

Sellwood Weekly News

9-28-2016



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

Mark Your Calendar

SCHOOL NEWS

Plan Ahead

From Your Administration

10/14 - No School

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

11/9 & 11/10 - No

Greetings Sellwood Families,

This past weekend, we held our annual Sellwood Foundation 5K fundraiser. We had beautiful weather and a great turn out. There are so many to thank, including our generous community for their sponsorships and support. Thank you to Dan Arrayan and our advanced band, and Nathan Beck and Marimba for entertaining and motivating us before the run. There were many student and parent volunteers, and I would like to do a special shout out to Co-Chairs Stacey Lovett and Laura Cole, as well as Eilidh Lowery, Kat Popovich, Valerie Joachim, Laura Martinson, Susan Latimore, Kris Latimore, Sarah Erikson, Ilka Bailey, Mary Hanel, Jason Lovett, Teri Laos, Richard Laos, Kathy Hart, Mark Hall-Brown and the Cleveland Cross Country Team. These are just a few, and to the countless others, thank you for supporting our Sellwood Foundation. Greg Meyers, thank you for all your custodial support on your day off.

This week our counselors began their classroom visits to discuss anti-bullying, stress, anxiety and depression, and suicide prevention. They will be going into every class, multiple times through March. This is a much needed

School: Parent /
Teacher Conferences

11/11 - No School

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

[Sellwood Calendar](#)

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

curriculum that is new this year, and we appreciate all of Dr. Breaker's and Ms. Wheeler's dedication. You should have seen a complete write up on this plan in last week's newsletter.

Water bottles are arriving at Sellwood sometime this week. I am not sure how many, but I asked for at least 300 to give out. We are going through 10,000 paper cups a week at our water dispensers, and we would love to see every student using a water bottle instead. Again, if you have one for your student, please fill them at home and bring them to school. They can be refilled during the day. Some students have been messing around with the cups and the water dispensers, so hopefully that will curtail some of the negative behavior also. All in all, the new water system is working well, but the hope is we can cut back on the paper waste.

This week we were very surprised when workers began drilling and removing major portions of our sidewalk all around the perimeter of the school. This happened Monday morning right as school was starting. This fully disrupted our day, and as it turns out, was planned city work that did not get communicated to the school. Luckily, we developed a plan to reroute the bus stops, used side doors to enter and exit, and also taped off the front walk to avoid any potential injuries. We are told the sidewalk will be ready for use Thursday and the rest of the perimeter will be done very soon. Thanks for your understanding and patience.

Thank you again for all you do for your student, and our school.

Brian and Marylyn

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

Classroom Guidance

Next week we will be starting classroom guidance on Tuesdays and Thursday during block classes. We will be focusing on anti-bullying/harassment.

September 27/September 29 - 6th Grade
October 4/6 - 7th Grade
October 11/13 - 8th Grade

Starting 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 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:
8th Grade - Starting Friday, October 7
7th Grade - Starting January 13
6th Grade - Starting February 17

6th Grade Parents

Here at Sellwood, the counseling program is designed to be preventative and developmental. In addition to seeing students individually and in classroom settings, we teach skills and information in small group settings.

We will be starting Lunch bunch on Tuesday, October 4 during 6th grade lunch. Lunch Bunch occurs once a week on Tuesdays for 6 weeks. Although group is held during lunch, students will still have the opportunity to eat their meal. Peer Helpers, a group of select 7th and 8th grade student leaders, will lead this group. The Peer Helpers are trained to lead the games, teamwork activities, and discussions, but will be under my direct supervision.

We emphasize to students that groups are for everyone, and participating does not indicate a problem. All students can learn from one another and benefit in a small group setting.

The objectives of Lunch Bunch are to:

- Create friendships
- Practice conflict resolution and problem solving skills
- Participate in fun cooperation and teamwork activities

If you believe your student would benefit from participating in Lunch Bunch, please contact your student's counselor by next week.

Jason Breaker, School Counselor M-Z
Christy Wheeler, School Counselor A-L

GSA

Sellwood Middle School's Gay Straight Alliance (GSA) will continue again this year. This is an opportunity for students who may be questioning, gender non-conforming, binary, straight, bi, gay, to come together and discuss ways to make Sellwood feel safe for all students. Statistics show our LGBTQ students have a higher incidence of depression, school failure, and victimization of bullying and harassment. This group will meet twice monthly at lunch. Students that are involved in GSA will have an opportunity to visit the GSA Summit in November. This is a 1 day event held at Portland State University.

Student Council

This is a student run club that will begin in October. 7th and 8th graders can run for office and 6th graders can run for class representative. More information coming soon.

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 graphic for SchoolPay, a payment system for school-related fees. It features a dark grey header with the PPS logo and the text 'Introduces... SchoolPay®'. Below the header, the main text reads 'The Easiest and Safest Way to Pay for School-Related Fees'. A green callout box labeled 'Registration' points to a central white area. This area is divided into two columns. The left column lists three steps: 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 lists 'Accepted Cards: Visa, MasterCard, Discover.' The right column features three icons with corresponding benefits: 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 binoculars icon for 'View every payment from detailed reports.' At the bottom, a dark grey footer contains the email 'support@schoolpay.com' and the phone number '888.88.MYPAY (888-886-9729)'.

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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!



Thank you to EVERYONE that participated (in any way, shape, or form) in the Sellwood 5k. It was a smashing success with beautiful weather, awesome music, a FUN run, and smiling faces. Stay tuned in the next couple of weeks to see how much we raised!!

p.s. The Classroom Challenge is still going on. Turn in date for all money raised is October 3rd.

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'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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