

Astor Connection

5601 N. Yale St. Portland, OR 97203

PRINCIPAL'S MESSAGE

Dear Astor families,

As the sun sets earlier and the days remain darker, I'm reminded about the themes of light, togetherness, and gift-giving that our 2nd graders have been learning as they study holidays around the world. During this season, many cultures celebrate with gentle light that guides the way and provides warmth and safe haven. At school and in our community, we can provide that light to each other, supporting each other's paths and giving each other bright smiles and acknowledgement. It truly does warm my heart to walk into a class of students working together and caring for each other.

Winter is also a time of togetherness. We have 2 weeks together at school before Winter Break, and during this time, we are working together, sharing traditions, telling stories, and leaning on each other in times of difficulty. We teach our students to support their classmates who seem lonely or might be left out, and during this time, when those feelings can escalate, it's important for all of us to remember to wrap around each other and share our gifts of kindness and compassion.

In this frenzied time, I try to consider that the real traditions of gift-giving around the world are not material. Rather, they are sharing the gifts we can give each other that cost nothing and are often invisible. Writing a note to a friend or colleague, teaching someone a new skill, giving extra of what you have so no one goes without, brightening someone's day with a compliment, or listening intently to a loved one can all bring light into the darkness.

Mister Rogers can always say it better than I can. On gift-giving, he said,



"The gifts we treasure the most over the years are often small and simple. In easy times and in tough times, what seems to matter most is the way we show those nearest us that we've been listening to their needs, to their joys, and to their challenges."

Thank you for the gift of the Astor community. I wish you all a joyous season of light and companionship.

Molly Jones

Assistant Principal

Upcoming Events:

- | | | |
|------------------|---|--|
| Dec. 7th |  | Astor Drama Club Performance "All In The Timing"
6:00 pm Cafeteria |
| Dec. 13th | | Astor Winter Concert
6:00pm Cafeteria  |
| Dec. 14th | | Citizenship Awards Assembly
9:00 am Cafeteria |
| | | PTSO Movie Night
"Elf"
Doors at 6:00 pm
Movie begins 6:15 pm |
| Dec. 17th | | Winter Break begins |

ASTOR PRESENTS: 2018 WINTER CONCERT

THURSDAY, DECEMBER 13

6:00 - 7:00 PM

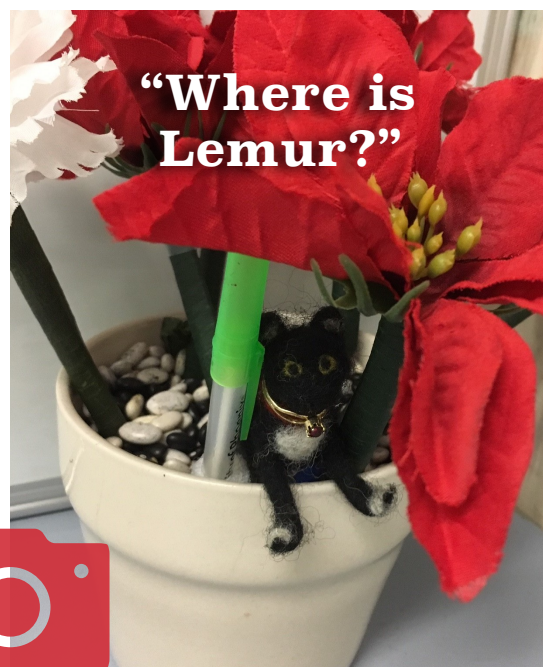
CAFETERIA

ENJOY PERFORMANCES BY OUR ASTOR BANDS
AND K-5TH GRADE STUDENTS

Astor Gear!

We have received our Run for Astor t-shirts and Astor gear. Look for your items to come home with your students, unless you requested parent pickup on your forms.

We look forward to seeing your student in their Astor gear on Spirit Fridays!





Meet Cheyanne Kennedy, Astor's New SHA

Cheyanne is our new School Health Assistant and she comes to us most recently from the Ramona School. Cheyanne is excited to get to know Astor students and families and wishes everyone good health!

SAVE THE DATE!

