

Sellwood Weekly News

10-5-2016



[SCHOOL NEWS](#) [PTA](#) [FOUNDATION](#) [PEAK](#) [PIL ATHLETICS](#) [COMMUNITY NEWS](#)

Mark Your Calendar

SCHOOL NEWS

Next Week

10/14 - No School

Plan Ahead

10/18 - Foundation Meeting, 6:30 p.m., PTA Meeting, 7:00 p.m.

10/19 - Late Opening, 11:05 a.m.

10/21 - Grandparents & Special Friends Day, 10 a.m.

10/26 - Picture Make-up Day

11/4 - No School

From Your Administration

Greetings Sellwood Families,

This week has really brought a change in the weather. We have been trying very hard to keep recess outdoors, but this week that lucky streak ended. It looks like we will have more rain ahead. We have options for indoor recess, but I personally love to be outside as often as possible. I bring this up because we will try our best to weather the sprinkles and the wind, but once we all determine it is too wet, we stay in the gym, cafeteria, or library. I know most students would love to slosh around in the mud, but we always try and find a safe balance. Please encourage your student to dress for the weather, but especially have a coat that can handle the rain if possible. Please let us know if you ever need help in getting clothing for your student.

Speaking of safety, we had our second fire drill last week and once again, the students did a phenomenal job! This is the best class I have ever witnessed when it comes to drills. We also had a lockdown and that went perfectly. Throughout the year, we will do monthly unannounced fire drills, lockdowns and lockouts, as well as earthquakes drills. Obviously you would be notified immediately if there were any real emergency. Virtually all of our teachers are,

11/9 & 11/10 - No School: Parent / Teacher Conferences

or will be trained in first aid, CPR, epi pen and allergy certification. I am very proud of our safety conscious environment. By the way, I meet with my safety committee monthly, so if you ever have any concerns, or see anything unsafe, please let us know.

11/11 - No School

Finally, we gave out 300 water bottles this week in hopes of ending the use of paper cups at our water dispensers. As I previously said, we go through 10,000 paper cups a week at Sellwood. We encourage every student to bring a filled water bottle every day that can be refilled as necessary. If we get more bottles, we will pass them out, but if you have access to a water bottle, please send one to school with your student. Thanks so much for helping us curtail the use of paper cups.

11/15 - Foundation Meeting, 6:30 p.m., PTA Meeting, 7:00 p.m.

We appreciate all you do for your student and our school.

[Sellwood Calendar](#)

[PPS Calendar \(pick language\)](#)

Brian and Marylyn

ADDRESS INVESTIGATION TIP LINE AND SCHOOL RESOURCES

PPS is strengthening address verification efforts to identify and respond to cases of fraud. A telephone tip-line is now open for anonymous information about questionable addresses: 503-916-ATIP (2847). Please post the information in your front office and in school newsletters.

Address verification procedures and resources are available on the forms page of the Enrollment & Transfer Center's website, or call 503-916-3205 for more information.

Judy Brennan, Enrollment Director
x63355 jbrennan@pps.net

Site Council

Would you like to serve on the Sellwood Site Council?

The Site Council will meet quarterly (after school) for about an hour. The Site Council is a group of parents, teachers and the principal who serve for a two year term. This group monitors District and school goals for academic achievement improvement, using input from stakeholders along with data. The Council oversees the Comprehensive Achievement Plan (CAP) previously known as the School Improvement Plan.

Responsibilities of the Council include:

- * Improving the school's instructional program through systematic review of the Comprehensive Achievement Plan
- * Looking for ways to improve the professional growth of the school's staff
- * Writing financial grant-in-aid for the benefit of Sellwood students
- * Developing and implementing an effective two-way communication plan with the school community around issues of school improvement and student achievement

If interested, please send a two paragraph introduction and detail why you feel you want to contribute to Site Council. Please send to Brian at banderson@pps.net. There is only room for two parents since one parent is returning, but your interest is greatly appreciated. Our first meeting will be held in November, and we generally meet from 4:00-5:00 on a day that will be determined. Please turn in by October 14th. Thank you.

Counseling News

National Bullying Prevention Month

Students will be participating in a number of activities and lessons in the month of October in honor of National Bullying Prevention Month.

