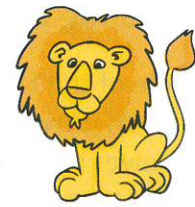




The Lion's Pride



March 1, 2019



Photos of February (Snow, Lunar New Year and OBOB Winners and School Chorus)

Dear James John Families,

Happy March to you and I hope you are continuing to enjoying this winter season! I know the recent delayed openings and school closures due to snow and icy conditions have been difficult on us all and I know we are all hopeful that Springtime will bring warmer conditions (March 20-first day of spring- is right around the corner).

In this newsletter you will hear information about our counseling program and an

extension on parent participation in the school survey. As I write this letter, we are in preparations for our Multi-Cultural Night which is shaping up to be a wonderful event. We are so fortunate to have a diverse school that represents different cultures from across the world and across our country. Thank you all for your support of James John!

Sincerely,

Dr. John Melvin

Counseling at James John – written by Andrea Nahurski, School Counselor

The role of the School Counselor at James John is to support students in their social and emotional growth. All students receive introductory classroom guidance lessons to familiarize themselves with the role of their school counselor, and the services offered to students, teachers, and families throughout the school year. Some students may also work with the Counselor in small groups to support various skills such as friendship, problem-solving, and emotional regulation. If the need arises, students can visit the Counselor on an individual basis if they would like to check-in about issues that may be impacting them at home such as grief, loss of a loved one, etc. The Counselor's office is available at times to check-in with an adult in a private place, take short breaks to reset for classroom success, complete classwork or projects in a quiet space, or problem-solve in a small group as needed.

In addition, the school counselor participates on the Climate team to implement school-wide Positive Behavioral Intervention Support (PBIS), serves on the Student Intervention Team (SIT) to plan for individual student academic and behavior needs, and coordinates with the Special Ed team to attend evaluation meetings and connect families to community agencies for further support.

We are so fortunate to have a partnership with the St. John's branch of Lifeworks NW which provides mental health support to families and school-based therapy for students at James John. If parents are interested in receiving additional resources in regards to parenting topics, ongoing therapeutic support, and any other services to better meet family needs, please feel free to connect with Andrea Nahurski, James John School Counselor at asobel@pps.net or call 503-916-6266. For further information the role of Elementary School Counselors, please visit the American School Counselor Association (ASCA) website links here:

<https://www.schoolcounselor.org/asca/media/asca/Careers-Roles/SCInfographic.pdf>

<https://www.schoolcounselor.org/asca/media/asca/Careers-Roles/WhyElem.pdf>

Debrief of James John Black/African-American Parent Listening Session – Wednesday, February 20

We had a small, but passionate group of parents attend the Listening Session last Wednesday. Cinda Jackson, our facilitator from SEI (Self Enhancement Inc.), reported that parents felt it was a meaningful discussion which could form building blocks for building a stronger community in the future. Our plan is to hold a follow up gathering sometime in the next few months (and we hope to have greater attendance for this one).

Portland Public Schools- Parent Survey – deadline extended to March 8!

Thank you to all of those parents who have taken the Portland Public Schools Survey. We have been increasing our percentage and now 85 of 259 James John parents have taken this survey which is a rate of 33%. In good news, PPS has extended the deadline for parents to take the survey until next Friday, March 8, so there is still more time. Our school wide goal is 50% completion for parents. Right now the completion percentages by grade level are:

1st Grade- 42%
Kindergarten- 26%
2nd grade- 21%

3rd grade- 21%
4th grade- 19%
5th grade – 8%

As mentioned last week, let's work to get our percentages to at least 50%! This information will be very useful to our school and we want to hear your voice. Any grade level above 50% will earn a grade level free recess! Please see the school office for a paper copy or if you need on-line access. Surveys are online at:

"surveys.panoramaed.com/portlandor/ppsfamily"

Oregon Battle of the Books Winners and

Our OBOB team that will represent James John at the regionals are:

Rose City Readers: Zahra Faruqui, Zayd Faruqui, Adahlia King, Brody Reid & Claire Streib

Our 8 Book OBOB champions: Sir William Kirby, Porter Perham, Mable Romano, Noemi Delgado Martinez

Our 16 book champions - the Rose City Readers - will be representing James John at the regional competition on March 9th. Congrats to the Rose City Readers and all of the students who participated in OBOB this year.

Hidaya and Zayd. They will be participating in the PPS District Spelling Bee upcoming.

Calendar of Events

- 4th – Dr. Seuss' Birthday
green eggs and ham available at lunch
- 6th - Walk to School Day
7:45 @ St. Johns Community Center
- 8th – PTA Family Movie Night
5:30 – 7:30 Wreck It Ralph 2
- 13th – Site Council
6:00 – 7:30
- 14th – SUN School ends
- 14th – SUN School Showcase
5:30 – 7:00

PTA News

We just had a wonderful Multicultural Night and things are picking up for Spring here at James John! The PTA is busy planning several events and we'd love to have your help.

Every March, we celebrate the birthday of Dr. Seuss with a Green Eggs and Ham lunch for the students. This year we will provide the Cat In The Hat treats for the kids on March 4th and we need volunteers to help prepare and serve the food. We need volunteers from 10:15 to about 12:15. We will provide the hats!

