

### **Newsletter Deadline**

If you have an announcement that would be of interest to the school community, please email the <u>Beaumont Newsletter</u> <u>Coordinator</u> . Submissions by 5 pm on Thursdays will be included in that week's newsletter. Newsletter Translations Available Below

### Calendar

Feb 10: Beaumont General PTA Meeting Feb 15: President's Day, No Classes

# **SCHOOL NEWS**



# **6 Week Mindfulness Series**

The Beaumont Counseling Team is offering a 6 week Mindfulness Series, hosted by Ria Goodwin, in order to introduce those interested to the concepts and practices of Mindfulness. Each week will cover a different mindfulness concept, starting with an Introduction to Mindfulness, with each following week having a specific focus: Breath Awareness, Body Awareness, Focus on Gratitude, Kindness Towards Self & Others, and Open Awareness. We will be learning and practicing on Wednesdays at 1:45, starting February 17th and ending March 31st, using Google Meet, with a meet code of Mindfulness. If you have any additional questions or would like more information please contact Ria Goodwin at rgoodwin@pps.net.

# **Forecasting Forms Due 2/17**

Attention 8th graders planning on attending Grant or Madison next year. Your forecasting form is due by Wednesday, **February 17th.** Please find the needed links below. If you have any questions please reach out to your School

Counselor.

#### GRANT

This is the <u>link</u> for general information for incoming Grant freshman as well as the Grant Forecasting <u>Link</u> for Beaumont 8th Graders and the <u>Grant Course</u> <u>Guide</u>.

#### MADISON

This is the Link to Madison <u>Course Guide</u> and the Madison <u>Forecasting Link</u> for Beaumont 8th graders.

Make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

# FEBRUARY 10, 2021 FROM 7:00-8:30 PM J OIN US FOR A PRESENTATION ON

# **HELPING OUR KIDS:**

# UNDERSTANDING AND COPING WITH CHANGE

# **PRESENTER:** Teresa Halter,

LPC Intern, MA Ed.,

Western Psychological and Counseling School-Based Services

# **TOPICS:**

**CHANGE** 

 effects of ambiguity on well-being & wellness plus hopefulness

DAILY WELLNESS BENEFITS

RESOURCES

- considering kids' developmental needs as a back drop
- recognize stress in children and approaches to assist them during the pandemic
- setting up a routine, concepts, samples
- know if your child needs individual, professional support

### JOIN VIA ZOOM

Topic: Beaumont PTA General Meeting Time: Feb 10, 2021 07:00-8:30 PM Pacific Time Join Zoom Meeting https://uso2web.zoom.us/j/86558247352? pwd=UFZVMHFLaHNkUVY1MHJ2Z1ZJSjVSQT09

> Meeting ID: 865 5824 7352 Passcode: PTAMEET

### SPANISH INTERPRETATION WILL BE AVAILABLE

Your are invited to the next Beaumont PTA General Meeting on Feb 10th at 07:00 PM via Zoom

Meeting ID: 865 5824 7352 Passcode: PTAMEET

### **Parents for Racial Equity News**

Check out Parents for Racial Equity's February newsletter highlighting Black History Month. On February 19th U of O hosts Nikole Hannah-Jones, author of the 1619 Project, and on February 27th Multnomah County library hosts a screening of Push Out: the Criminalization of Black Girls in Schools. You can find more information about these and other events in the <u>newsletter</u>, along with resources for Black Lives Matter week of action in schools. As always, check out our <u>website</u> and <u>sign-up</u> for our newsletter.

#### **Assistance for Families**

Is your family in need of of resources? Please complete this quick <u>Google Form</u>. to let staff know how they can assist you and your family.

#### YEARBOOK NEWS

Families our focus for the rest of this month is **Outdoor Activities and Pets!** Have someone snap a photo of you (and other Beaumont students) doing things outside or with a pet. This is a way to show us being apart and being together by doing the same sorts of things. There is no limit on how many photos you share, so please continue to share throughout the year. (Our book will go to print in the spring, so please do this sooner than later.)

Please include your student's name, if possible as the name on the photo. Remember, no middle school student wants their mom or dad in the photo, so please make sure to submit photos of ONLY students currently at Beaumont. We can take your photo 2 ways:

1. via email to <u>beaumontsyearbook@gmail.com</u>. (largest format possible)

2. Image Share by using the pdf here.

You can purchase a book via schoolpay.com

#### 8th Grade Families!

It's time to submit your baby ads for the Yearbook. Look for that adorable photo to submit and send off your 8th grader to High School with a wonderful memory or message. Please pay via SchoolPay cost is \$15. All payments and photos must be submitted by March 1st, no late submissions allowed. Here is the link for photo and message, <u>Baby Ads</u>

Thanks! The Yearbook Staff



Bring your lunch, get the Meet code, and join your group from 12:15pm - 1:00pm!

Beaumont students are invited to join their community with this year's <u>affinity</u> <u>and interest groups</u>. Bring your lunch, get the meet code, and join your group from 12:15-1:00pm!

# SUPPORT BEAUMONT



students, staff, neighbors, and businesses to support students at Beaumont Middle School who are experiencing emergencies that may impact their overall well-being and ability to be successful in school. To learn more about the fund, and how you can contribute, **click here**.



Fred Meyer Rewards Card – If you have a Fred Meyer Rewards card, you may link it to our school and help raise funds for **Beaumont Middle School PTA** at no additional cost to you. You still keep your personal Fred Meyer Rewards. Fred Meyer will also donate to your charity of choice. To get started:

\* Go to www.fredmeyer.com/communityrewards.

