

Sellwood Weekly News



December 7, 2016

SCHOOL NEWS

From Your Administration

Greetings Sellwood Families!

Winter is certainly trying to make an early appearance with this crazy weather. As our days come to a close before the winter break, please keep an eye on the news and the PPS emails about late openings and possible closures. Thursday's weather could be a problem, and if it is as bad as some are saying, we could have some closures. Stay tuned, and we'll see what actually happens. Our Marimba concert planned for this Thursday night at 7:00 could be affected. We hope the weather cooperates, but if school is closed, the concert will be cancelled. Speaking of concerts, thank you Dan Arrayan, and our incredible student bands! Last Thursday's concert was great, and we really did have a full house. If all goes as planned, we are hoping to have a Band/Marimba assembly also on Thursday for our students.

On an unrelated note, we have had some bike thefts during the day at Sellwood Middle, and this seems to be happening at other schools also. We now have a camera system with a motion sensor that fully covers the bike racks. Portland Public's Security Services will be monitoring this for us. Hopefully, this will help end or curtail this frustrating activity.

Today is our last day for Sellwood Middle's Season of Giving. We have exceeded our goal of raising \$3,000 to help support several Sellwood Middle families in need for the holidays. We have received many contributions, both in money and food. Thanks to all our student and family contributors, our band for playing every morning for the highest class collections, and our parent coordinator Kristin Sherwood. We also want to thank our local businesses and neighbors, Blue Kangaroo, Trader Joe's, New Seasons, and Moreland Presbyterian Church for their ongoing support of our school and families. Because of the generosity of all of these wonderful supporters, we will help make the holidays brighter for many Sellwood families.

Finally, our New Parent Informational Night for incoming 6th graders and other prospective new 7th and 8th grade students will be held January 25th starting at 6:30. Families are encouraged to visit the school and the teachers' classrooms, as well as hear about what Sellwood has to offer. As we have written, we are very crowded at this point, so we will not be accepting any transfers, only students in the neighborhood. More information about the process will be coming out after the break. We will also be visiting our feeder elementary schools to talk with the 5th grade students about Sellwood Middle and hold an orientation for them in the summer. We will also be working closely with the 8th grade to prepare them for the high school process and requirements.

Thank you for all you do to support your student and Sellwood Middle School!

MARK YOUR CALENDAR

This Week

Dec 8

Winter Marimba Concert, 7 pm

Next Week

Dec 16

All School Celebration

Plan Ahead

Dec 19-30

No School: Winter Break

Jan 2

No School: New Year's Day
(observed)

Jan 3

Classes resume

Jan 16

No School: Martin Luther King Jr
Day

Jan 17

Foundation Meeting, 6:30 pm
PTA Meeting, 7 pm

Jan 18

Late Opening, 11:05 am

Jan 25

Incoming 6th Graders
Parent Info Night, 6:30 pm

QUICK LINKS

[Sellwood Calendar](#)

[PPS Calendar](#)
(pick language)

[PPS High School](#)
[Information Nights](#)

[PPS Environmental](#)
[Health and Safety](#)

Counselor News

Classroom-Based Volunteers To Work With Students Needed

Chances are you can remember getting additional academic support from a teacher or tutor. The reasons to tutor are numerous: a desire to give back; an opportunity to try out a new skill or career path; a chance to share your expertise with a young student who might be struggling. There is a wealth of research that shows that volunteering can solve problems, strengthen community, improve lives, help us connect to others, and even improve our own health.

If you are interested in volunteering as a tutor at Sellwood Middle School, please stop by the school office and complete an academic volunteer application (background check, volunteer confidentiality agreement, volunteer code of conduct, and availability preferences). Once we have a complete application you will be placed on a tutor roster.

8th Grade Information

Eighth grade students will have 4 periods geared at post-middle school transition the week student come back from winter. Two periods will be with CHOICES and two period with be with Ms. Wheeler and Dr. Breaker focused on high school information and career education. CHOICES is an interactive decision-making workshop that empowers teens to achieve academic success in pursuit of their career and life aspirations. In two hour-long sessions, business and community volunteers take students through real-world exercises on academic self-discipline, time and money management, and goal setting. CHOICES has been delivered to more than six million teens in three countries since 1985. CHOICES Education Group is a 501(c)(3) not-for-profit social enterprise. To learn more about CHOICES visit: www.choices.org.

