

PRINCIPAL'S MESSAGE

Greetings Martin Luther King Jr. School Families,

Welcome to November, or as some folks call it "no school November". This is a tough month to build continuity with the time off for national holidays and conferences. We are working hard to build some educational consistency for our students by getting as many of them as possible set up for accessing our blended learning platforms away from school. We are offering some fun incentives to get students to log in at SUN school, home or at the library on our math program called Dreambox. We will also be offering technical assistance for getting set up on these programs during conferences on November 19th and 20th as well as at our Academic Success Night on November 29th. In addition to the technology focus we will be offering several other workshops focused on providing valuable tips and insights in supporting your students to meet their academic potential. Stay tuned for more specifics on these great workshops and the other resources that will be available that evening.

The major parts of the construction should be wrapping up this month. The new skylights and roof will be completed soon. We are also getting some fresh paint in many of our primary grades classrooms and common areas. Our water is still in progress, but some of the fixtures remain accessible. The elevator is on schedule to be completed in February. We will be receiving some new landscaping and will need our fabulous volunteers to help us get these in the ground. Stay tuned for details on a planting party.

The Race Toward the Dream was a huge success! Thank you to Brenda Ku and Lyndsey Vaugh-Dieter for taking the lead on this project as well as everyone who came out to volunteer. It looks like we have well exceeded our goals, go team!

Attendance is a huge factor in the success of students. Obviously, it is hard to learn when you aren't in class. We will be communicating more regularly with families when we see students out for several days during a month or late frequently. Our hope is to partner with you to reduce barriers to attendance. Teamwork makes the dream work!

Finally, I wanted to share that our ongoing advocacy to support our single strand English only classroom has resulted in Meghan Kahn's 2nd grade class receiving a full time educational assistant to support her 28 students.

I am deeply grateful to serve such an amazingly supportive, compassionate and passionate community.

With gratitude,
Jill Sage
Principal

CALENDAR DATES TO REMEMBER

11/12	No School- Holiday
11/14	Latino Parent Coffee Chat 8:45 Conference RM 139
11/18-24	No School for students
11/19 & 11/20	Parent/Teacher Conferences AM/PM
11/27	PTA Meeting 5:30 PM
11/29	Academic Night 5:30-7:30

OFFICE REMINDERS

As we begin the flu season please make sure that your phone numbers & emergency contacts are updated in the office. It will make it much easier for us to reach you when your child is ill.

Also remember that school is out at **3:00 PM**. Please pick up your child on time. There is NO SUN on Fridays.



PARENT/TEACHER CONFERENCES

NOVEMBER 19TH & 20TH

IF YOU HAVE NOT SIGNED UP FOR A CONFERENCE TIME
PLEASE CONTACT YOUR STUDENT'S TEACHER AND SET UP A
TIME FOR YOU TO MEET

DreamBox Challenge and Online Learning

What is DreamBox? An online, standards aligned math program. When using DreamBox, students receive specialized math lessons that are just for them. DreamBox is adaptive - meaning that the program selects specific lessons for your child that provide just the right level of challenge and opportunity for growth.

To continue to get students excited about their math learning goals, we have launched a DreamBox Challenge for the month of November. Students who log in and complete DreamBox lessons outside of school time will receive special raffle tickets each week to be entered into Grand Prize drawings at the November Student Success Assembly. Student login information went home with your child in their Red Folder last week.

Need help getting your student logged in to DreamBox or any other blended learning programs? Visit the **MLK TECH HELP DESK**. **Bring your device or tablet to school and we can help you set it up or show you how to log in.** We will be set up by the Main Entrance.

- Wednesday, Nov. 7: 8:30am - 9:00am
- Wednesday Nov. 14: 8:30am - 9:00am



Hello Families,

I want to take this opportunity to introduce myself and tell you a little about the library program at Martin Luther King Jr. School. First, thank you to all of you who have stopped by and introduced yourself. I have enjoyed the first two months of school and getting to know the Martin Luther King Jr. community. My name is Beth Bolger and I have been a librarian for 3 years. I have been teaching for 14 years at Boise-Eliot/Humboldt School.

When your students come to the library here at school they spend about 45 minutes. In that 45 minutes they are hearing and learning about different types of literature, constructing in the MakerSpace (more to come on that), learning research skills and more about the inquiry cycle.

The library hours are as follows:

Monday-Thursday: Open for check out and return from 3:00-3:10. The library is used for Professional Development and Staff Meetings on these days.

