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Dec/Jan
2017-2018

Creston School PTA News

Special Announcements:

Mr. Johnson & Mr. McKinstry will be holding a **Bake Sale at the Winter Sing-Along & Band Concert**. To help these groups in their fundraising efforts, we are asking for community donations of baked goods. Please donate baked goods (can also be store bought) for them to sell. Proceeds raised at the sale will fund the DC Trip for Creston 8th Graders and the Creston Eagles Band Program. **Please bring baked goods anytime to the Creston office on December 7th or to the Concert by 6:00 pm.**

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Just So You Know.....

Rudy's Nights:

Take a break from cooking and come out to Rudy's Pizza on 25th & Powell on December 12th. Mr. McKinstry and the Eagles band will be hosting the dining room from 5-8pm. Just let them know you came to support Creston and Rudy's will donate 20% of sales to Creston! Don't have time to eat out? Order it to go! Just make sure to let them know you are supporting Creston.

Family Movie Night:

Join us for a fun night on January 26th! One of our Run for the Eagles top earners gets to

choose the movie. Can't wait to see what they choose— stay tuned!

Scrip:

December Scrip orders will be due **Thursday, December 7th** and will be distributed Friday, Friday December 15th. Scrip is a super easy way to help support Creston! Order gift cards via the Scrip program and Creston gets a percentage of each purchase. Great for your weekly shopping, birthdays, and holidays! Card order forms can be found in the main office at the black PTA file box or at crestonschoolpta.org.

PTA Meeting:

Our January PTA meeting will be held on Tuesday, January 9th at 6pm in the Creston Library. Hear updates from our auction chair and STEAM Night chairs as well learn about our Mathnasium Night and Multicultural night. Light refreshments and child care are provided.

Winter Sing-Along & Band Concert:

Sing along to your favorite winter songs & enjoy a short performance by the Eagles Band. There will be a Bake Sale to benefit Mr. Johnson's DC Trip and the Eagles Band. Please plan to attend this great evening on December 7th at 6:30 pm.

Membership

Molly O'Neill, Membership Chair

Hello from Creston PTA Membership! If you haven't become a PTA member yet, we'd love to have you join us! Membership envelopes are available on the PTA board in the lobby, at PTA meetings and at most Creston School events. Joining the PTA costs just \$10 and directly supports your PTA and all PTA sponsored events and advocacy. Scholarships are available (just note it on the envelope). We look forward to having you join us! Questions? Email Molly O'Neill at membership@crestonschoolpta.org



Green Space

Heidi Donahue, Green Team Chair

We kicked off the food collection program in the cafeteria with 3-5th grades and it is going great!! A big thanks to all our volunteers and to the staff and administration that have helped us get this rolling. We still need parent volunteers to help out, the December sign up is out and ready. For December, the time commitment is just from 12:45-1:05. We are hoping to add K-2nd grade after the holiday break, look for that sign up soon! If you can commit to doing one day a month we should be able to fill all the slots. Sign up here, <https://tinyurl.com/Creston-Composts>.

Thanks for helping make Creston a green space for our students!

Health & Safety News

Jessica Wenzl, Health & Safety Coordinator



Students miss hours of valuable school time each year when they get the flu. You can prevent the loss of school days and keep attendance on track by taking a few steps to prevent the flu from having an impact on your student or family.

- **Take time to get a flu vaccine.** The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
- **Take preventative actions to stop the spread of germs.** Try to avoid close contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them. If you are sick with flu symptoms, it is recommended that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available,

use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

- **Take Flu antiviral drugs if your doctor prescribes them.** If you get the flu, antiviral drugs can be used to treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from the flu. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.
- See <https://www.cdc.gov/flu/protect/preventing.htm> for more information on Flu prevention.

Kellogg Middle School Design Advisory Group

Kathryn Schmidt, PTA Secretary

The school construction bond that was passed this spring focuses on health, safety and modernization upgrades to many PPS buildings. One of the PPS buildings included in the bond is Kellogg Middle School, which has been closed as a school for about 10 years. The bond will cover a complete rebuild of the school, which is set to open for the 2021-2022 school year (rebuilding is substantially less expensive than retrofitting and renovating to current safety standards). With bond-funded projects of this nature, a Design Advisory Group (DAG) is formed to involve stakeholders such as parents, educators, neighbors and community members in the design process of the school. Three members of the Creston family were chosen to be a part of the DAG for Kellogg: parents Lisa Kensel and Kathryn Schmidt and teacher Chuck Billedeaux. Mr. Billedeaux, along with Mr. Johnson, Ms. Greene and Ms. Hibbert were all teachers at Kellogg until the middle school was closed and students were shifted into K-8 schools.

