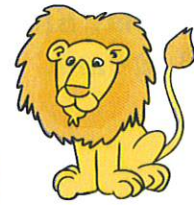




# The Lion's Pride



January 4, 2019



Pictures from Winter Craft Fair

Dear James John Families,

Happy 2019 to you and welcome back to school! I hope you all enjoyed a restful break with your families. I was able to take a relaxing vacation with my family in Baja, Mexico and also spend some time with my parents in my former home of the Bay Area in California. We are excited in 2019 for our daughter Lilah to begin attending a pre-school much closer to our house in NE Portland.

Looking ahead to 2019 at James John, we are excited about some new developments in our facility (aka- Playground!) and also in our classrooms and our school. I will give an update on our playground below and we are excited for the ribbon cutting on Monday, January 14.

On Friday, January 18 we are happy to be hosting a performance about the life of Martin Luther King, Jr. presented by the Portland Playhouse. This performance is a

one man show presented by actor Charles Grant highlighting the life of Dr. King. There will be two performances at James John: one for grades K-2 @ 8:30am and another for grades 3-5 @ 9:45am.

Also looking forward to this month, our monthly theme will be honesty and will be honoring Students of the Month at our monthly assembly on Thursday, January 31. In addition, our next school spirit day is Friday, February 1<sup>st</sup> and the theme will be "Crazy Sox Day".

Also, we have postponed our Multi-Cultural Night from January 17 to February 28. If you would like to participate in the planning, please attend the next PTA meeting on Tuesday, January 15.

Here's looking forward to a great 2019!

Sincerely,

Dr. John Melvin

## New Play Structure Update – Ribbon Cutting Celebration- Monday, January 14<sup>th</sup> @ 9am.



We are excited that we are nearly at the opening of our new playground. There will be a final work party on Saturday, January 12 from 9-11am where we will spread the last wood chips and clean the yard. At 11am there will be a playground dedication and opening of the play structure. On Monday, January 14 @ 9am we will hold a ribbon cutting celebration with our Kinder through 2<sup>nd</sup> grade students before the first Kindergarten recess on the play structure. Parents are invited to attend. Once again, much appreciation goes out to the James John PTA and all of the volunteers who contributed funding and time making this playground possible.

### 2019-2020 Kindergarten Information/Orientation

The time has come for parents to begin the registration process for Kindergarten students beginning in the 2019-2020 school year. James John will be holding two informational sessions for prospective Kindergarten families; one on **Tuesday, February 5 from 6-7pm** and a second on **Thursday, February 7 from 8-9am**. At these sessions 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. We will also hold two school tours on the following dates: **Thursday, January 17 @ 8:00am** and **Wednesday, January 30<sup>th</sup> at 8am**. 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 School Site Council- Next Meeting – January 23

Our next school site council meeting will be held on Wednesday, January 23 @ 6pm (correction from last newsletter). The school site council is comprised of parents, school staff, and administration and is designed to give input on the school's instructional program. Congratulations to parent Rebecca Clark who was the one candidate and is the newest parent representative on the Council. School Site Council meetings are open to all parents and Spanish translation and childcare will be provided. For more information on James John Site Council, please visit: <https://www.pps.net/Page/3529>.

## Reminder - MAP Assessments in Math and Reading- Grades 1-5 – Assessment #2 – January 14- February 5

As I mentioned in the December newsletter, in next few weeks students in grades 1-5 will take their 2<sup>nd</sup> MAP assessment in both Reading and Math. The MAP assessment is an adaptive computer based assessment that measures a student's proficiency in a particular subject. Parents can gain more information about the MAP assessments from the Parent's Guide to MAP Growth website:

<https://sites.google.com/view/map-growth/for-parents>

### Vocal Music/Choir Coming to James John (for 4<sup>th</sup> and 5<sup>th</sup> grade)

In good news for 2019, James John will be able to offer a choir program to our 4<sup>th</sup> and 5<sup>th</sup> grade students. The program will be offered through the great local organization, "Vibe of Portland" (founded by our rockstar parent Laura Streib). The classes will be offered twice a week during the students' lunchtime. The program is open to any interested 4<sup>th</sup> and 5<sup>th</sup> grade student and teachers will be informing students about how to join the program.