\* Create an online account (if you don't have one already) connected to your Fred Meyer Rewards Card.

\* Follow the directions to re-enroll or link your account to **Beaumont Middle School PTA**.

Every time you shop at Fred Meyers and use your Rewards card, Beaumont PTA will automatically get a contribution from Fred Meyer



# Support us with amazonsmile You shop. Amazon gives.

AmazonSmile -- Every time you purchase something off AmazonSmile, Beaumont gets a 0.5% contribution, a cost to Amazon merchants, not you. To get started:

- 1. Sign in to <u>https://smile.amazon.com</u> on your desktop or mobile phone browser.
- From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, selection Change your Charity from the options at the bottom of the page.
- 3. Type in **Beaumont Middle School PTA** and click search, then select **Beaumont Middle School PTA** (in Portland, Oregon).
- 4. The website will return you to the shopping pages.

Remember you need to be at <u>https://smile.amazon.com</u> for your eligible purchases to qualify Beaumont a donation. \*\* To support the Beaumont Family Resiliency Fund's Personal Hygiene Supply Drive, you may purchase personal hygiene items for donation from our <u>Amazon Wishlist</u>. For the preferred supply list for local purchasing, <u>click here</u>.



**BottleDrop** – Did you know Oregon BottleDrop centers offer an easy way to donate your \$0.10 deposits to charitable organizations? There are two easy ways to donate:

1. Sign up for an account at <u>www.bottledropcenters.com</u>, collect your cans and bottles, then click the **Give link** after logging into your account to transfer your funds to **Beaumont PTA**.

 <u>Contact us</u> and we'll coordinate a way to get you BottleDrop blue fundraising bags. Fill them up. Drop them off at a participating location (e.g., Hollywood Fred Meyers or Safeway on NE Sandy). These bags are tagged and directly linked to the **Beaumont PTA** account, so there is no need to set up your own account.

Please check the <u>website</u> for the latest information on Bottle Drop closures and safety precautions.



## 2021 is a Year for Resilience, Hope, and Unity

The Beaumont Foundation wishes you a happy new year. We feel a renewed sense of energy to support our teachers, students, and school in this tumultuous time. Please join us in raising money to keep our school programming and educational staffing funded to help every Beaumont student stay engaged and supported. The Beaumont Foundation, which raises money for school staffing, needs you. If you are able, please consider making a monthly donation of \$15, \$20, \$30 or more. One time donations are also helpful in any amount. Check with your employer regarding matching donations for an even bigger impact!

This is a difficult ask at a stressful time and we understand many families are unable to give right now. If you are able to give more on behalf of other families it will make an important impact for all our kids. Furthermore, consider donating your time by volunteering with the Foundation. It is a great way to get involved.

Beaumont enrollment has decreased this year which means less money allocated to Beaumont from the district. There is also an anticipated state budget shortfall which will impact funding for schools. In order to maintain Beaumont's small class sizes, elective options, and educational specialists we are asking Beaumont families for help.

We've set a fundraising goal of \$60,000 for this year, which is equivalent to \$115 per student. We are currently at \$10,000. Let's work together to reach our goal. We will keep you informed of our progress throughout the year. <u>Keep</u> Beaumont strong!

Our monthly meeting is on the 3rd Wednesday of every month at 7:30pm. Please join and contact us for the meeting invite info.

Sincerely, the Beaumont Foundation Beaumontfoundation@gmail.com

# **COMMUNITY NEWS**

### <u>Fix it Fair</u>

Fix-it Fair has gone virtual! The Bureau of Planning and Sustainability is partnering with other bureaus and organizations from the community to offer resources for healthy, affordable living. There is a long list of free workshops on topics from basic plumbing to making your salad greens last longer. There's something for everyone!

Find upcoming and archived events on Fix-It Fair's Facebook page: <u>https://www.facebook.com/FixItFairPDX</u>

### **Register for Beaumont Softball**

registration for Spring is open! We don't know yet whether the league will be allowed to operate so they aren't collecting any fees and all players will be "waitlist" status. Once registered, you'll get updates as the future of the season becomes more clear. Questions to email <u>Beaumont Softball</u>. Register: <u>https://www.beaumontsoftball.org</u>

### **Resources during the COVID-19 pandemic**

The Safe Routes to School team has assembled a list of <u>resources</u> for families to access during the closure of Oregon schools in response to COVID-19.

# TRANSLATE THIS NEWSLETTER

<u>العربية</u> Afrikaans беларуская мова български català 中文(简体) 中文 (繁體) Hrvatski <u>Česky</u> Dansk eesti keel Nederlands <u>Suom</u>i <u>Français</u> Deutsch <u>Ελληνική</u> हिन्दी <u>Magyar</u> <u>Gaeilge</u> Indonesia íslenska Italiano 日本語 <u>ភាសាខ្មែរ</u> <u> 한국어</u> македонски јазик <u>بهاس ملايو</u> Malti Norsk Polski Português Português - Portugal Română

<u>Русский</u> <u>Español</u> <u>Kiswahili</u> <u>Svenska</u> <u>עברית</u> <u>Lietuvių</u> <u>latviešu</u> <u>slovenčina</u> <u>slovenščina</u> <u>српски</u> <u>தமிழ்</u> <u>ภาษาไทย</u> <u>Türkçe</u> <u>Filipino</u> <u>украї́нська</u> <u>Tiếng Việt</u>



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