



Fall 2019

Sabin SUN School



We are excited for a new SUN Session to begin. Some **FAQ's**:

What is SUN School?

Sabin SUN, a program of Self Enhancement, Inc. (SEI) aims to improve the lives of children, their families and the community by extending the school day and developing schools as “neighborhood hubs” by bringing in resources from around the community.

Is SUN daycare?

No. While SUN does offer free extended day programming, it should not be looked at as free daycare. SUN does not run consistently throughout the school year. It only runs Monday-Thursday in 8-week increments. Enrollment is also not guaranteed as we often have more students sign-up than we have spots for and carry a wait-list. SUN should, however, be looked at as a chance for academic enrichment and socialization.

Is there a cost to SUN?

No! All classes are free!

How does registration work?

Classes will be filled on a LOTTERY basis, with priority given to students with academic risk factors (Save a SUN spot students). This means that placement will be random, but ultimately left up to the discretion of SUN staff. Request forms should be turned in to the SUN box in the main office

What is Save a SUN Spot?

We ask teachers to help us identify students who would benefit the most from SUN after school classes. Many of these students need extra academic support. This system ensures all students receive an equitable opportunity to participate in SUN.

Is Fall Registration open to Kindergartners?

No. To allow sufficient time for Kindergartners to acclimate to the school day, registration will not be open to Kindergartners until the Winter 2020 term.

Where can I find information on future SUN school dates ?

The SUN section of the Sabin PPS website is a great tool for upcoming dates and info.

Are there Adult and Family classes?

YES! Please check out page 4 for a list of FREE Adult and Family Fitness classes.

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Extended Day Coordinator
Mon-Thurs—SUN Programming

Located @ Sabin K-5 School

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Portland, R 97212

Phone: (503) 916-6707

www.pps.net/domain/2574

Important Dates:

Request Forms due:

Thursday, **Sept. 19th 4pm**

All forms can be turned in to the **SUN box** in the **SABIN MAIN OFFICE**

Confirmation schedules out:

Friday, September 27th

Fall SUN Session:

October 7th—December 5th

More Questions? Please contact Site Manager, Rachel Prust at rprust@pps.net

SUN Volunteer Opportunities

Got ideas? Knowledge? Time? Passion? Get involved with us!

Passionate about stuff? Teach a SUN class!

We are always interested in incorporating new classes to our offerings, especially if they help fill a community need. Got ideas and passion for a topic? Let us know!

We need your input!

We are looking for people to join our **Family Leadership Team**. The purpose of the group is to provide input & guide the development of Sabin's SUN programming. We want to know how to best create the conditions necessary for school and family partnerships. For more information contact Site Manager, Rachel Prust. rprust@pps.net

Love plants? We do too! Get involved!

Sabin is one of the lucky PPS schools with a Garden Educator! The Garden committee supports that position by assisting with garden maintenance, raising funds for garden improvements, and providing feedback on the Sabin garden program. Sign up to volunteer with the committee and learn about ways to get involved!

To find out more, contact Rachel Prust at: rprust@pps.net

To follow up on volunteer opportunities with Sabin's SUN Program call us @ 503-916-6707 or email Rachel: rprust@pps.net

Food Bag Wednesdays: The 411

Who: Our community*

What: New Seasons, Oregon Food Bank & Sabin Garden food donations.
==> Each family can take up to two paper bags of food.

When: Every Wednesday (**that Sabin School is open**) from 1:00–3:00 pm

Where: SUN Office (Room 200)

Why: SEI and SUN School provides us with a unique opportunity to serve our community's food needs by providing gleaning opportunities and food resource handouts in order to prevent and reduce food insecurity.

How: Parents come to the SUN office to pick up the bags. Don't have time to swing by on Wednesdays? No problem at all. Please contact us to set up a way to send bags home with your student.

* We kindly ask that this program is for **adults only**. Students are welcome to wait outside in the hallway for their guardians.



Important SUN Dates:

Registration:	LOTTERY Registration—all forms due by 4:00pm on Thursday, September 19th.
Where:	SUN box in the main office - PLEASE DO NOT give to your child's teacher!
Confirmation:	Confirmation sheets will be sent home on September 27th.
Fall Session:	Monday, October 7th—Thursday, December 5th.

Fall 2017

Important SUN Notes:

- To provide a quality program to as many students as possible, each student is limited to **three (3)** class offerings per SUN session.
- A 15-minute recess period is built into the SUN school schedule. Pick-up is in the gym at 4:30pm. Even if your child is outside playing when you arrive —please wait until all SUN students are called into the gym at 4:30pm to sign your student out. You must sign your student out with the Site Manager before leaving.
- Each student will be provided with a snack and milk before SUN classes begin. If your student has any dietary restrictions/allergies—please let Rachel know. She can be reached at: rprust@pps.net

Notes about late pick-up—PLEASE READ

We understand that emergencies arise. We also understand that traffic can be challenging or hectic, but we do expect all children to be picked up on time. When your child is picked up late, our staff is required to remain working and therefore, unable to attend to commitments of their own. We expect all children to be picked up at 4:30 or 5:15 if they are enrolled in a second class.

