

# Astor Connection

5601 N. Yale St. Portland, OR 97203

## PRINCIPAL'S MESSAGE

Dear Astor Families-

*"Joy is the simplest form of gratitude."*-Karl Barth

Gratitude makes us happier. That is a perfect reflection of what I have experienced during my time at Astor. Every day, I am moved and inspired by what I see. Every day, I marvel at the incredible devotion of our staff and their unique ability to teach and inspire our children. Every day, I celebrate the amazing support of our parents and community.

I believe that the success of our school is built on a foundation of mutual respect and inclusiveness. Every day, dedicated teachers and staff nurture a culture of fairness, love and caring, all focused on the goal of providing a safe learning environment for our students and families. Astor K-8 is committed to continuing this focus and supporting our families during the school day and beyond.

I am thankful that our staff continues to strive for excellence in each and every classroom, to grow stronger by our diversity, and to cultivate an open and positive school climate.

During this time of Thanksgiving, I want to share my gratitude and thank you for being such an important part of our children's lives. This is a wonderful time of the year to get together with friends and family to celebrate and be thankful for all the wonderful people in our lives. On behalf of the Astor staff, I would like to thank you for your continued support and wish you all a safe and happy holiday. We will see everyone back here on November 26, 2018.

Here are more tips about gratitude: <https://www.unstuck.com/gratitude/>

Hope you have an wonderful Thanksgiving Holiday!

Sarah Zabel

Principal

## Upcoming Events:

11/14 – Astor Race & Equity Meeting 6:00 – 7:30 p.m.

11/16 – Grandparents & Special Friends Day 1:00 – 2:00 p.m.

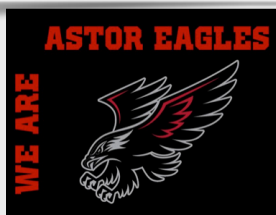
11/19 – 11/20 – Parent/Teacher Conferences

11/21 – 11-23 – No School/Thanksgiving Holiday

12/1 – PTSO Poinsettia Delivery 12:00 – 3:00 p.m.

12/7 – Astor Drama Club performance 6:00 p.m.





## Order your Astor Gear!

You may order t-shirts, hooded sweatshirts, polo shirts and ¼ zip sweatshirts in gray or black. Order forms have been sent home, you may stop by the school office to pick up a form. We accept cash, checks made payable to Astor School or by credit card via [SchoolPay](#). (Choose **Astor Gear**, if paying online). Orders are due by November 8<sup>th</sup>, 2018.



## After School Safety Alert

There has recently been some unsafe and aggressive behavior between students on the playground after school. This kind of behavior is not safe!

This is a friendly reminder that there is no staff supervision for students after 2:30pm. We ask that all students have an adult with them if they want to play on the playground. Here is a reminder of the rules:

1. Students in K-5 who are waiting for older siblings must wait in the library.
2. Students in K-8 who walk home should not stay on the playground unsupervised.
3. Parents must be present for students to play on the playground after school
4. We have an after school program that provides after school care.

Please call the office for more information.

Thank you for your help and for ensuring that students are supervised and safe after school



## October Donation Drive Results:

The Quarter 1 Leadership asked Astor students and families to donate to several charities in October, and our community did not hesitate to help! Students from Mr. Altman's Q1 Leadership class collected 20 food items for Oregon Food Bank, over \$194 for the Humane Society, and nearly 300 pieces of clothing and toys for Portland Rescue Mission. Along the way, these students learned about and practiced organization, communication, flexibility, logistics, and cooperation skills. Thank you to all Astor students, families and staff that participated in and supported this drive!

-Chris Altman

7th/8th Grade Science Teacher

In the spirit of the donating canned food or Leadership Canned Food



upcoming season, please consider peanut butter to the Astor Student Drive. You may bring your donation

to your child's

classroom. We will take donations

through Friday, November 16<sup>th</sup>, after which they will

be picked up by the Oregon Food Bank. Help STOP



## Parent/Teacher Conferences

Don't forget to sign up for your Parent/Teacher conference. Parent/Teacher conferences are held on **November 19<sup>th</sup> and 20<sup>th</sup>**, with day and evening hours available. Please email your child's teacher or contact the school office to schedule your meeting.



Parent/teacher conferences are a great opportunity to meet your child's teacher, see your child's classroom and learn about how your child is doing in school. It's also a great time for you to ask questions or talk about any learning-related concerns. Creating a partnership with your child's teacher around your child's learning can make a big difference.

Here are some helpful tips to consider when attending parent/teacher conferences:



### PARENT TEACHER CONFERENCE LINKS:

[English](#)

[Español \(Spanish\)](#)

[Tiếng Việt \(Vietnamese\)](#)

[中文 \(Chinese\)](#)

[Soomaaliga \(Somali\)](#)

[Русский \(Russian\)](#)





Astor families,

Throughout the year I often field questions from parents about what my job entails and what services I provide as a Professional School Counselor at Astor. During these conversations, I also spend some time exploring some misconception about my position as well. Therefore, for the purpose of clarity and transparency, I would like to share with you the following examples of what I do, and what I do not:

#### As a School Counselor, I do...

Work with All students to encourage a school climate that reflects our school-wide expectations (**be safe, be respectful, and be responsible**).

Deliver classroom lessons that align with national school counseling standards.

Facilitate small groups focused on various social-emotional topics.

Meet individually with students to do brief, solution-focused counseling.

Help students who are struggling to make positive behavior choices.

Collaborate with parents/guardians, teachers, support staff, and administration.

Maintain confidentiality of students and their families unless there is a need to know or a safety concern.

Provide information for families about school and community resources.

