



# Mt. Tabor SUN Community School

## Fall 2019 After school programs

Site Manager: Jeff Persell • [jeff.persell@portlandoregon.gov](mailto:jeff.persell@portlandoregon.gov) • 503-916-2915

### Dear Students & Parents of Mt. Tabor Middle School:

SUN (Schools Uniting Neighborhoods) is very excited to offer new classes this fall, as well as some old favorites! Attached is a comprehensive list of activities you have to choose from, along with a registration & a release of information form. **The enclosed forms are necessary for you to complete in order to grant your child permission to participate in our after-school programs.**

### Registration: Forms are due Friday, September 20th.

Return completed forms to the SUN office (Rm. 106) or the main office. Students' schedules will be posted near the SUN office (Rm. 106) and main office by Thursday September 26th. A finalized e-mail will be sent out to parents by Friday September 27th.

### Fall term begins/ends: Monday, September 30th - Thursday December 12th.

### Daily Schedule:

<b>3:45pm-4pm</b>	<b>Snack/Sign in</b>	Meets in Cafeteria - As soon as they are released from school, students enrolled in SUN should head to the cafeteria for snack and sign in. <b>(Students provide their own snack).</b>
<b>4pm-5pm</b>	<b>Classes in session</b>	<b>Sudents will be released to their SUN class.</b> (Fencing, Homework Club, Pokemon/Magic Cards, Rock Music Jammers, Debate Club, Table Tennis Class, Drama, Knitting, Board/Gamers Club, Girls INC., Chess Club, Choir Club, Garden Club, Open Gym)
<b>4-5:30pm</b>	<b>Classes in session</b>	<b>Girls INC</b>

### Enrollment Eligibility:

**We will make our best effort to accommodate your class selections; however, we cannot guarantee that every class you choose will be available. Please use the section on the back of the form to inform us of any special registration needs or concerns.**

Commissioner Nick Fish

Director Adena Long



SUN Community Schools are a collaboration between Multnomah County; Department of School and Community Partnerships, the City of Portland; Portland Parks & Recreation and Centennial, Reynolds, Parkrose, David Douglas, Gresham-Barlow and Portland Public School Districts.



## SUN After School Course Descriptions

Board/Gamers Club: Come play board games against fellow classmates! Thursday 4-5pm 10/3-12/12 (No class 11/28) \$10 fee.

Chess Club: This class will help those with very little or no previous experience understand the game of chess. Learn how pieces move, how to checkmate, basic opening principles & tactics, and how to develop your pieces. Play friendly games of chess against your peers in a low-stress environment. Students of all levels are welcome to come, as help is given to those who need it. Thursday 4-5pm 10/3-12/12 (No class 11/28) \$10 fee

Choir Club: Love to sing in the shower or pretend to be a star on stage? Develop stage presence while improving harmony & discovering music styles. Let your talents shine while increasing newly discovered skills! Wednesday 4-5pm 10/2-12/11 (No Class on 11/22)

Debate Club: If you find yourself constantly arguing with other people or you feel strongly about certain topics, you should check out debate club. You will be learning techniques that will make you a great debater. Tuesday 4-5pm 10/1-12/10 (No class 11/26) \$15 fee

Drama- Playwriting Explore the landscape of your mind's eye! Investigate the basic elements of drama & conflict, the interactions & foundation of characters. Discover ways to bring dialogue alive. Thursday 4-5pm 10/3-12/12 (No class 11/28) \$10 fee

Fencing: Introduction to Foil. Tactics, techniques, footwork & blade work builds life long qualities! No experience needed! Sign up online @ [www.portlandparks.org](http://www.portlandparks.org) Monday 4-5pm 9/30-12/9 (No School 11/11 & 11/25) \$31.50 fee Course #1113801

Garden Club: An awesome new club ran by Mt. Tabor's own teacher Mr. Blackford, that teaches you how to conserve and protect plants, trees, shrubs, and flowers. You will learn to appreciate nature! Thursday 4-5pm 10/3-12/14 (No class 11/28) Free

Girls Inc.-Fall Term:  
Tuesday 4-5:30pm 10/1-12/10 (No school 11/26) Free

Homework Club: A quiet space where you can complete homework surrounded by positive and supportive teachers and tutors. Monday & Wednesday 4-5pm 9/30-12/11 (No class 11/11, 11/25, 11/27) Free

Knitting: Learn the basics of using your fine motor skills while making simple projects, such as scarves, hats or vests. Wear your own creations or give them as a gift! Students provide own supplies. Sign up online @ [www.portlandparks.org](http://www.portlandparks.org) Wednesday. 10/2-12/11 (No Class on 11/27) \$25 fee Course #1113800

Pokemon/Magic Card Gatherings: Battle your friends and other classmates with your Magic Cards! Please bring your own cards. Monday 9/30-12/9 (No school 11/11 & 11/25) \$10 fee.

