

THE



NEWS

ROSEWAY HEIGHTS' MISSION IS TO HELP ALL STUDENTS ACHIEVE THEIR POTENTIAL AND BECOME CREATIVE, CONFIDENT AND COMPASSIONATE LIFE-LONG LEARNERS.

Principal Cohen's Corner – January 19th, 2017

Snow, snow and more snow! Wow, what a winter it is shaping up to be, and I like to use this time as a way to reflect on the experience of being at Roseway Heights, in Portland Public Schools and in the world of education – both as a professional and as a parent. Snow days are a perfect metaphor for the life we lead – they are at the same time amazing, wonderful and joyful but also create stress, difficulty and uncertainty.

In my own life, because I take classes at PSU on Tuesday night, my children were having dinner at my in-laws house when the snow started. By the time it was time for them to come home (because my class was over), the snow told us they should stay the night at their grandparents. Amazing! Wonderful! Stressful. When school was cancelled, I was relieved to not have to figure out how to get them home before school, but I was faced with a new problem – how to get them home at all, since driving wasn't a good option. Uncertainty! Stress! My solution was to dig out the cross country skis and ski over to them, bringing all the snow gear they would need to enjoy the day. 5 miles of urban skiing later...Amazing! Wonderful! Tired. We played in the snow for a while and then headed back to our part of town on the bus. It took us much longer to get home, but we were thankful we live in a city with solid bus transportation, even in terrible driving conditions.

Now, staring down the future of an extended school year, a shift in the calendar (school is on for January 27, off for February 3) and increased uncertainty about how the board is going to have us make up all this time leaves us all wondering how we can plan for the future. The same is true for all families at Roseway as we continue to wonder about the timeline on our reconfiguration – this is especially pressing as I try to balance staying focused on this year while planning for next year already. Just like the snow, there is nothing we can do about decisions that are made by others – but what we can do is make the best of what we do have. For the time being we have a dedicated staff working with our students, we have a community that supports us in so many ways and we have students that come to school every day (when they are allowed to!) ready to learn.

For the next few weeks, please help your students get readjusted to school routines – go to bed early on school days, eat a healthy breakfast (or get to school early enough to eat ours), read together in the evenings, and have conversations about what is going on in class, with friends and what they are learning. School is like the snow – amazing, wonderful and of course sometimes, stressful and difficult. Hang in there, the snow is melting and we will back to normal eventually!

With deepest respect for all members of our community,
Jeremy Cohen
Principal
Roseway Heights K-8

Winter Publishing Havoc! Apologies to our contributors for any loss of content or date changes caused by the winter storm, and subsequent delay in publishing! A heck of a start to the New Year!

JANUARY 2017

MON	TUE	WED	THU	FRI
MLK Day NO SCHOOL!  16	17	18	19	20
23	24	25	Lunar New Year Celebration!	Band Make-up Concert! 2:30 pm
30	31	February		Teacher Planning! No School!  3

Save the Date!

The Annual PTA Lumberyard Indoor Bike Park **FUNraiser** is on for **Sunday, February 19th**, 4pm till close!!

- Proceeds this year are going towards much needed CHROME BOOKS
- TONS of great raffle prizes up for grabs (need not be present to win)
- 50% of entry fees donated to RWH
- PLUS Pulehu Pizza is donating 15% of food and ALL drink purchases!!

Come ride or just watch!

It's Fitness Fun for the Whole Family!!

PTA NEWS!

President Kemper Shrout
iam.kemper@gmail.com

Volunteer!
rwhvolunteer@gmail.com

Hello Roseway Heights Community,

You'd think there were thirty-two days in January. It seems so long. But it's just as long as December as well as five other months. It's the cold, I think. Spring, it's so. far. away. ::sigh::
 PTA blah blah.

One of the things people wonder about regarding the PTA is: what do you all do? I wondered that, too. Turns out, one of the things the PTA does is fund raise, and those funds go to support the school and its students and teachers and families. Most recently, the PTA gave \$500 to the Drive for Change, a school fundraiser that supported area human service organizations as well as families in our own community. Panther roar to all who gave their change!