At the DAG meetings, which are open to the public, the architecture firm in charge of the project (OH Planning & Design) is leading the group through various stages of planning. We have looked at the options for building massing, which determines the overall layout of the building in relation to the available lot, and given our input to the architects on such topics as bike racks, bus and car entry points and activity field sizes. Last week the DAG toured Faubion, which is a PK-8 school in NE Portland that reopened this year after a complete rebuild (the first newly built PPS school in 20 years!). We were able to see many of the elements that will be included in the new middle school, such as maker spaces and flexible learning areas. It has been very interesting to learn the many, many parameters that must be considered when designing and constructing an educational facility. The feeder map for Kellogg is not yet determined, but Creston historically fed to Kellogg and as it is a strong possibility that our middle school students will move to Kellogg we are glad to have Creston representation on the DAG. There are several more meetings during the winter and spring leading up to the demolition of the existing school, which will likely occur in the drier months. We will update the Creston community as the DAG continues to meet. You can see more information about the Kellogg project on the OH website, www.ohpd.net, as well as view their work on other area schools.

Volunteer Corner:



October Movie Night:

Thank you to our October movie night volunteers; Bridget Roth, Emily Graves, Rebekah Garringer, Rebecca Melton, Shantelly Miles-

Dickens, and Abby Nilsen-Kirby.

Teacher Conferences: Many Thanks to everyone who brought in food for our staff during conferences.

School of Excellence: Thank you to Emily Graves who helped enroll our PTA in the School of Excellence Program this month. The PTA and School are now working on this valuable program!

Food Drive: Thank to Kelly McCoy, Chip Matze, Jenny Santesteban, Katie Brown, Lindsey Bong, Amy Kober, Kathryn Schmidt, and Karri Babin for helping collect, count and sort food drive donations. Thank you to Michelle Bledsoe, Molly O'Neil, Lisa Kensel, Liz Bonnett, and Amy Kober for preparing the food drive baskets for families. Many thanks to our Food Drive Chairs Shantelly Miles-Dickens and Elizabeth Israel-Davis for all your work on this year's food drive.

Creston Spring Auction

Lisa Kensel, Auction Chair

Planning is underway for our spring Silent Auction! This is one of the largest fundraisers for Creston and the money we raise is used to support academic excellence, fund teacher classroom support and hold the events that bring our community together. **We are looking forward to this year's event on March 10, 2018. It's going to be a really fun night at the Mercy Corps Action Center with great food, an open bar and a lot of great items to bid on!** If you are a business owner or have a connection to a business, we'd love to talk to you about a possible donation to our event. Don't know what or how to donate? We've got some ideas! Our donations are most successful when they come from someone with a connection to the company. You can also ask friends or family members to donate. May-be they have a cabin, condo or time share, have airline miles they want to donate? Maybe they have a service such as landscaping, carpentry, hair styling or home cleaning to offer? Do you have a favorite place you like to go out to dinner- the next time you go, ask if they'd consider donating to our auction. All donations to the Auction are 100% tax deductible. We also have sponsorship opportunities available to businesses and our various levels all include some free advertising for your business! You will find additional information on our PTA website. If you have questions or want to discuss a donation, feel free to contact me via email at auctioncoordinator@crestonschoolpta.org.

Food Drive Success!

Shantelly Miles-Dickens & Elizabeth Israel-Davis,
Food Drive Committee Chairs

Creston Community you are so generous! Together you donated almost 2,000 food items during our food drive. Through this you served 25 of our families with enough left over to do it again before winter break. Not only that, but you donated such high-quality items this year. It was clear that everyone donated what they would want to have their family receive. Thank you for your overwhelming generosity and caring! If you're not done giving there are a few items we could use to round out our winter break baskets. Here's what we need:

- Pasta- rice- tomato sauce- whole grain, non-sugar breakfast cereal- money (to purchase gift cards so families can get fresh vegetables, fruits, and other perishable items).

If you would like to donate to this, you can bring items (or money) to the office and they can make sure we know it's there. Again, thank you all for giving so much. You make Creston a great place to be!



Mark the Date:

Dec. 7

Scrip Orders Due
Winter Concert, 6:30 pm

Dec. 12

Rudy's Night, 5-8 pm

Dec. 15

Coffee w/Krista
8:45 am Rm 118

Dec.18 - Jan. 1

No School
Winter Break

Jan. 9

PTA Meeting, 6 pm

Jan. 11

Scrip Orders Due

Jan. 15

No School
MLK Jr. Day

Jan. 18

Rudy's Night, 5-8 pm

Jan. 19

PTA Parent Coffee
8:45 am Rm 118

Jan. 26

Family Movie Nt.
6:00 pm

Jan. 29

No School
Teacher Planning Day

Boxtops! We collect them and they are worth a dime every time you turn one in! Bring your Boxtops into the Creston Office whenever you get a few. Thanks!