2019 Astor Auction

"Astor Goes Hollywood"

March 9th, 5:30pm

University of Portland, Bauccio Commons Dining Room

*Committee Volunteers and Event Day Volunteers needed!

contact auktion@astorptso.org

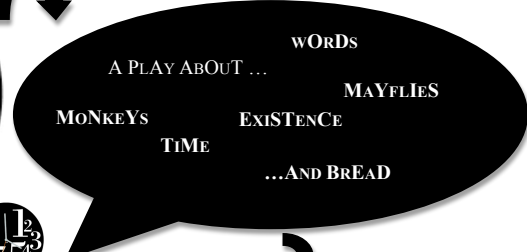
Do you work for or know of a company that might be willing to donate goods or services to the Astor Auction?

Fill out [THIS QUICK FORM](#), and we'll do the rest! Thank you for your support!

-Jessi Bostad
2019 Astor Auction Chair

ALL IN THE TIMING

A play by David Ives



STARRING MEMBERS OF THE ASTOR SCHOOL DRAMA PROGRAM

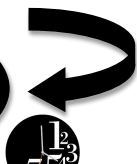
FRIDAY, DEC. 7TH

DOORS OPEN @ 6:00 PM

SHOW @ 6:30 PM



\$5 for Adults
Astor Students Free
Astor School Stage
This is roughly a two hour show w/ a brief intermission





Astor Families,

One of my first tasks of each new school year is to visit all classrooms (K-8) to have conversations about bullying. My primary goal during these visits is to teach and reteach the definition of bullying (we all need to agree about what bullying is and what it isn't), identify the different types of bullying (verbal, physical, social and cyber), and to reinforce the importance of reporting bullying behaviors to a trusted adult.

In addition to these conversations, this year I have focused special attention on grades 3-5 in order to teach additional skills related to standing up to bullying. During these lessons, students learn the difference between being a bystander (someone that sees bullying happen, but doesn't know what to do) versus being an Upstander (someone that sees bullying happen, and then does something to help).

Here's a link to a video I showed students in class: <https://www.youtube.com/watch?v=eeqQCyQOCPg>

Furthermore, our discussion also focused on the specific Upstander behavior of "speaking out" against name-calling and teasing. This encourages students to say something in response to the bullying behaviors they observe like, "Stop saying that. That's really hurtful." We talk about how doing this takes a lot of courage and how there are some risks to speaking out, such as becoming the new target. However, the idea is that, when students observe their peers saying that something is not okay, they in turn feel more confident that they can also speak out as well.

I believe that it's important to teach students how they can stand up for others in ways that aren't aggressive or creating a bigger conflict. However, we also want them to be safe and not put themselves in a situation in which they could get harmed. Therefore, it is always an option for students to go directly to an adult for help.

If you have any questions, or would like to know more about being an Upstander, please contact Mr. Knoblich at jknoblich@pps.net or 503-916-6244.

Thank you,

Mr. Knoblich

Astor School Counselor

First Grade Field Trip to New Seasons

During their study of their community, First grade went on a field trip to New Season! They learned about local produce, how the store operates, and the different jobs people do in the store. They also enjoyed yummy samples!



Parent/Teacher Conferences

Thank you to everyone who signed up for Parent/Teacher conferences. We appreciate your involvement in your child's education. Remember, you may also make an appointment with your child's teacher at any time to discuss questions or concerns.

A BIG SHOUT OUT to our Astor PTSO and the members of University Park Baptist Church for, once again, providing meals to our teachers during conferences. The

¡La temporada de gripe está aquí!

La influenza (gripe) es una enfermedad estacional que puede causar una enfermedad leve a severa. La mayoría de los expertos piensan que el virus de la gripe se transmite principalmente a través de gotitas cuando las personas con gripe tose, estornuda o habla. Con menos frecuencia, una persona también puede contraer la gripe al tocar una superficie u objeto que tiene el virus de la gripe y luego tocarse la boca o la nariz.

Las personas pueden propagar la gripe, incluso si no saben que están enfermos. La gripe puede ser más grave para algunas personas, incluyendo niños pequeños, mujeres embarazadas, personas mayores, personas con [ciertas condiciones de salud](#) y los fumadores. La mejor manera de prevenir la gripe es vacunarse cada año.

Como evitar la gripe:

Recibir la vacuna contra la gripe estacional

Para averiguar dónde puede obtener la vacuna contra la gripe, utilice el [Buscador de vacuna contra la gripe](#) o llame al 211 ([211info.org](#)).

La mayoría de la gripe se propaga por jóvenes y adultos no vacunados y sanos. Es por eso que la vacunación es una parte tan importante de la prevención de la gripe.

Vacuna contra la gripe es recomendable para las personas **de 6 meses en adelante**. Consulte con un proveedor médico para ver cuál vacuna es correcto.

