



Chapman Elementary Spotlight Newsletter October 24, 2016

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- Counselor's Corner
- Upcoming events
- Volunteer opportunities
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Calendar

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)
11/16	PTA General Meeting (6-8 pm) in the Chapman Auditorium
11/18	SCHOOL AUCTION

Guest Principal's Message

Do you remember your best buddies from grade school? Well this is because each of your individual friendships had a great value and deep meaning to you. As soon as you hear the word "buddy" where does your mind go? Do you think funny, cool or maybe even compassionate? Here at Chapman we think every buddy is a big part of our school experience but we need new ways for kids to comfortably make new friends. We have brought up the idea of a buddy bench. For any of you who are not familiar, kids who do not have something to do during recess can talk to someone on the buddy bench. As guest principals, we came up with the idea of having Mrs. Van Der Wolf ask teachers to help encourage this. The way they might do this is by having students talk to someone they may not know, this will help kids have confidence when talking to other people. Some questions they might be practicing are "How have you been?", "What's your favorite subject in school?" and "What do you want to be when you grow up?"

Throughout our brainstorming we have made some great ideas and will hopefully make some major improvements to encourage buddies in Chapman.

Your Guest Principals, Guinness G. & Ainsley B.

Ms. Van Der Wolf's Addendum

Chapman's Buddy Bench will be arriving soon! We are hoping to have it installed by the end of November.

Grandparent' & Special Friends Day: Chapman is excited to host our grandparents and friends on Thursday, October 27th. We will greet all visitors in the auditorium at 10:00. They will then be sent to classrooms for activities with students, which will end at 10:40. Our kindergartners will be hosting grandparents at the Ramona from 12:15 – 1 pm.

Halloween: The Chapman Staff has decided to continue the tradition of not wearing costumes during the school day on Halloween. We will, however, be hosting a pajama day on November 1st. So come prepared for a cozy day the day after Halloween!

Counselor's Corner

Anxiety and Mindfulness

Many of our students are feeling high levels of anxiety recently. Some students are feeling worried about big weather events like the tornado that hit the Oregon Coast. Others are nervous about scary clowns. Many students were affected by the gas explosion in the neighborhood. And still others are worried about the Presidential Election.

When children are feeling high levels of anxiety (or any other uncomfortable feeling) it is important for us as the adults in their lives to recognize and give space to these feelings. This can be really challenging as parents because we have this innate desire to protect our kids from difficult feelings.

Helping kids employ mindfulness techniques during moments of anxiety can be really useful. If your child expresses feelings of anxiety you can ask him/her to take three mindful breathes and notice where in their body do they feel the worried feelings. Then you can ask them to talk about the anxiety and make sure to give them enough time to talk about how they are feeling. Then you can share your own feelings about the topic and if you have the same worries.

This circle of acknowledging, feeling and discussing the anxiety can be very useful for children. It doesn't necessarily make the anxiety disappear but it gives it space. When fears are brought out of the shadows, they are much less scary and often easier to manage.

Ariel Frager, School Counselor

CHAPMAN'S ANNUAL AUCTION

Buy your tickets now for Chapman's biggest fundraising event (and biggest party) of the year! Live & Silent Auctions showcasing amazing deals on trips, goods and services as well as one of a kind art by the students. Stay for the after party with music, dancing and celebrating with the Chapman community!

Want to get involved?!

- donate a bottle of wine to the wine wall (minimum \$25 value)
- donate an item!! (contact bolbeter@gmail.com)
- gather a group of friends to form a table or to create a "room table"- talk to the room parent in your child's class
- buy a golden raffle ticket! \$100 and only 99 sold. 2 winners: any live auction item OR a brand new iPad
- volunteer during the event (contact veeryharper@gmail.com)

Book Drive

The Children's Book Bank is holding a book drive to collect new and used books for children in need. The children's book harvest is off to a great start, but there is still plenty of time to bring in new or used books in good condition. Donation boxes are by the main entrance of Chapman and by Heather Maharry's desk at the Ramona campus.

HALLOWEEN COSTUME BIN

It's time to give the costumes your kids have outgrown a new home. Leave/take a costume in the bin located in the main hall through Friday, October 28.

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.

Oregon Battle of the Books at Chapman

Chapman students grades 3-5 will, once again, take part in the Oregon Battle of the Books (OBOB). OBOB is a statewide **voluntary** reading motivation and comprehension program sponsored by the Oregon Association of School Libraries. Our students participate in a school-wide competition to determine which team will represent our school at the OBOB regional competition in March.

Information and permission slips will go home with students. Please look for them in your child's folder or backpack. Chapman OBOB teams are led by parent volunteers. We will have an informational parent meeting on **Thursday, October 27 at 2:20 pm in the Chapman School Library.**

To learn more about Oregon Battle of the Books go to <http://oboblsta.pbworks.com>. If you have questions, ask your child's teacher or the parent coordinators, Annie Bruce (anniemack55@hotmail.com) and Emily Andersen (emander15@hotmail.com).

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. If you do not have a Google account, but wish to receive updates, please email helenshum@gmail.com. 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\$!** A big thanks to Laughing Planet and all of the families that participated! 15% of the entire proceeds went to Chapman! Don't be a no show next time – join the party and support Chapman!

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>

Volunteer Opportunities

- **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 glanz@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.

Friendly House

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.

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 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.
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