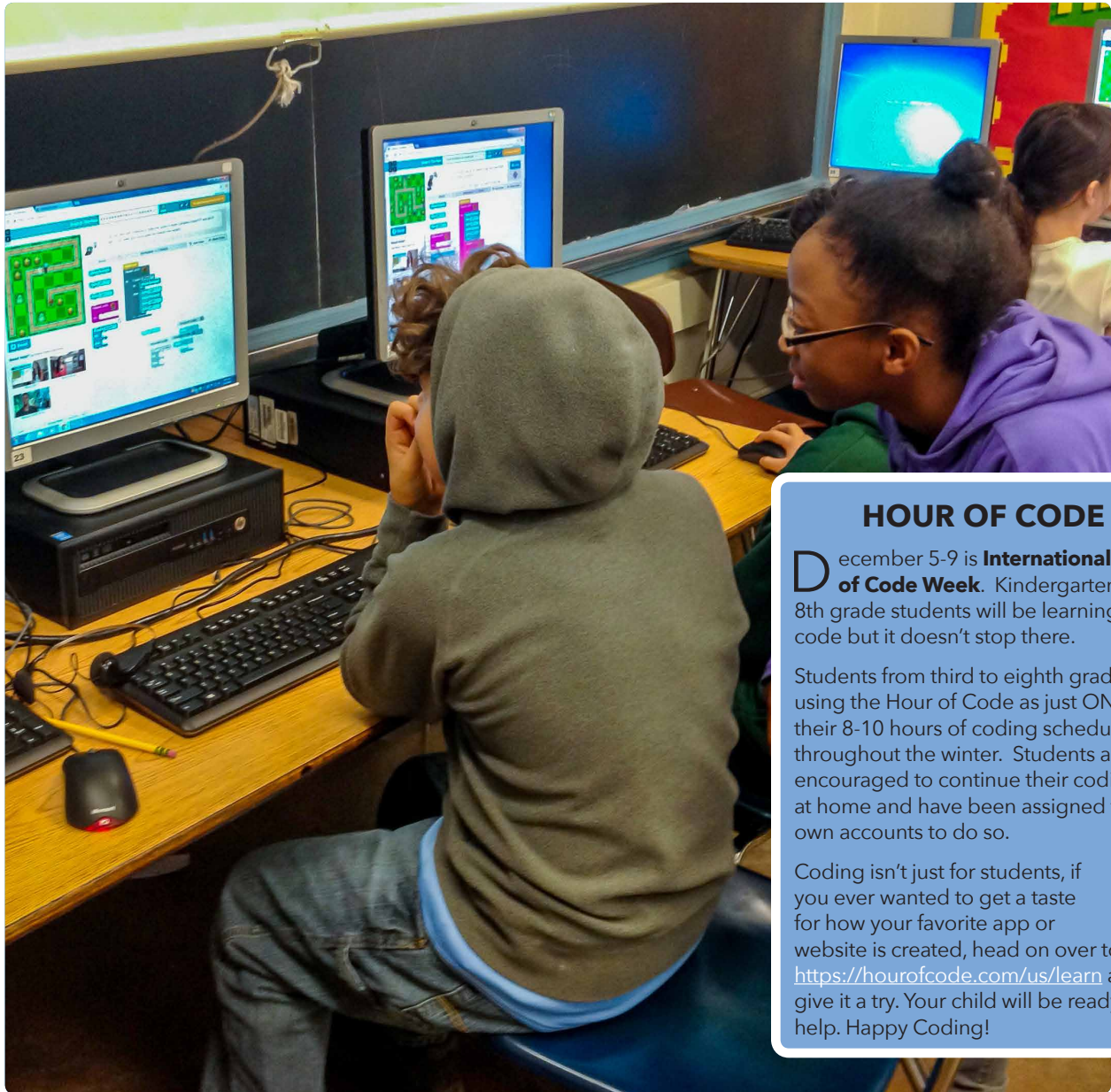




# The Sabin Sentinel

Volume 1 - Issue 8, December 2, 2016



## HOUR OF CODE

December 5-9 is **International Hour of Code Week**. Kindergarten to 8th grade students will be learning to code but it doesn't stop there.

Students from third to eighth grade are using the Hour of Code as just ONE of their 8-10 hours of coding scheduled throughout the winter. Students are encouraged to continue their coding at home and have been assigned their own accounts to do so.

Coding isn't just for students, if you ever wanted to get a taste for how your favorite app or website is created, head on over to <https://hourofcode.com/us/learn> and give it a try. Your child will be ready to help. Happy Coding!

## In this issue

- Principal message
- IB corner
- SUN School update
- School of Excellence
- Auction news
- Counselor's corner
- PTA book exchange
- Restorative Justice
- Site Council
- Ms. Kristen Braia
- Sabin School Foundation



## Principal's corner

Dear Parents and Families,

Happy December! We will welcome winter this month and along with it shorter and colder days and possibly snow, we will have a holiday break and then usher in a new year all before we return to school.

