



# Chief Joseph Elementary School

## Family Bulletin

### 5.14.2019

*Translation provided by Google Translator. There may be errors. Please call PPS Language Line, 503.916.3589 for support with translation.*

*A strong, diverse and respectful community where we make learning creative and fun!*

## All School News

Dear Families,

We wanted to remind you that pets are not allowed on school property, especially at pick up and drop off. Please leave your animals at home, or off school grounds. Even the most well behaved pets can scare children or make messes, so thank you for leaving the dogs and cats outside of school property.

Volunteers needed for all school field day on Tuesday, June 11th. K-2nd Grade 9-10:30 am and 3-5th Grade 1:15-2:45. Contact Mrs. Earl [mearl@pps.net](mailto:mearl@pps.net) if you can help.

Our health room is low in sizes 5, 6, 7 and 8 sweatpants and shorts with drawstrings. If you have any to donate, please drop the clothing by the front office. Thank you!

Thank you to all the families and classes who showed up to our first ever Rocks and Minerals Show. 3rd grade students spent several weeks researching rocks and minerals, and creating displays to share. Students also taught other classes about their learning, and enjoyed exploring the world around them. We hope you enjoyed our show!



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## Upcoming Events

### PTO Meeting + Elections

Wednesday,  
5.15.19

Dinner 6:00 pm  
Meeting 6:30-7:30 pm  
(Childcare provided!)

### Spring Plant Pick-up Day

Friday, 5.17.19  
3-6pm

### Revenue Share Night: Swift and Union

Tuesday, 5.21.19  
8103 N. Denver Ave

### No School, Memorial Day

Monday, 5.27.19

### Volunteer Tea

Thursday, 5.30.19  
2:00 pm

### Kindergarten Social

(for current & incoming  
kinder families)

Thursday, 6.6.19  
5:00-6:00 pm

Fifth Grade Promotion  
Monday, 6.10.19  
**4:30-5:30 pm**

Field Day  
Tuesday, 6.11.19

Last Day of School  
Wednesday,  
6.12.19

## PTO News

**Elections are TOMORROW!** Come take part in electing our 2019-20 board members on Wednesday, May 15! This is our last PTO Meeting of the year. As always, dinner & childcare are provided. Dinner begins at 6:00pm, and the meeting goes from 6:30-7:30p. This is your PTO!

If you have interest in running for office, or have any questions, please contact the election committee members:

- **Jeanne Modderman** [Jeamodd@gmail.com](mailto:Jeamodd@gmail.com)
- **Erin Batten** [battenek@gmail.com](mailto:battenek@gmail.com)

We have 6 open positions for next year:

1. President
2. Vice President
3. Treasurer-in-Training
4. Fundraising Coordinator
5. Volunteer Coordinator
6. Communications Chair\*

[Click here](#) to read the board position descriptions.

### About Board Commitment

1 year; 1 hr/month board meetings; 1.5 hrs bi-monthly general meetings; 1-2 hrs/month occasional prep, help, support for school; \*1-2 hrs/week communications work.

### About the Candidate Process

✨ EASY AS 1-2-3! ✨

1. Let the committee know prior to 5/15.  
*However, write-ins can occur at the meeting.*
2. Elections will occur at the 5/15 mtg.  
*We only count votes from those that attend.*
3. You'll have ~1 min to share a bit about you and why you'd like to be on the board.

**Spring Plant Sale Pick-up Day** Please pick-up your order on Friday, 5/17 anytime between 3-6p near the cafeteria. Your plants will be waiting for you.

**2019 Kenton Street Fair:** Sunday, May 19, 10am-6pm, N Denver between Schofield & Willis. Volunteer for a shift at the CJ PTO booth. [Sign-up here](#) for 1 or 2 hour shift. Share info about our school with prospective parents and our neighborhood community!

**Revenue Share:** Our final Revenue Share for this year will be **Tuesday, May 21 at Swift and Union** in Kenton. A portion of all sales will support our kids. Swift and Union has seasonally inspired pub fare, draft beers, craft cocktails, and regional wines. Don't forget to try the bacon jam! (8103 N. Denver Avenue, <http://swiftandunion.com>)

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**Reminder, PTO is for everyone. Please get involved, and stay connected!**

Website + Store: [www.chiefjosephschool.org](http://www.chiefjosephschool.org)

Follow us on Facebook: [@chiefjosephschool](https://www.facebook.com/chiefjosephschool)

Email your questions & ideas:

[info@chiefjosephschool.org](mailto:info@chiefjosephschool.org)

[president@chiefjosephschool.org](mailto:president@chiefjosephschool.org)

[volunteer@chiefjosephschool.org](mailto:volunteer@chiefjosephschool.org)

Interested in quick PTO reminders? We are on the Remind App! Text "@cjpt" to 81010. Opt-out anytime.

## Library News

I can't believe how fast our year has flown by! This is the last week students will be able to check out books during library class. **All books are DUE back by Friday, May 31.** Please check your email for reminders or fine notices sent out by the district. If you have any questions about lost books or fines, please stop by the library or email me at [bhall@pps.net](mailto:bhall@pps.net).

Summer reading is hard for students and to help keep students reading, we will be holding our Free Book Fair the week of June 3<sup>rd</sup> during your child's regular library time. If your child(ren) will be missing class during this week, please let me know so I can hold books for them and arrange a way to get them to you.

Get Caught Reading this Summer! I'd like to get pictures of all the places students, families, and teachers are reading during the summer! If you would like to participate, please bring your photos to the Library when we return in August or you can email them to [bhall@pps.net](mailto:bhall@pps.net). I will post reminders on our Chief Joseph Community Facebook page throughout the summer.

Thank you for all of your support!

*Brandi Hall*

## Counseling Corner

Hello Families,

May is Mental Health Awareness Month, and I want to take a moment to provide some resources for families. If you are seeking information or need resources for yourself or someone you care about, please see the numbers listed below.

Youth Line: Text Teen to Teen 839863

Trevor Line for LGBTQ Youth: Text "START" to 678678

Multnomah County Crisis Line: Call 503-988-4888

National Suicide Prevention Hotline: Call 1-800-273-8255

SafeOregon Tipline: Call or Text 844-472-3367

Lines for Life: Call 800 273-8255 or text 273talk to 839863

Additionally, it's always good to check in with yourself and see if what you are doing is working for you. The website below offers 31 tips to boost your mental health.

<https://www.mentalhealthamerica.net/31-tips-boost-your-mental-health>

When dealing with mental health issues it is easy to feel like the only one, making it hard to reach out to others. Here are 6 tips for connecting with others.

1. Call a friend or loved one and schedule a time to meet up. Better yet, make it a regular get-together.
2. If you feel like you don't have anyone to call, reach out to an acquaintance. It is hard to make new friends for everyone, so be the person that breaks the ice!
3. Get out from behind that screen! It's easy to neglect our real world relationships, but communication is largely nonverbal and our bodies crave this communication too!
4. Be a joiner! Check out groups that have similar interests such as meetup.com or your local community message boards.
5. Don't be afraid to smile and say hi to a stranger that crosses your path. Making a connection is beneficial to both of you.

Lastly, there's probably an app for that. There are many apps that can help you or a loved one deal with stress and anxiety. If interested, check out the ones listed below.

- MindShift
- Headspace
- Stop, Breathe, and Think
- Calm
- Pacifica for Stress and Anxiety

If you have any other questions or need support please reach out. Life is a roller coaster, and we are all on this ride together!

Lynn Spiers

503-916-6234