



In this edition

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Calendar

10/12	PTA Meeting
10/14	NO SCHOOL (Teacher In-Service Day)
10/19	Late Opening (10 am)
10/27	Grandparents/Special Friends Visit
11/3	Picture Retake Day-Ramona AM, Chapman PM
11/4	NO SCHOOL (Teacher Planning Day)
11/9-11/11	NO SCHOOL (Conferences)
11/18	SCHOOL AUCTION

Principal's Message

Chapman's Safety Patrol is off to a fantastic start! This Thursday, seven of the 20 fifth grade members put on their vests, grabbed their colorful flags and crossed their first pedestrians. Last week all 20 members of the Safety Patrol gave up their recess to learn from Mr. Studt how they should cross those making their way to Chapman by foot or on wheels.

What a wonderful feeling to know that these dedicated leaders will be at the corner of Pettygrove and 26th Ave. throughout the year. They will be at the corner from 7:45 to 8:00 in the morning and from 2:15 to 2:25 in the afternoon.

Mr. Studt needs more parent help to run the Safety Patrol. At each of the three sessions during the year, we will have six to seven fifth grade students working as a team. He hopes to get a parent volunteer or two for each team. If you are interested in helping out, please contact Mr. Studt at rstudt@pps.net. The sessions will run from Oct.- Jan., Jan.-March, and April-June.

Being in Safety Patrol is a big responsibility. Hats off to the 20 students who are dedicating their time to keep our community safe!

Britt Kuether, Assistant Principal

Counselor's Corner

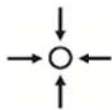
Mindful Moment during Roundup

I have the great pleasure and honor to work with the Chapman students, staff and community on developing mindfulness as a practice to enhance our Social and Emotional Learning. I am providing direct instruction in a 15 lesson series to individual classes throughout the school year. I am also leading our school-wide Mindfulness Moments during Roundup each week this year. I am really excited about the opportunity to share this passion for teaching mindfulness with the Chapman Community. I invite all parents to participate in the weekly Roundup Mindful Moments.

Over the course of the year, I will use my Counselor Corner space to provide more detailed information about Mindfulness and our Mindfulness program at Chapman. This week the question is what is Mindfulness in an educational context?

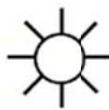
What is Mindful Awareness?

Three attentional skills working together:



Concentration Power
(symbolized by arrows pointing to a focus object):

The ability to focus on what you want, when you want.



Sensory Clarity
(symbolized by light rays):

The ability to untangle the elements of sensory events. Also the ability to detect sensory events that were previously subconscious.



Equanimity
(symbolized by a balance point):

The ability to let sensory experience come and go without push and pull.

- Mindfulness is *three attentional skills* working together:
 - Concentration: The ability to focus on what you want, when you want.
 - Clarity: Increased awareness of internal sensory events (*thoughts, emotions, sensations*) and external behaviors.
 - Equanimity: *Non-reactivity*. The ability to let sensory experience (*thoughts, emotions, sensations*) come and go without push or pull.

Source: Shinzen

It is my hope that by helping everyone in the Chapman community develop these attentional skills, we will all be better able to be present with each other, be present for learning and focus our attention whenever needed.

With gratitude,
 Ariel Frager

School Supplies Reimbursement

We are within \$300 of covering our \$12,000 + bill for school supplies and subscriptions purchased this year! Hurray! If you have not turned your check in to your child's teacher, please do so this week! Grade amounts are below:

1st grade: \$10

2nd grade: FULLY FUNDED - THANKS!

3rd grade: \$25

4th grade: \$55

5th grade: FULLY FUNDED - THANKS!

Want to get in touch with other parents from Chapman? Add your contact information to the Chapman Directory and get connected! Those who ordered a printed directory are already included. goo.gl/5f7Ben

FALL CAMPAIGN IS ON!!

Our goal is \$230,000 - one-time and monthly donations are accepted. Many companies provide matching donations, please check with your employer. Funds raised are used to provide educational assistants, classroom enrichment opportunities and special projects. Donations can be made online at www.FriendsofChapman.org or turned into the office. Contact Nici Griffith at bnqhefele@comcast.net for more information.

Multnomah Library will be doing a series of presentations:

4th graders – Jump into Research, Internet Safety

5th graders – Banned books, Jump into Research, Internet Safety

We're celebrating Hispanic Heritage Month! Plus the book fair will be from 9/28-10/11.

NEW! Chapman TAG Parent Group

Parents interested in discussing, advocating and organizing to improve TAG education at Chapman are encouraged to join a new Google Group created for this purpose. Sign up here:

<https://groups.google.com/forum/#!forum/chapman-tag-parents/join>

Farm to School Apple Sales at Food Front:

Please consider purchasing the 3 lb. bag of Farm to School apples at Food Front. 100% of the profits from the Farm to School apples goes directly to the school garden! Perfect for classroom snacks.

Upcoming Events

- **Dining for Dollar\$!** Tuesday, October 18, 11:00-9:00 pm, Laughing Planet Café EcoTrust (721 NW 9th Ave, Suite 175). DON'T BE A NO SHOW! Late start the following morning!
- **Drama Club is starting Tuesday, October 18th at 2:20pm!** Students will develop a toolbox of performance skills as they act out stories using only their voices, bodies, and imaginations. Our experienced theater educators will teach theater basics, from projection and stage presence, to expression and character development, while bringing stories to life! Sign-up today at www.nwcts.org/drama-club! For more info, contact youngplayers@nwcts.org.
- **Children's Book Harvest**
Last year, Chapman's book drive collected 1,200 used books for the city-wide Children's Book Harvest! Last fall, the book harvest collected a total of 25,000 books that went to 4,700 children in need! We are looking for a volunteer ASAP to lead the used book collection effort at Chapman. The job entails putting up posters, setting up collection boxes and delivering the donated books to the Children's Book Bank. Please contact Christy Marten at ctmarten@yahoo.com if interested.
- **2016-2017 Free/Reduced Lunch Application**
Students who were receiving free or reduced-price meal benefits at the end of last year must fill out a **NEW** meal application for the 2016-17 school year. If benefits are denied or reduced when the NEW application is approved, families will have ten days before the change in eligibility takes effect. **Students who have NOT submitted a NEW application will be required to pay full price for school meals starting Monday, October 10, 2016.** Additionally, the Oregon Legislature passed a bill allowing school districts to provide lunch free of charge to students who are eligible for reduced price meals. Apply online <http://www.pps.k12.or.us/departments/nutrition/index.htm> or ask the school office for the paper form.

