



The Sabin Sentinel

Volume 1 - Issue 7, November 17, 2016



BREAKING NEWS!

The Run for Sabin has raised over \$25,000 and still counting!

MUSIC TO OUR EARS

We purchased a PA system and 30 ukuleles with extra funds from the fall fundraiser and from our Run for the Arts account. The ukuleles were discounted thanks to Hollywood Ukulele Group (HUG). Karen Sinizer of HUG delivered the instruments to the school and Mr. Johnson's class got to try them out.



In this issue

- Principal message
- Feed 4 More program
- Counselor's corner
- 8th grade info night
- IB Corner
- Chess for success
- If I were president
- Giving Tuesday
- Grant-to-Marshall transportation update
- Upcoming events



Principal's corner

Dear Parents and Families,



During the month of November, students have 15 in-school days and 7 days with no school. We will recognize National Native American Heritage Month, Veteran's Day and Thanksgiving among other holidays. We will have rolled our

clocks back and seen less daylight. Many of us, adults and children alike, will need to recover from the news on Election Day.

During elections, there are always winners and losers. Let's remember that a growth and change mindset often compels many of our elected officials to pursue a grueling campaign, whether we agree with their platform or not. We will not always agree but we can participate in, and respect the process. We live in a nation where we have the 1st amendment right of free speech. As citizens we also have a constitutional right to participate in our local and national election process. Our own mock election at Sabin was a great opportunity for our children to learn about democratic government and the right to vote which was hard fought and won for women and people of color.

We have an opportunity to show and inspire our children to spark changes that can impact all of our lives locally, nationally and globally. The educational philosophy around which we operate as an IB world school recognizes our interconnectedness, shared responsibility and humanity as well as the ethic of love in our life experiences. As we continue to develop the vision statement for Sabin, I am asking each of you to show our children that we can act responsibly with each other and interact with compassion no matter what our physical or philosophical differences are.

If we can clear the smoke between us, we might even see our own reflection in each other.

Reiko Williams
Sabin Principal

Sabin Vision

Sabin will be a loving environment that prepares all students to reach their fullest potential and to create a better world.



Whole Foods has partnered with Sabin to provide healthy snacks for staff and food used at school events. Our partnership also allows us to explore ways in which we can address food insecurity and teach our families about eating for life. **From Nov. 11 through Dec. 24** Whole Foods is raising money for the Oregon Food Bank through its Feed 4 More program. Please donate at the register.

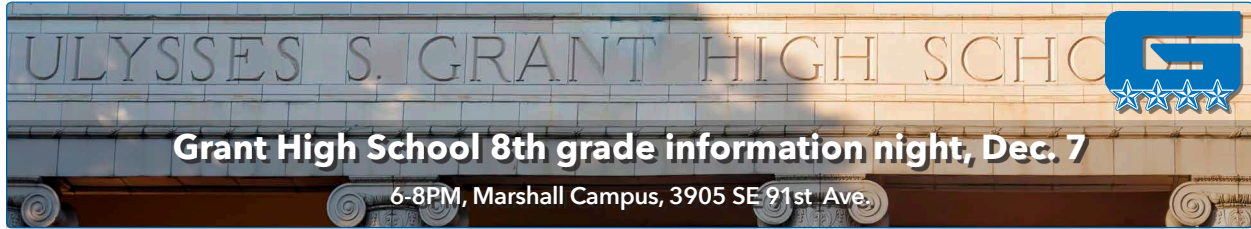
Counselor's corner

We are continuing our work and practicing COMMUNICATION with respect this month, both with others and with ourselves. Our own inner dialogue/communication is important for emotional regulation, positive self-talk, view of experiences, and then expression.

Being able to communicate within ourselves and have positive self-talk, emotional understanding of our feelings, and then being able to express these feelings are skills we are working on.

Ways that we communicate are varied through modes and language usage. Our students are learning to communicate through multiple forms, such as Music, Art, Spanish, English Language Arts, and Math. Each form of communication comes with endless ways of expression. Our personal communication comes through body language, gesturing, facial expression, listening, silence, and tone of voice to name a few. Ways that we communicate in school often include sharing ideas, knowledge and feelings, asking questions, making connections between people and information, speaking clearly while presenting in groups, expressing our selves through words and actions. The way we COMMUNICATE can be so interesting and different! It is dynamic and creative. We would ask that you observe yourself and your child/children on the ways that you communicate with each other. Is it effective? What feelings come up from your communication styles?

Erika and Anna



Sabin teachers attending the IB Portland Conference

IB corner

Part of the mission of IB is to create lifelong learners. We want all of our students to learn while they are in our classrooms and school as well as after they leave formal education.



IB also supports teachers in being lifelong learners. Last weekend, seven Sabin teachers chose to spend a weekend attending the IB Portland Conference. They attended workshops on leadership, inquiry and science, and inquiry relating to reading and writing.

