

# Stafford Primary School Newsletter

WEST LINN-WILSONVILLE SCHOOL DISTRICT  
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(503) 673-7150 - [www.stafps.wlww.k12.or.us](http://www.stafps.wlww.k12.or.us)



## Sentimental Moment or Why Did the Baguette Cross the Road?

*Robert Hershon*

Don't fill up on bread  
I say absent-mindedly  
The servings here are huge  
My son, whose hair may be  
receding a bit, says  
Did you really just  
say that to me?  
What he doesn't know  
is that when we're walking  
together, when we get  
to the curb  
I sometimes start to reach  
for his hand

Dear Families,

I came across this poem the other day and it made me think of the power of our work with children, both as teachers and as parents. The image of reaching for the child's hand as they cross the street is so lovely. I know that I still do this with my 6<sup>th</sup> grader and love that she will often grab mine back.

The above poem also caused me to pause to remember the power of a helping hand. This notion is so much a part of our school community. The tremendous outpouring of support for teachers before the holidays and incredible giving through the giving tree was truly overwhelming. It is hard to find the words that adequately express our thanks for all you do. The gifts, kind thoughts and daily support and encouragement for what we do here is simply incredible.

I wanted to remind you that we will be hosting a parent math night on January 26<sup>th</sup> at 6:30pm in the MPR. We are excited to bring the community together and explore mathematics. There are four main goals for the evening:

- To give an overview of the math content K-5
- To create an opportunity to experience different instructional practices
- To experience some of the same math your child is working with in class
- To provide tips and ideas for supporting your child at home

This past Monday the concrete pad for our new library was poured. It was incredible to see a huge crane over the school pumping concrete as I drove in that morning. We are at the phase where the majority of the destruction has been completed and the construction of the new space will commence. It will be so exciting to watch the library grow and grow from this point forward. I have posted new pictures on the school's website of the concrete pouring and of the new pad.

As always, I want to say thank you for what you do for teachers, the community and for children each and every day. Your support and care is so appreciated.

Take care,  
Patrick



# Messages From The Office



## BIRTHDAY BOOK CLUB

The December/January birthday party will take place January 27, 1:30 p.m. 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.

## 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.



## 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 or classroom parties. You can order your yearbook at [www.myyear.com](http://www.myyear.com) for \$20.00 (plus convenience fee) at any time. If you want to purchase a yearbook by writing a check, we will accept those in the spring of 2011. Erica Yraguen if you have questions @ 503-344-4725.

## WELLNESS CORNER

Happy New Year Everyone!

In the spirit of wellness in the New Year, partner teachers Deb Lassell (PE Teacher) and Laura Barbour (Counselor) are working with students to develop a deeper understanding about wellness and goal setting. In PE and in counseling lessons, students are contributing to discussions about what wellness means to them.

We all know the benefit of personalizing our learning and the importance of utilizing tools to integrate these concepts into our lives. Ms. Barbour will be teaching students how to set and keep realistic goals using SMART goal setting. The acronym SMART (Specific, Measurable, Attainable, Realistic and Timely) helps us remember the 5 components for successful goal setting.

In PE class, 2011 Wellness Calendars for January and February will be given to students as a tool to record and track their success. All students will record "Bucket Filling Compliments", physical activity lasting 20 minutes or more, and substituting fruits/veggies for junk food. Twice weekly, Dr. Lassell will introduce new wellness concepts including, but not limited to: hand washing, friendship making, stress management, conflict resolution strategies, goal setting, using "I" statements, recess success, safety on the playground, and more!

You are invited to use the calendar to track your success along with your children. For the next two months if you chose healthy snacks, fill someone's bucket with a compliment or kind word, and include some physical activity into your day, and chart your progress. Of course this is voluntary, but how inspiring it would be for families to "Resolve to be Well" in 2011 and start our Stafford Wellness Revolution!

Thank you so much for your support of Physical Education and Counseling at Stafford School! Teaming with parents is essential in deepening our culture of "wellness" at Stafford.

Kindly,  
Deb and Laura

# Resolve to be Well

**What Is a New Year's Resolution?** It is an expression of intent. Goals often require charting and measurement for success.

- I will take the initiative to sincerely compliment someone each day. (Bucket filling)
- I will exercise 5 days each week for at least 20 minutes.
- I will eat less sugary treats and opt for fresh fruit snacks.

To make resolutions become reality it helps to have a plan. Below is a calendar for January/February to assist you in achieving the resolve to be well.

Write the **initials** of the person you complimented in the box. Simply put an **"X"** in the box on each day you exercise for 20 minutes or more. **Color** the box if you substituted fresh fruit for a sugary snack.

## January 2011

Legend: ■ Compliment ■ X

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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If you exercise, compliment friends and make healthy food choices, turn your completed calendars in to your PE/Wellness teacher at the end of February.



