

Special Monthly Print Edition | Issue #4 | January 2019



Events

2/1	Color Day
	Principal's Coffee
2/8	PTA Coffee
	Parents' Night Out/Kids' Night In 5:45-9pm
2/12	PTA Meeting @ 6pm
2/13	Connect to Kindergarten 9am and 6pm
2/15	Mindfulness for Parents
2/18	President's Day No School
2/20	Immunization Exclusion Day
2/22	PTA Coffee

Principal's Message

At the heart of our school is our community. At Chapman, there are so many ways that we intentionally build community. Through our Caring School Communities curriculum, we have daily morning circles and regular class meetings to strengthen relationships in our classrooms and work together to solve problems. We build cross-grade community through our reading buddy program. And our weekly whole-school assemblies, our Round-Ups, are an important time for all of our students to come together to sing, learn, and celebrate each other.

Our PTA also works hard to strengthen our school community. Through the amazing community dinners we've done two years in a row now, wonderful family events like Art Ball and STEM Night (aka Math and Science Night), and the work they do to support our family outreach endeavors, Chapman's PTA is an integral component of creating a vibrant Chapman community. If making sure that these wonderful events can continue is important to you, please consider joining our PTA --our next meeting is on February 12th at 6:00pm. The PTA is always looking for new members, so I hope to see you there!

One of my favorite community events is coming up--our staff-sponsored Parents' Night Out/Kids' Night In. On February 8th, staff members volunteer their time to stay the evening and hold an amazing party for our students. While it is a fundraiser, we want the emphasis to be on celebrating our community, so everyone is invited and scholarships are available to all who need them. Sign up information is in this week's Flyer and will be coming home from your child's teacher.

Thank you for everything you do as part of the Chapman community!

Sincerely, Pamela Van Der Wolf

Instagram @ChapmanSwifts

Counselor's Corner

Happy 2019 everyone! During the Fall I taught weekly lessons to the Kindergarten and 1st grade classrooms, and now for Winter I have started teaching weekly lessons to 2nd grade (as well as continuing weekly lessons with Kindergarten). I like to focus my lessons on problem solving, self-regulation and kindness, as I feel these are important skills for our younger students to learn.

This month I re-introduced the problem solving wheel in order to remind students how to solve their own small- or medium-sized problems on their own. During my lessons we have been role-playing some common problems around school, with students actually brain-storming themselves which common problems they would like help with. Students then get to act out the scenario using multiple solutions off of the wheel in order to try and resolve these small- to medium-sized problems.

One of my favorite strategies on the problem solving wheel is using an 'l' message'. 'l' messages are a good way for students to express their feelings in a respectful, non-blaming way while also teaching them to take responsibility for their part in problem solving. One example is that a 'you' message might sound like: "You always are mean to me!", versus an 'l message' which might sounds like: "I feel <u>sad</u> when you <u>call me names</u> because <u>it isn't kind</u> <u>and hurts my feelings.</u> Can you please <u>not do that again</u>?"

I encourage everyone - adults and students! - to practice being aware of turning 'you' messages into 'I messages' when helping your children to problem solve at home, or with friends and family. Feel free to share any success stories with me when you see me, or connect with me if you'd like more information on how to practice these strategies!

Sincerely, Ms. Allie, School Counselor

What can I do?	
Walk away and let it go. Wait and Cool off. Ignore it. Talk Problem wheel Rock, paper,	"I" Message I feel when you because
Apologize Use on I message	can you please

Information for Families

Thanks to the generous donations of parents, alumni and friends of Chapman at last year's auction, the Chapman PTA and Foundation Board are offering scholarships for After-School Programs that take place at Chapman School and/or Friendly House. Scholarships will be reviewed and awarded based on availability of donation funds. The Scholarship funds must be paid from Chapman School directly to the After-School Program. If you would like to receive a scholarship, please fill in <u>this form</u> and turn it in to Theresa in the School Office. You can also pick up a copy in the office. You will be notified within five business days of the availability of scholarship funds.

Aladdin, Jr Performance

Mark your calendar because students in the Chapman Chorus will present *Aladdin, Jr.* on Wednesday, May 15th at 12:30 pm and Thursday, May 16th at 12:30pm and 6:30pm. Disney's *Aladdin JR.* is based on the 1992 Academy-Award[®]-winning film and the 2014 hit Broadway show about the "diamond in the rough" street





Please contact Mr. Clark (<u>rclark@pps.net</u>) if you are interested in being part of the production team, or if you have any questions.

From the Health Room

From the School Nurse:

Exclusion day for state required immunizations is Wednesday, February 20, 2019. Students who are not current will not be able to attend school until their records are complete. Letters will be mailed the first week of February to parents whose children are incomplete and will be excluded if not updated by February 20, 2019. Please arrange for your child to receive needed immunizations so that they can remain in school. If you need assistance in locating a health care provider or clinic site, please contact your school nurse.



Upcoming Events

Chapman staff volunteer to entertain Your kids while You enjoy a well-deserved night off!

FRENTS NIGHT OLT * NIGHT OLT * NIGHT OLT * NIGHT OLT * NIGHT OLT *

Chapman Elementary Friday, Feb. 8 | 5:45 to 9:00 p.m. \$25 single child | \$20 siblings

> We want all students to be able to attend regardless of finances. Talk to your teacher or email chapmanptacomm@gmail.com to request a scholarship.

> Please donate what you can to sponsor a student.



IMPORTANT TO KNOW!

NEW | ALL REGISTRATION IS ONLINE THIS YEAR!

This event is only for current K–5 Chapman students

All children participate in four stations of games, activities & art.

Dinner will NOT be provided, (but we will have popcorn for the movie.)

All Kinder and 1st graders will watch Toy Story 3 (G). 2nd-5th graders may watch either Sing (PG) or Toy Story 3.

Info and Tickets at www.friendsofchapman.org



Chapman's 2019 auction is Friday, March 8 at Castaway in NW Portland! The theme this year is 80s Prom, so dig out that puff-sleeved dress and dry-clean that blue tuxedo to go Old School for Our School! Tickets on sale now!

NEW this year: Shop the majority of silent auction items online! Check the website to watch items as they're added, bidding will begin the week of the auction in March. Please note: some items may be grouped with others for sale. Stay tuned for auction-exclusive items.

WATCH FOR: Information on a community dress/suit swap! Date/time TBD. Bring your old bridesmaid dresses, prom dresses, or funky suits to Chapman for the community to browse!

www.chapmanschoolauction.com

Do you have the following items for the auction?

- 1. Blazer tickets/box access
- 2. Adidas connection
- 3. LEGO donate your old LEGO to Chapman for a party.

Email the Auction co-chairs:

Emily Price, ecarter85@gmail.com

Sarah Groom, groomy73@gmail.com

Question of the Month — Describe or draw a picture about a time when you used a problem-solving technique from the wheel in our Counselor's Corner.

For information from our PTA and Foundation visit www.friendsofchapman.org

Just for Fun



Get more free printable activities for kids of all ages at www.printables4kids.com. ©2008 WWW.PRINTABLES4KIDS.COM This puzzle is for personal use only and may not be sold or duplicated for sale.