

Bridlemile Friday Flyer



3/22/2019

IMPORTANT DATES:

Mar 25 th -29 th	NO SCHOOL – SPRING BREAK
Apr 8 th	NO SCHOOL – Teacher Planning Day
Apr 9 th	PTA Board Meeting, 6:30pm, Library
Apr 11 th	K, 1, 2 Music Program (K: at 6:00pm, 1 & 2: at 6:45pm)
Apr 18 th	Run For The Arts

Inside This Issue- New News at a Glance

- Message from the District- 2019 school year extended 2 days
- Counselor's Weekly Newsletter
- Run For the Arts- Pledge forms coming home today!

FROM THE OFFICE

Happy Spring Break!!! Whether you are travelling or making it a staycation we hope you all get to play, relax, and re-charge! See you Monday April 1st (no foolin'! ☺)

FROM THE DISTRICT

Important information about making up snow days

Dear PPS Families,

With hopes that inclement winter weather is done for this school year, we wanted to touch base with you regarding making up snow days. We thought it was important to share an update with you before Spring Break.

We have three makeup days (June 10-12) listed on the district calendar, days available to be used when needed. **We will use two of those days to make up two snow days on June 10 and 11.** Adding these two days at the end of the academic year enables us to restore instructional hours that were lost to weather in February.

Because of senior graduation schedules, we are working on a solution for high schools that restores mandatory instructional time--we will let high school students and families know what that plan is as soon as we have finalized it.

In addition, we are monitoring what the Oregon Education Association has designated as a statewide “Day of Action” on May 8, as there could be staffing impacts that require us to close schools on that day. We expect at least some district teachers to be absent on May 8 to join the Day of Action in Salem. If projected absences reach a point where we cannot confidently offer a safe and meaningful instructional day to students, we will announce a district-wide closure for May 8 and make up that instructional day for grades PK-11 on June 12, with an alternate plan for seniors.

In considering these decisions, we are making every attempt to keep the needs of students at the forefront. Thank you for your flexibility and understanding.

Wishing you a safe and restful Spring Break,

Dr. Yvonne Curtis
Deputy Superintendent, Instruction and School Communities

COUNSELOR’S CORNER



Welcome to the Counselor Corner!

Week of 3/18/19: **Theme** –

Activities – [Mind Up K-2](#) : Brain Power!

Books we are reading:

- [Weird](#) (Frankel)
- [Dare](#) (Frankel)
- [Tough](#) (Frankel)
- [Rosa](#) (Giovanni)
- [Do Unto Otters: A Book About Manners](#) (Keller)
- [In My Heart, A Book About Feelings](#) (Witek)

Videos we are watching:

- [Consent for Kids](#)
- [5 Minute Body Scan for Kids](#)

Professional Development we are doing:

- “Sex Ed Basics for Counselors” → PPS PD Ms. Rachel attended last week!
- Check out our [website](#)! It is under construction. :)

Resources to Explore:

- [“How practicing gratitude rewires your brain for the better”](#)
- [“20 chores elementary-aged kids should be able to do”](#)
- [“10 reasons teens have so much anxiety today”](#) → applicable to younger kiddos too!

- [Camp Erin](#) - A free, weekend-long overnight Summer camp for children and teens who are grieving the death of someone close to them

Up-Coming Community Events:

- “Ripple Play Therapy” - *A therapeutic after-school program coupling group therapy, play, and skill building for children ages 5-12;* Mondays and Wednesdays (3-6p). Contact katie@rippletherapy.org or nate@rippletherapy.org for more information.
- [The International Dyslexia Association Conference](#) is coming to Portland! November 7-10th, 2019
- [Dyslexia Brain Talk!](#) Saturday, April 6th at Edison High School from 3:00 PM to 5:00 PM




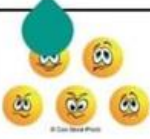




















Have a wonderful Spring Break!

Rachel Reich
reich@pps.net
 503-916-6292 x70212

Emily Sallee
esallee@pps.net
 503-916-6292 x70213

How will your family practice self-care over Spring Break? Here are some ideas to try! Can you and your kiddos get a “Self-Care BINGO??”

Self-Care BINGO

 Took a Shower or Bath	 Got Dressed Today	 Talked to a Friend outside of School	 Processed How I was Feeling.	 Gave Myself a Compliment.
 Moved my Body Joyfully	 Ate Healthy Food	 Listened to My Body	 Challenged Negative Thoughts	 Belly Laughed
 Went Outside for at Least 20 Minutes	 Tried Something New	 Self-Selected Self Care	 Practiced Being Mindful	 Did a Hobby
 Used Coping Skills	 Let Myself Cry	 Took A Break	 Asked for Help	 Got STUFF Done
 Brushed My Teeth	 Practiced Self Compassion	 Drank at Least 8 Glasses of Water	 Treated Myself	 Got at Least 8 Hours of Sleep

FROM THE PTA

As we head into spring break, please be on the lookout for the *Run for the Arts* pledge form and instruction sheet being sent home today, Friday, March 22nd. We will run on **Thursday, April 18th!**

If you are visiting family or staying local over the break, you and your child can start drumming up support! We encourage you to use the online platform for ease of sharing and tracking your child's donations!

