

# Stafford Primary School Newsletter

WEST LINN-WILSONVILLE SCHOOL DISTRICT  
19875 SW STAFFORD RD., WEST LINN, OREGON 97068  
(503) 673-7150 - [www.stafps.wlww.k12.or.us](http://www.stafps.wlww.k12.or.us)



## Counseling Corner

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

– Leo F. Buscaglia

I am inspired to share information with you about a school-wide lesson I am currently teaching to all of the students at Stafford School. I have been reading *How Full Is Your Bucket?* and *Have You Filled a Bucket Today?* to the students and we have been talking about the importance of treating each other with kindness and care. The books teach a simple yet powerful theory. Each of us has an invisible bucket which holds our good feelings about ourselves. We rely on our family and friends to fill our buckets. Our buckets can be emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great. When our bucket is empty, we feel awful. Each of us also has an invisible dipper. When we use that dipper to fill other people's buckets, we also fill our own bucket. But when we use that dipper to dip from others' buckets, we hurt each other and we hurt ourselves. We can easily fill people's buckets with a smile, saying hello, asking someone to play with us, helping someone who is hurt, etc. We can easily dip into someone's bucket by name calling, teasing, gossiping, putting down and hurting others. Students have been brainstorming ways that they can fill other people's buckets and they are realizing that when they fill someone else's bucket, they fill their own bucket at the same time. Students have shared their great ideas for bucket filling which are on display in our hallways. We face a choice every moment of every day to be bucket fillers or bucket dippers. It's an important choice that may profoundly influence our relationships, our health, and our happiness.

Here are some resources for you:

For Adults:

[Well Being](#) by Tom Rath

[How Full Is Your Bucket?](#) by Tom Rath and Donald Clifton

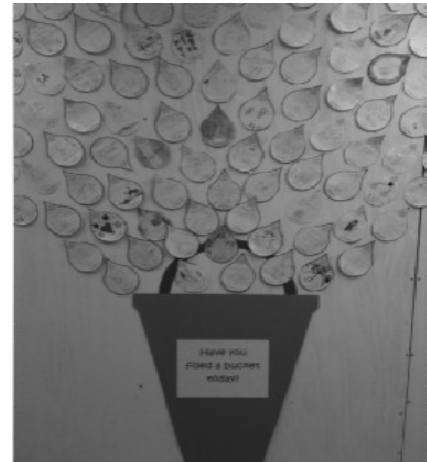
For more information and to write, print or send electronic drop, visit:

[www.bucketbook.com](http://www.bucketbook.com)

For Children:

[How Full Is Your Bucket?](#) by Tom Rath

[Have You Filled a Bucket Today?](#) by Carol McCloud



### *How Can I Be a Great Bucket Filler?*

1. Prevent Bucket Dipping-If you find yourself bucket dipping, *stop!* If you witness bucket dipping, do something about it. Keep your interactions with others positive.
2. Shine a Light on What is Right-Focus on the positive. Give compliments. Fill a bucket
3. Make Friends- Choose positive and healthy friendships for yourself. Surround yourself with people who energize you!
4. Give Unexpectedly- Give a smile. Share with others. Spend time with people you care about. Be a good friend.
5. Follow the Golden Rule- Treat others the way *they* want to be treated.



# Messages From The Office



## MINOR MOMENTS

Thank you for contributing to a great start to our book drive! For those of you who have not heard, our book drive is titled **2,000 Books in Two Weeks**. This drive is being led by our 5th Grade Student Council and a third grade brownie troop. All the books will be going to the foster children of Clackamas County and the Children's Book Bank. Our goal is to gather at least 2,000 books by December 10th and have them ready to be distributed to children before the holidays.

If you have books that your children no longer reads and are in good condition, please send them to school with your child. Student Council members will be visiting classrooms each morning during the drive to collect the books. We are looking for books that are suitable for all ages and represent a wide range of genres. This is a great opportunity to clean out those books that are boxed or lying around your house!

If you have any questions, please do not hesitate to contact me. Patrick Minor

## STAFFORD CALENDARS:

To keep up with all that goes on at Stafford please check our website.

<http://www.stafps.wlww.k12.or.us/>  
and click on *Calendar*.

## GOING ON VACATION OR HAVE A SICK CHILD? DID YOU CALL THE OFFICE?

Please call the office when your child will not be attending school. While teachers might get the information, the office needs to record the attendance for the state and we also want to make sure that absent children are in the safe hands of an adult. Thank you. Kathy Cooley

## BIRTHDAY BOOK CLUB

The December/January birthday party will take place January 27, 1:30 p.m. during school hours where your child will receive treats as a thank you. If you'd like to donate a new, hard cover book to the library for your child's birthday, simply turn it in to the library by January 25 with your child's name, teacher and birth date.