Friday open from 3:00-3:50

If you haven't already please stop by and introduce yourself. Thank you for you all for the warm welcome to MLK Jr. School.

Cheers,

Beth Bolger
Martin Luther King Jr. School
Media Specialist
503-916-6456

Hello Martin Luther King Jr. School!

My name is Jennifer Nelson; I work for Oregon State University Extension Service as a SNAP-Ed Nutrition Educator. The SNAP-Ed program is a preventative health program focused on reducing chronic health conditions. The program fosters healthy food choices and increased physical activity through direct education; social marketing; and efforts to impact policy, school systems and environment to support health and wellness. This is the third school year our program has partnered at King School.

I visit King School classrooms every Wednesday to provide nutrition education lessons along with a healthy recipe to taste. Recipes come from Food Hero, our social marketing campaign website, that has hundreds of quick, delicious and nutritious recipes and helpful cooking tips. You can find all of the recipes tasted and more at www.FoodHero.org.

Below are 9 suggestions for healthy sleep habits from the Nationwide Children's Hospital in Ohio:

1. Get enough sleep. School aged children need at least 10 to 11 hours of sleep every night. Teens need at least 8 to 9 hours of sleep.
2. Keep a regular sleep schedule. Try to go to sleep and wake up at the same time every day, even on weekends. If you would like to sleep later on the weekends, wake up within 2 hours of the time you would wake up on the weekday. For example, if you wake up [at 7 a.m.](#) During the week, wake up no later than [9 a.m.](#) on the weekend.
3. Have a bedtime routine. Do relaxing things like listen to music or read a book before going to bed. Try to have 4 to 5 hours between any exercise and bedtime.
4. Avoid daytime naps. Naps during the day can make it harder to fall asleep at night.
5. Avoid drinks with caffeine (such as sodas, energy drinks, coffee, and tea), especially in the afternoon and evenings.
6. Eat regularly and don't go to bed hungry. A light snack before bed is a good idea.
7. Use the bed only for sleep. Do not watch TV, read, or eat in bed.
8. If you need to, completely remove the TV or radio from your bedroom at bedtime. Avoid using cell phones and the computer at bedtime. The light from the screens can keep you awake.
9. If you are unable to fall asleep after lying in bed for 20 minutes, get out of bed and do something until you feel sleepy. When you feel sleepy, go back to bed and try to fall asleep again.

It may take up to 2 weeks to see results from these changes, so don't give up in the first week!

WHAT IS SCHOOL CLIMATE?

School Climate encompasses CR-PBIS (Culturally-Responsive Positive Behavioral Interventions & Supports), Restorative Practices with the lens of Racial Equity, and the practices of Equity/CARE (Collaborative Action Research for Equity).

Why is School Climate Important?

Positive school climate benefits students, teachers, staff, and our Martin Luther King, Jr. families. Teachers are motivated to teach, students are motivated to learn. Last month, we focused on the elements of our CR-PBIS practices. This month we will be focusing on our Restorative Practices and Equity/CARE.

RESTORATIVE PRACTICES

Restorative Practices, also referred to as Restorative Justice, is a range of community building, peacemaking practices adapted to the school setting. The intention is to build trusting relationships and offer restorative alternatives to punitive discipline.

Restorative Inquiry is an essential restorative practice. A series of guiding questions are asked:

- * What happened?
- * Who was affected/impacted?
- * What can be done to make and keep things right?
- * How can others support you?

EQUITY/CARE

Central to our Equity/CARE work is educational equity. It is intentionally focused on increasing classroom engagement for every learner and learning style, and our capacity for being culturally competent in our instructional practices and inclusive of our cultural diversity. This work is necessary to prepare every student to navigate and compete in a culturally rich society and global economy.

There's a whole lot of reading going on at Martin Luther King School! And one thing that you might be hearing from your child or your child's teacher is a reading level - somewhere between A-Z. Here's a little information in case you are wondering about it.

One of the reading assessments teachers do with students gives them an idea of how difficult of text a student can read and understand on their own. The program that PPS has adopted gives that information in the form of a letter (A-Z) based on a continuum developed by Fountas and Pinnell (two literacy professors). This helps a teacher be able to plan teaching with the goal of moving students to more complex texts.

The level is not absolute, and it is evolving. It is also not a label for your child. The bottom line is this: reading improves more when students spend more time reading books that are "just right" for them. However, if you know the level and are looking for books at the library or on MyON, it is a good starting place for finding books your child can read independently.

