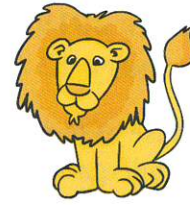




# The Lion's Pride



February 8, 2019



Dr. King Visits James John

Dear James John Families,

Happy February to you and I hope you are enjoying this winter season! January was a busy month as we were immersed in such events as honoring Dr. Martin Luther King Jr.'s birthday the beginning of the Battle of the Books. We were pleased to host a one-man performance of Dr. King's life on January 18 and Charles Grant delivered a wonderful performance (pictures above).

We also began our annual James John participation in Oregon Battle of the Books (OBOB) organized by our amazing Librarian Robin Rolfe. Nine teams are participating in the competition involving 8 books and eight teams are involved in the 16 book category. Please see our previous newsletter for more detail on the dates of the upcoming competitions.

Also, January was a busy month for teachers as they worked hard to deliver report cards to parents. As I have mentioned in earlier newsletters, James John is participating in the MAP testing program for Math and English/Language Arts for grades 1-5. Many teachers included recent MAP assessment results in their report cards and hopefully this new tool

provides you with additional information on how your child is progressing in school. Also, as I have mentioned before, there are tools on the MAP website for parents to understand their child's progress:

(<https://sites.google.com/view/map-growth/for-parents>) Please see your child's teacher for more information about MAP testing.

Finally, I hope you all enjoyed the recent snow day as school was cancelled due to snow and icy roads. I know it is a burden for families and we do not want students to miss a day of instruction, but I hope you were able to enjoy some time in the snow with your children. I certainly did have some fun with my son Tobias in our first taste of Portland snow in the winter. There is additional snow forecast this coming weekend and into next week, so please check your phone and e-mail for important announcements from Portland Public Schools.

Sincerely,

Dr. John Melvin

## Update 2019-2020 Kindergarten Open House– Rescheduled to Tuesday, February 12 @ 6pm

Because of the school closure on Tuesday, February 5, we have rescheduled our evening 2019-20 Kindergarten Open House to **Tuesday, February 12 from 6-7pm**. At this session we will share information about the enrollment process, information about both the English and Spanish/English Dual Language Immersion Programs and general information about Kindergarten at James John. Please share this information with any families who will have children entering Kindergarten in the 2019-2020 school year. For more information on the PPS enrollment process, please visit: <https://www.pps.net/Page/2343>

## James John Black/African-American Parent Listening Session – Wednesday, February 20 – Dinner @ 5:30 / Parent/Guardian Listening Session – 6:15pm – School Auditorium

The James John leadership would like to hear from our Black/African-American parents and guardians about their experience at James John. We are partnering with our SUN School partner agency, Self Enhancement Inc. (SEI) to hold a parent listening session on February 20. SEI has organized listening sessions at neighboring PPS schools that have been very successful at hearing from families and building school involvement going forward. All families (and staff) who identify as Black/African-American are invited to this event. Dinner and childcare will be provided. Parents should have already received a flyer and invitation this week brought home by students. Please return the RSVP form to your child's teacher or the school office (or e-mail Angela Diaz De León "adiazdeleon@pps.net". Dinner will be served @ 5:30 and childcare will be provided. Please see Dr. Melvin or George Caceres, SUN School Director, if you have any questions.

## District Parent and Student Survey – Panorama Education

As some of you may already know, Portland Public Schools is administering a district wide survey for parents, students and staff through a partner Panorama Education ([www.panoramaed.com](http://www.panoramaed.com)). We need student, family and staff voice as we become a school system informed by data. The survey results will be shared with the community and staff and are intended to provide transparent, comprehensive information that measures the experience and perceptions of students and families of all races and backgrounds. The results will provide a baseline that will enable us to measure improvement in our second year of implementing the Successful Schools Survey.

Families will be taking the survey on-line and can access the link:

[surveys.panoramaed.com/portlandor/ppsfamily](http://surveys.panoramaed.com/portlandor/ppsfamily)

Parents should have already received information about this survey directly from Portland Public Schools through your e-mail. Paper copies of the survey are available in the school office.

The dates of the survey implementation are as follows:

- **Students** – February 4- February 22 (5<sup>th</sup> grade only)
- **Family** – February 4 – March 1

If you have questions about the parent survey, please contact the school office.







**Calendar of Events**

**February 2019** – *Perseverance*

- 11<sup>th</sup> – 15<sup>th</sup> – Connect To Kindergarten Week
- 12<sup>th</sup> – Kdg. Open House / DLI Info Night  
6:00 – 7:00
- 13<sup>th</sup> – Incoming Kdg. Tour  
8:00 – 9:00
- 13<sup>th</sup> – Site Council  
6:00 – 7:30
- 15<sup>th</sup> – PTA Family Movie Night  
5:30 – 7:30 Peter Rabbit
- 18<sup>th</sup> – Presidents' Day  
no school
- 19<sup>th</sup> – 4<sup>th</sup> grade field trip  
9:00 – 12:30 Imago Theater
- 19<sup>th</sup> - PTA Meeting  
6:30 – 7:30
- 20<sup>th</sup> – African-American Family Night: Listening Session  
5:30 – 7:30
- 28<sup>th</sup> – 5<sup>th</sup> Graders visit George MS  
10:00 – 12:00
- 28<sup>th</sup> – Multi-Cultural Night  
5:30 – 7:00

**March 2019** – *Politeness*

- 1<sup>st</sup> – Spirit Day  
Backwards or Inside Out Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>National Health Observances:</b> •American Heart Month •National Children's Dental Health Month •Teen Dating Violence Awareness Month  Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		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!		<b>Before you start:</b> Look at the month's activities. Circle the activities that improve your cardiovascular endurance.		<b>1 Play Catch</b> 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.	<b>2 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).
<b>3 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.  	<b>4 Limbo</b> 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?	<b>5 Boat Pose</b> Hold Boat Pose three times for 15 seconds.  	<b>6 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	<b>7 A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	<b>8</b> Along the sidewalks alternate between skipping, speed walking, and jogging.	<b>9 Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.  	
<b>10 I, Spy Walk</b> Go for a walk with your family while playing a game of I, Spy.	<b>11 Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	<b>12</b> Put your favorite song on and make up a dance or fitness routine!	<b>13 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.	<b>14 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.  	<b>15 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>16 Active Word Showdown</b> Write down all of the active words you can think of. When you're finished go act them out!	
<b>17 Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	<b>18 Bridge Pose</b> Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	<b>19</b> Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>20 Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	<b>21</b> Put your favorite song on and make up a dance or fitness routine!	<b>22 Sidewalk Chalk Balance</b> Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	<b>23 Downward Dog</b> Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!  	
<b>24 Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	<b>25 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.  	<b>26 Bear Walk</b> 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.	<b>27 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	<b>28 Read &amp; Move</b> 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.			