## LOST AND FOUND ITEMS

The Lost and Found is over flowing with nice clothing! Your children must be COLD because we have their coats and sweaters! Please view and claim lost items now located in the MPR. Unclaimed items will be donated to a charity after December 17.

## ORDER A YEARBOOK!

A yearbook reminder: Please pass along any photos to your classroom photo representative of Stampede, First Day of School, Art Literacy, Buddy Classes, Field Trips and Halloween. Also, at any time you can order your yearbook at [www.myyear.com](http://www.myyear.com) for \$20.00 (plus convenience fee). If you want to purchase a yearbook by writing a check, we accept those in the spring of 2011. Thank you! Any questions please call Erica Yraguen @ 503-344-4725.

## WINTER WEATHER

In case of inclement weather and there is any question about whether school will be open, please tune in to a local radio or television station. They will begin reporting school closures by 6:00 a.m. School closure information is also available on our district website at [www.wlww.k12.or.us](http://www.wlww.k12.or.us) or sign up for an email/text alert when the school has a closure. Click on the link at the top of the district web page and follow the prompts. NOTE: Conditions can change quickly so please stay turned for closure updates throughout the morning before school begins. Check for Snow Bus Routes on the district website.



## STAFFORD STUDENT GETS HONORABLE MENTION

A big congratulations goes out to third grader, Emily Makeev, for receiving an honorable mention from the West Linn Public Library for her original book mark design. This year's contest theme was "going green."

Congratulations to all our many Summer Readers for logging more than 77,000 hours of reading time! This is a sizeable number, especially for our first year of participation. Who knows, maybe we can crack 100,000 hours next summer. Go Stafford! Shelly Buchanan, Teacher/Librarian

## PET CARE NEEDED OVER THE HOLIDAY!

It's that time of year again and our Hissing Cockroaches and All the Leopard Gecko are in need of a winter retreat from December 9th -March 14th. Is there someone in your household that LOVES animals and would enjoy the experience of caring for these critters? Give me a tap at [darzess@wlww.k12.or.us](mailto:darzess@wlww.k12.or.us) or ring at 503-334-8422 and we can discuss details.

Please let me know by Monday, December 6th. Thanks in advance! Savina Darzes, Scientist in Residence



**\$1**

**\$1 off any Large or Extra Large**

**\$1**

**BELLAGIOS PIZZA will donate \$1.00 for each coupon**

**Redeemed to Stafford School**

**West Linn 557-1406 Tualatin 691-7841 Sellwood 230-2900 Sunnyside 698-6699**

**Beaverton 466-2070 Gresham 465-8000 Goose Hollow 221-0110**

**Lake Oswego 635-8700**

**West Linn 557-1460**

**\$1 off any Large or X-tra Large**

## WEST LINN—WILSONVILLE SCHOOL DISTRICT NEWS

To review the revised District school calendar with furlough days, log on to:  
<http://www.wlww.k12.or.us/News/LatestNews/SchoolCalendars.asp>.

### Music and Arts Partners Fundraising Promotion

Recently, MAP entered into a partnership with a company called MyEZDeal that provides drastically discounted products and services from local merchants through a once-daily email to registered myEZdeal members. A percentage of all purchases made by members who register through MAP goes back to MAP throughout the year and helps us fund the programs and services in our schools. Music and Arts Partners will receive 100% of myEZdeal profits on these featured deals! So even if you don't buy today's Daily Deal, be sure to register through MAP so we can raise funds on purchases you make in the future. Click on the myEZdeal logo on this page: <http://www.musicandartspartners.org/> or go directly to myEZdeal by following this link: <http://myezdeal.com/nonprofit/ref/WestLinnWilsonville/NP-34901284059169-14> Thank you for your continued support of Music and Arts in our schools!

# COMMUNITY NEWS

LINK TO THE COMMUNITY BULLETIN BOARD!

<http://www.bond.wlww.k12.or.us/cbb/>

### STAFFORD FUND RAISER!



Just in time for the holiday season! Visit 'La Vie Nail Salon' in Lake Oswego and treat yourself and friends to a manicure, pedicure, spa day, etc. The salon will kindly give 10% of their profits from Stafford families back to our school during the months of November and December. Special packages for children under 12! Make sure to fill out the Stafford family form at their front desk.

