



Fall 2022

# 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 7-8-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.

### 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 all grades?

No. Fall Registration is only open to **Grades 2-5 Only**. Registration for K and 1st grade students will open Winter term. This gives our younger students more time to acclimate to the school building and the school day schedule.

### 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.

### How do I turn in my request form:

All Request forms can be turned into the **SUN box** in the **MAIN OFFICE** or **EMAILED** to Rachel at [rachelp@selfenhancement.org](mailto:rachelp@selfenhancement.org)

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### Staff Contact Information:

#### **Rachel Prust**

SUN Site Manager  
[rachelp@selfenhancement.org](mailto:rachelp@selfenhancement.org)

#### **Gail Baker**

Garden Educator  
Family Resource Navigator  
[gailb@selfenhancement.org](mailto:gailb@selfenhancement.org)

#### **Marrissa Hawken**

Social Work Intern  
Tuesday/Thursday

*Located @ Sabin K-5 School*  
4013 NE 18th Ave  
Portland, OR 97212

**Phone:** (503) 916-6707  
[www.pps.net/domain/2574](http://www.pps.net/domain/2574)

### **Important Dates:**

Request Forms due:  
Thursday, **Sept. 22nd 3pm**

All forms can be turned in to the **SUN box** in the **SABIN OFFICE** or **EMAILED to Rachel**

Confirmation schedules out:  
Friday, September 30th

Fall SUN Session:  
**October 10th-December 1st**

**Request form DEADLINE: Thursday, September 22nd by 3PM.**

# 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!

## *LEGO's needed!*

Do you have any Legos lying around your house not being played with anymore? SUN would love to take them off your hands! If you would like to make a Lego donation, please reach out to Rachel at [rachelp@selfenhancement.org](mailto:rachelp@selfenhancement.org). We are happy to come pick them up as well!



## *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 Gail Baker at: [abbaker@pps.net](mailto:abbaker@pps.net)

To follow up on volunteer opportunities with Sabin's SUN Program call us @ 503-916-6707 or email Rachel: [rachelp@selfenhancement.org](mailto:rachelp@selfenhancement.org)

## A Note from Gardener Gail:

Hello! And welcome to the 2022-23 gardening year (and school year!)

I'm looking forward to serving many students this first semester through school day gardening classes. I will also be teaching two after school SUN classes, Canning Club and Garden Chefs. If you are wanting to get your hands dirty and try some tasty treats, sign up for either one!

If you are looking for some more information before you dive into the soil, you can find us at the SUN school table at Back to School night on September 28th. **We will also be putting on a Harvest Festival and Garden Work Party on October 29th.** Come join us for some Autumn fun and delicious treats!

One last exciting tidbit: make sure to keep your eyes peeled for the upcoming Sabin Garden merchandise release!

As always, please contact me with any questions, concerns or gardening tips at [abbaker@pps.net](mailto:abbaker@pps.net)



### ***Important SUN Dates:***

<b>Registration:</b>	LOTTERY Registration—all forms due by <b>3:00PM September 22nd.</b>
<b>Where:</b>	SUN box in the main office or emailed- PLEASE DO NOT give to your child's teacher!
<b>Confirmation:</b>	Confirmation sheets will be sent home on September 30th
<b>Fall Session:</b>	Monday, October 10th - December 1st.

### ***Important SUN Notes:***

- 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 at [rachelp@selfenhancement.org](mailto:rachelp@selfenhancement.org)

### ***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 three (3) 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 Rachel as soon as possible via email, phone or through the main office.

## **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. 10th—Thurs., Dec. 1st

*Grade Level italicized before description of class*

*\* Max available slots listed in parentheses next to class \**

## Monday

## Tuesday

## Wednesday

## Thursday

3:00—4:30

### Soccer (14)

3/ Learn soccer skills and scrimmage with Coach Greg.

### Canning Club (8)

3-4/ Explore the world of food preservation, straight from the Sabin Garden! Each of these classes will be “filled” with yummy take home treats.

### LEGO Building Club(12)

2-3 / 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.

### Crochet (10)

3/ Learn the craft of crochet with Miss Rebekah! All materials provided.

### Chess 4 Success (24)

2-5 / Learn strategy and challenge your friends to matches. **(THIS IS A TUESDAY AND THURSDAY CLASS. Chess for Success continues through the Winter term )**

### Adventures in Acting (12)

3-4 / Through improve games, skits, and character work we will learn to express ourselves in new ways and take the stage. We will also be learning some juggling, balancing and other prop work. Come get your silly’s out and learn a new skill!

### Crochet (10)

4-5/ Always had your eye on that hand made scarf? Learn the craft of crochet with Miss Rebekah! All materials provided.

### PELP Spanish (12)

2/ Learn meaningful phrases in Spanish in this play-based class. Brought to you through a partnership with Portland Early Learning Project

### Hip Hop Dance (12)

2/ Children are introduced to the concepts of music, rhythm and movement. They will develop skills to observe and mimic the dance instructor while learning choreography.

### Chess 4 Success (24)

2-5 / Learn strategy and challenge your friends to matches. **(THIS IS A TUESDAY AND THURSDAY CLASS. Chess for Success continues through the Winter term )**

### 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!

### Motion Magic (16)

2-3 / Tumbling with a twist Use imagination, yoga, creative movement and circus arts to make gymnastics into an adventure. One of our most popular classes!

4:30-5:15pm

### Homework Help (6)

4-5/ 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, via ZOOM

### 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, 5:30-6:30pm at Sabin

*(starts 10/26)*

### Family Futsal:

(Free) Pickup futsal games for the whole family!

*Instructor:* Greg

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

*(starts 10/28)*

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