



# The Sabin Sentinel

Volume 3 – Issue 10, February 10, 2019

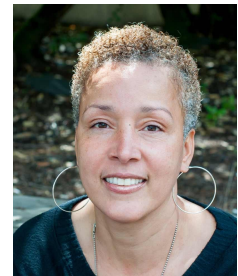
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**Pictured Above:**

Our 4th grade classes traveled to the historic end of the Oregon Trail Interpretive Center to learn first hand about the Oregon Trail. The students took part in a presentation with historically clothed interpreter, watched the Bound for Oregon Movie, helped pack a covered wagon, dipped candles and churned butter! It was a great trip, and the kids all learned a lot!



Dear Sabin Families,

I would like to first apologize for the delays and irregular publishing of the Sabin Sentinel. It seems that we have been in a perpetual state of transition this year. Things are settling down and I am hoping that we will be able to return to our previous schedule of bi-monthly editions. Thank you to Lisa Wright for serving as our volunteer editor. It is not an easy role but we have been grateful for her support! Ms. Amber, our Restorative Justice Coach, is back. Yeahhh! She has also volunteered to publish our newsletter now.

We are finalizing the hiring of our school secretary who should be starting next week. Her name is Christina Forbes and we are excited to have her. In addition to staffing transitions, we have experienced several changes that I would like to share with you. When we are short staffed, many office functions are impacted. We are grateful to have had a few folks step in to assist; a special thank you to parent/family volunteers who provide support with tardy slips, assisting visitors, answering phones and preparing snacks.

On the subject of snacks- thank you for supporting the office program. As much as we would love to continue the snack program, we have had some struggles with how our staff feel about it. It has presented some unforeseen challenges in terms of students leaving the classroom and a bottleneck of students in the office at the end of the day. As you can imagine, this can impede staff, visitors, and families from accessing the main office. Thank you to Ms. Lori for her vision for the program; snacks are one of the many ways she shows love, support and encouragement to all of our students. We will be considering other ways to ensure that food or being hungry does not impede student learning. If you have questions or feedback about this, please let me know.

I would also like to say that we have been more busy than usual. The demands on our time as a front office staff and administration are many. There are many days we don't leave the office until well after 7PM; twelve hour days have become all too common this year. I say this because the demands coupled with the limited staff have impacted our desire and ability to communicate as well as we would like to. This has included having our newsletter sent out and other opportunities for sharing what we are doing. My goal is to keep working at it. What this means for you: if you need a response right away, either call or visit. I am inundated with email and as much as I would like to promise you a response within a definitive period of time, I would rather let you know what would get you a more timely response.

We launched our Mt. Readmore campaign, held a beautiful school-wide MLK assembly to learn about all of the service projects our students led, and resumed our Playworks junior coaching program with fourth and fifth grade volunteer coaches. With all of the challenges and transitions that we have faced this year, we continue to have a vibrant community that has weathered these storms. Students continue to show up smiling and when needed, so many families lend their support in a variety of ways. The Sabin community should feel pride in their ability to foster a warm and welcoming school community.

With gratitude.

## From Ms. Moller

Thank you all for participating in the fantastic week of Kindness. Students worked on their kindness checklists throughout the week, came together at the kindness stations during recess, had pictures taken with the Kindness photo frame, and spread the feeling of kindness at Sabin. I hope you all experienced kindness at home as well. Let's keep this positive energy going through all our interactions. Happy New Year!

Kindness Rocks painted by students

Making Kindness Posters

Kindness Photo Frame







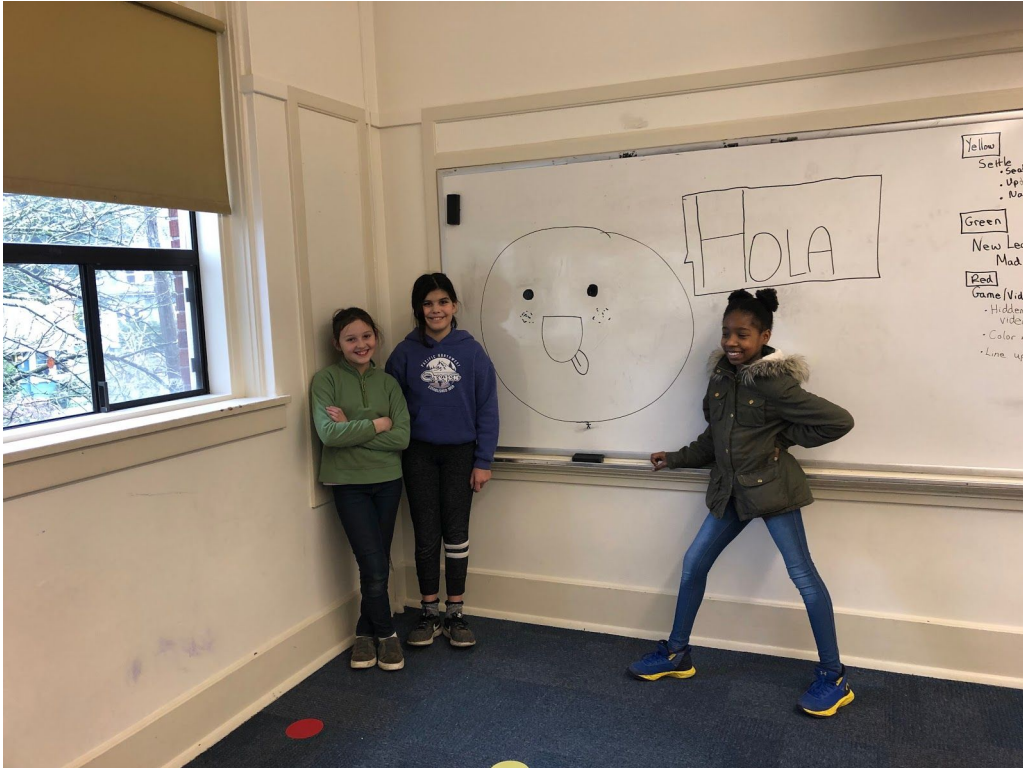








## Impulse Control and IB



This month in Spanish, students are working on telling stories and learning many different words. This could happen in any school that is offering Spanish - no matter if it is an IB school or not an IB school.