Open Gym: A place where you and other classmates can come and play in the Big Gym. Various Sports and games include basketball, volleyball, indoor soccer, sprout ball, bucketball, and etc.! Thursdays 4-5pm 10/3-12/12) Free

Rock Music Jammers: Come JAM out with Jamie the Tech guy! Please bring your own guitar/bass. Tuesday in band room 10/8-12/10 (No school 11/26) \$10 fee.

<sup>NEW</sup> Sports Mixer: Come with your friends to the big gym for a more structured lesson about popular sports and games. Tuesday 10/8-12/10 (No class 11/26) Fee \$10

STUDENT INFORMATION

FIRST NAME	LAST NAME
ADDRESS	CITY, ST, ZIP
BIRTH DATE & GRADE	GENDER IDENTITY/PRONOUNS
PRIMARY LANGUAGE/S	1st PERIOD TEACHER

PARENT/GUARDIAN INFORMATION

Parent #1 NAME	Parent #2 NAME
PRIMARY PHONE	PRiMARY PHONE
EMAIL	EMAIL

EMERGENCY CONTACT (OTHER THAN PARENT/GUARDIAN)

NAME/RELATIONSHIP	PHONE
-------------------	-------

STUDENT'S RACE AND/OR ETHNICITY

<input type="checkbox"/>	AFRICAN
<input type="checkbox"/>	ASIAN
<input type="checkbox"/>	BLACK/AFRICAN AMERICAN
<input type="checkbox"/>	LATINO/HISPANIC
<input type="checkbox"/>	MIDDLE EASTERN
<input type="checkbox"/>	NATIVE AMERICAN/ALASKAN NATIVE
<input type="checkbox"/>	NATIVE HAWAIIAN/PACIFIC ISLANDERS
<input type="checkbox"/>	SLAVIC
<input type="checkbox"/>	WHITE
<input type="checkbox"/>	OTHER -
<input type="checkbox"/>	DECLINE TO ANSWER

SURVEY/PHOTO RELEASE

Students may be photographed/surveyed for program publicity, program web-site &/or grant funding evaluation.

YES my student may be photographed/surveyed.

NO my student may NOT be photographed/surveyed.

FIELD TRIPS/NEIGHBORHOOD WALKS

I give my permission for my child to participate in short neighborhood walks OR trips to Kenilworth Park with Grout SUN CS Staff.

TRANSPORTATION INFORMATION

\_\_\_\_\_ My student will walk home at the end of his/her assigned program time. (Students will not be allowed to change how they get home without written permission from parent/guardian.)

\_\_\_\_\_ I will provide transportation for my student or I give permission to \_\_\_\_\_, to pick up my child.

MEDICAL NOTES \_\_\_\_\_

Please provide any medical conditions, allergies, etc. that may affect your student's participation.

## Student Expectations:

The Safety and well being of all participants and staff is of utmost importance. To ensure the safety in SUN Community Schools, we require that participants be able to follow all of the following criteria:

1. Be age-appropriate for the activity/program.
2. Be able to maintain safe behavior during the activity. This means that they can participate

without harming themselves or others. Specific required behaviors include:

- Treating adults and other students with respect
- Following directions of adult instructors and coordinators
- Engaging in safe, non-violent behavior

3. Participate meaningfully in the activity and not disrupt or distract others.

4. No Student is allowed to leave campus in between end of school and SUN classes. Once Student has left school grounds, they are not allowed to come back to their SUN class. For example, if student leaves to QFC or 7-11 to get snacks, the student will no longer be allowed to participate in SUN for that afternoon.

If you have questions or concerns about whether your child can follow the behavioral expectations above or whether s/he will benefit from the program being offered, please contact the Mt. Tabor SUN Community School Site Manger, Chelsea Kimura at 503-916-2915 or email: [chelsea.kimura@portlandoregon.gov](mailto:chelsea.kimura@portlandoregon.gov)

## Mt. Tabor SUN CS/PPS Release of Information 2019-2020

Mt. Tabor SUN Community School is a collaboration of Multnomah County, the City of Portland and many community partners and agencies who come together to support children's success in school and life. We do this by working together to meet the specific needs of our students and their families.

