

Astor



Connection

Character Trait of the Month/November & December

Citizenship

Acting in a way that helps the school community succeed. Behaving in a positive and productive way.

News from the Eagle's Aerie

Dear Astor Community,

Where has the fall gone? I don't know about any of you, but it feels as if the year is flying by! It's hard to believe that December is already here and with December comes the holiday season when our attention turns to enjoying time with our family and friends. It's also a time for reflecting over the past year and planning what we'd like to accomplish in the new year. As parents, we can help our children by letting them know that making an effort, working hard, and planning ahead are important. We need to encourage children to set reasonable expectations and celebrate with them when they make progress toward their goals. Children need to learn that sometimes they must sacrifice to achieve a long-term goal. Struggling with learning tasks from time to time is part of a student's "job." In the end, the feeling of accomplishment they get will lead to bigger and better accomplishments in the future.

As we are entering this holiday season, I'd like to say thank you for your support and encouragement. I feel so fortunate to be part of a community that works together to provide enrichment and support to all of our children. Together Everyone Achieves More. I am looking forward to our continued partnership in making Astor a place where all children meet with success.

Happy Holidays,
Sandra Ndubisi
Assistant Principal

December

- 8th Middle School Drama Play 6:15pm
- 15th Coffee Chat w/Principal Zabel 8:00am
- Character Awards Assembly 9:00am
- 1st Gr FT/Espinoza - Central Library
- 18th Winter Break begins

January

- 2nd First day back to school
- 12th 6th Gr FT/R.E.A.L. Life Exhibit
- 17th LATE OPENING School begins at 10am
- 18th PTSO Family Book Night

Dressing for the Weather

Now that the weather has changed and temperatures have dropped, dressing your child appropriately for weather is important. Weather permitting, students will be sent outdoors for recess. It is important for students to go outside and enjoy the fresh air, social opportunity and exercise daily. Please be sure your child wears a winter coat, (since this is Oregon, water-resistant and rain boots are a bonus), a hat, and gloves or mittens. Please label all your student's items with initials or last name.



Safety First

Use extra caution when dropping off or picking up your student. With the winter weather, sidewalks and parking lots may become slippery. Please make sure to slow down, look and take a few extra minutes for the safety of all. When dropping off, please make sure to pull up to the sidewalk and let your child off on the sidewalk side. Thank you for your cooperation.

Counselor's Corner

An important part of helping students effectively solve problems is teaching them self-regulation skills. Self-regulation

is the ability to manage your emotions and behavior in accordance with the demands of the situation. Self-regulation skills can help students calm down, stay focused, adjust to change, and better handle frustration. At

Astor, we use The Zones of Regulation (see poster) as a

way to teach self-regulation skills and help students create plans to cope with challenging feelings like anger. For example, it's okay to have a Red Zone feeling, but what can we do to get to the Green Zone? Our goal this year is to start using the language of Zones schoolwide. At this point, all teachers have been introduced to the basic language of Zones during staff development. Additionally, I have started to incorporate Zones language into my classroom lessons and community circles. I will continue to do this throughout the year in all classrooms.

If you have any questions or want to know more about The Zones of Regulation, please contact Mr. Knoblich at jknoblich@pps.net or 503-916-6244.

Mr. Knoblich, Astor School Counselor

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The **ZONES** of Regulation®

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| | | | |
| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

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Our *FAST PASS* process has started out smoothly, thank you! Here's a quick reminder of how it works:

- Fill out the *FAST PASS* application.
- Submit a background check: www.pps.net/page/144
- Once your background check clears you will be added to our *FAST PASS* list.
- When you are on the list, you may simply stop at the office to get a *FAST PASS* and we'll check you in.
- When you leave for the day, drop off your *FAST PASS* and we'll check you out.

FAST PASS

Please contact the school office if you have any questions about this process.



Good attendance is important to students' success. Good attendance is defined as missing less than one day of school in a 20-day school time span. Currently, Astor School has a 94% attendance percentage. As an incentive, students who have 98% or better attendance in December will receive a special prize, to be given at our Character Awards assembly for January.

Let's go for 99% attendance!

School Site Council

21st Century School Councils (Site Councils) are the groups of school staff and citizens who participate in the educational/instructional Improvement activities that are a part of the Oregon Educational Act for the 21st Century.

The purpose of a school Site Council is to increase student achievement. It is the School Board's belief that when a group of people, who represent different parts of an educational community, come together to work in a collaborative manner to improve education, student achievement will increase. We need your voice and multiple perspectives.

Duties of the Site Council include:

- Improvement of the school's instructional program
- Staff professional development
- Developing the school's School Improvement Plan (CAP)
- Fostering family involvement in the school
- Informing the community about the work of the Site Council.
- Data informed decisions.

We invite you to become a member of Astor's Site Council. Meetings are held on the last Monday of the month at 3:30 p.m. Community members are also invited to come to the meetings and view the meeting minutes at any time on our school website. Please contact the school office if you would like to join the Site Council or have questions about this group.

Our middle school band program is off to a great start and students are excited about trying out or getting reacquainted with their instrument if they've been in band already.

There's still time to join the band program! Download the permission slip [here](#) or stop by the school office. The fee to join is \$25 and you'll need to bring your instrument. Beginners meet on Wednesdays and advanced players meet on Thursdays. These bands will be combined for both days in the coming weeks.



SHOW YOUR SCHOOL SPIRIT!

Fridays are School Spirit Days. Show your school spirit by wearing Astor's school colors, red and black, or wearing your Astor gear.

If you don't have Astor Gear, there may be an opportunity to purchase Astor Gear in the spring.



GO EAGLES!



Astor Drama Presents

Hamlet

Zombie Killer of Denmark BY CHRIS STILES



ONE NIGHT
ONLY!!!

FRIDAY,
DECEMBER 8TH

6:15 PM
ASTOR SCHOOL
STAGE
5601 N. Yale Str.

Adults \$5
Astor Students
free

Featuring...

Dominic Thompson
Joselynn Ciarlante
Eleanor Black
Madison Knoke
Archie Mort
Lily Russell
Emilyn Crawford
Abbe Sineth
Kahon Schmidt
Dyami Borden
Leah Ledgerwood
Alexander Jackson
Izzy Umberhandt
Spencer Thompson
Donovan Hawley

And...

Andrew Hicks -
Tech Design
Ryan Hash -
Tech Support



John Jacob Astor School K-8

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Portland Public Schools recognizes the diversity and worth of all individuals and groups and their roles in society. It is the policy of the Portland Public School Board that there will be no discrimination or harassment of individuals or groups on the grounds of age, color, creed, disability, marital status, national origin, race, religion, sex or sexual orientation in any educational programs, activities or employment.

District Title VI & Title IX Contact: Carolyn M. Leonard, Compliance (503) 916-3183

District 504 Contact: Tammy Jackson, Student Services (503) 916-2000

American Disabilities Act Contact: HR Legal Counsel (503) 916-3246