At the same time, your child may be able to read more challenging books if they are really interested in the book or know a lot about the topic. On the other hand, if the book is longer or about new concepts, they might struggle with that level. It is important to know that this letter, whether it is E, J, or P, is simply an estimation of what difficulty of text your child can read independently.

Thanks!

Matthew Kertesz
Instructional Coach
Dr. Martin Luther King, Jr. School

Safe homes! Healthy homes! Free community events

Food, music, raffles and prizes

- Medication collection
- Blood pressure checks
- Sharps and needle collection
- Health insurance sign-ups
- Green cleaning natural gifts
- Holiday recycling tips

Hosted by North by Northeast and Metro



North by Northeast
Community Health
Center

714 NE Alberta Street
Portland

Upcoming event
2 to 5 p.m.
November 9, 2018

Future events
2 to 5 p.m.
January 11, 2019
March 8, 2019
May 10, 2019

Learn more

For more information call
503-287-4932 or visit nxneglinic.org





MÓNICA Mayer

THURSDAY, NOVEMBER 8, 9-10AM
MLK JR SCHOOL LIBRARY
4906 NE 6TH AVE PORTLAND OREGON



KSMOCA
2018-2019 Lecture Series

Mónica Mayer Lecture and Exhibition

KSMOCA is excited to host Mónica Mayer (Mexico City) for our first public lecture of the 2018 - 2019 season. Mayer will talk about her work and *Abrazos/Hugs*, her upcoming exhibit and project at KSMOCA in collaboration with MLK Jr School students. Join us in the MLK Jr School Library on Thursday, November 8 from 9-10 AM.

Lecture: Thursday, November 8 from 9-10 AM

Exhibition Opening: Thursday, November 30 from 4-6 PM

Both events are free and open to the public.

Located at MLK Jr. School 4906 NE 6th Ave, Portland, OR 97211

PREPARING FOR PARENT-TEACHER CONFERENCES

- Talk with your child to understand their questions and concerns about school.
- Make notes, listing your questions and concerns. Remember to share your child's strengths, and how your child learns best.
- Ask for a phone conference if you cannot attend your child's conference. At the Parent-Teacher Conference Questions for the Teacher:
 - How is my child doing socially? How do you support his/her social development in class?
 - Is my child performing at grade level? Can you show me examples of my child's work in math, reading and writing that demonstrate his/her current performance level?
 - How do you support differences in learning abilities and styles?
 - How is my child's culture reflected in the classroom learning time?
 - Does my child need extra help in any areas? What resources are available at schools?
 - Do you have any suggestions to continue my child's learning at home? i.e. books, online learning programs, homework
 - Find out the best way and time to communicate with your child's teacher. After the Conference
 - Talk with your child about what the teacher told you, especially the positive comments.
 - Talk about goals and make a plan to reach them together.
 - Keep in touch with the teacher during the school year.

MLK Jr School has adopted **Toolbox**, a social and emotional learning program that is being taught school wide. You should have received a handout in your Wednesday red folder with a brief explanation of Toolbox. With Toolbox, students are taught 12 Tools to support and encourage self-awareness, self-management, and relationship building.

In each newsletter, I will describe two Tools for you to support your child in their social and emotional learning. As adults in the building, we model using the Tools for ourselves which is a powerful teaching tool and I encourage you to do the same at home. You can also support this learning by asking your child "Which Tool could you use?" if a situation arises.



Listening Tool- I listen with my ears, eyes, and heart.

Concept: Listening with one's heart is the key to strong relationship and conflict resolution, leading us to empathy. When we breathe from a quiet place inside, the ability to listen to what we are saying to ourselves and each other becomes easier.

Hand Gesture: Emulate a carpenter tapping on a wall and listening for the locations of a stud behind the wall. With two fingers, gently tap near your ear reminding yourself to "listen into" what is being said.



Empathy Tool- I care for others. I care for myself.

Concept: Empathy is noticing how another person is feeling and being able to understand what they might be feeling. Empathy is caring about someone else. Empathy is the root of tolerance, kindness, and forgiveness. Turning inward, this becomes care and understanding of oneself.

Hand Gesture: Place hands in front of you, palms up, as if holding an imaginary level. Slowly raise the left hand, as you slowly lower the right hand. Reverse the motions repeatedly (like a "see-saw").