In order to provide your child with the best services and support possible, the SUN Community School Site Manager needs your permission to be able to share information with the people who are teaching and serving your child specifically. This information may include student name, student ID #, grade level, achievement test scores, course grades and grade point averages, attendance, Individual Education Plan, demographic, and behavior/discipline information. The SUN Community School Site Manager will only share this information when it is required by a partner organization or supports your student's success. This information may also be shared with the City/County SUN Initiative and their evaluation contractors for program evaluation.

Organizations receiving information about your student are informed of state and federal confidentiality provisions. This includes employees and volunteers managed by the Grout SUN Community School site manager and staff of other partner agencies providing the activities in which your child participates. They are not authorized to release information to any agency or person not listed in this release without specific written consent of the parent/legal guardian.

Children may participate in SUN activities whether or not their Parent/Guardian agrees to the release of educational information to other staff or agencies.

**YES**, I am authorizing the release & exchange of student records between Portland Public Schools, City of Portland/Multnomah County Sun Service System, Portland Parks & Recreation & their volunteers & evaluators. I understand that for the purposes of coordinating support to my child that Grout School & Portland Parks & Recreation SUN CS employees may also verbally share information regarding my child's education & development.

Those receiving information under this release understand that this information is protected under state & federal law. They are not authorized to release it to any agency or person not listed in this release without specific written consent of the parent/legal guardian.

**NO**, I do NOT authorize the release & exchange of student records, but I want my child to participate in SUN CS activities.

---

Parent/Legal Guardian Signature

Date

This permission is effective from 9/1/2019 until 6/30/2020 unless cancelled in writing.

**Clearly mark your 1st & 2nd choices for each day that you want to participate**

Student Name:				
After-School Programs (3:45pm-5pm/5:30pm)				
Monday	Tuesday	Wednesday	Thursday	
Fencing (Small Gym) \$45	Girls Inc. (Rm. 112) 4-5:30pm	Homework Club (Library)	Drama (Cafeteria) \$25	
Homework Club (Library)	Debate Club (Cafeteria) \$15	Knitting (Rm. 105) \$25	Board/Gamers Club (Cafeteria) \$10	
Magic Cards (Rm. 109) \$10	Sports Mixer (Big Gym)	Table Tennis (\$15) small gym	Chess Club Rm. 113) \$10	
	Rock Music Jammers (Rm.131)	Choir Club (Band Room) \$30	Garden Club (Cafeteria)	
			Open Gym (Big Gym)	

***Use this section to indicate special registration needs or concerns; rank your preferred days, etc. We will make our best effort to accommodate your scheduling needs.***

## Other SUN Community School Programs:

Community Schools serve as 'mini' community centers by keeping a public building open & active beyond after school hours. The following classes are open to everybody, not just Mt. Tabor students. You can register online at [PortlandParks.org](http://PortlandParks.org) or call the PP&R Customer Service Center at 503-823-7529.

### **Monday Nights**

*Fitness-Belly Dancing Discovery*

**Ages 16 & up**

Course# 1113799 Cost: \$25

Dates: September 30th - December 9th

Tone our body using this mind-body exercise Technique. Non-impact exercises work the deep abdominal muscles to help achieve efficient and graceful movement. These precise motions help to strengthen and stretch the body. Improve posture and experience a lowered risk of injury.

### **Tuesday Nights**

*Fitness-Yoga: Conditioning*

**Ages 14 & up**

Course# 1113802 Cost: \$60

Dates: October 1st - December 10th

Relaxation is one of the most important and beneficial skills to learn. Benefit mind and body while expanding strength, stamina and flexibility. An excellent way to learn to meet the changing demands of daily life while increasing a sense of well being.

### **Wednesday Nights**

*Preschool Soccer - Little Starts*

**Ages 4 - 6**

Course# 1113804 Cost: \$35

Dates: October 2nd - December 11th

Discover the fundamental skills of ball handling in a positive environment. Focus on technique while performing active games and drills. Make new friends and increase coordination while learning the game. It's a goal!

*Youth Soccer - Junior Scrimmage*

**Ages 6-8**

Course# 1113803 Cost: \$35

Dates: October 2nd - December 11th

Participate in warm-up and game drills for skill development that leads to an action packed 'world cup' experience. Emphasis on teamwork, field positioning and cooperative plays. Let's kick!