This month, some families will celebrate Hanukkah, some will celebrate Kwanzaa and others will celebrate Christmas. While in this country, we start to celebrate the New Year on the eve of January 1st, celebrating the New Year occurs at different times around the world. This month, some countries will celebrate their independence even though we celebrate ours in July. I encourage you to learn about and discuss the diversity of ways in which people around the world celebrate during this holiday season. What a wonderful lesson for children about the ties that bind us even though our cultures - the foods we eat, the languages we speak and our beliefs might be very different.



Eneti Townsend Gant, Sylvie Body and Amelia Levine

This month's IB learner profile is caring: showing empathy, compassion and respect. In showing caring, we show our commitment of service and we act to make a positive difference in the lives of others and in the world around us.



No matter your plans during the month of December, I wish you a time of peace, happiness and joy and I look forward to seeing you in the New Year!

Reiko Williams  
Sabin Principal

## PTA School of Excellence Family Survey: Next steps

Thank you to the 125 families who completed the PTA School of Excellence Family Survey! We are pleased to have such a high response rate and appreciate so many families taking the time to provide their input. [Click here to see a summary of the survey responses.](#)

Our next step is to submit our survey results to the National PTA. They'll analyze our data and provide us with what they call a Road Map to Excellence, which offers specific recommendations for improving family-school partnerships.

Our school administrators, PTA, and Site Council will work in partnership to implement these recommendations. We welcome your questions and participation in this process; please contact Michelle Ganow-Jones at [sabinptapresident@gmail.com](mailto:sabinptapresident@gmail.com) for more information.

## IB corner



Action is one of the five essential elements of the PYP and MYP programme. Students in 2nd grade have been inspired by their IB unit on Sharing the Planet and have started cleaning up trash during recess

"Three of my students initiated action connected to our current unit Sharing the Planet. They are starting a Clean Up Trash club, and their signs demonstrate the connection to their learning. This has inspired other students to get involved. We were able to take the opportunity to discuss the action cycle and how this idea fits into the cycle."—Rachel Kyriss

## Sabin Vision

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

## SUN School update

The last day of the Fall SUN term is Thursday, December 15. The Fall SUN Showcase will be held at 4:30pm on Thursday, December 15 in the Sabin Auditorium. Performances will include Drumming, Motion Magic, Dance, Flip, Flow and a reading by the Creative Writing class.

The Winter SUN Newsletter will be distributed out to classrooms and available online on Friday, December 9.



# SABIN AUCTION 2017

## AN ADVENTURE IN WONDERLAND

FRIDAY, APRIL 7TH, 2017  
 MELODY BALLROOM  
 615 SE ALDER ST. PORTLAND, OR 97214

### Sabin Auction: Looking for corporate sponsors!

[www.sabinpta.com/auction](http://www.sabinpta.com/auction)

There are lots of things that need to be paid for so that the amazing Sabin Auction can happen: venue, tables, food, electricity... you get the idea. This is where sponsorship comes in. Are you a business owner who would like to sponsor the auction because you love Sabin and because you want the Sabin community to know about your business? [There are many different levels to consider.](#)

What about the company you work for? Would the corporate giving department consider sponsoring the auction? Your help making the pitch would be fantastic, but simply connecting us with the right person would also be a huge help. Our Sponsorship Leads, David Wolman and Nicola Pinson (Spencer's parents), are happy to follow up. Any and all leads can be sent directly to: [david@david-wolman.com](mailto:david@david-wolman.com).

### Counselor's corner

Anger is a VERY important emotion that our body gives us a heads-up about. Learning to recognize when and why we are feeling anger is key information needed to find healthy ways to move through this strong emotion without hurting ourselves or others.

Below is student work from an activity we did in 5th grade about anger.

We invite you to take a few minutes to reflect on this exercise for yourself and perhaps have a family discussion on anger. This will be best done when people are not feeling angry and are emotionally available, perhaps after in conjunction with a fun family bonding activity (dinner, game, walk).

Erika and Anna

**What is Anger?**

Anger is a difficult feeling. When you're angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time? It happens to everyone.

✎ Draw a picture of what you look like when you're angry.

❗ What's something you say only when you're angry?

Stop! This is getting annoying! It's also hurting my feelings.

**What is Anger?**

All sorts of things can make a person feel angry. Some people get mad when they have to follow a rule they don't like, or when another person is mean to them.

✎ List some things that cause you to feel angry.

- To be left out
- "Rudeness"
- Bad physical contact
- People touching me without permission
- Tight Hugs

**What is Anger?**

Even though it's normal to feel angry from time to time, it's never ok to be mean, break things, hurt others, or hurt yourself. Learning to control your anger is about learning new ways to act when you're upset.

★ Here's a list of healthy things you can do when you feel angry. Circle the ones that you might like to try.