The last Friday of the month teachers will nominate a students who has continually shown acts of kindness and respectful behaviors. These student will get a special celebration in their honor that last Friday of the month.

Unity Day - October 19th

Make it ORANGE and make it end! What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities make your color ORANGE on Unity Day. That's the day everyone can come together - in schools, communities, and online - and send one large ORANGE message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.

The Sellwood Peer Helps are organizing a variety of activities for Unity Day - including everyone to wear ORANGE on October 19th to show their support. Additionally, they will be working to get students to make a pledge against bullying in the form on making a paper chain.

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.

Classroom Guidance

In October we will be in science classrooms on Fridays teaching the LOOK LISTEN LINK Curriculum consisting 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

at: 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:

8th Grade - Starting Friday, October 7

7th Grade - Starting January 13

6th Grade - Starting February 17

Helpful Advice for Parents

As a parent you may be aware of changes in your teen's behavior that indicate depression or suicidal thinking. These might include:

- Persistent unhappiness, negativity, irritability anger or rage
- Restlessness and agitation
- Withdrawal from friends and activities
- Chronic worry, excessive fear or expressions of guilt
- Drop in school grades or conduct
- Feelings of being unable to satisfy expectations
- Feelings of sadness or hopelessness
- Difficulty with relationships
- Self-destructive behaviors

Do not hesitate to err in the direction of over vs. under-reacting. Document your concerns. Talk with others that you trust - teachers, school counselor, or a family friend - about your concerns AND also talk with your teen. It would be most helpful to have already-established patterns of positive interaction before the crisis. While it is probably not appropriate to reduce the complex task of childrearing into a few points, there are some important things to keep in mind. The most important point is to understand that suicide is a crisis in communication.

1. Create occasions for communication

- No TV during dinner
- At times, no radio in the car
- Do chores together
- Stop by just before bedtime. Teens are more relaxed and less guarded at this time
- Share about your day and feelings (Often parents don't engage in small talk with their kids. Instead most of their communication consists of questions and "tidying up" kids' behavior)
- Find common interests/activities

2. When you do talk with your teen:

- Really listen

- Try to understand his/her viewpoint first, before trying to provide an alternate viewpoint
- Accept the feelings and concerns rather than evaluate "You shouldn't get upset over that!" "If you had made a decision earlier, this wouldn't have happened!"
- Don't minimize by saying, "Everyone feels that way" or "Don't let little things like that get to you."
- Recall that the teen sees his/her experience as unique. Acknowledge this and then let him/her know that others may have also struggled with these concerns.
- Don't compare with siblings, other kids, yourself, your childhood
- Don't overreact: "How could you think something like that?"
- Pause, take a deep breath and listen
- Have definite standards and limits, but follow the rule of minimum conformity. That is, decide what are the absolute minimum requirements for behavior, talk, dress, etc. and let the rest go. You can't enforce these anyway, and the more you have the less influence you have.

3. Be aware of the pressures and expectations that you place on your child.

Clearly, kids must learn to stick it out and develop discipline, but each achieves in his/her own way and at different paces. This is a difficult line to walk between preparing kids for life's pressures and adding too much pressure of your own in regard to school, sports, achievement, appearance, manners, etc.

4. Be aware of the demands that teens place on themselves.

This may be a very important source of stress for teens.

5. Remember that it is difficult to imagine that your teen could feel so badly that suicide is a possible alternative ("not my child!").

Parents of teens who have died by suicide all say that they also felt this way and they urge other parents to listen and

take action. It is important to remember that teens are generally more impulsive than adults in all matters, but particularly regarding suicide. Clearly, if a teen is depressed or anxious or is exhibiting impulsive behavior, guns should be temporarily removed from the house.