#### As a School Counselor, I do not...

Work with only special ed, general ed, or “struggling” students.

Teach academic subjects.

Facilitate therapy groups.

Meet individually with students to do long-term mental health counseling/therapy.

Handle discipline or assign consequences (but I can be part of the repair process or mediation).

Collaborate with only one person (a team approach including the School Counselor works best).

Share information about students and their families to appease the curiosity of others.

Tell teachers how to teach in their classrooms or tell parents how to parent at home.

If you have any questions, please contact Mr. Knoblich at [jknoblic@pps.net](mailto:jknoblic@pps.net) or 503-916-6244.

Thank you,

Mr. Knoblich

Astor School Counselor



# Welcome Grandparents & Special Friends!

We invite you to share an afternoon with your students on this special day! We'll have crafts, music, a photo booth, and refreshments!

Friday, November 16, 2018 @1:00 pm



Welcome  
in the Cafeteria  
Music Performance  
1:00 p.m.



Visit your student's class-  
room for a fun activity and  
visit the photo booth.  
1:25 p.m.



Dismissal  
2:00 p.m.

## ASTOR RACE & EQUITY GROUP (A.R.E.)

Here are even more awesome activities and announcements from our Astor Race & Equity (A.R.E.) group:

### • Astor Book Group

Tuesday, December 4<sup>th</sup> at 6:00 PM in the Astor library

The next book club will meet to discuss the book, *So You Want to Talk about Race* by Ijeoma Oluo. Oluo offers a contemporary, accessible take on the racial landscape in America. You can read more about the book and the author on our [website](#).

### • Astor Diversity Club

Astor middle school students participated in the first Diversity Club on November 5<sup>th</sup>. If you have a middle school student who is interested but was unable to attend, please contact [AstorRaceEquity@gmail.com](mailto:AstorRaceEquity@gmail.com) and watch for more information about the next meeting coming soon.

### • Library Reminder

Did you know parents can check out books at the Astor Library? The A.R.E. Group has started a library of books for kids and adults with characters of color and/or are focused on race and equity. See the librarian, Kari Harms, or the library assistant, Debra Gellar, for more information on how to check out books. Or, have a book you'd like to donate? Please drop it off with Debra at the school office. If you have a suggestion for a book to include, please email [AstorRaceEquity@gmail.com](mailto:AstorRaceEquity@gmail.com). We look forward to growing the bookshelves with the Astor community!

# Astor Parent Teacher Student Organization

ASTOR PARENT TEACHER STUDENT ORGANIZATION

PTSO membership is free and all members of the Astor community are encouraged to participate and help us in carrying out the Astor Parent Teacher Student Organization mission statement: To build community and enrich the learning environment while empowering parents, teachers, and students at Astor School.



First, a couple of announcements:

- **Fundraising success:** Thanks to an outstanding turnout at the **Scholastic Book Fair**, the Astor community raised more than \$3,500 in Scholastic dollars, all of which go directly back to the school in the form of books, supplies and more! A tremendous thank you to everyone who made this fundraiser such a great success! Additionally, our recent **Box Tops Collection Drive** raised important funds for the school, and we are more than halfway to our goal for the year (\$500)! We will have another drive in the spring, so don't forget to collect box tops throughout the year.
- **Call for volunteers in support of teacher appreciation:** On Tuesday, November 20<sup>th</sup> – the second night of teacher conferences – our community of families will be working together to provide a meal to the staff. We are looking for volunteers to bring items for a taco bar, including taco fillings, toppings, desserts and drinks. Altogether, we'll be serving about 35 people. If you're interested in helping, please sign-up in the office or online using [this link](#). You can also email [volunteer@astorptso.org](mailto:volunteer@astorptso.org) for more information or questions.

Here are a few exciting events to note for the coming weeks:

• **Astor Elementary School Community Night: Trail Blazers Night** Friday, November 30<sup>th</sup> at 7:30 PM at the Moda Center

Come join fellow Astor Elementary School students and staff for a community night when the Trail Blazers take on the Denver Nuggets! We've extended the sale and a few tickets are still available. Prices start at \$21 and a portion of each ticket purchased will go back to support the Astor PTSO. Visit <https://rosequarter.com/groupnights/> and use promo code ASTOR ASAP before they sell out!

• **PTSO General Meeting with Special Guest** Thursday, November 29<sup>th</sup> at 6:00 PM in the Astor Library

Please join us to hear from Professor Dr. Deirdre Katz from the University of Portland's Department of Psychological Sciences. Dr. Katz will discuss Adolescent Child Development, with a focus on the brain and stress. She'll also talk about social/emotional learning at this age. There will be time for questions, and as always, FREE pizza and childcare will be provided!

• **Movie Night: Elf** Friday, December 14<sup>th</sup>, doors open at 6:00 PM in the Astor cafeteria – movie starts at 6:15

Come join other Astor families for a free movie night – we'll be watching a classic winter holiday family favorite, Elf! Wear your PJs, bring a blanket or chairs to sit on and get cozy! Popcorn, snacks and drinks will be available for purchase.

You are also invited to stay connected to the Astor community and PTSO throughout the year via the following channels:

- Email: [board@astorptso.org](mailto:board@astorptso.org)
- Website: [www.astorptso.org](http://www.astorptso.org)
- Facebook: [facebook.com/astorptso](https://facebook.com/astorptso)
- Twitter: @astork8
- Instagram: @astoreagles, #astoreagles

We would LOVE to receive photo contributions from the Astor community for our Instagram account. Please submit any relevant photos to [astorptsoinstagram@gmail.com](mailto:astorptsoinstagram@gmail.com) along with the following:

- § Name
- § Event/Description
- § Permission to share image of all kids in photo