- Take deep breaths.
- Draw your anger.
- Do jumping jacks.
- Write about your anger.
- Count to 100.
- Walk away.
- Talk to someone.
- Squeeze a stress ball.
- Play outside.
- Listen to music.
- Practice a hobby.

**Anger Warning Signs**

Sometimes anger can affect what you say or do before you even recognize how you're feeling. You may become so used to the feeling of anger that you don't notice it, sort of like how you can hear the sound of an air conditioner, or the humming of a refrigerator, but block it from your mind.

Even if you aren't aware of your anger, it influences how you behave. The first step to managing anger is learning to recognize your personal warning signs that will tip you off about how you're feeling.

How do you react when you feel angry? Some of these warning signs might start when you are only a little irritated, and others might start when you are very angry. Circle the warning signs that apply to you.

Mind goes blank	Insult the other person	Face turns red
Body or hands shake	Start sweating	Throw things
Heavy or fast breathing	Stare at the other person aggressively	Scowl or make an angry face
Screen, raise voice, or yell	Clench fists	Feel sick to the stomach
Punch walls	Feel hot	Become aggressive
Become argumentative	Go quiet and "shut down"	Crying
Pace around the room	Headaches	Can't stop thinking about the problem



We are pleased to introduce Ms. Kristen Braia, our temporary 4th grade teacher, working with Ms. Shaw's class. She has been teaching for 14 years and began her career in special education then taught fourth grade. She has worked at The Emerson School and Chief Joseph. Help us welcome Ms. Braia to our Sabin family!

## December 8 PTA meeting and book exchange for adults!

Please plan to attend the final PTA meeting of 2016 (how did that happen already?!) from 6:30-8:00 pm in the auditorium. Childcare will be provided. Among other things, we know that you'll want to hear about, ask questions, and offer your input on:

- Next year's Grant-to-Marshall move and plans for Grant modernization - we'll be joined by Grant High School principal Carol Campbell; and
- A proposal from the auction committee that the paddle raise at this year's auction be a general paddle raise for Sabin School and not earmarked for something specific, with funds to be distributed as needed after the fact.

We'll also be sharing information about the upcoming celebration of reading in January, and to kick off the fun, we'll have a Book Exchange for Adults immediately following the meeting. Bring a book, take a book, and find yourself something good to read over the holiday break!

**On Giving Tuesday**, the Sabin School Foundation launched a new direct-giving program. In just one day 17 families gave \$2,850 making an excellent start to our goal of 100 families donating by December 31.

The foundation's **sole purpose is to help hire additional teachers at Sabin**. Please make a donation by December 31!

To **DONATE** go to [allhandsraised.org/donate](http://allhandsraised.org/donate) and select Sabin from the drop down menu, or drop off a check in the Foundation mailbox in the school office.



## Restorative Justice update

This month classrooms are buzzing with conversations about all things Fall related; changing colors of leaves, upcoming weeks of holiday celebrations, the election, the list could go on. Classrooms are using circles as a way to start and end the day, build community and process real life issues and conflicts. Students, K through 8 are becoming more familiar with honest dialogues where their voice and truth are highly valued and welcomed.

Thanks to the equity team, parents were given an opportunity to participate in a mini "Intro to Restorative Justice" practices, with the RJ coordinators. Our hopes are that parents and Sabin staff are able to move in tandem with mutually shared language and knowledge of practices that support and create positive change.

Lastly, empathy. It seems now more than ever, there's a tremendous need for people's voices and experiences to be validated and heard. In an age where it seems limitless, all the places one might find access and avenues to express themselves, many people (youth included) don't really feel heard. Studies have proven that 90% or more of someone's stress dissipates when they are emphasized with. Empathy is really the art of walking with someone while they are sharing or expressing an experience with you. Cultivating empathy will both create more ease and harmony internally, as well as support relationships outside of the self, with others. When faced with emotions, feelings and conflict it's always good to DIG DEEP!

Amber Boydston and Joslyn Janapol  
Sabin Restorative Justice Coaches

## Sabin Site Council

Site Council is a meeting place where administration, teachers, staff and parents have the opportunity to come together and discuss ways to improve student learning and the overall academic direction of the school. It is a place for creative thinking and problem solving and to review student achievement data and monitor progress towards goals.

The chair of Site Council for this year is Kim Ford and the voting membership includes:

- Reiko Williams (Principal)
- Rochelle Pluymers (Language Arts Teacher)
- Kim Johnston (5th Grade Teacher)
- Kate Anderson (Kindergarten Teacher)
- Maria Cordero (Parent)
- Meghan Whitaker (Parent)
- Tara Russell (Parent)

**All are welcome to attend meetings.** Site Council is particularly seeking representation from **Middle Years Program parents and from the non-white community**. Site Council meets on the last Tuesday of the month (with the exception of winter and spring breaks) from 3:45 - 5:15pm in room 313 (Ms. Johnston's classroom). Our next meeting is scheduled for **Tuesday, December 13th, 2016**. Questions: [kimberlyford77@yahoo.com](mailto:kimberlyford77@yahoo.com).