Tips for Talking With Your Child about Depression & Anxiety

- Without judgment, comment on the verbal and/or non-verbal behavior that you are concerned about: "I've noticed that you have been really stressed out (or looking sad) for several days."
- Invite your child to talk about his/her feelings: "Tell me what's going on."
- Respect his/her feelings.
- Allow your child to talk more than you do. Avoid interruptions or distractions.
- Avoid unkind words that ridicule, shame or label your child: "You get everything you want; what do you have to be depressed about."
- Ask your child one question at a time and then wait for the answer; be comfortable with silence.
- Avoid diagnosing and/or giving advice; express concern and offer reassurance. "I'm on your side....we'll get through this together."
- Share a book, video or game about feelings to help open up the dialogue.
- Help your child see that there are different ways of resolving his/her feelings. Discuss the options. "You could go and talk with your teacher about the 'D' grade that you got on your last exam. Let's practice how you would talk with your teacher." or "We could get you a tutor." or "I could help you study for the next exam."
- Develop a "plan of action." What does your child

agree to do? What are you committed to doing?"
When will the two of you talk again? Do you need to
seek professional help?

- Communicate love and acceptance of your child's feelings and acknowledge the courage that it takes to talk about "hard things". Acknowledge your willingness to talk again.

PPS HEALTH AND SAFETY INFO

Please follow the link for more information on [PPS Environmental Health and Safety](#) issues.

New On-line Payment System

The image is a promotional flyer for the SchoolPay system. At the top, it features the PPS logo and the text 'Introduces... SchoolPay®'. Below this, the main headline reads 'The Easiest and Safest Way to Pay for School-Related Fees'. A green callout box labeled 'Registration' points to a central section titled '...IS FREE AND EASY!'. This section contains a three-step process: 1. Go to the PPS SchoolPay Site @ <http://www.pps.net/Page/3526>; 2. Create your account; 3. Pay with your credit or debit card. To the right of the steps are three benefits: 'See every payment item relevant to your students' (with a family icon), 'Make payments anytime anywhere web or mobile' (with a smartphone icon), and 'View every payment from detailed reports' (with a magnifying glass icon). At the bottom, contact information is provided: support@schoolpay.com and 888.88.MYPAY (888-886-9729). Accepted cards (Visa, MasterCard, Discover) are also listed.

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support@schoolpay.com 888.88.MYPAY (888-886-9729)



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Next Foundation meeting will be held on 10/18 at 6:30 pm in the library. All are welcome.

PEAK

New Class! PEAK Cooking Class on Wednesdays: October 5, 12, 19, 26, and November 2, 2016. The PEAK Cooking Forms are located on the PEAK Door. Limit 10 students. Fee \$35.00.

The Sellwood PEAK Program will begin most of the Fall Classes the week of September 19, 2016. Sign up for Chess, Computers, Homework Club, GirlStrength, Red Cross Babysitting or National Geographic Bee. Days, costs, times and locations of the classes are on the PEAK Form. PEAK Forms are located in the Main Office or on the PEAK Door-Room 214. Most PEAK Classes have a fee except the GirlStrength Class which is a free class presented by the City of Portland and the Bureau of Police

Tryouts for the Fall Drama, The Wizard of Oz will be Monday, September 19, 2016, from 3:45pm-5:30 pm in the Big Gym. The three day tryouts for the tryouts for the Dance Class will be on Wednesday, Thursday, and Friday, September 21, 22, 23, 2016, from 3:45pm-5:30pm, in the Big Gym.

If you have any questions about the PEAK Program, contact Rose Mary Price, Volunteer PEAK Coordinator.
rprice@pps.net

PIL Athletics

For information regarding the PIL youth program, please refer to the PIL website:

www.clevelandclusterathletics.weebly.com

This will list sporting opportunities and schedules.

For girl's volleyball and basketball, contact coordinator Heidi Moore at chsyouthsports@gmail.com.

For cross country, contact coordinator Meghan Eigo at meigo@pps.net. In addition, please take any forms or payments for cross country to Hosford Middle School, as this is where the coordinator is housed.

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-Moreland Library

Anime the Easy Way: Artists Workshop on 10/14 (No school day)

Love anime and manga, but don't know how to draw it or want to improve on what you already know? Learn tricks & techniques for drawing your favorite characters and designing your own from artist Jason Thibodeaux. Use professional bristol paper and ink to do line work. For teens in grades 6-12. Any experience level welcome. Friday, October 14, 1-3:00 pm.

Registration required. More information at the [library's website](#).

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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