

# Bridlemile Friday Flyer

5/31/2019

## IMPORTANT DATES:

June 4 <sup>th</sup>	PTA Board Meeting, 8:05am, Portable
June 12 <sup>th</sup>	Last Day of School
June 12 <sup>th</sup>	5 <sup>th</sup> Grade Promotion, 8:15am-8:45am, Cafeteria
June 12 <sup>th</sup>	Kindergarten Promotion, 12:15pm-12:45pm, classrooms
June 12 <sup>th</sup>	1 <sup>st</sup> Grade Year End Party, 1:00pm-2:00pm, Hamilton Park Playground
June 12 <sup>th</sup>	5 <sup>th</sup> Grade Clap Out, 2:15pm, outside pathway on the north side of the building

## Inside This Issue- New News at a Glance

- From Mr. Pearson: School Climate Survey Results
- Immunization Reminder
- Counselor's Weekly Newsletter

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## FROM THE PRINCIPAL

### **Bridlemile School Survey Results!**

Thank you to each and every family who took the time to participate in the Bridlemile School Survey. Overall, the general consensus is that most families agree Bridlemile is a wonderful school that provides a safe learning environment and a strong sense of community. Below are the main "takeaways" from the survey results:

#### **Things We Are Doing Well:**

- Families are generally satisfied with their child's progress in core studies such as math, science, reading and writing.
- Music, library, technology and physical education are effective in developing student interest, skill and knowledge.
- Families feel Bridlemile offers a safe and nurturing learning environment for students.
- Bridlemile secretaries continue their unprecedented three year hot streak of no negative comments or ratings. 😊

#### **Priorities For The Future And Areas For Improvement:**

- Continue to advocate for reduced classroom sizes.
- Revise and enhance our school website.
- Build and enhance communication regarding the technology program.
- Continue our work on enhancing educational opportunities for students above grade level.
- Continue our school-wide work on our core values and social-emotional learning.

Again, thank you for taking the time to complete the Bridlemile School Survey. We know we have a wonderful school but there is always room for improvement. We will work diligently to address the concerns communicated in the survey and continue our long history of providing a comprehensive and enriching academic program for our students.

Sincerely,  
Brad Pearson  
Principal

### FROM THE OFFICE

- **School Supplies for 2019-20!**

On-line ordering: It's quick, convenient, and cost effective! Supplies will be delivered directly to your classrooms in the fall.

No fuss no muss! Order on-line by July 10<sup>th</sup> to receive a \$5 discount. The deadline for on-line orders is August 1<sup>st</sup>.

Attached above is also the full 2019-20 school supply list.



### **ORDER YOUR SCHOOL SUPPLIES ONLINE AND GIVE BACK TO YOUR COMMUNITY**

[www.SchoolhouseSupplies.org/online](http://www.SchoolhouseSupplies.org/online)

Avoid the back-to-school rush and save time, gas and energy by shopping online. Your supplies are matched to your teacher's list and delivered to your classroom ready for the first day of school!

**Follow these easy steps to place your order online:**

1. Visit: [www.Schoolhousesupplies.org/online](http://www.Schoolhousesupplies.org/online)
2. Click "Order Now" under your school's logo.
3. Select your school and grade/s and place your order.

Proceeds support the local nonprofit Schoolhouse Supplies' programs, including Tools for Schools and the Free Store for Teachers, providing children in need throughout the Portland area with the tools they need to be successful in school.

**Order by JULY 10 and save \$5. Final order deadline is AUGUST 1st**

### FROM THE NURSE

- Please continue to provide updated immunization records if your child receives vaccinations. These records are continually updated to ensure current status. If your child will be seeing a health care provider for summer camp or a sport physical, review their immunization status and bring updated records to Malinda in the Health Room.

- End of year medication reminder: Medication checked in at school must be picked up by the parent or be destroyed at the end of the school year per district policy. If you have medication(s) in the office for your child that you feel are no longer needed for the remainder of the year, please stop by the office as soon as possible to pick up; this will help us greatly!

## COUNSELOR'S CORNER



Welcome to the Counselor Corner!

Week of 5/27/19: **Theme – Personal Safety**

**Activities** – We are continuing our safety lessons in all classrooms this week and are encouraged to see Bridlemile children so engaged in the material. This information is particularly timely as we all prepare for Summer Break. Breaks from the routines of school can bring all sorts of different feelings for all of us. It's also an important time for us to pay attention to meeting our basic needs -- healthy food, adequate sleep, unstructured play time, and extra support from the people we love!

