

Spring 2023
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. We are able to serve about 80-90 kids a term. 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.

Where do SUN students go after school? Where is pick up?

When school is dismissed, SUN students should line up outside the gym. SUN staff will be there to supervise entry into the gym. Students will then be provided with a “supper” (hot meal). Students will have time to eat between 3:00-3:15pm before they are dismissed for classes. Pick up is outside at 4:30pm.

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.

Staff Contact Information:

Rachel Prust

SUN Site Manager
rachelp@selfenhancement.org

Abigail Baker

Environmental Educator
Family Resource Navigator
gailb@selfenhancement.org

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

Phone: (503) 916-6707
www.pps.net/domain/2574

Important Dates:

Request Forms due:
Monday, March 20th by 9am

All forms can be turned in to the **SUN box** in the **SABIN OFFICE** or **EMAILED to Rachel:**
rachelp@selfenhancement.org

Confirmation schedules out:
Thursday, March 23rd, 2023

Spring SUN Session:
April 3rd—May 25th, 2023

More Questions? Please contact Site Manager, Rachel Prust

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.

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

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

A Note from Gardener Gail:



Happy (almost) Spring!

I know it doesn't feel like it with the fresh coat of snow that we just got, but spring is right around the corner! In garden classes, we will start planting seeds indoors in a couple of weeks. Once those seeds begin to grow and sprout, we will be hosting a plant sale that will be open to the public.

Winter garden classes are wrapping up with some really exciting projects in the works, keep an eye on the Sabin Garden Instagram (@sabin_gardenpdx) for updates!

As always, please contact me with any questions, concerns or gardening tips at abbaker@pps.net

Important SUN Dates:

Registration:	LOTTERY Registration—all forms due by 9:00AM Monday, March 20th, 2023
Where:	SUN box in the main office OR emailed to rachelp@selfenhancement.org
Confirmation:	Confirmation sheets will be EMAILED on Thursday, March 23rd, 2023
Spring Session:	April 3rd—May 25th

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 outside under the covered basketball court at 4:30pm. You must sign your student out with SUN staff 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: 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 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

Spring Term: April 3rd–May 25th, 2023

Grade Level italicized after title of class

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

Monday

Tuesday

Wednesday

Thursday

3:00–4:30

Choir (18)

3-4/ Brought to you through a partnership with BRAVO youth orchestras. Bravo brings the best music education where it is needed the most. **(THIS IS A MONDAY AND WEDNESDAY CLASS)**

Alternative Sports (16)

2-3/ This class will explore a new alternative sport each week ranging from obstacle courses to capture the flag! Join Gardener Gail and Ms. Jasmin for an exciting, activity-based class. Wear or bring clothes and shoes that you can run, and play in!

Crochet (14)

3-4/ Learn the craft of crochet with Mrs. Lathan. All materials provided!

Math Support (8)

2-3 / Extra support for students that find math a bit challenging. The class will include support with any school assignments and math games.

LEGO Building Club(8)

2-3 / Show your creativity as you build LEGO creations!

Ukulele (6)

3-4/ Students will learn to play songs and melodies from different musical genres on the ukulele, no prior musical knowledge is needed. Brought to you through a partnership with Ethos.

Spanish (12)

1-2/ Learn meaningful phrases in Spanish in this play-based class. Brought to you through a partnership with Portland Early Learning Project.

Choir (18)

3-4/ Brought to you through a partnership with BRAVO youth orchestras. Bravo brings the best music education where it is needed the most. **(THIS IS A MONDAY AND WEDNESDAY CLASS)**

Imagination Yoga (15)

1-2/ A certified Yoga teacher uses an original story to guide kids through a kids yoga class. Incorporating calming techniques and kindness exercises.

Newspaper Club (12)

4/ The Sabin Newspaper Club will be a student lead opportunity for fourth graders to create a newspaper for students by students! Art, interviews, jokes and more! Join to leave your creative mark on the Sabin Community.

French (12)

1-2 / This class will let children discover French through games, movement, songs and engaging all the senses. Each class exposes children to familiar situations so they are able to reuse their skills.

Soccer (14)

4/ Brush up your soccer skills and scrimmage with coach Greg.

4:30-5:15pm

Homework Help (6)

3-4/ 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 : *Instructor:* April Mondays, 5:30-6:30pm, in the Library

Adult Zumba: *Instructor:* Patria Wednesdays, 6-7pm, in the Gymnasium
Latin-inspired fun and fitness! Exercises include music with fast and slow rhythms, as well as resistance training.

Family Futsal: *Instructor:* Greg Fridays, 3:00-4:30pm, in the Gymnasium
Pickup futsal games for the whole family!

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