# Resolve to be Well

February 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Specific  
Measurable  
Attainable  
Realistic  
Timely

## **Counseling Corner**

### **Talking to Children about Crisis**

*When tragedy strikes, children naturally turn to their parents for support and comfort. They need help in overcoming their fears. Plus, they need reassurance that they are safe. Here is a list of ideas for guiding your family through challenging times, whether on a national, local or personal level.*

**Reassure children.** Tell your children you love them, will help them and take care of them. Remind them they are safe and that all the adults in their lives will do everything possible to keep them safe.

**Spend time with your children.** Focus on your children. Find time to talk with them, hold them and hug them. Extra cuddling time and a story at bedtime may help also. Be available for normal conversation and for just “hanging out” together.

**Remind your children that you are nearby.** When you have to be away from your children give them a phone number or way to contact you. Just knowing that you can be reached may help them to feel more secure.

**Model calm behavior.** Children take their cues from you. Naturally, you will feel upset during a crisis but try not to be too upset around your children for too long.

**Maintain normal routines.** Try to follow regular meal, homework and bedtime routines. Keeping activities as normal as possible will show your children that their world is secure.

**Explain what happened.** Tell them the truth but keep the explanation simple. Children don't need to hear all of the details. They need to know what happened and how the event may affect their lives.

**Be a good listener.** Kids need to share their feelings and fears. Listen to their concerns, stories and worries. Let them know that it is okay to have feelings of anger, fear or sadness. Encourage them to talk about their feelings.

**Have some fun.** Active and fun activities can help you and your children get your minds off the crisis. Physical activity gives children and adults an emotional release too.

**Keep television time to a minimum.** Try to keep the television off when your children are around if the crisis is one that is getting television coverage. If they do watch, sit with them and discuss what they see. Limit radio and internet use at this time, as well.

**Take care of yourself.** Your children need you more than ever during times of crisis. Be kind to yourself-eat well, exercise and get enough rest. The better shape you are in, the more available you will be for your children.

#### **Additional Resources:**

National Association of School Psychologists [www.nasponline.org](http://www.nasponline.org)

National Education Association Health Information Network [www.neahin.org](http://www.neahin.org)

*This article is from Home and School Connection, 2005 Resources for Educators, a division of Aspen Publishers, Inc.*



## GIVING TREE HELPS MANY IN COMMUNITY!

On the last day before winter break, I delivered our SECOND load of gifts to the Clackamas County Department of Human Services. I was not expecting a full truck since the first load went on Wednesday. I was so wrong! My vehicle was stacked full. Thank you! Thank you ! Thank you!

Everyone played a part and I am very grateful. A special thank you to Arlene Popelka who handmade PJ pants with matching pillowcases, to Mrs. Kenny's 5th grade class, to all the kids who helped me load in the cold while wearing PJs, and to Dylan and Delaney Noble who told their parents there were not enough gifts under the tree and they wanted to help change that. What an example of kids thinking of others during the holiday season!

Please tell each of your children that they helped to make a child smile on Christmas morning and they filled another child's bucket with their act of kindness. You all make my job as the community service representative so very easy.

Our next and final project is international, looking forward to helping the kids think globally!

Briana Currey



# COMMUNITY NEWS

LINK TO THE COMMUNITY BULLETIN BOARD!

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

## TALES to TAILS!

Wednesdays and Thursdays 3:30-5:00

Kids sign up for 20-minute sessions to read to our dogs downstairs at the library! Each child chooses a book and how much reading and petting to do. Our dog handlers encourage interaction with their dogs and will also offer help if needed.

Reading to the Dog: Increases enthusiasm for reading, develops reading skills, teaches children how to interact with pets and promotes confidence.

### Reservations are necessary!

Please call 503-656-7853 x4 or stop by the kids' desk downstairs at the West Linn Public Library to reserve your time to read to Bode or Caterina

## HOOPS FOR HOPE: CANCER AWARENESS EVENT

The West Linn High School Women's Basketball program will be hosting an all-pink "Hoops for Hope" breast cancer awareness event at their home game against Clackamas High School on Friday, January 14th @ 7:15 pm. All proceeds raised for the event will be donated directly to Breast Friends — a local nonprofit organization devoted to meeting the survival needs of a woman who has been diagnosed with breast cancer. Breast Friends is located in Tigard, but provides resources and support for women in communities throughout Oregon, and has recently branched out to other states. The basketball program and ASB will be selling pink event t-shirts for \$10, which includes admission to Friday's game when you wear your shirt. The home varsity team will be wearing pink uniforms for the game, and players and coaches on all three West Linn teams, as well as players on the Clackamas team and the referees, will be showing their support with various "shades of pink". The game will include fun halftime events and a raffle. Breast cancer strikes 1 out of 8 women nationally, with Oregon and Washington being the two states with the highest incidence of breast cancer diagnosis. Breast cancer survivors, their families, basketball fans and all community members are invited to attend. For more information, visit [www.westlingirlsbasketball.com](http://www.westlingirlsbasketball.com).

