our focus remains on creating an ecosystem of care through mindfulness. It's thrilling to see staff and students using the skills they learn every Wednesday to focus themselves, decrease their stress and increase their joy.

Cathy Murray, Principal

Mindful Marysville

This month students and staff will be focusing on self-awareness; particularly learning how to identify and listen to our emotions and how to choose our reactions.

When we can identify how we are feeling, the easier it becomes to pause and respond instead of reacting. Big emotions can seem scary in the moment. Knowing that they won't last forever and that we have tools to manage them, allows us a sense of control.
Want to practice at home?

*Ask each other to use one word to describe how you are feeling. Give yourselves a moment to really notice the feeling. How do you know that is how you feel? Where do you feel it?

*Make your own matching game! Take pictures of each other making the faces of different feelings and write the feelings on a set of cards. Then match up the pictures with the words.

*Practice expressing your feelings in words when you are feeling good and when you are upset.

* Talk about big emotions after they have passed. What did you notice? Did you react or choose your response?

Have questions or want more info?

Stop by and see me!

Sara Fuller, School Counselor



From the Health Office

It's that time of year again where colds/flu are going to sneak in! Please remember to encourage good hygiene with coughing or sneezing into the elbow and consistent hand washing. If your child does not feel well, err on the side of caution and keep them home. Fever, vomiting, diarrhea all require 24 hours of being free of the symptoms before returning to school. If your child has a cough or sore throat, do not send cough drops to school. We encourage fluids here, so make sure they have a water bottle! We know attendance is important but so is the health of your child. If you have any questions, please call the school office and I would be happy to help.

Family Club

Family Club is like Marysville's PTA. All parents are encouraged to participate! We meet every first Friday at 9am in the library. Our next meetings are October 4 and November 8. We are raising funds by selling Chinook Books and apps. To purchase, please email us or buy one directly out of Ms. Audrey's office, room 150. Our first Fall Festival will be in the evening of Thursday, October 24th. We need volunteers! Please connect with us at marysvillefamilyclub@gmail.com and on Facebook by searching for Marysville School Community Group. Our Pizzicato Dine-Out is Tuesday, October 8 at the 71st & Division location. Support Marysville by purchasing food or gift cards!

From SUN

Stay connected to school!

Get text alerts about school closures, delays, emergencies and school events at Marysville:
Text YES to 68453

Marysville Cubs

Would you like an opportunity to meet other Marysville parents with young children and enjoy developmentally appropriate activities such as: playdough, story time and singing? Please come to Marysville Cubs on Thursdays from 8:45am-9:45 am in the cafeteria. Open to all Marysville parents with babies- preschoolers.

From the Library

ATTENTION MARYSVILLE PARENTS:

On Wednesday, Oct. 16, you are invited to attend Trudy's special evening parent presentation: "Understanding Our Kids' Online & Offline Social World: Friendships, Cliques & Power Plays." **The parent talk, will be hosted in our school's cafeteria from 6:00 -7:30 pm. Free pizza, dessert, and child care will be available. The Book Fair will be open 5-5:30PM.**

For more information about Trudy, her books, and other resources on the topics of friendship and bullying issues, please visit trudyludwig.com.

Nutrition Services

NUTRITION SERVICES IS HIRING

PPS Nutrition Services provides students with delicious, high quality, nutrient rich meals to support learning. Our mission is to educate palates, inspire culinary curiosity and nourish the health of the community through school meals. Our students are able to achieve their best when they are nourished throughout the day. Great reasons to join the Nutrition Services team:

- Day shifts - no nights, weekends or holidays!
- 2-6 hour shifts - most shifts are flexible for either dropping off and/or picking up children from school
- Opportunity for advancement, training and professional development provided
- Free breakfast and/or lunch for employees
- Membership as a professional within the national School Nutrition Association
- Benefits also include paid time off and paid holidays* (per contract)
- Represented by SEIU 503 Local 140

All employment applications are submitted online. Please visit careers.pps.net. All applicants must be fingerprinted, pass criminal record check and obtain a Multnomah County Food Handlers Certification. Call 503-916-3399 for more information.

Whitney Ellersick, Senior Director, Nutrition Services
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