### James John School Climate Team Report- from Debbie Nicholson

James John uses "Positive Behavior Intervention Systems" (PBIS) as a framework for developing a positive school climate. James John Climate Team's focus has been in 3 areas; creating a safe environment for all, being respectful and being responsible. We remind students of the expectations we have for their behavior in those spaces and it also serves as a reminder that all the staff in our school are the student's teachers. Not just their particular classroom teacher. At James John, we expect all of our students to strive to be the very best. We aim to create a space where all students feel respected, we teach students to take responsibility to be successful in school and beyond. One of our tools has been the Common Area Expectation Fair (CArE Fair). The CArE Fair does several things: It allows all students to rotate through our common spaces in the school such as the cafeteria, bathrooms, playground, and hallways. Please help us by emphasizing the importance of following the directions of all the staff they encounter throughout the day. If you have any questions or suggestions for your climate team at James John feel free to contact us. For more information on PBIS, please visit: [www.pbis.org](http://www.pbis.org)



**Mr. Horrigan's Winter Spectacular Performance**

**Fun Memories from 2018**



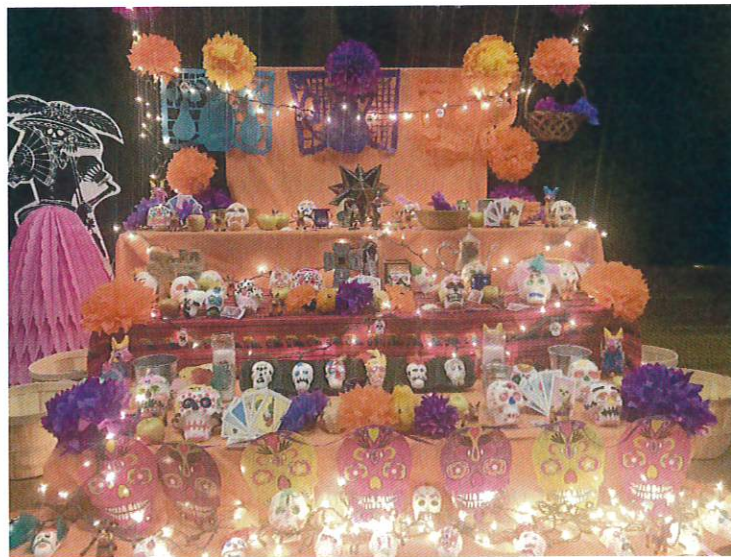
**Zy'toya Davis and Jewell Moorer**



**Sophia Reyes-Nunes and Alicia Nunes**



**Sally and Marcus Covert**



**Dia de Los Muertos Altar**

CALENDAR OF EVENTSJanuary 2019

- 9<sup>th</sup> – PTA Coffee Talk  
8:00 – 9:30 Rm. 39
- 11<sup>th</sup> – PTA Family Movie Night  
5:30 – 7:30 showing Smallfoot
- 12<sup>th</sup> – Small playground clean-up and  
new play structure dedication  
9:00 -11:00; dedication to follow
- 14<sup>th</sup> – SUN School begins
- 15<sup>th</sup> - PTA Meeting  
6:30 – 7:30
- 18<sup>th</sup> – assembly – Martin Luther King, Jr.  
8:30 – 9:30 – Kdg. – 2<sup>nd</sup>  
9:45 – 10:45 – 3<sup>rd</sup> – 5<sup>th</sup>

KIDS HEART CHALLENGE

Our school is proud to partner with the American Heart Association to help kids with special hearts! The Kids Heart Challenge is a way for kids to help other kids. They do this by getting family, friends or neighbors to agree to donate money to the American Heart Association on their pledge form or on their web page. Each student who helps raise money for this worthy cause can also earn Thank You gifts.

