

Sellwood Weekly News

9-21-2016



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Mark Your Calendar

SCHOOL NEWS

This Week

9/25 - Sellwood 5K
Run/Walk

Plan Ahead

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.

From Your Administration

Greetings Sellwood Families,

First of all, thank you so much for attending our Open House last week. We had a record crowd and we deeply appreciate you coming. Hopefully you had enough time with your student's teachers. Remember that conferences are coming the beginning of November. Don't hesitate to contact your teacher if you need any information in the meantime. Email addresses for each teacher should be posted on our Sellwood website.

This weekend, Sunday the 25th, is our Sellwood Foundation 5K Run/Walk. We hope to see you there, and hopefully the weather will cooperate. This is Foundation's biggest fundraiser, and it is always fun and well attended. You can register at the events starting at 8:30 AM, or register on line at <https://sellwoodmiddle.ejoinme.org>. There is a Kids Fun 1K Run/Walk beginning at 9:30, and our 5K Run/Walk begins at 10:00. Bibs can be picked up at Sellwood Foot Traffic from 11-3 on Saturday or at the event on Sunday.

We had a perfect Lockdown practice drill on Monday. Our staff

10/26 - Picture Make-up Day

11/4 - No School

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

11/11 - No School

[Sellwood Calendar](#)

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

and students did an amazing job following the protocol. Each month, we do a fire drill, but we also do various forms of Lockdowns, Lockouts, and Earthquake Drills. The more we practice, the better we get at these crucial practices. My wish is we never have to do this for real. Please convey to your student how proud we are of their dedication to these drills.

If you could send your student with a refillable water bottle, it will help save cups. We are going through thousands every day, and it would be nice to cut back on these. It is not only better for the environment; it saves constant trips to the water dispensers. Also, on an unrelated note, when you drop off your student, please do not block the path of our bus drivers, both AM and PM. Please drop your student off in the parking lot and follow the arrows.

Lastly, as I announced at the Open House, I am retiring at the end of this school year after working full time, in two careers for the past 40 years. I have enjoyed my three years at Sellwood, and I am very honored to work with such a dedicated staff, terrific students, supportive parents, and incredibly generous community businesses. I know it is early, but I will keep you posted of any details regarding the hiring of the new principal. Nothing will happen until at least March. Thank you all for your support these past three years. Lots to do before the end of the school year, but I felt it best to keep you in the loop.

Thank you again for all you do for our students 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 advertisement features a dark grey header with the PPS logo and the text "Introduces... SchoolPay®". Below this, the main heading reads "The Easiest and Safest Way to Pay for School-Related Fees". A green callout box labeled "Registration" points to a central white area. On the left, a vertical list of three steps is shown: 1. "Go to the PPS SchoolPay Site @ <http://www.pps.net/Page/3528>", 2. "Create your account", and 3. "Pay with your credit or debit card." Below step 3, it notes "Accepted Cards: Visa, MasterCard, Discover." On the right, three benefits are listed with icons: a group of people for "See every payment item relevant to your students", a smartphone for "Make payments anytime anywhere web or mobile", and a magnifying glass over a document for "View every payment from detailed reports". The footer contains the email "support@schoolpay.com" and the phone number "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!





SELLWOOD 5K

a run/walk for education

SELLWOOD MIDDLE SCHOOL ANNUAL 5K Run / Walk

SUPPORT

Sellwood Middle School Foundation's Largest Fundraiser!

FREE 1k

for all children under 8 yrs

MUSIC

SMS's very own Student Bands will be playing!

RAFFLE

Great Prizes

FUN!

Enjoy running the beautiful Springwater Corridor

Sunday, September 25th, 2016

Run / Walk starts and ends at Sellwood Middle School

8:30AM: Registration Opens

9:30AM: Kids Fun 1K Run / Walk

10:00AM: 5k Run / Walk

TO REGISTER ONLINE:

<https://sellwoodmiddle.ejoinme.org>

LIKE US ON FACEBOOK!

www.facebook.com/sellwoodrunwalk

PROCEEDS BENEFIT

**the Sellwood Middle School
Foundation**

The Foundation raises money to support staffing and grow the electives program at Sellwood Middle School.

WALK. RUN. BUILD A TEAM. VOLUNTEER. DONATE.
There are so many ways to participate!

REGISTER ONLINE:

<https://sellwoodmiddle.ejoinme.org>

PEAK

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

Family Fun & Health Fair on Saturday, September 24th 10am-4pm at Taborspace, with live music, food, cider & beer garden, health & wellness presentation, free holistic health clinic, childcare and kid activities.

Here's the flyer: <http://revivecommunitycommons.org/fair/>

Questions? Contact: Rachel@soulpolish.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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