



Chief Joseph Elementary School

Family Bulletin

5.29.2019

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

All School News

Dear Families,

The Volunteer Appreciation Event is tomorrow, Thursday, May 30, here at the school library at 2:00 pm. Everyone who has volunteered this year is invited to come join us. To all of our volunteers, please know that we value and appreciate you so much. THANK YOU!!! We truly could not do this without you!

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!

We still need volunteers for Field Day on Tuesday, June 11th. K-2nd Grade is 9-10:30 am and 3-5th Grade is 1:15-2:45. Contact Mrs. Earl mearl@pps.net if you can help with either or both shifts.

***Reminder* School is out for summer break on Wednesday, June 12th at 3:00 pm!**

PTO News

Thank you everyone for an amazing year!! We've had much success, and we wish everyone a fun-filled summer! See you in the fall! Without further ado...

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

Upcoming Events

Volunteer Appreciation

Thursday, 5.30.19
2:00 pm, Library

Kindergarten Art Show

Thursday, 5.30.19
5:00-6:30 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

Announcing your 2019-2020 PTO Board!

1. President: Rachel Wilson
2. Vice President: Kimberly Kay
3. Treasurer: Jessica Bushard
4. Secretary: Gretchen Cummings
5. Fundraising Coordinator: Erin Batten
6. Volunteer Coordinator: Erica Cohnstaedt

Thank you to everyone who has stepped up to carry forward our momentum next year. School wouldn't be the same without you!

OPEN 2019-2020 PTO Board Positions:

1. **Communications Chair**
2. **Treasurer-in-Training**

Please spread the word that the PTO is looking to fill these 2 positions. If you are interested or would like to nominate someone, please email info@chiefjosephschool.org or president@chiefjosephschool.org. For more information, [click here](#) to read the board position descriptions. The time commitment to be on the PTO Board is as follows: 1 year in the role; 1 board meeting each month, Aug-May (1-2 hr); 5 general PTO meetings throughout school year (1-2 hr); 1-2 hrs/month occasional prep, events, support for school; 1-2 hrs/week communications work for Communications Chair. Being on the board is a lot of fun. Get to know parents, teachers, and build community around Chief Joseph Elementary. **Our school is better when we gather together!**

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

Website + Store: www.chiefjosephschool.org

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

Email your questions & ideas:

info@chiefjosephschool.org

president@chiefjosephschool.org

volunteer@chiefjosephschool.org

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

Library News

All books are DUE back by this Friday, May 31.

Summer reading is hard for students and to help keep students reading, we will be holding our Free Book Fair the week of June 3rd 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. 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