



Spotlight Newsletter

CHAPMAN ELEMENTARY SCHOOL

January 6, 2017

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Calendar

1/11	PTA General Meeting, 6pm in the Library
1/16	MLK Day (No School)
1/17	Dining for Dollar\$ at Grassa (1506 NW 23rd Ave)
1/18	Late Opening (10 am)
2/3	Teacher Planning Day (No School) Pending PPS Board Approval
2/15	Immunization Exclusion Day

Principal's Message

Happy New Year! I am a resolution optimist, enthusiastically setting a plethora of goals for the year and new habits to start. Sometimes I'm successful--in my second year of teaching I resolved to always lock the blade of the paper cutter back into place—a habit I've maintained to this day, thankfully. Other times, not so much; I think I'll have to wait until retirement before I have time to read a hundred books in one year.

One habit that we all need to improve is wearing a name or visitor badge. I frequently forget mine in a pocket or leave it on my coat after coming in. Most parents at the school remember to check in at the office and grab a badge, but there's the occasional visitor who forgets to do so. It's basic safety and security protocol in PPS to always check in at the office, even if you're just staying for a few minutes or dropping something off to a classroom. If you forget, a staff person will kindly remind you if they see you are not wearing a badge. If you see me without my badge, please do the same. It's a new year's resolution we should all make.

Supervision Before and After School

Please remember that we do not have supervision for students before or after school. Children should not be dropped off unsupervised or allowed to remain on school property (which includes the turf) without a responsible adult. We open the cafeteria at 7:40, and once students are in there they must remain in the cafeteria. Our front doors and side door (by the bus) open for students at 7:52.

Gently Used Coat Donations Needed

With the freezing temperatures, we have discovered a need to keep a few coats on hand in the office on the occasion that someone needs a coat for recess. We plan on having outside recess even in this ridiculously cold weather, but some students have left their coats on the bus or spilled milk on them and we don't want them to go out without a coat. (Insert yet another reminder to make sure children are dressed appropriately for cold weather. Hats, gloves, etc. You know the drill.)

Sincerely, Pamela Van Der Wolf, Principal

Counselor's Corner

How to Support an Overwhelmed Child

This Counselor Corner is adapted from the book *Trauma-Proofing Your Kids*, by Peter Levine and Maggie Kline

Children by their very nature are both fragile and resilient at the same time. To help prevent or minimize both big and small traumas of childhood, it is important for the adults to be calm. When your kid falls off her bike and badly scrapes her knee, the best thing you can do as a parent is to be calm and nurturing, even if internally you are really worried about the vast amount of blood gushing from your daughter's wounds and wondering if you need to rush her to the hospital.

Counselor's Corner—Continued

Children are usually able to rebound from stressful events. As they begin to experience and triumph over life's surprises and losses, they grow into more competent, resilient and vibrant people. Your job as a parent is to help foster these processes, even when your own fear or anger or other big emotions might dominate your response during an emergency. It is natural, of course for the adult to feel shocked and scared if something happens to your child. But your fear or anger can further frighten the child. The best response you can have as a parent is to attend to your own feelings first. Allow time for your own bodily responses to settle before rushing in to attend to your child, either by scolding or anxiously running to their aid (unless the child is in actual danger). Many children say that after an accident, the fear on their parent's face was scarier than falling off the bike in the first place.

Learning how to develop a calm adult presence happens through practice. Through attunement with your child, your calm centeredness will help calm your child. This is true at any time, not only in a crisis. Once we become more at home with our own feelings, especially in stressful situations, we become models for our children.

Ariel Frager
Chapman School Counselor

From the School Nurse

Did you know that the USDA reports the average American eats over 150-170 pounds of sugar each year? Sweets taste so good, but we all know that eating too many is not healthy for our bodies and is harmful to teeth. Besides regular brushing and flossing, here are some healthy tips:

- It is best to enjoy treats as dessert instead of between meals. The more often the teeth are exposed to sugar the greater the likelihood of decay.
- If tooth brushing is not possible after a meal, drink, or snack, it is a good idea to rinse with water.
- Choose snacks wisely. Goopy, chewy, sticky foods are harmful because they stay on the teeth longer. Dairy products (milk, cheese, yogurt) are a great source of calcium and help protect the teeth. Raw veggies and fruits are great choices, too.
- Don't allow constant nibbling in between meals.
- Make soft drinks occasional treats, not part of every day. Colas contain harmful acids and non-cola soft drinks contain additives and organic acids – all leave teeth more susceptible to decay. Straws are good – there is less direct contact of liquids with teeth.
- Beware of sports drinks, commercially prepared teas, and lemonades. They are loaded with sugar! Better choices are water, milk, or 100% fruit juices.