Benson High School will be visiting Sellwood on January 9th during Period 6 to share information with 8th graders. Additionally, Benson High School is hosting evening events at Benson on February 16 and 17, 6-9 p.m. This is their annual Tech Show. Later this winter Cleveland will also visit Sellwood to share information with 8th graders. Cleveland High School is hosting their annual "Bridging the Gap" night on February 9th, 7-9 p.m.

Classroom Guidance

LOOK LISTEN LINK: In October we began teaching LOOK LISTEN LINK Curriculum in science classrooms on Fridays. It consists of four lessons primarily focused on stress and depression. There is a small amount of content on suicide prevention, specifically as it relates to getting help for a friend who might be at risk of suicide.

Staff from the Youth Suicide Prevention Program of Washington State (YSPP) developed the LOOK LISTEN LINK Curriculum. It has been evaluated locally and nationally reviewed and recognized on the "Best Practice Registry" of the American Foundation for Suicide Prevention/Suicide Prevention Resource Center.

LOOK LISTEN LINK lessons integrate interactive teaching and participatory learning principles. They focus on problem-solving skills versus factual content and based on issues that students are currently dealing with, such as keeping confidences. This program is not therapeutic; rather, it educates students about stress, anxiety and depression, and empowers them to get help for themselves and others when needed.

Information about the LOOK LISTEN LINK Curriculum can be found here:

http://www.yspp.org/curriculum/look_listen_link.htm. If you have individual questions or concerns, please do not hesitate to be in touch. If you do not want your student to participate in the lessons, please contact your student's counselor.

LOOK LISTEN LINK Curriculum schedule:

7th Grade – Starting January 13

6th Grade – Starting February 17

TRAUMA NURSES TALK TOUGH: Trauma Nurses Talk Tough (TNNT) will be presenting at Sellwood when we return from winter break. Trauma Nurses Talk Tough was developed in 1986 by three trauma nurses who wanted to put an end to the carnage they saw every day as a result of unnecessary injuries and deaths. Today, the wide-reaching impact of these programs has helped save countless lives through community education and advocacy.

The presentations at Sellwood will focus on the effect of adolescent drug and alcohol use with an emphasis on marijuana use prevention.

January 23 - 8th Grade

February 2 - 7th Grade



Donations Needed

Please bring cash or your checkbook to the Marimba Concert on Thursday, December 8th -- with an increase in students there is a need for additional funding for this program!

These donations help make SMS an amazing school and supports this wonderful range of programs without forcing us to do sales-based fundraising.

Chinook Books and Sellwood Bridge Keepsakes (see www.RumpusEvents.com) will also be for sale at the concerts as well. Purchasing these items will support the whole school.

Thank you!

Sellwood Gear for sale through Dec 16

<i>New</i>	SELLWOOD MIDDLE SCHOOL	
	2017	Hoodies & T-Shirts
SHOW YOUR SCHOOL SPIRIT IN STYLE. GO PANTHERS!		
	SALES SUPPORT SELLWOOD MIDDLE SCHOOL'S PTA!	
CLASSIC HOODIES & T-SHIRTS YOUTH-ADULT SIZES		XS, S, M, L, XL
<i>Important!</i> HOODIES & T-SHIRTS ON SALE FOR A LIMITED TIME ONLY		
Sale Ends Friday December 16th		
	ORDER YOURS TODAY https://www.spreadspirit.com/sellwood-middle-school	

www.spreadspirit.com/sellwood-middle-school

Sellwood Book Drive

Please support Sellwood PTA's Book Drive by dropping off any children's books you'd like to donate in the main office. All books donated earn the school store credit from Wallace Books which will then be used by the librarian to purchase books for the Sellwood school library. There is a container available in the main office which will be there for the rest of the school year so you can drop off books to donate at anytime. Please contact Ellie (ellieshallcross@gmail.com) for more information.

SELLWOOD Middle School FOUNDATION

Pizzicato Night

Dine in or take out at the Westmoreland Pizzicato on **Tuesday, December 13th** and earn money for the Sellwood Foundation! The next Dough for Dollars day will be March 7th.