**Videos** we are watching:

- [Eight Never-Nevers Song](#) (from Second Step curriculum)
- [Three Ways to Stay Safe](#) (from Second Step curriculum)
- [Consent for Kids](#)

**Safety Resources** to Explore:

- [SecondStep.org](#) → Activation Key: **CPU1 FAMI LYG1**
- [Parent Toolbox](#) for starting safety conversations at home
- [K-5 Book List](#) recommendations for promoting personal safety
- [It's Not the Stork](#) (ages 4+), [It's So Amazing!](#) (ages 7+), [It's Perfect Normal](#) (ages 10+) (books)

**Other Resources** to Explore:

- [“Parents, we need to let our kids fail if we truly want them to succeed”](#)
- [“The Hidden Benefits of Girl-Boy Friendships and How to Foster Them Between Children”](#)
- [“How to Stop Automatic Negative Thoughts”](#)

**Up-Coming Community Events:**

- [Camp Erin](#) - A free, weekend-long overnight Summer camp for children and teens who are grieving the death of someone close to them
- [The International Dyslexia Association Conference](#) is coming to Portland! Nov. 7-10th, 2019
- [Camp Yakety Yak](#) -- Special Needs Summer Day Camp in Lake Oswego, OR

- [SAMHSA: Tips for Teens](#) - Substance Abuse and Mental Health Services Administration
- [Urban League of Portland Resource Fair, June 1st, 2019](#)
- [NAMI Basics FREE class](#) for parents and caregivers of a child or adolescent living with mental illness. Fridays 9:00-11:30am, beginning May 31st.

**Have a wonderful weekend!**

Rachel Reich

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# SCREEN TIME CHECKLIST



## MORNING

Have you?

- Dressed for the day
- Put your pyjamas away
- Made your bed
- Cleaned your teeth
- Brushed your hair
- 20 minutes of reading time
- Packed your bag
- Put shoes and socks on
- YES?** You can now have some screen time!



## AFTERNOON

Have you?

- Unpacked your bag
- Put your bag and shoes away
- 30 minutes of outside play
- Finished your home work
- 20 minutes of reading time
- Completed a chore
- YES?** You can now have some screen time!



## WEEKENDS & HOLIDAYS

Have you?

- Dressed for the day
- Put your pyjamas away
- Made your bed
- Cleaned your teeth
- Brushed your hair
- 20 minutes of reading time
- 30 minutes of creative play
- 30 minutes of outside play
- Completed a chore
- YES?** You can now have some screen time!



## 10 PLAY IDEAS

### CREATIVE

- writing
- drawing/collaging
- lego/building blocks
- playdough
- listen/dance to music

### OUTDOOR

- run/walk/skip
- ball games
- ride a bike
- cartwheels
- play with your pet/s

FIND ACTIVITIES AND PRINTABLES @ [www.kidsonthecoast.com.au](http://www.kidsonthecoast.com.au) OR [www.kidsinthecity.com.au](http://www.kidsinthecity.com.au)

## FROM THE PTA

### Bridlemile Garden

*Amazing things are happening in our Bridlemile Garden!*

Please join us in continuing to expand the outdoor space that students have been enjoying and learning in this year.

We need help moving removing grass, sheet mulching, moving and spreading soil, placing irrigation, and transplanting bulbs and seedlings.

Judy Sims, our garden educator extraordinaire, will be leading garden work times T,W,Th the last week of May and the first week of June (5/28-5/30 and 6/4-6/6) from 8-10 am. You can join for 15 minutes after drop off or stay until 10. We appreciate any time you can give!

If you can't make any of these times, but are interested in helping in the garden please email Deedra Weill at [deedra0330@gmail.com](mailto:deedra0330@gmail.com).

Thank you!



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

### **Wilson HS**

Girls Soccer Camp

August 5<sup>th</sup> - 8<sup>th</sup>

9:00 AM - 12:00 PM

Ages: 7-13

### **Lincoln High School**

**Boys Basketball -**

Dates: 6/24-6/27

Time: 9 AM - 12 PM

Location: Lincoln Gym

Cost: \$180 per player (campers get a shirt)

Ages: Rising 5th through 9th grade

Link to registration: <https://squareup.com/store/lincolnbasketballclub/item/summer-youth-camp>

**Girls Basketball -**

Dates: 6/17-6/21

Time: 9 AM - 12 PM

Location: Lincoln Gym

Cost: \$130 per player (campers get a ball and a shirt)

Ages: Rising 3rd through 8th grade

Link to registration: <https://www.familyid.com/lincoln-high-school/2019-youth-girls-basketball-camp>