**I want to share with you one impact IB has on how I teach Spanish.** As an IB teacher I teach Spanish, but I am also responsible for teaching specific “Approaches to Learning” skills. An example of this is impulse control. These are not skills the district expects us to teach. Impulse control is not a state standard. It is an IB expectation, but as a school we have to design how we will teach this skill.

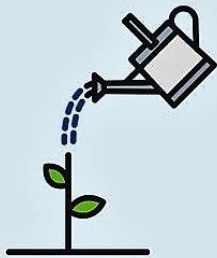
**Knowing this, I create activities in Spanish that will challenge students on developing their impulse control.** For example, I have students play a game where they can make animal noises, but have to stop suddenly. I have students play a game where there will be temptation to shout out an answer or give a clue, but teach them strategies about how to manage that urge.

I also talk explicitly about how impulse control is a more challenging skill for some students than others. As a culture we tend to be more accepting and kind when someone struggles with learning to read, but have less patience when someone is struggling with impulse control and self-regulation. I teach our students explicitly that **I expect them to follow the rules of being kind, even when someone breaks a rule because they are struggling with impulse control.**

**How can you help your child build impulse control at home?** Give your child opportunities where they have to wait to talk (like while you are on the phone), wait to eat until everyone is sitting down, wait to have screen time till after they have done something else.

**I love that IB understands that learning to read is just as important as Approaches to Learning skills (like impulse control). This has made me a better Spanish teacher, a better colleague and a better mom.**

## Mary Williams: Occupational Therapist!



**YOU GOTTA  
NOURISH  
TO FLOURISH**

Dear Families,

I am the occupational therapist at Sabin School. I am excited to announce that this year there is a room at Sabin that we are wanting to set up as a "Sensory Space". Often, a child can have difficulty accessing their education through a typical classroom setting. Students with emotional, academic, and sensory needs will have access to the Sensory Space that provides them with equipment and tools that provide sensory input to promote calm bodies and teach self-regulation strategies; thus enabling students to return to their classroom "ready to learn".

I completed a Donors Choose entitled "Create a Sensory Space for Students" that you can access by going to [www.donorschoose.org](http://www.donorschoose.org) and putting that title in the search bar. It will say that it is funded by Mr. Unwin. If you contribute before 2/14/19, they will double the donation! I put requests for the larger, more expensive items and we can still use many other tools and small equipment such as yoga mats; small children's tent; bean bag chair, kinetic sand, small plastic bins for beans, etc. If you have any questions, please email me at: [mwilliams@pps.net](mailto:mwilliams@pps.net)

We believe this space will positively impact the entire school community by providing opportunities to prepare for the demands of the school day. It will teach students self-regulation and time management strategies to reduce classroom disruptions and help everyone to be successful.

Thank you....

## A Little Restorative Justice Peace

Mind-Full Reads!



**Everyday People: The Color of Life - a Short Story Anthology:** A much needed anthology, edited by **Jennifer Baker**, that brings together some of today's most compelling Black, Brown and Native writers, spanning a diversity of subject matter and style. This Anthology illustrates the dynamics of character and culture that reflect familial strife, political conflict, and personal turmoil through an array of stories that reveal the depth of the human experience.

Representing a wide range of styles, themes, and perspectives, these selected stories depict moments that linger—crossroads to be navigated, relationships, epiphanies, and times of doubt, loss, and discovery. A celebration of writing and expression, *Everyday People* brings to light the rich tapestry that binds us all. **Some of the contributors include - Mia Alvar, Carleigh Baker, Nana Brew-Hammond, Glendaliz Camacho, Alexander Chee, Mitchell S. Jackson, Yiyun Li, Allison Mills, Courttia Newland, Dennis Norris II, Hasanthika Sirisena, and Brandon Taylor.**

**So You Want to Talk About Race**, Author, **Ijeoma Oluo** offers a contemporary, accessible take on the racial landscape in America, addressing head-on such issues as privilege, police brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N" word. A current, constructive, and actionable exploration of today's racial landscape, offering straightforward clarity that readers of all races need to contribute to the dismantling of the racial divide.

**Little Leaders:** This beautifully illustrated book introduces reader of all ages to 40 women who changed the world. Featuring forty trailblazing black women in American history, *Little Leaders* educates and inspires as it relates true stories of breaking boundaries and achieving beyond expectations. **Author - Vashti Harrison**

**Moody Cow Meditates:** Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise.

**Author - Kerry Lee MacLean**



## Snack Program Discontinued

**Talk to your teachers about how to donate healthy snacks to the CLASSROOMS**

Snacks from the front office will no longer be offered. If you have any questions, please connect with Ms. Lori for a time to speak with Ms. Williams!



Feb 2019

**Communities for Safe Kids Parent information night**, Wednesday, 6th 5:00pm - 5:30pm

**PTA Meeting**, Wednesday, 6th 5:30pm - 7:00pm

**Kindergarten Connect**, Tue/Wed, 12th + 13th

**Black Family Night II**, Thursday, 21st 6:00pm - 7:30pm