<http://runforthearts.ya-or.org/completeregistration.asp>

****PLEASE NOTE: NO T-SHIRTS AS PRIZES THIS YEAR**

MESSAGE FROM YAN

2019 Chinese Speech and Talent Contest (**see attached flyer*)

Next month we are hosting the annual Chinese language, arts, and talents competition, sponsored by Hanban/Confucius Institute. Everyone is encouraged to participate!

Date: Saturday, April 6

Time: 9:00 a.m.–12:00 p.m.

Location: KMC, rooms 285 and 295
615 SW Harrison Street

Off-Site Contests:

- Photography and Short Film
- Calligraphy with Writing Brush
- Calligraphy with Pen or Pencil
- Chinese Painting or Drawing

How to submit:

To enter the Photography and Short Film contest, please send your materials to Xin Mao at xmao@pdx.edu.

To enter the contests for Calligraphy with Writing Brush, Calligraphy with Pen or Pencil, and Chinese Painting or Drawing, please submit to KMC 660-T (615 SW Harrison St, Portland, OR 97201).

Submission deadline: Friday, March 29 by 5:00 p.m.

On-Site Contests:

- **Speech Contest:** A three-minute Chinese speech will be given based on the participant's self-selected theme.
- **Talent Show:** All talents are welcome, including singing, dancing, tongue twisters, and drama. Please bring your own instruments or other necessary materials. Both individual and group performances are welcome. Please send your background music or video to xmao@pdx.edu before March 31.

- **Mandarin Bee:** The examiner will give the English vocabulary/phrase/sentence and the contestant will answer with the corresponding Chinese vocabulary/phrase/sentence. Each contestant will have ten seconds to provide a response.

Registration deadline: Friday, March 29 by 5:00 p.m.

Online registration only. Please register through the [Chinese Skills and Talents Contest form](#). (You can choose either the Mandarin Bee *or* the Speech & Talent contest.)

More information about the contests can be found on [2019 Confucius Institute Chinese Skills & Talents Contests page](#)

Thank you. Have a great day.

Yan

Xiaoyan Zhou

Mandarin Teacher

Bridlemile Elementary School

MESSAGE FROM TAG

Dear Bridlemile Families,

This past November, I had the opportunity to attend a presentation given by Dr. RubyDawn Lyman surrounding heightened sensitivities within talented and gifted learners. At this presentation, I learned a great deal about the areas of heightened sensitivity: psychomotor, sensory, imaginal, intellectual and emotional. The overarching messages of the presentation were powerful ones: What can we do to help students manage heightened sensitivities? How can we shift our collective paradigm to view heightened sensitivities as strengths as opposed to hindrances? This presentation provided valuable points to ponder and a gentle reminder to avoid viewing differences within learners through the deficit lens.

Because each and every child possesses a unique talent and gift, it stands to reason that this presentation pertains to everyone. Please find more information about a series of presentations given by Dr. Lyman in the central TAG office communication below. Please also note the attachment, as it places many of these heightened sensitivities in context.

Best regards,

Tom Finch

Third Grade Teacher and Building TAG Facilitator

Good morning TAG Families,

We are excited to host a TAG Parent Series focused on what it means to be gifted. The series will be facilitated by Dr. RubyDawn Lyman, Coordinator of Pacific University's Talented and Gifted Specialization Program and teacher in Hillsboro School District. The first parent presentation will take place on Tuesday, March 12th at 6:30 – 7:30 p.m. with 7:30 – 8:00 pm. for questions and social time at 501 N. Dixon in the WyEast conference room on Lower Level 2. The session is for adults only as there will be no childcare at this meeting. The first topic will be Characteristics of Giftedness. We will survey parents at this session to find out what additional topics would be of the most interest for future sessions. The remaining sessions will be held on April 9th, and May 7th. As of now these sessions will also be held in WyEast at the BESC.

This is a wonderful opportunity to interact and meet other parents of TAG students in PPS. We appreciate the opportunity to bring Dr. Lyman to PPS with such short notice, and look forward to her sharing valuable information to our PPS TAG community.

Sincerely,

Portland Public Schools

Department of Talented and Gifted

WHAT'S HAPPENING IN OUR SCHOOL CLUSTER (Gray/Wilson & West Sylvan/Lincoln)

Robert Gray Middle School Tour

May 1, 3:00 PM

SPRING AFTER SCHOOL ACTIVITIES

Monday

- Soccer by Soccer Shots- Outside field (Starts 4/1)
<https://www.soccershots.org/pdx/>

Tuesday

- Math Gamers, Faculty Lounge outside Portable (Starts 4/16)
www.mathgamers.net

Wednesday

- Spanish by Kids Like Languages, Faculty Lounge outside Portable (Starts 4/17)
[Kids Like Languages](http://www.kidslikelanguages.com)

Direct enrollment link: <https://kids-like-languages.myshopify.com/products/spanish-after-school-program-at-bridlemile>

Enroll before March 29, 2019, get \$10 off- Promo-code: SPRING19

Thursday

- My Masterpiece Art Faculty Lounge outside Portable (Starts 4/4)
<http://www.mymasterpieceartstudio.com/education-contact/>

Attachments:

Bridlemile Music Letter of Congratulations

Kids Like Languages-Spring Spanish Flyer

My Masterpiece Art Spring Flyer

Math Gamers Spring Flyer

[School Website](#)

503-916-6292

[Archived Friday Flyer Newsletters](#)

[PTA/Foundation website](#)