There will be a Lunar New Year celebration on January 26th sometime during the school day (more info to follow). It is put on by Roseway Height's Vietnamese Immersion Program. There will be a dragon. The PTA paid for it :) So, come and witness the celebration of Tet! Spring, it's closer than you think.

Kemper Shrout, the Roseway Heights PTA

Kemper Shrout President	Valerie Klacik Secretary	Brenda Britsch Volunteer Coordinator, K-2
Sabrina Henley co-Vice President	Amy Rose Membership	Kris Farrell Volunteer Coordinator, 3-5
Tracy Nunn co-Vice President	Brian Sheehan Scrip Treasurer	Heather Johnston Volunteer Coordinator, 6-8
Tricia Harding Treasurer	Sam LaRoe Legislative Liaison	



PTA'S PANTHER PAWS OF THANKS



We would like to thank **Meghann Street** for organizing the annual CRAFT FAIR. The money collected from booth fees all went to the DRIVE FOR CHANGE this year.

..... PANTHER PAWS TO YOU!

This month we'd like to give a PANTHER ROAR to **Troy Berry** for finding a new digital student directory for us to use and for data organization/entry.
 And to **Karen Barry-Gazzo** who was also a data entry genius on this project.

A big PANTHER ROAR to our outgoing PTA Treasurer, **Tricia Harding**.

Thanks for all of your hard work on the PTA Board...

and to **Dani Oates** who will fill her shoes.

And a huge PANTHER ROAR to **Katie Van Winkle** for the ongoing Treasurer training you have been providing!





Laurie Vandenburg School Counselor

Welcome back and Happy New Year! We were able to finish up our Drive for Change the first week back and we raised close to \$2000.00. Many thanks to Danielle McSherry and Josh Stohl for heading this up along with a great committee of staff and our student council members! The money raised was shared with some families in our community for some holiday help, Outside In (a local agency that helps homeless youth) and IRCO (another local agency that offers resources to immigrant families).

Our 8th graders had a visit from representatives of Madison High School in December and Benson High School will be here on January 10th. Please note that the enrollment/transfer request window for high school is from Feb. 1-22. The enrollment window for grades K-8 is from Feb. 8- Mar. 3. If you have any questions about this, please contact one of us!

This seems like a good time to refocus on kindness. Here are 5 strategies to help in raising caring children:

1. Make caring for others a priority

Why? Parents tend to prioritize their children's happiness and achievements over their children's concern for others. But children need to learn to balance their needs with the needs of others, whether it's passing the ball to a teammate or deciding to stand up for friend who is being bullied.

How? Children need to hear from parents that caring for others is a top priority. A big part of that is holding children to high ethical expectations, such as honoring their commitments, even if it makes them unhappy. For example, before kids quit a sports team, band, or a friendship, we should ask them to consider their obligations to the group or the friend and encourage them to work out problems before quitting.

For example, ask teachers whether your children are good community members at school.

2. Provide opportunities for children to practice caring and gratitude

Why? It's never too late to become a good person, but it won't happen on its own. Children need to practice caring for others and expressing gratitude for those who care for them and contribute to others' lives. Studies show that people who are in the habit of expressing gratitude are more likely to be helpful, generous, compassionate, and forgiving—and they're also more likely to be happy and healthy.

How? Learning to be caring is like learning to play a sport or an instrument. Daily repetition—whether it's a helping a friend with homework, pitching in around the house, or having a classroom job—make caring second nature and develop and hone youth's caregiving capacities. Learning gratitude similarly involves regularly practicing it.

3. Expand your child's circle of concern.

Why? Almost all children care about a small circle of their families and friends. Our challenge is help our children learn to care about someone outside that circle, such as the new kid in class, someone who doesn't speak their language, the school custodian, or someone who lives in a distant country.

How? Children need to learn to zoom in, by listening closely and attending to those in their immediate circle, and to zoom out, by taking in the big picture and considering the many perspectives of the people they interact with daily, including those who are vulnerable.. Especially in our more global world, children need to develop concern for people who live in very different cultures and communities than their own.

4. Be a strong moral role model and mentor.

Why? Children learn ethical values by watching the actions of adults they respect. They also learn values by thinking through ethical dilemmas with adults, e.g. “Should I invite a new neighbor to my birthday party when my best friend doesn’t like her?”