February 15th is Immunization Exclusion Day. Parents should have received a letter in the mail stating which vaccines are required by this date. By Oregon state law, if the immunizations are still incomplete by 2/15/17, the student will not be allowed to attend school. Please contact the school nurse, Mary Corcoran, if there are any questions.

From Multnomah County Library

Ideas for Helping Beginning Readers *But I Don't Like Reading*

Reading is important to success. For most people, it is an enjoyable and relaxing way to spend time. But for some children, reading is low on the list of "fun things to do." It can be very frustrating to hear a child say "I don't like to read!" But it can happen. Be a good listener. Try to find out why your child resists reading:

- **Is reading difficult?** Check with your child's teacher to see if she or he is having trouble reading at school.
- **Is it just more fun to be on the computer or watch television?** Establish a reading time that is consistent and balanced with screen time.
- **Are the right materials available?** The library is full of high interest materials on every possible topic and in many different formats including picture books, magazines, activity books, comics, fact books, and graphic novels.
- **Are you modeling that reading is important and valued?** Set aside some time when your child can see you reading. Whether it is for work or pleasure, it is important for your child to know reading is an essential part of everyday life.

Upcoming Events

Dining for Dollar\$ is back

January 17th at Grassa (1506 NW 23rd Ave).
Good food + good friends + \$ for Chapman = feeling good!

Ukulele Club

Is your child interested in playing the ukulele? Join us for informal ukulele lessons open to 5th grade students. We will meet every Friday school in session starting Jan 13th and run until March 17th. Meeting times are 2:15 to 3:00 pm in room 6. No experience necessary. Bring your instruments and great attitudes. For more information contact kathyohkeith@gmail.com and/or tasha_miller@hotmail.com

Buy-A-Brick

Every school needs a playground, an essential component of a child's school experience. We are calling on our community to help us transform our grass field into a safe, protected play environment for our children on school property.

Not only will the playground benefit Chapman students and families, it will be a much-needed asset to the Northwest Community. You can help support the new playground by **buying a commemorative brick** or **making a donation**

Help build a safe place for our children to play, and become part of a legacy by purchasing a brick for your family, favorite teacher or staff member. Each sponsored brick will be placed as part of the walkway to the new playground. All proceeds raised go to fund the new playground. \$250 for a 4x8 brick with inscription of 3 lines, up to 18 characters.

Please go to friendsofchapman.org for additional information or to donate. Thank you for your support!

Volunteer Opportunities

MLK National Day of Service, Benefiting the Chapman School Gardens - "Make it a day ON... Not a day off!"

Are you looking for a project for National Day of Service? Join us in the Chapman Gardens! **Meet on MLK Day, Monday, January 16th at 10:00am** in front of the school. We will be weeding, pruning & cleaning up the school grounds. BYOT: Bring Your Own Tools and Gloves. We will have some, but please bring what you can. No Experience Necessary. Kids are encouraged to participate! Hot chocolate, coffee and pastries will be provided. Questions contact Molly Porter: mollyehporter@yahoo.com

Friendly House

After School at Friendly House

Join the Chapman-Friendly House partnership that started in 1982! We still have limited space available for after school care, with sliding scale pricing. Visit friendlyhouseinc.org/afterschool for more information or to sign up. Hours are Monday-Friday 2:15-6 with a daily morning program from 7-8 and extended care on late opening and school closure days.

Stay Connected

Get more information about the latest at our school. Join us online: [Friends of Chapman](#) and [Facebook](#).

District policy prohibits discrimination on the basis of age, color, creed, disability, marital status, national origin, race, religion, sex, and sexual orientation. BP 1.801.020. Not all outside groups comply with the District's non-discrimination policy. Families are strongly encouraged to review all materials closely.

Thanks to our sponsor



The Spotlight Newsletter is a Chapman Elementary School weekly publication in partnership with the Chapman PTA
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