All classes will be participating in this jump rope activity during their regular Physical Education class. The week that students will participate in the Kids Heart Challenge is **January 30<sup>th</sup>-February 1<sup>st</sup>, 2019**. On Wednesday January 30<sup>th</sup>, these classes will be jumping: **Pires, Keeler and Wolfe-Perez**. On Thursday January 31<sup>st</sup>, we will have **E. Castillo, Wilcox, Fast, Lilley, Colon and M. Castillo**. The last day, Friday February 1<sup>st</sup>, will be **Sammons, Rodriguez, Grillo, Parada, Mehretab, Horrigan, Holgate and Musgnung**. Please have both money and form back to school no later than **February 1, 2019**.

Thank You,  
Terry Schwartzkoph  
PE Teacher (503-916-6266 ext. 70872)

News from the Parent Group

The Winter Craft Fair on December 17<sup>th</sup> was a smashing success! Thank you to all of the volunteers, vendors and people who came out to shop. The funds raised by the fair will fund our ongoing efforts to support the students of James John.

Our next movie night is January 11<sup>th</sup> and this one is special! We'll be showing Smallfoot, a charming animated feature about a group of Yetis who discover that humans exist. The movie will be shown in English with Spanish subtitles and we are encouraging everyone who comes to dress in their favorite pajamas! No outside food or drink is allowed, but we will have lots of tasty snacks available for purchase. Doors open at 5:30pm and the movie will start at 6 in the James John auditorium. If you are able to volunteer with the movie, we could use help with setup and concession sales. Please remember that all children watching the movie must be accompanied by an adult.

On Saturday, January 12<sup>th</sup> at 9am, we will be hosting a Playground cleanup work party at the new K-2 playground area on the west side of the school campus. We need volunteers with brooms, rakes, and square-point shovels to help clear the weeds, dead leaves and garbage that has accumulated around the playground. Following the work party we will celebrate the new playground with a public dedication. At that point the new playground will be open for play!

Our next PTA meeting is scheduled for Tuesday, January 15<sup>th</sup>. We will have pizza in the cafeteria at 6pm with the meeting commencing at 6:30 in the auditorium. Child care will be provided. On the agenda will be information about our Multicultural Night and STEAM (Science, Technology, Engineering, Art and Math) Night. If you are interested in volunteering or attending these upcoming family engagement nights, please come to the meeting for all of the details.

Finally, our new Spirit Wear T-shirts and kids hoodies are here! Visit our online store at [jamesjohnpta.org/store](http://jamesjohnpta.org/store) for information and ordering. We can't ship the shirts, but if you order them online you can pick them up in the office or at our PTA meeting.

Happy New Year!

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)






SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®

January 2019

SHAPE AMERICA 50th ANNIVERSARY 50 MILLION STRONG 2019

# Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month Yoga images from <a href="http://www.fortevoga.com">www.fortevoga.com</a></p>	<p><b>7 Underhand Toss Target Practice</b> Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p><b>1 Code Words</b> While watching TV any time you hear the code word complete 10 jumping jacks. Code word: new year</p>	<p><b>2 Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p><b>3 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.</p>	<p><b>4 Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>5 Pretend to:</b> -Sit in a chair for 10 seconds -Shoot a basketball 10 times -Ride a horse -Be a frog -Lift a car</p>
<p><b>6 Commercial Stroll</b> 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><b>8 Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p><b>9 High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p><b>10 Play Simon Says</b> Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p><b>11 Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>12 Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>13 Seated Forward Bend Pose</b> Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need</p> 
<p><b>13 Seated Forward Bend Pose</b> Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need</p>	<p><b>14 Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p><b>15 Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat.</p> 	<p><b>16 Long Jump</b> Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p><b>17 Army Crawl</b> 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><b>18 Do this:</b> -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><b>19 Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>
<p><b>20 Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p><b>21 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.</p>	<p><b>22 Cardio &amp; Yoga</b> Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching.</p>	<p><b>23 Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p><b>24 Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet</p>	<p><b>25 Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p><b>26 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>
<p><b>27 Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -in and out feet -knees to chest</p>	<p><b>28 Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p><b>29 Tea Cup Tips</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p><b>30 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>31 Flexible Alphabet</b> Can you make your body look like every letter in the alphabet?</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>	