



Spotlight Newsletter

CHAPMAN ELEMENTARY SCHOOL

January 20, 2017

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Calendar

1/31	Screenagers (6:30pm—Chapman Auditorium)
2/2	Pajama-Rama Party at the Ramona, 6-9:30pm
2/3	Teacher Planning Day (No School)
2/8	Executive PTA Meeting—6pm in the Library
2/10	Kids Night In! Parents Night Out!
2/15	Immunization Exclusion Day

Principal's Message

It is so nice to finally have our wonderful students and staff back after a much longer break than was expected! I've had the good fortune to hear many fun-filled stories from students about sleds, snow forts, snow creatures, hot cocoa, books read and other ways that they found to spend time with their families and friends during the inclement weather.

This may be a good time to help your child develop more solid study habits at home by establishing an environment where they can do their schoolwork. Research says families whose children do well in school also have a home life with a daily family routine. The more families are involved with their children's education, the more successful their children!

Britt Kuether, Assistant Principal

Counselor's Corner

Portland has felt like a hectic place lately. Such events as snowstorms and political events have kept us pretty busy. Listed below are some ideas for activities to do with the kids when you have some spare moments to enjoy together.

Practice mindfulness:

1. Count the positive things you see and hear.
2. Practice different ways of breathing in and out that create a sense of calm.
3. Explore the kitchen for foods with a variety of different smells and tastes. Sweet, sour, etc.
4. Tell jokes. Sometimes kids laugh the hardest at the jokes they make up.
5. Exercise. See how many healthy ways you can get your heart rate up.
6. Close your eyes and tell a back and forth story. One person starts the story, the next person adds to the story, and so on.
7. Curl up with something that is not on a screen. Books, music, etc.
8. Spend time with the family pet. He or she will love you for it.
9. Create art like never before. Use a new medium and tell the family about your creation.
10. Make a journal with secret compartments in it. Share what you wish, but save the rest for the sections of your journal that are just for you.

Enjoy, Stephanie Cox, School Counselor

Upcoming Events

SCREENAGERS - TUESDAY, JANUARY 31st @ 6:30 in Chapman Auditorium.

Chapman PTA is excited to bring the film Screenagers to our community. Together with the West Sylvan PTA we are sponsoring a free screening of the documentary on January 31st at 6:30pm in the Chapman auditorium. The film explores the science of what happens in our children's minds when they play video games, engage with social media and spend time looking at screens. It also looks at different ways of managing screen time and the struggles that happen around limiting screen time. The film runs just over an hour long and is recommended for kids ages 10 and over. We are working on providing supervised activities for younger kids, so please register via the link below if you'll be bringing younger kids. We will be selling pizza starting at 5:30pm. You can learn more about the film at <http://www.screenagersmovie.com/>. Let us know you'll be there by registering and please invite your friends and neighbors!

REGISTER HERE: [Screenagers](#)





Thursday, February 2nd, 6-9:30 at the Ramona
\$30 each student. No school the next day!

Ramona Vice Principal Diana Kruger, Kindergarten Educational Assistants, and Kindergarten Teachers Mr. Melling, Ms. Forst & Ms. Davenport are hosting a pajama party at the Ramona. Enjoy a parents' night out and drop off your child. Have your child wear their PJs for a fun-filled night of arts & crafts, science experiments, storytelling, a movie, and treats!

HOW TO: Make a \$30 donation per child at www.friendsofchapman.org. If you are able, please consider purchasing an additional spot to be offered as a scholarship. Email your receipt to: mollyehporter@yahoo.com to get on the list.

Chapman's Parents' Night-Out / Kids' Night-In
Friday, February 10th, 2017

Wouldn't you like to take your sweetie out for a Pre-Valentine's Dinner? Here's your chance!

Chapman teachers are offering a night of fun activities for Chapman K-5 students while their parents take a well-deserved night off.

100% of the money raised will go to the Chapman PTA to be used for next year's educational programs.

On-line Registration link: www.schoolpay.com/link/kidsnightsin

When:

Friday, February 10th

Check-in: 5:45 p.m

Pick-up: 9:00 p.m.

Where: Chapman Front Lobby for check-in and pick-up.

Who: Current Chapman K-5 students only.

Cost: \$25 for one Chapman student,
\$40 for two,
\$10 for each additional Chapman student beyond the first two students.

What: Games, activities, art, movie and popcorn supervised fun by Chapman Teachers

- Dinner will not be provided for children;
- All children will participate in 4 Stations of games, activities, and art;
- Movies and Popcorn: 2 choices: Peanuts Movie (rated G) or Kubo and the Two Strings (rated PG). Be sure to check your preference when registering. Children will not be permitted to watch the PG movie without parent permission.

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.

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.

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.

Mark your calendars: Summer Camp Registration at Friendly House open on 2/13! One- and two-week sessions for 1st to 6th graders with themes, field trips, and swim lessons! Scholarships available for qualifying families. Visit our [summer camp website](#) on 2/13 with updated information and to sign up.

Friendly House Preschool for 3-5-year-olds: Space available immediately in our half-day morning program with individualized curriculum, parent-teacher conferences, and daily access to gym, garden, and playground space! Sliding scale pricing and full scholarships available. [Click here](#) for more information or [email to set up a tour](#).

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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