

Sellwood Weekly News

10-12-2016



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

Mark Your Calendar

SCHOOL NEWS

This Week

10/14 - No School

Next Week

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.

Plan Ahead

10/26 - Picture Make-up Day

From Your Administration

Greetings Sellwood Families,

I want to first remind you that there is no school this Friday the 14th because of the Inservice Day. Schools throughout Oregon are closed to offer staff professional development. Also, Friday the 21st of October is Grandparent's and Special Friend's Day, from 10:00-11:00, in the big gym. Our Marimba Band and Advanced Band will be playing, and we will have student speakers talking about the classes at Sellwood. Students will be giving a personalized invitation to their Grandparent or Special Friend in the next few days. They will be completing the invitations in Block class and bringing them home. It is important that the detachable slip is returned, so we can excuse them from class for that hour. Students will take their Grandparent/Special Friend on their own tour of the school. Many students do go out to lunch with their families that day, and some guests choose to stay for lunch at school. We are very excited for this event and if you have any questions, please contact the office. One request would be that no students be pulled from other schools to attend this event. For example, in the past, some siblings from high school left class to come here, and we would appreciate that not happening. Looking forward to seeing

11/4 - No School

all the Grandparents and Special Friends!

Thank you for all you do for our students and our school.

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

Brian and Marylyn

11/11 - No School

Parking Lot Safety

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

Please be aware of the painted arrows in the school parking lot. The driveway for entering the parking lot is on SE 15th. The driveway for exiting the lot is on SE Taggart. Please follow the signage to help keep our students safe. Thank you!

11/23 - 11/25 - No School: Thanksgiving

Gas Range for the Kitchen

[Sellwood Calendar](#)

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

Are you or is anyone you know upgrading to a new stove? Would you be interested in donating your old one? We are in need of a reliable and working gas range/stove for our staff lounge, as the one we have now cannot be fixed. Beginning in January, Ms. Souther will be needing one when she begins her cooking class elective. Thank you for the consideration!

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 of 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 graphic is a promotional poster for SchoolPay. At the top left is the PPS logo (a stylized flame) and the text "Introduces... SchoolPay®". Below this is the headline "The Easiest and Safest Way to Pay for School-Related Fees". A teal banner on the left says "Registration". The main content is divided into two columns. The left column has the heading "...IS FREE AND EASY!" and a three-step numbered list: 1. "Go to the PPS SchoolPay Site @ <http://www.pps.net/Page/3526>", 2. "Create your account", and 3. "Pay with your credit or debit card." Below step 3, it says "Accepted Cards: Visa, MasterCard, Discover". The right column has three teal circular icons with corresponding text: a group of people icon for "See every payment item relevant to your students", a smartphone icon for "Make payments anytime anywhere web or mobile", and a balance scale icon for "View every payment from detailed reports". At the bottom, there is a dark grey bar with the email "support@schoolpay.com" and the phone number "888.88.MYPAY (888-886-9729)".

PPS Introduces... **SchoolPay**®

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- See every payment item relevant to your students
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- View every payment from detailed reports

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



Support the Sellwood PTA by purchasing a Chinook Book, for sale now in the office. Get discounts at your favorite neighborhood businesses such as Nectar Frozen Yogurt, Cloud Cap Games, Laughing Planet, Campbell Salgado Studio, New Seasons Market, Cloud City Ice Cream, Sellwood Pet Supply and many, many more! Visit the office to buy your Chinook Book today!

Please come to the next PTA meeting, Tuesday October 18th at 7:00 pm in the library.



BREAKING NEWS!! The numbers are in. The 2016 Sellwood 5k raised a little over \$11,000!!! Your continued support helped us meet and surpass our goal. Thank you, thank you!!

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

PEAK

New Club! The PEAK National Geographic Bee Club will begin classes on Tuesday, October 11, 2016, in Room 225, from 3:45 PM-5:15 PM. Mrs. Ronda Hall-Ramirez, our Spanish Teacher, is the Facilitator for the Club. Students interested leaning about world geography and interesting facts about the world are encouraged to participate. Fee \$25.00.

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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