Lavarse las manos

- Lavarse las manos a menudo ayuda a protegerse de los gérmenes.
- Use agua tibia y jabón. Lavar durante 15 a 20 segundos.
- Si jabón y agua no están disponibles, use un desinfectante para manos a base de alcohol. Usted puede encontrar estos productos en la mayoría de los supermercados y farmacias.
- Si el desinfectante de manos es un gel, frótese las manos hasta que el gel se seque. El gel no necesita agua para trabajar; el alcohol mata los gérmenes en sus manos.

Tomar precauciones diarias

- Cúbrase la nariz y la boca con un pañuelo o con el brazo al toser o estornudar.
- Evita tocar tus ojos, nariz o boca. Los gérmenes se propagan de esta manera.
- Trate de evitar el contacto cercano con personas enfermas.
- Quédate en casa si te enfermas.
- Limpiar las superficies del trabajo y hogar con frecuencia
- Use una máscara si usted tiene un sistema inmune debilitado.
- Pedir a sus familiares, amigos y proveedores de salud para obtener una vacuna contra la gripe.
- Practique buenos hábitos de salud. Obtener un montón de sueño y ejercicio, controle el estrés, beba muchos líquidos y coma alimentos saludables.
- Controlar las condiciones crónicas.

Dejar de fumar

Las personas que fuman contraen la gripe con mayor facilidad y se enferman a causa del virus. Esto también es cierto para las personas que respiran humo de segunda mano, especialmente los niños y los ancianos.

En contacto con el Oregon Tobacco Quit Line al 1-800-QUIT-NOW o www.quitnow.net/oregon .

Flu Season is Here!

Influenza (flu) is a seasonal disease that can cause mild to severe illness. Most experts think flu viruses are spread mainly by droplets when people with flu cough, sneeze or talk. Less often, a person might also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth or nose.

People can spread the flu even if they don't know they're sick. The flu can be more serious for some people, including young children, pregnant women, older people, people with [certain health conditions](#) and smokers. The best way to prevent the flu is by getting vaccinated each year.

How to Avoid the Flu

Get the seasonal flu vaccine

To find out where to get your flu vaccination, use the [Flu Vaccine Finder](#) or call [211info.org](#)

The majority of flu is spread by young, healthy, unvaccinated children and adults. That's why vaccination is such an important part of flu prevention.

Flu vaccine is recommended for people **6 months and older**. Check with a medical provider to see which vaccine is right for you.

Wash your hands

- Washing your hands often helps protect you from germs.
- Use soap and warm water. Wash for 15 to 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer. You can find these products in most supermarkets and drugstores.
- If the hand sanitizer is a gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol kills the germs on your hands.

Take everyday precautions

- Cover your nose and mouth with a tissue or your arm when you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you get sick.
- Clean work and household surfaces often.
- Wear a mask if you have a weakened immune system.
- Ask your family, friends and health providers to get a flu vaccination.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Manage any chronic conditions.

Quit smoking

People who smoke get the flu more easily and get sicker from the virus. This is also true of people who breathe secondhand smoke, especially children and senior citizens.

Contact the Oregon Tobacco Quit Line at 1-800-QUIT-NOW or www.quitnow.net/oregon.



[Take Me to Your Leaders of the 21st Century!](#)

These robotics kits will help my students get experience in so many 21st Century skills, including programming, mechanical engineering, problem solving, collaboration, and imagination. ...

[read more](#)

Help me give my students Lego Mindstorms EV3 programmable robotics kits to get experience in programming, technology, and engineering.

4 donors | \$489 still needed

[Give to Mr. Nagle](#)

Canned Food Drive

Thank you for everyone who donated canned food for our Student Leadership Canned Food Drive. Your generosity makes a difference to many Oregonians, who benefit from the Oregon Food Bank. The following classes donated the most canned food:



Rm 18	Ms. Espinoza's second graders – 33 items
Rm 24	Ms. Jue's second graders – 26 items
Rm 14	Mr. T's third graders – 10 items

Congratulations to these classes, who will receive a pizza party for the most food donated!

Playground Gates

The back gates on Princeton St are now to remain locked for safety purposes. Our goal is to prevent strangers from entering our campus during the school day. We apologize for any inconvenience this may cause and thank you for your understanding.

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

- Email: board@astorpsto.org
- Website: www.astorpsto.org
- Facebook: facebook.com/astorpsto
- Twitter: @astorK8
- Instagram: @astoreagles, #astoreagles

