

Sellwood Weekly News



December 14, 2016

SCHOOL NEWS

From Your Administration

Greetings Sellwood Families,

Here we go again! As I write this, the temperature has really dropped, and we are waiting for whatever snow might be coming. Our hope is to make it through the rest of the day, and get students home safely. The weather reports are a bit conflicting, so we will see how things go. We need to think about this kind of weather pattern for the future, because we don't really have a solid plan in case of early dismissals. We depend on the District for direction, and the buses need to be coordinated if this does happen. I think January will be another blustery and snowy month, so we will see how we can streamline things in case there are early dismissals in our future.

Thank you once again for your generosity with our Sellwood Middle Season Of Giving. As I wrote last week, we exceeded our goal, and are all set for distribution of the baskets. We appreciate all the donations from students, families, and our business community. Special thanks to Dr. Breaker and parent coordinator Kristin Sherwood.

Our Marimba concert is set for tomorrow (Thursday) night at 7:00 in the gym. This was rescheduled due to last week's school closure. We are hoping for better weather tomorrow. Please enter through the Umatilla entrance and have a wonderful time! Thank you Mr. Beck and students for helping make this rescheduled concert happen. Our Band and Marimba put on a fantastic winter assembly earlier this week for our students. Thanks again to all our talented students as well as Mr. Arrayan and Mr. Beck. This Friday is our all school winter celebration beginning at 2:45, with fun options for students such as a dance, karaoke, movie, game room, sports, etc. Our PTA will be supplying treats for students. Thanks PTA and volunteers!

Finally, have a wonderful and safe winter break! Enjoy your time with friends and family. Thanks again for all you do for your students and Sellwood Middle School!

Brian and Marylyn

Reminder about student checkout

When a student is being checked out of school during school hours, a parent must come into the office to sign them out. We will no longer be taking phone call requests from parents either excusing their student to meet them outside or calls ahead of time to pull their student out to meet them in the office. Please make sure you allow enough time to pick up your student if you have an appointment deadline. Upon your arrival at school, we will call your student to the office.

MARK YOUR CALENDAR

This Week

Dec 15
Winter Marimba Concert, 7 pm
(rescheduled)

Dec 16
All School Celebration

Next Week

Dec 19-30
No School: Winter Break

Plan Ahead

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 this Thursday, December 15th** -- 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
Important! 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.



PEAK

The Winter PEAK Session started 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

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.

"Portland Public Schools is an equal opportunity employer and recognizes the diversity and worth of all individuals and groups and their roles in society. It is the policy of the Portland Public Schools Board of Education that there will be no discrimination or harassment of individuals or groups on the grounds of age, color, creed, disability, marital status, national origin, race, religion, sex or sexual orientation in any educational programs, activities or employment."