## January

Jan. 14	No School/Furlough Day
Jan. 17	No School/Dr. King's Birthday
Jan. 20	Fourth Grade Parent Social
Jan. 24	Scrip Order Due by end of day
Jan. 26	Parent Math Night 7:00 p.m. MPR
Jan. 27	Dec./January Birthday Book Club 1:30 p.m. Scrip Delivery
Jan. 28	Spirit Day!

## February

Feb. 8	California Pizza Kitchen Fundraiser, 2nd time
Feb. 8	PTSA Meeting 9:00 a.m.
Feb. 11	Bingo Night
Feb. 18	No School/Furlough Day
Feb. 21	No School/Holiday
Feb. 22	No School/Furlough Day
Feb. 24	Science Fair 6:30 p.m. MPR

## 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!

### Today's myEZdeal!

myEZdeal, is announcing a special deal for Ski Lift Tickets at Ski Bowl—starting tomorrow. As always, purchases made by people who register through the MAP website qualify MAP for a percentage of the proceeds. Save money on lift tickets and help our kids at the same time! You can download the flyer here: [http://www.musicandartspartners.org/download/MAP\\_myEZdeal\\_ski\\_bowl\\_Email-1-1.pdf](http://www.musicandartspartners.org/download/MAP_myEZdeal_ski_bowl_Email-1-1.pdf) and register for myEZdeal by following the link from our website at: <http://www.musicandartspartners.org>



**\$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**



JANUARY 13, 2011

Stafford Primary

**PTSA**

everychild. onevoice.

# Stafford PTSA NEWSLETTER

A PTSA event not to be missed...

## Stafford Dad's Night Out

at the



Corner of Stafford and Borland (just South of the School)

January 25<sup>th</sup> 5:00pm to closing

A Portion of the proceeds to benefit Laura Barbour's after school fund.

### Community Service Corner:

Thank you to everyone who participated in the Giving Tree. So many toys were delivered and numerous children were smiling on Christmas morning thanks to the students at Stafford. Great Job!

**Don't forget to eat out with the Stafford Family at our 2<sup>nd</sup> California Pizza Kitchen event on Tuesday, February 8<sup>th</sup> in Bridgeport.** Take your flyer that was sent home so our school can earn 20% back for the Stafford International Community Service Project. YOU MUST PRESENT YOUR FLYER TO THE SERVER IN ORDER FOR STAFFORD TO GET CREDIT!!

The international community service project is Stafford's final service project for the year. The students will vote on what program they would like to help. If you would like more information please contact Briana Currey at [bkcurrey2002@yahoo.com](mailto:bkcurrey2002@yahoo.com).

### *Grade Level Parent Social*

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 event has been planned:

- **Fourth Grade:** January 20<sup>th</sup> @ 7:00pm  
Hosts: Frank & Jennifer Peters

Contact Brittainy Tiffany at [brittainyt@yahoo.com](mailto:brittainyt@yahoo.com) for more information.

Thank you to the Currey family for hosting the 3<sup>rd</sup> grade social on January 7<sup>th</sup>!

# BINGO

Another great PTSA event is just around the corner. Mark your calendars and bring the entire family! PTSA BINGO Night is scheduled for Friday, February 11th at 5:00pm. Concessions will be available for purchase along with raffle tickets for the chance to win some great prizes. Cash prizes for getting the 1st BINGO of each game!

More small raffle prizes are needed through either personal or corporate donations. If you think you can help with more prizes or would like to volunteer the night of the event please contact Brittainy Tiffany at [brittainyt@yahoo.com](mailto:brittainyt@yahoo.com) or Holly Miller at [hollydavemiller@aol.com](mailto:hollydavemiller@aol.com)



## Scrip Highlights:

*Thank you to all who donated to the first annual, "Gift of Scrip", for the wonderful teachers at Stafford. With the generosity of the parents we were able to give out gift cards totaling \$3,989. We also raised \$219 for Stafford through the Scrip program.*

*I cannot express the teachers' gratitude better than a quote from Ms. Amri, "Thank you so much for the thoughtful gift of scrip this holiday season. I am humbled by the generosity." The sentiment was true for all the teachers.*

*Look for the "Gift of Scrip" for the end of year gifts, which will include the ENTIRE staff, not just teachers. More details to follow in May.*

**Remember the next Scrip order date is Monday, January 24<sup>th</sup>, end of day with delivery on Thursday, January 27<sup>th</sup>.**

\*\*\*\*\*eScrip News\*\*\*\*\*



**Mark your calendars! From now through January 25<sup>th</sup> Stafford can earn 10% of your purchase total on thousands of participating products at Safeway. If you are already registered with eScrip your purchase automatically counts. If you are not registered please register your Safeway Club Card at [escrip.com](http://escrip.com) our eScrip Group ID is – 8567018. It only takes minutes and can add up to a huge contribution.**

**For more information about SCRIP:**

**contact Karen Wied at [wiedfamily@gmail.com](mailto:wiedfamily@gmail.com) or (503) 722-2073**

## 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)

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