Chronic late pick-ups will result in your child/children having to take time off from SUN school. The third late pick-up (10 minutes or more) will result in two weeks off from SUN school. Please be considerate of our staff in following the program times, with the exception of an extreme emergency. If you will be late, please notify the SUN office as soon as possible at 503.916.6707.

SUN BEHAVIORAL EXPECTATIONS

The safety and well-being of all participants and staff is of utmost importance. To ensure safety in SUN Community Schools, we require that all participants be able to follow all three 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 behaviors include:
 - Treating adults and other students with respect,
 - Following directions of adult instructors and coordinators,
 - Remaining in the assigned room until dismissal,
 - Engaging in safe, non-violent behavior.
- 3.** Participate meaningfully in the activity and not disrupt or distract others.

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 talk with the Sabin SUN School Site Manager, Rachel Prust.

Class Schedule

Fall Term: Mon., Oct. 7th—Thurs., Dec. 5th

Grade Level italicized after title of class

* Max available slots listed in parentheses next to class *

Monday

Tuesday

Wednesday

Thursday

3:00—4:30

Chess 4 Success (30)

1-5 / Learn strategy and challenge your friends to matches. **(THIS IS A MONDAY AND WEDNESDAY CLASS)**

Adventures in Acting (12)

4-5/ Discover your inner Actor through theatre games that develop imagination and performance skills. Learn to develop comedic timing and creative thinking through improv!

Ukulele (12)

1-4/In partnership with Musikhaus, students learn to play the Ukulele including chords and melodies and short songs. Students acquire the fundamentals of the ukulele and gain confidence through performance.

Imagination Yoga (15)

1-3/ A certified Yoga teacher uses an original story to guide kids through a kids yoga class. Incorporating calming techniques and kindness exercises.

Drumming (8)

4-5 / Snare drums, tenor drums, bass drums & cymbals! Learn rhythm basics, ensemble performance, and marching **THIS CLASS IS A TUESDAY AND THURSDAY CLASS)**

Motion Magic (16)

1-3 / Tumbling with a twist Use imagination, yoga, creative movement and circus arts to make gymnastics into an adventure. One of our most popular classes!

Garden Chefs (8)

4-5/ A delicious discovery through the world of our Edible Garden - we'll explore the food around native veggies, exotic fruits, tree nuts and ancient grains, all through eating!

LEGO Building Club(12)

2-4 / Show your creativity as you build LEGO creations! Each week will offer free play (with project ideas) and a time at the end of class for Show & Tell.

Chess 4 Success (30)

1-5 / Learn strategy and challenge your friends to matches. **(THIS IS A MONDAY AND WEDNESDAY CLASS)**

Sign Language—ASL(14)

1-3/ Students will learn American Sign Language through fun and engaging activities. Lessons are filled with art, music, games and gestures. Brought to you through a partnership with Kids Like Languages.

Wiggle Worms (12)

1/ Garden fun for the little ones with our fabulous Garden Educator, Ms. Elin!

Literacy with Mr. Coleman (8)

2/ Reading lessons on phonics, fluency, vocabulary and comprehension for students who struggle with reading. **(NOTE: Please talk to your child's teacher or Site Manager directly if you feel this would be a good fit for your student)**

Drumming (8)

4-5/ Snare drums, tenor drums, bass drums & cymbals! Learn rhythm basics, ensemble performance, and marching **THIS CLASS IS A TUESDAY AND THURSDAY CLASS)**

Yoga Motion (12)

1-2 /With yoga as our foundation we explore props, stories and theatre. Expect to learn focus and relaxation techniques and go on a fun journey of movement!

PELP Spanish (12)

1-2 / Learn meaningful phrases in Spanish in this play-based class.

Science fun with Blake (12)

3/ Each week the class will explore a new topic—from Earth and Space, Plants, Animals, Magnetism and much more.

SCRAP Art (14)

3-5/ Get creative with SCRAP! Use recycled materials to make custom stamps, wood art, even jewelry! Also one of our most popular classes!

4:30-5:15pm

Homework Help (6)

3-5/ Class gives students support with homework. This is also a time for reading and winding down.

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Adult and Family Classes:(free!)

Adult Yoga :

(Free) A Welcoming class for people of ALL abilities.

Instructor: April

Mondays, 5:30-6:30pm, in the Library

Adult Zumba:

(Free) Latin-inspired fun and fitness! Childcare! Exercises include music with fast and slow rhythms, as well as resistance training.

Instructor: Patria

Wednesdays, 6-7pm, in the Gymnasium

Family Futsal:

(Free) Pickup futsal games for the whole family!

Instructor: Greg

Fridays, 3:00-4:30pm, in the Gymnasium

(starts 11/8)

Adult and Family classes follow the SUN term dates—unless otherwise noted.

A SPECIAL THANK YOU TO OUR PARTNERS!



Motion Magic
Inspiring a lifelong love of movement



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

SUN Community Schools are a collaboration of SEI, Multnomah County Department of County Human Services, the City of Portland Parks and Recreation, and Centennial, David Douglas, Gresham-Barlow, Portland Public and Reynolds school districts.