How? Being a moral role model and mentor means that we need to practice honesty, fairness, and caring ourselves. But it doesn’t mean being perfect all the time. For our children to respect and trust us, we need to acknowledge our mistakes and flaws. We also need to respect children’s thinking and listen to their perspectives, demonstrating to them how we want them to engage others.

5. Guide children in managing destructive feelings

Why? Often the ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings.

How? We need to teach children that all feelings are okay, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways.

As always, please contact us with any questions or concerns.

- **Laurie Vandenburg**, grade 5-8 focus (M-Thurs) lvandenb2@pps.net or ext. 70193
- **Jennifer Goslin**, grade K-4 focus (Mon-Fri) jgoslin@pps.net or ext. 70191
- **Tara Vargas**, grade 5-8 focus (Fri) vargast@pps.net or ext. 70120

EXTENDED

PTA MEMBERSHIP CONTEST

FAMILY NIGHT OUT – Win a \$25 Pizzeria Otto gift certificate & four movie passes to a local movie theater!!

Due to our crazy December snow days we have extended this drawing until **January 31st**. The PTA is dedicated to supporting our kiddos education and we cannot do it without parents support to help make our school the best it can be. Please join the PTA by simply filling out a PTA envelope, giving a small fee of \$11 (check/cash) and putting it in our drop box, which is located in the main office. Or you can join on-line at oregonpta.org and click Join Now.

The lucky winner for our first drawing of current members is the Shumaker family! Congratulations. It’s our way of saying thanks for joining & showing support for your RWH PTA!

Music News and Updates!



Dear Parents,

Wow what an exciting time to be a music teacher for Portland Public Schools. We are going full steam and accelerating. Here is what's happening;

The Choir performed their first full solo concert on December 7th for the clients of the Oregon Zoo Lights. Their set included a wide variety of repertoire that featured solos, sectionals, and instrumental accompaniment with the glockenspiels. It was a delightful concert and very well received. One woman came running just as we were finishing and said how much she loved it and the Zoo was a buzz with our students work. Our next concert will be a Madison High School on January 19th. We'll be singing "Blackbird" by Lennon/McCartney and Banaha.

The Band will perform a make-up fall concert set for January 20th in the MPR at 2:30 after school for the hand and hand folks, all parents, and students who can attend. Their performance will include a wide variety of music including a rock song, some holiday music, some folk songs, and a beautiful Chorale.

Our fifth grade has an extraordinary opportunity coming up this spring that we have started work on. We have the honor to be selected to perform with the Oregon Symphony!! Yes, our fifth graders are learning a variety of music for the Orchestra Rocks Program. The program is called Link Up with Carnegie Hall and requires students to develop their three-part singing, and recorder skills. Then on May 4th we will take a school bus down town to the Arlene Concert Hall and perform with the Oregon Symphony!!!!

Go Panthers!!!!

-Andrew Baird, Music Teacher



More School News!

Student Store Update

Our RWH Student Store is excited to announce that we are now selling SMENCILS scented pencils for \$1 each! These pencils, made from recycled newspaper, come in 10 different scents, so there is sure to be one to appeal to everyone! Proceeds from sales at our student store help pay for Middle School activities like our dances. A HUGE thanks to our Student Sales Staff: **Hugo Gillard, Bridget Graves, Allison Lash, Stacy Nguyen, and Santiago Tavera!** We also rely on our Store Supervisors and Shoppers Chantiel Chisholm, Antje Gillard, Kerry Graves, Gayle Morris, Tracy Nunn, Robin Peterson, and Katie Van Winkle to make it a success! If you have an 8th grader who'd like to help in the store, it's never too late to join. Contact Kerry Graves at graves64@centurylink.net for information and an application.

Middle School Boosters

Our Middle School Boosters parent group will be meeting on Sunday Jan. 22 at 4:00 pm for a meeting/get together at the home of Tracy Nunn. Want to connect with other middle school parents? Have questions or ideas about activities that would benefit our middle school students? Bring your ideas and join us at 1912 NE 61st Avenue. Contact Tracy Nunn at tracynomadnunn@gmail.com or Kerry Graves at graves64@centurylink.net with questions.