**Girls Soccer -**

### Summer Camp 1

Dates: June 24-27

Time: 7 AM - 9 AM

Location: Lincoln turf

Cost: \$120

Ages invited: incoming 6th - 12th graders

### Summer Camp 2

Dates: July 22-25

Time: 7 AM - 9 AM

Location: Lincoln turf

Cost: \$120

Ages invited: incoming 9th - 12th graders

### Summer Camp 3

Dates: July 22-25

Time: 9 AM - 11 AM

Location: Lincoln turf

Cost: \$120

Ages: incoming 6th - 8th graders

### Fitness Camp

Dates: August 5-8

Time: 7 AM - 9 AM

Location: Lincoln turf:

Cost: \$120

Ages: incoming 9th - 12th graders

### Pre-Season Camp

Dates: August 12-15

Time: 7 AM - 9 AM

Location: Lincoln turf

Cost: \$120

Ages: incoming 9th - 12th graders

Link to register for all girls soccer camps: <https://www.familyid.com/lincoln-high-school/2019-girls-soccer-summer-camps-high-school-middle-school>

### **Boys Soccer -**

Summer Camp 1:

Dates: June 17-20

Time: 9 AM - 11 AM

Location: Lincoln turf

Ages: Open to incoming 6th - 12th graders

Cost: \$120

Summer Camp 2:

Dates: June 24-27

Time: 9 AM - 11 AM

Location: Lincoln turf

Ages: Open to incoming 6th - 12th graders

Cost: \$120

Fitness Camp

Dates: August 5-8

Time: 9 AM - 11 AM

Location: Lincoln turf

Ages: Open to incoming 9th - 12th graders

Cost: \$120

Pre-Season Camp:

Dates: August 12-15

Time: 9 AM - 11 AM

Location: Lincoln turf

Ages: Open to incoming 6th - 12th graders

Cost: \$120

Link to all boys soccer camp registrations: <https://lincolnatletics.sportngin.com/register/form/734283528>

**Multi-Sport Camp -**

Dates: July 8-12

Time: 9 AM - 3 PM

Drop off and pickup location: Lincoln Gymnasium

Ages: rising 4-8th grade

Cost: \$200

Link to registration & description: <https://www.familyid.com/lincoln-high-school/2019-multi-sport-youth-camp>

### **PIL Fall Sport Registration**

**Registration is open now through August 12 for cut sports or September 30 for no-cut sports**

Cut sports:

- Soccer
- Volleyball
- Dance
- Cheer

No-cut sports:

- Football
- Cross Country

### **Youth Football**

**2019 registration is now open!!**

FLAG FOOTBALL: Grades K-4th

ROOKIE TACKLE: Grades 3rd-4th

TACKLE: Grades 5th-8th

For more details and to sign up early & receive a discount on registration (\$25 discount for Flag, \$30 for Tackle) go to our website:



<https://www.lincolnyouthfootball.info>

**Join the Flock & GO CARDS!!!**

### **Youth Baseball**

Lincoln Youth Baseball is looking for more Kids to play AA Baseball!

This is for 2nd graders OR 3rd graders who haven't played before.

In AA ball there is a mixture of pitching machines, coach pitch, and player pitch. As always, the emphasis is on fundamental skills, including pitching, and the players begin to develop the ability to hit competitive pitching from an opposing player. Typically the season begins with machine pitch with a transition to player pitch as the season progresses. The season starts in April and goes through mid-June. AA Teams usually start with 2 practices per week and then as games get into full swing, practices may be just once per week. Games are typically played 2x per week.

Register now! [www.LincolnYouthBaseball.com](http://www.LincolnYouthBaseball.com)

Questions? email: [LincolnYouthBaseballSoftball@gmail.com](mailto:LincolnYouthBaseballSoftball@gmail.com)

Thank you,  
Communications  
Lincoln Youth Baseball & Softball

### **SPRING AFTER SCHOOL ACTIVITIES**

#### **Monday**

- Soccer by Soccer Shots- Outside field (*ENDS June 3<sup>rd</sup>*)  
<https://www.soccershots.org/pdx/>

#### **Wednesday**

- Spanish by Kids Like Languages, Faculty Lounge outside Portable (*ENDS June 5<sup>th</sup>*)  
[Kids Like Languages](#)

#### **Attachments:**

*School Supplies List 2019-20*

*School Supplies On-Line Ordering Info*

[School Website](#)

503-916-6292

[Archived Friday Flyer Newsletters](#)

[PTA/Foundation website](#)