Volunteer Opportunities

VOLUNTEER SURVEY

Hello Chapman Parents!

I'm Tiffany Goldwyn, mother to Zach (4th grade) and Lilly (2nd grade). I'm the volunteer coordinator this year at Chapman. I would like to help parents get connected and volunteer at Chapman. By doing this, myself or a PTA member can contact you to answer questions you may have or help you feel more connected. It doesn't matter if you work full time, or have a limited schedule. There are a lot of opportunities at Chapman. As we all know, the more help we have, the more our students benefit. Please take the time to fill out this survey, so that we can get to know you.

<https://docs.google.com/forms/d/e/1FAIpQLScQbbZ9E7mpgbVDkDpJ2Xt8heCbdViapuGioZ0JZ3xCroJGFg/viewform>

CHAPMAN PTA and FOUNDATION NEED YOU

There are a few openings within the Chapman PTA and the Chapman Foundation. We work with teachers, parents and administrators to solve challenges, expand opportunities, plan events, fundraise and realize improvements at Chapman. If interested, contact PTA President: Christy Marten (ctmarten@yahoo.com):

Vice President of Education Foundation - Assist Foundation President with administrative tasks, run meetings in President's absence

- **URGENT: VOLUNTEERS NEEDED NOW FOR THE CHAPMAN SCHOOL AUCTION:** Friday November 18, 2016 at Pure Space! SwiftGatsby theme. Help is always needed before and the night of the event. Please contact veeryharper@gmail.com to find out how you can help.

- **The Chapman Store** We're looking for an additional person to help run the Chapman Store in an absence of, or to share the shifts with, the Chapman Store Lead. Is anyone interested in running the store this month? Please contact Brigitta at glanzb@gmail.com.
- **Grandparents and Special Friends Day – October 27.** Please contact your student's teacher to offer help on this fun day. The teachers may need help organizing or running a group activity or preparing snacks.
- **Picture Retake Day, November 3, AM Ramona, PM Chapman.** We will need a couple of parents to help get the kids to and from class on Picture Retake Day. Please contact Tiffany at tiffanydmd@hotmail.com if you are interested.
- **Chapman lunches:** Join us in the lunch room from 11-12:15 pm. Everything is different except the kids and the need for help. There are three separate waves of lunch. Kate and Martha (the new lunch team) would appreciate the help. Please let Tiffany know if you can volunteer at all this year in the kitchen. Please contact Christian Reed at chrisian@mustreed.com if interested.

Community

Hillside Soccer League is now open for registration for kindergartners! Please visit <http://www.lincolnyouthsoccer.org/hscf> for information and registration.

Friendly House After School Program: Space still available!

Join the Friendly House community with our After School Program that has partnered with Chapman since 1982! Part- and full-time schedules, homework club, enrichment activities, healthy snacks and wonderful staff. Affordable and flexible sliding scale fees to fit your budget. Visit our [afterschool webpage](#) for more information or to sign up.

You are invited to Friendly House's Annual Fall Lunch - Wednesday, October 19th, 12-1pm at the Multnomah Athletic Club- FREE!

Dive into the rich world of Friendly House's community work, with special focus on how we help kids grow up strong, safe, and smart in our Children's Programs. Celebrate with us and learn more about all that Friendly House has to offer. Find out how you can give back to our community by volunteering, attending events, becoming a donor and much more! RSVP by Oct. 12th with your entree choice (chicken marsala or autumn squash ravioli) to rsvp@friendlyhouseinc.org or 503-228-5268.

Support Friendly House with Jam and Chinook Books!

Each summer preschool parents, children, volunteers, staff, and board members pick donated berries from local farms and make jam in our preschool kitchen, in small batches, which we sell throughout the year to benefit the preschool program. They are for sale at the Friendly House front desk - **1 jar for \$6, 3 for \$18, or a case of 12 for \$50.** We also sell Chinook books, apps, and combo packs until the end of November. **Books are \$22, apps are \$15 and combo packs are \$30 - support local businesses and Friendly House by purchasing some - they make great gifts!**

Preschool Openings:

Please spread the word about Friendly House Preschool - we love our program and are eager to extend the opportunity of a high-quality early education program to others! **Full scholarships are available** and we have and multiple openings for families who can pay according to our sliding scale. Any child who has turned three and is (mostly) potty-trained is eligible for our half-day program. Direct interested parties to our [preschool webpage](#).

Stay Connected

Get more information about the latest at our school. Join us online: FriendsOfChapman.org 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.

Chapman Spotlight is a weekly PTA publication of Chapman Elementary School, a National School of Excellence.
Office Address: 1445 NW 26th Ave., Portland, OR 97210 (503) 916-6295.
Website: www.friendsofchapman.org

Thanks to our sponsor



Thanks to our community partner: Friendly House

Friendly House News: After school registration for 2016-17 now open and filling fast! Sign up [online](#) – scholarships available. Announcing preschool registration for 2016-17 open on 4/15! Sign up [online](#).