Kerry Graves

Athletics Secretary
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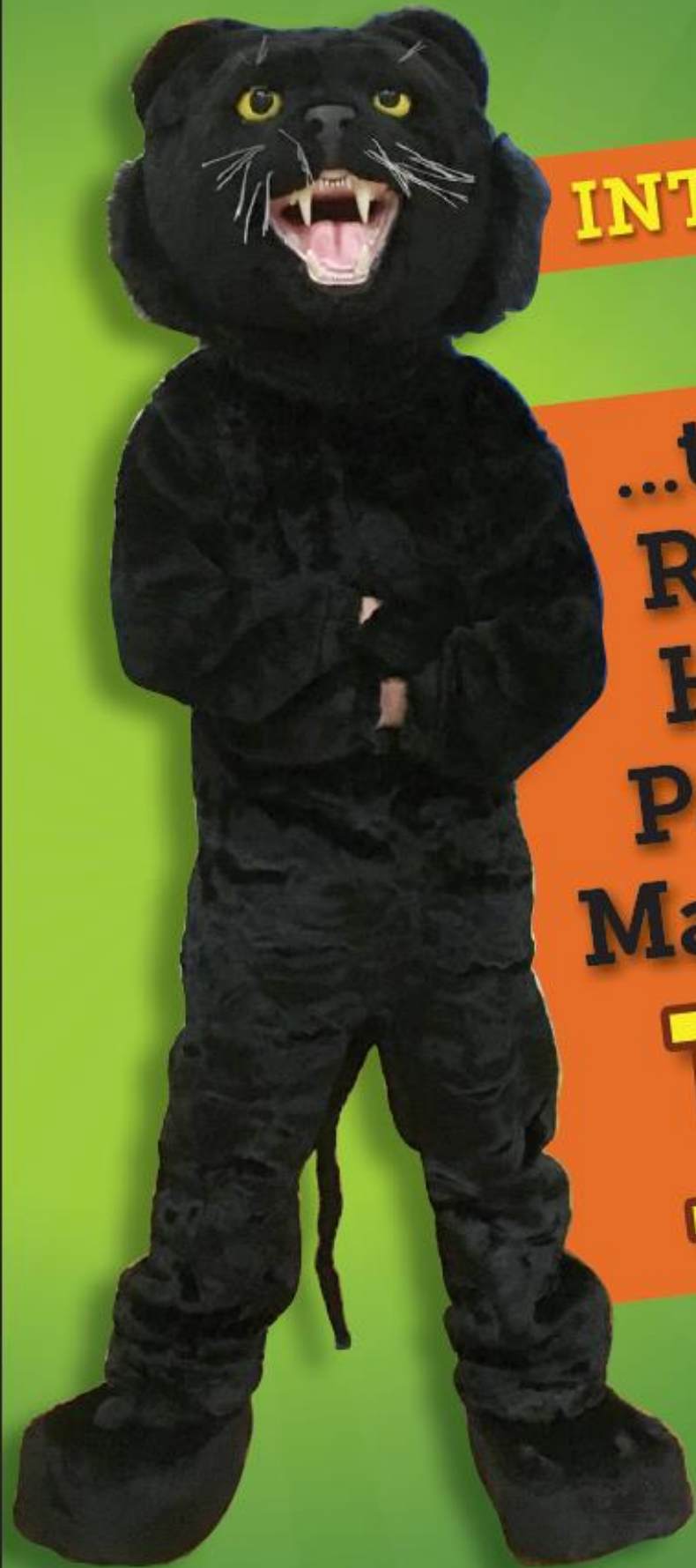
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District 504 Contact: Suzy Harris, Integrated Student Support (503-916-2000 x72124)
American Disabilities Act Contact: Jeff Fish, HR Legal Counsel (503-916-3246)



Coming Soon

The **Student Directory** will be available very soon. NEW digital format this year with access to it by smart phone app or computer.

Please look for an email from Principal Cohen in the coming weeks for detailed instructions... —The PTA



INTRODUCING...

**...the all new
Roseway
Heights
Panther
Mascot:**

PIP

A gift from your PTA!