



## Chapman Elementary Spotlight Newsletter December 9, 2016

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### Calendar

12/14	Executive PTA Meeting in the Library
12/19-12/30	Winter Break

### Principal's Message

For the second day in a row, schools are shut down due to severe weather, at least severe by our normally mild Willamette Valley standards. I hope that you have been able to have some fun and stay toasty. In looking at next week's forecast, it seems we may be in for some more wintry weather. To make sure that you get updates about school closures from PPS text "Yes" to 68453.

Maybe while you're stuck inside, you can complete this year's Successful Schools Survey!

#### Successful Schools Survey

PPS invites all families to share their experience in our schools through the Successful Schools Survey Nov.7-Jan. 17.

#### What and why:

The Successful Schools Survey will focus on school climate – such as whether a school feels welcoming and safe and in what ways learning is supported. Surveys are filled out anonymously. Overall survey results will be shared with the community and staff.

PPS leaders, principals and teachers will use the results to help develop an action plan for the continuous improvement of schools and services to children and families. That's why we need everyone's participation.

#### Who

The survey will be available to PPS parents/guardians of students at ALL grade levels in English, Chinese, Somali, Spanish, Russian and Vietnamese.

The parent/guardians survey will be administered through [www.pps.net/successfulschools](http://www.pps.net/successfulschools). The survey will also be available to 5th, 7th and 10th grade students and all PPS school staff through their school during the winter.

#### How

##### Parent/Guardian Survey- Nov. 7- Jan. 17

- **Available online:** [www.pps.net/successfulschools](http://www.pps.net/successfulschools) in supported languages.
- **Hard copies** of the survey in these languages will also be available for downloading and printing or for picking up in your school office.

#### More Information:

- Contact Kimm Fox-Middleton, community outreach manager, [kfoxmiddleton@pps.net](mailto:kfoxmiddleton@pps.net), or (503) 916-3070.

PPS is excited to launch this survey. We encourage all families to be a part of the strengthening our schools by sharing their experience.

Thank you!

Pamela Van Der Wolf

### Counselor's Corner

As we approach the winter break and the holiday season, it is easy to slip into a hurried and/or harried state. Through the mindfulness education practices we are learning at Chapman, one important concept is learning about equanimity. I hope some more information about equanimity (much of which comes from the writings of Shizen Young) will help guide you through the ups and downs of the holiday season.

Equanimity comes from the Latin word *aequus*, meaning balanced and *animus* meaning spirit or internal state. In the physical world we say a person has lost balance if they fall to one side or another. In the same way a person loses internal balance if they fall into one or the other of the following contrasting reactions:

- *Suppression* - A (internal or external) sensory experience arises and we attempt to cope with it by stuffing it down, denying it, tightening around it, etc.
- *Identification* - A (internal or external) sensory experience arises and we fixate on it, hold onto it inappropriately, not letting it arise, spread, and pass with its natural rhythm.

Between suppression on one side and identification on the other lies a third possibility, the balanced state of non-self-interference...equanimity. Being with what is, rather than trying to change or alter the experience.

When you apply equanimity to pleasant sensations, they also flow more readily and as a result deliver deeper fulfillment. When you apply equanimity to unpleasant sensations, they flow more readily and as a result cause less suffering. The same skill positively affects both sides of the sensation picture.

You can also have equanimity with thoughts. You can let positive and negative thoughts come and go without push or pull. You can let sense and non-sense arise and pass without preferring one over the other. This will result in a new kind of knowing--a kind of wisdom function. Equanimity with thought allows you to work through the drivenness to think.

By definition, equanimity involves a radical permission to experience your senses and as such is the opposite of suppression. As far as external expression of feeling is concerned, internal equanimity gives one the freedom to externally express or not, depending on what is appropriate to the situation.

I hope that everyone in the Chapman community has a happy holiday season and I look forward to seeing all of you in 2017.

Ariel Frager, Chapman School Counselor

### Upcoming Events

**A big THANK YOU to Taste on 23<sup>rd</sup> for their support in the Dining for Dollar\$ weekend!**, Chapman received 10% of all sales proceeds for the weekend!

### Nutrition Services is Hiring!

Are you interested in earning extra income while your child attends school? Do you want to be part of a team that provides high quality, nutritious meals to Portland Public Schools students? PPS Nutrition Services is hiring Food Service Assistants to work 2-5 hour shifts. Starting salary is \$11.85/hour. Must pass a Criminal Record Check and know basic computer skills. For more information call: 503-916-3271

### Buy-A-Brick for our Playground - A Great Holiday Gift that Grandma and Grandpa would love to give the grandkids!

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](http://friendsofchapman.org) for additional information or to donate. Thank you for your support!

### 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 [glanzb@gmail.com](mailto:glanzb@gmail.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](http://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.

### Winter Break at Friendly House: Open to elementary school students!

Daily themes and field trips from Rip City to the Land of Oz. Have fun this winter break at Friendly House - any elementary student is eligible. Daily fees start as low as \$35/day. Sign up for one day or all! For more information or to sign up online, visit our [winter break webpage](#).

### Stay Connected

Get more information about the latest at our school. Join us online: [FriendsOfChapman.org](http://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.

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

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