Make plans to join us for James John Night at Stormbreaker's St. Johns on March 5th. Any time after 5pm, mention you are with James John PTA and receive 10% off. 10% of the profits from the night will be donated to the PTA, so the more we eat and drink the better! There will be special kids items on the menu and we have reserved the patio space (which is enclosed and heated!) for James John families.

We need volunteers to work in the Portland PTA Clothing Center on March 7th. If you have time during that day that date, please let us know and we will tell you how you can help kids from all over Portland get much-needed clothing.

March 8th is our next movie night, and while we haven't selected a movie yet, we know it's going to be a party! We could use volunteers that night starting at 5pm and running until 8pm. Our movie Nights are always free events and we always have fun watching recently-released kid-friendly movies in our marvelous theater (aka "the Lion's Den").

Our next PTA meeting is scheduled for March 19th at 6:30pm. We will have free pizza at 6pm and there will be child care provided during the meeting.

As always, you can find out more about the PTA and what we do by visiting our home page at www.jamesjohnpta.org. While you are there, check out our Spirit Wear Store for deals on James John branded shirts for adults and kids.

Portland Public Schools recognizes the diversity and worth of all individuals and groups and their roles in society. It is the policy of the Portland Public School Board 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.

District Title VI & Title IX Contact: (503-916-3963)

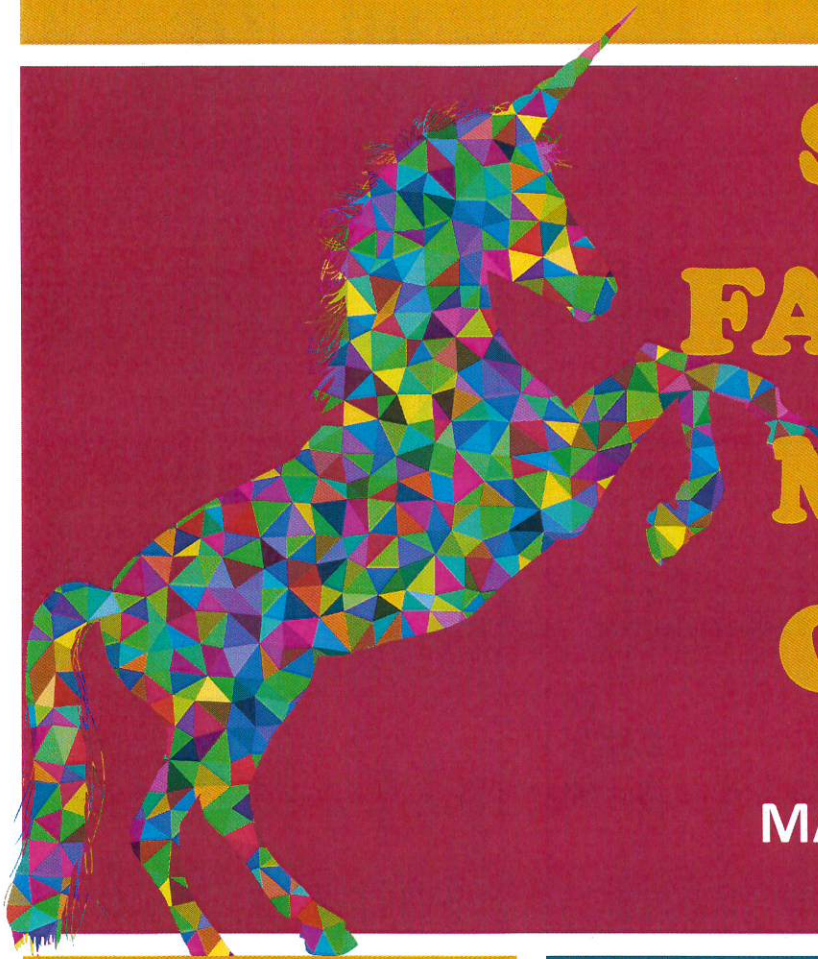
District 504 Contact: (503-916-5460)

American Disabilities Act Contact: (503-916-3544)



BEFORE & AFTER SCHOOL PROGRAMS

PRESENTS SPRING BREAK IN-SERVICE DAYS



SCI-FI, FANTASY, MAGIC, OH MY!

MARCH 25-29, 2019

FERNWOOD
1915 NE 33rd Ave
Portland, OR 97212

HAYHURST
5037 SW Iowa St
Portland, OR 97221




7AM- 6PM DAILY

SEPARATE REGISTRATION REQUIRED

**EARLY BIRD DISCOUNT
THROUGH MARCH 3RD**

REGISTRATION CLOSES MARCH 17TH

SIGN UP TODAY AT CAMPFIRECOLUMBIA.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Pick your favorite activity from this month and do it again!</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> •National Nutrition Month <p>Yoga pictures from www.forteyoga.com</p>		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>		<p>1 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>3 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?</p>	<p>4 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>5 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>6 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>7 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>
<p>10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>11 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>12 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p>15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>16 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around</p>
<p>17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> green, St. Patrick's Day, lucky, leprechaun</p>	<p>18 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>19 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>	<p>20 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>23 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>
<p>24 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>25 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>26 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>30 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>