— pizzicato pizza presents —

the **SELLWOOD MIDDLE SCHOOL**

DOUGH FOR



DOLLARS

SCHOOL FUNDRAISER

TUESDAY DECEMBER 13, 2016

Westmoreland Pizzicato • 1630 SE Bybee

Call (503) 736-0174 • Event runs ALL DAY! **PIZZICATO**

Sellwood Foundation Annual Ask

The Foundation has launched the Annual Ask. Each household will be receiving a letter in the mail explaining our mission and the different ways to donate. Please consider giving. Even a small donation can make a big difference at Sellwood Middle. If you do not receive a letter, please contact Stacey at lovetstacey@hotmail.com for more information.

PEAK

The PEAK Fall Session ends this Friday, December 2, 2016. The Winter PEAK Session will start December 5, 2016 and ends February 24, 2017. Green PEAK Winter Session Booklets are now posted on the PEAK door, Room 214, and in the Main Office.

The PEAK Winter Session of the Computer Club will be learning how to use the program Habitica. Howard Abrams, the Instructor states that this program is a way of organizing your daily habits and tasks. Looks like a great way to keep organized. The Winter Computer Club will begin on Tuesday, December 6, 2016 and run until February 24, 2017. The cost for the Session is \$25.00.

Thank you Bev O'Brien, our School Nurse and Christy Wheeler, our School Counselor for facilitating the GirlStrength Class this fall. The girls enjoyed their time leaning support skills and benefited from this donated program from the Portland Police Department.

Bev O'Brien may have a PEAK Winter Holiday Art Night in December or January to make felting creatures. The cost of the Felting kit would be part of the class charge. Time and location-TBA.

Mrs. Ronda Hall-Ramirez, our Spanish Teacher, is the Advisor for the National Geographic Bee and welcomes students to join the Club that meets every Tuesday in Room 225, from 3:45 PM-5:15 PM. The Bee uses materials from the National Geographic Society. The program is designed to motivate students to learn about the world and how it works. There is a school, state, and national competition. The national top prize is a \$50,000 college scholarship.

The January and April PEAK Red Cross Babysitting classes are filled. The Spring PEAK Play will be Mary Poppins and the tryouts will be held in February, 2017.

PIL Athletics

8th Grade Girls needed for Basketball Team

Need up to six 8th grade girls who want to play basketball on either of our middle school Cleveland Cluster basketball teams. Great fun! Learn and increase your basketball skills! Join your Sellwood friends on either of our 2 teams and make new friends with players from other Cleveland cluster schools. FOR MORE INFORMATION PLEASE CALL STEVE COOPER RIGHT AWAY AT 503-887-2928

For information regarding the PIL youth program and a list of sporting opportunities and schedules, please refer to the PIL website:

www.clevelandclusterathletics.weebly.com

Sellwood Middle School is not affiliated with PIL. The district simply rents our building and fields to the program for their use.

Community News



Cleveland High School baseball fans and supporters

The team is selling freshly cut Christmas trees this year and would love your support. The tree sale will be held at the Cleveland Community Field at SE 31st and Powell in Portland. Doors open at 6pm on Friday, December 2 and will run through December 11 while supplies last. Please come out and support the Warriors baseball program weekdays 6-9 and weekends 10-6!

Day with the Sundancers

The Cleveland High School Dance Team invites your child to spend a "Day with the Sundancers!" a dance clinic open to grades K-8.

Saturday December 10th, 2016 9:00am-1:30pm.

From 12:45-1:30pm the participants will perform their routines they learned for parents and guests! Registration due December 1st to guarantee a t-shirt.

For questions contact Ana Reiser, ana.reiser@yahoo.com

Follow the links for the [Parent Consent](#) and [Registration](#) forms.



31st Annual
Day with the Sundancers



Saturday December 10th, 2016
9am-1:30pm



The Cleveland High School Dance Team invites your child to spend a "Day with the Sundancers!" a dance clinic open to grades K-8.

Registration and parent consent forms are available in your school's office!

For questions contact Ana Reiser, ana.reiser@yahoo.com

Sellwood's Weekly eNews is sent out every Wednesday. Please submit eNews copy to Shannon Nelson (nelson.shannon@comcast.net) by 5 p.m on Monday to be included in that week's email.

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