Additionally, eight teachers attended an IB workshop during September and seven more teachers will have that opportunity in January!

Thank you for supporting your child and our teachers in becoming lifelong learners.

Conversation ideas:

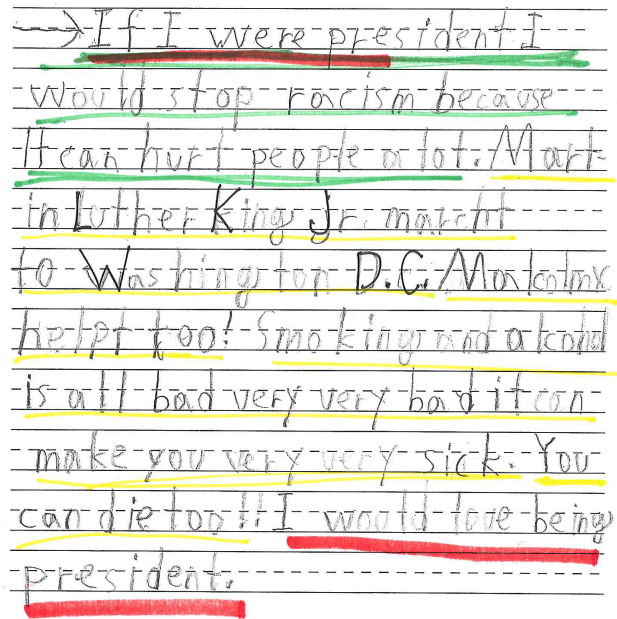
- Model being a lifelong learner. Share with your family how you continue to learn.
- Talk about what you would like to learn more about. The more you model, the more likely your family will reciprocate with details!

Chess for Success



On Saturday, November 12, more than 120 girls competed at Sabin in a Chess for Success Girls Tournament. Anaya (right) won the whole tournament!

If I were president, Zahir Bellcoff



This **Giving Tuesday** help all Sabin students become successful, caring, lifelong learners by donating to the Sabin School Foundation. **To Donate** go to allhandsraised.org/donate and select Sabin from the drop down menu, or drop off a check in the foundation mailbox in the school office.



#GIVINGTUESDAY
11.29.2016

Grant-to-Marshall transportation update

Next fall Grant High School will be closed for 2 years of construction and Grant will be temporarily housed at the Marshall Campus (SE 92nd and Powell). Parents and guardians of future Grant students who are currently in 7th and 8th grade should be aware that there is currently no plan to offer school buses to transport students to Marshall. Grant students are expected to walk, bike, use TriMet, carpool, or drive themselves.

Grant Principal Carol Campbell is aware that transportation to Marshall may be difficult for many families. We hope that you'll take time to read the message from Principal Campbell below and email her (ccampbell@pps.net) with your specific concerns.

Please consider any or all of the following:

- The length of your student's commute to Marshall in each direction.
 - * TriMet trip planner: <http://trimet.org/#/planner>
 - * Marshall campus: 3905 SE 91st Ave
 - * Grant currently starts at 8:15 a.m.
- Whether the commute may affect your student's ability to be involved/engaged/ successful at Grant.
- Concerns about safety, early wake times if using transit, etc.
- Potential solutions: Would school buses from neighborhood schools (or other safe locations) make a difference for your student/family?

Message from Grant principal Carol Campbell:

As we prepare for the move to the Marshall campus next fall, we would like to hear from Grant families regarding transportation. For some families the MAX Green line will provide a reasonable commute. For others, based on address and other factors, the commute could be lengthy, require a long walk and/or multiple bus transfers. If your child will have difficulty with the commute to Marshall, please let us know by sending an e-mail to ccampbell@pps.net. Include your address, challenges faced by the commute to Marshall and what supports you would like to see to ensure your student gets to Marshall safely and on time. During this school year we will continue to gather information from families. I encourage you to participate in any surveys and/or attend meetings to share challenges and concerns.

Upcoming events

Thanksgiving, No School
Wednesday-Friday, November 23- 25
K-2 Celebration Assembly
Tuesday, November 29
Site Council Meeting
Tuesday, November 29, 3:45PM
No-school-ember continues!

If I were president, Charlotte Smith



If I were president I would...

If I were president I would make sure that everything was fair no matter what gender you are or what you look like. I would make sure that the judge and that jury was making the decision based on what they think is right not what they look like. And I would make sure woman and black people are getting paid the same as men and white people at there job.

I would also make big corporations pay more taxes and use that money to help homeless shelters and animal shelters. I think we need more homeless shelters because there is so many people that have no food and no home. If you put yourself in a homeless persons life, not knowing were your gonna get breakfast that

morning, being cold and not having anywhere to go. That is why we need homeless shelters. Now there are animal shelters that kill an animal if they havnt gotten adopted in a long time. I think that is terrible and if an animal dosnt get adopted than it might be because the animal shelter dosnt get alot of business and that isnt fair for the animal.