Principal's Corner

Krista Blovad, Interim Principal

Gratitude, Grit, and Growth Mindset at Creston

As the winter month roll into Portland and the holiday breaks give us time to share with our families, gratitude and appreciation move to the forefront of our thinking, I'd like to share my gratitude to the staff and community of Creston. If I was asked to describe the Creston Community- gratitude, grit, and growth mindset would rise to the top of that list. With that established, I'd like to focus in this "Principal's Corner" on appreciation of the staff at Creston and share a few of their endless efforts on behalf of your children, grandchildren, and extended families. I'd also like to begin to touch on the idea of grit and growth mindset and how we can understand more about how to build on these strengths in our community to increase student success in the classroom and outside of it. Creston staff are the most dedicated group of educators I have ever had the honor to be a part of. Here are just a few glimpses into the efforts of our staff:

- Every morning shortly after 6am, **Sherri Grewell** arrives in the office with a smile and laughter to share as we chat about funny things students said and contemplate a busy and productive day ahead.
- **Kate McCartney and Tanan Woods** meeting constantly to discuss how to support each other and their students in thoughtful and meticulously designed lessons that engage and inspire. This pair is the epitome of what the definition of a team truly is.
- **Chuck Billedeaux** dressed in a suit, which he always wears on test days to demonstrate his respect and appreciation for the hard work his students have put in each day to do well on this celebratory day.
- **Stephanie Pearl and Maura Fox** planning the amazing enrichment they provide to Creston students (and staff) outside of the school day, tapping and performing, and utilizing technology and science. I have to tell Stephanie to go home each night, as I am leaving the building. I'm quite certain she stays for some time after.

Communication Notes:

Lisa Kensel, PTA Communications Chair

While the Yahoo group has served us well at Creston for over 10 years now, we've been experiencing more and more technical issues with the group email service. After much thought, we have decided that we will be migrating to a Google Group in the coming weeks. We feel that the reliability with the Google Group will be improved and there will be additional features such as the google calendar integration that will be valuable and user friendly for our community.

We will begin adding current Yahoo Group users to the Google Group over the month of December, so watch for the notice in your inbox when you are migrated over to the new group. If you are not a current member of the Yahoo Group, but turned in a blue form at the beginning of the year, we will add you in the next phase by the end of Winter Break. We hope to have all users migrated and new users added by January 4, 2018. New users might receive an invite to the group, so be sure and accept that to be added to the group. The new email address to post to the entire Creston listerv will be Crestonschool@googlegroups.com.

- **Melissa Standley and Amber Hilbourne** guiding and nurturing over 50 Kindergarteners to become students, friends, problem solvers, artists, and learners.
- **Bryan Schalk** guiding the Safety Patrol each morning and afternoon, while chatting with parents about their children and embracing the Pacific NW cold like a native Oregonian.
- **Lisa Edwards** in the office doing- well, everything! No words for the dedication she shows from dawn to dusk for the families and community of Creston.
- **Lauren Held and Ben Needham** connecting with and supporting students all day long, every day. Giving high-fives, endless smiles, and a shoulder to lean on when times are tough.

I don't have enough space to express my deepest appreciation, nor highlight the efforts of each staff member (nor family, nor student- for that matter). But please remember to appreciate them and their dedication to our students each and every day. I will do the same! In regards to the ideas of grit and growth mindset, I'd like to share a couple of books that are key in the latest research on how to empower students to reach for their dreams, never give up, and unwaveringly believe that whatever they want to achieve, they can.

- * *Mindset -by Carol Dweck*
- * *Grit; The Power of Passion and Perseverance -by Angela Duckworth*
- * *Grit for Kids; 16 top steps for developing grit, passion, willpower, and perseverance in kids for self-confidence and a successful life -by Lee David Daniels*

I would encourage all parents to read these books over the holidays and winter break. If any parents are interested in being part of a book club that would read and discuss the books, would like to borrow a copy to read, would like to learn more about the ideas in these books, Please send me an email at kblovad@pps.net. I would love to be a part of how educators and families can promote in children the ideas of passion, perseverance, determination, and a never give up attitude that research has shown surpasses natural talent and intelligence as the key factors to success in life.