**Call soon for an appointment. (503) 675-2518**  
**La Vie Nails. 17740 Pilkington Rd. Lake Oswego, 97035**

*U-Cut/We Cut Big Beautiful Fresh Noble + Douglas Fir Trees at Excellent Prices!*

100% of proceeds go to Child Advocates (CASA), benefiting abused + neglected children in Clackamas County.

Open 10am – 4pm December 4<sup>th</sup> & 5<sup>th</sup> + December 11<sup>th</sup> & 12<sup>th</sup>.

Located at 6401 SW Meridian Way, Tualatin 97062. For more information, contact CASA at [www.casa-cc.org](http://www.casa-cc.org) or 503.723.0521

## Borders gives schools free gift cards worth \$15



For complete details, click the headline (above) or use this link:  
<http://tweentribune.com/borders>

Anyone making any purchase this weekend, on December 4 and 5 at any Borders store will get, a FREE \$15 gift card to donate to the school of their choice.

## **ANNUAL HOLIDAY TOUR OF HOMES!**



The annual Holiday Tour of Homes is scheduled for Sunday, Dec 12<sup>th</sup> noon-5pm and tickets can be purchased for \$20 each or six for \$100 at these local West Linn locations: Dragonfly Greetings & Gifts, Curves, Roses Deli, Round Table Pizza, Market of Choice, West Linn High School and The Grand Papery in Lake Oswego. 100% of the proceeds from this holiday event goes to help underwrite the West Linn High School Substance-free Graduation Party for graduating seniors. We'll have West Linn High School band/choir students performing in our homes throughout the day. We'll have holiday cookies at each of these six gorgeous homes that will be decked out for the holidays.

# DECEMBER

- Dec. 2 Third Grade Social
- Dec. 6 Scrip Order Deadline/Delivery on 12/9
- Dec. 8 PTSA Meeting, 9:00 a.m. At Courtney Kennedy's House
- Dec. 10 Report Cards go home
- Dec. 16 Stafford Giving Tree Deadline
- Dec. 17 Spirit Day
- Dec. 18-Jan.3 Winter Break

# JANUARY

- Jan. 4 School Resumes for all students
- Jan. 5 PTSA Meeting
- Jan. 6 Parent Math Night
- Jan. 7 Third Grade Parent Social 7:00 p.m.
- Jan. 14 No School/Furlough Day
- Jan. 17 No School/Dr. King's Birthday
- Jan. 20 Fourth Grade Parent Social
- Jan. 27 Dec/January Birthday Book Club 1:30 p.m.



DECEMBER 2, 2010

Stafford Primary

**PTSA**

everychild. onevoice.

# Stafford PTSA

## NEWSLETTER

### Serving Our Community...

#### Thanksgiving Food Drive

Thank you to everyone who helped with the Thanksgiving food drive. As a community we provided food and gift cards for many Stafford families. Through your generosity we will also be able to help some families during the upcoming holiday season as well. Thank you for your giving heart.

#### Stafford Giving Tree

The Giving Tree is going up this week in the entry way of Stafford. Each year Mrs. Kenny's class and the PTSA sponsor the Stafford Giving Tree and the kids make sure it is successful. All toys and gifts are donated to the Clackamas County Department of Human Services for children in foster care. This is our way to give back to our county. Please take a tag and donate a gift. All gifts need to be unwrapped, with the wish tag attached. **Deadline to donate a gift is Thursday, December 16th.** This is an excellent opportunity to teach your child to give to others.

Questions, please contact Briana Currey at [bkcurrey2002@yahoo.com](mailto:bkcurrey2002@yahoo.com)

### Join the PTSA Board for Breakfast!

The December PTSA Board Meeting will be at Courtney Kennedy's home on Wednesday, December 8th at 9am. All are welcome! Please let Courtney know if you plan to attend at [courtney@pickaback.com](mailto:courtney@pickaback.com)

### HOW SCRIP BENEFITS STAFFORD

Thank you to everyone who purchased gift cards for the annual Thanksgiving Food Drive. We donated \$1,600 in gift cards to families in our community. So far this year we have raised over \$900 through SCRIP (Gift Cards) to help support the many programs that the PTSA funds such as Art Lit, Scientist in Residence Teacher, Spanish in Residence Teacher and many more.

Speaking of SCRIP, even GIFT CARDS can make creative gifts. In these tighter times, nothing might say "happy holidays" like help with groceries, a dinner at a local restaurant, or clothing. Buy Gift Cards through our SCRIP program for all of your friends and family to help support PTSA's great programs at Stafford.

Here is the December SCRIP (gift card) delivery schedule:

Monday, December 6<sup>th</sup> order deadline by the end of day/ with delivery Thursday, December 9th

Monday, December 13<sup>th</sup> order deadline by the end of day/ with delivery Thursday, December 16th

If you have questions, need an order form or would like a friendly reminder the day prior to the order date email Karen Wied at [Stafford.scrip@gmail.com](mailto:Stafford.scrip@gmail.com) or 503.781.1700

## Grade Level Parent Socials

The PTSA is planning a social night for parents to get to know other parents in their child's grade level.

### The following grade level events have been planned:

- **Third Grade:** January 7th @ 7:00pm  
Hosts: Chris & Briana Currey

### Spirit Wear

Surprise your student with a new Stafford t-shirt or sweatshirt for the holidays!

There are still a few a few items available for purchase. Please call or email me if you'd like to place an order. Information on sizes is listed below. Rebecca Demorest 503.638.0868 or [rhdemorest@yahoo.com](mailto:rhdemorest@yahoo.com)

Our next Spirit Day is December 17<sup>th</sup>.

ITEM	COLOR	AVAIL SIZES & QTY	PRICE
Girl's Hoodie	Grey	Youth M – qty 1 Youth L – qty 3 Youth XL – qty 1	\$16.00
Girl's Hoodie	Pink	Youth XL – qty 6	\$16.00
T- Shirt	Grey	Adult XL – qty 2	\$8.50
Girl's T-Shirt	White	Youth L – qty 2 Adult M – qty 3 Adult L – qty 5 Note: runs small	\$10.00
Full-Zip Hooded Sweat-shirt	Grey	Adult M – qty 2	\$22.50
Hooded Sweatshirt (no zipper)	Grey	Adult S – qty 2	\$18.00
Lanyards	Navy	N/A – qty approx. 70	\$4.00

#### Youth Size Notes:

- Med 10-12
- Large 14-16 (same as adult small, but adult size runs longer)
- XL 18-20 (same as adult med, but adult size runs longer)



#### Membership Notes...

- Letters will be going out this week for tax deductible donations to the Stafford PTSA Annual Fund.
- Membership cards will be coming home this week as well.

Questions: Becky Luther at [becky.w.luther@gmail.com](mailto:becky.w.luther@gmail.com)



Please check your child's folder  
for the teacher's holiday  
**"Gift of Scrip"**  
flyer coming home this week.

*Questions: Karen Wied at*  
[Stafford.scrip@gmail.com](mailto:Stafford.scrip@gmail.com) or 503.781.1700

**Want More Information Regarding PTSA?**

Try the **Stafford Primary Website** and click on PTSA: [www.stafford.wlwy.k12.or.us](http://www.stafford.wlwy.k12.or.us)

**Co-Presidents:** Joanne Masters (503) 635-2808 / [joanne.gmasters@comcast.net](mailto:joanne.gmasters@comcast.net) - or-

Courtney Kennedy (503) 638-0989 / [courtney@pickaback.com](mailto:courtney@pickaback.com)

**Volunteers:** Please Contact Erika Vincent (503) 723-9380 / [erikavincen@me.com](mailto:erikavincen@me.com)

**Newsletter Inquiries:** Please Contact Dardee Layne (503) 709-6295 / [dardinel@hotmail.com](mailto:dardinel@hotmail.com)



# bing™ LOUNGE

## Medical Breakthroughs, brought to you by OHSU

Wednesday, December 8, 2010

7pm

**The Bing Lounge**

1210 SW 6<sup>th</sup> Ave., Pacwest Center

**Free Admission**

### **Treating Childhood ADHD**

**Ajit Jetmalani, M.D. and Joel Nigg, Ph.D.**

Paying attention. Sitting still. Concentrating on the task at hand. When a kid can't seem to focus...is this really an illness or is it a byproduct of excessive demands? Ajit Jetmalani, M.D. is a clinician / educator and director of the Division of Child and Adolescent Psychiatry at Oregon Health & Science University. Joel Nigg, Ph.D. is a scientist and director of the ADHD Research Program in the Department of Psychiatry at OHSU. Listen in as they discuss the science of attention and how doctors are using that knowledge to evaluate why a child is struggling with academics, peers and family relations.

Join us for this free event to find out if your child may qualify to participate in a clinical trial studying ADHD.

RSVP at [KINK.fm](http://KINK.fm), [KUPL.com](http://KUPL.com), or [KXL.com](http://KXL.com)



**Doernbecher  
Children's Hospital**  
*A division of Oregon Health & Science University*

