

Creston School



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November 2017

Creston School PTA News

Mark the Date:

Nov. 2
Scrip Orders Due

Nov. 3
No School

Nov. 8 & 9
Conferences
No School

Nov. 10
No School

Nov. 14
Rudy's Night
5:00-8:00 pm

Nov. 17
PTA Coffee
8:45 am Room 118

Nov. 22-24
No School

Just So You Know.....

Rudy's Nights:

Take a break from cooking and come out to Rudy's Pizzeria on 25th and Powell on November 14th. Mrs. Woods' class 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!

Membership:

There is still time to join the PTA! You don't have to attend meetings to support the PTA (although we would love it if you did). Dues are just \$10 per person for annual membership. Get connected,

have fun, meet other Creston parents and make a difference for all students! The PTA does great things for Creston, join in and be a part of it!

Scrip:

November Scrip orders will be due Thursday, November 2nd and will be distributed Friday, November 17th. 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.

Family Movie Night:

Join us for a fun night on December 1st when we show **Nut Job 2!**

Staff Appreciation During Conferences:

During the week of conferences our staff work long hours. To show our appreciation for their time and dedication PTA would like to provide dinner on 11/8 and a desert bar on 11/9. In order to do this we need your help! We will be sending out an email soon with details on how you can help with food, set up, and clean up!

Creston Spring Auction

Lisa Kensel, Auction Chair

Please "save the date" to attend our spring auction! The spring Silent Auction is one of our 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 fun night at the Mercy Corps Center with great food, an open bar and a lot of great items to bid on. If you've never been to an Auction, please don't be intimidated! It's a really fun event, with low starting bids on great items and packages. It's a silent auction, meaning that you write down your bid on something and then wait to see if you won— kind of like Ebay, but in a great space with people you know, while you eat and drink! You will get a sneak peek in February of some of our great donations and the catalog will be out a week or so before the event.

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. Or if anyone has goods or services to donate for the auction, that would be fabulous too! All donations to the Auction are 100% tax deductible. If you have questions or want to discuss a donation, feel free to contact me via email at auctioncoordinator@crestonschoolpta.org. **I look forward to seeing you all at the Auction, March 10, 2018!**

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Health & Safety News

Jessica Wenzl, Health & Safety Coordinator



It's Healthy Lifestyles Month with National PTA!

Here is a challenge from National PTA I'm confident we can all achieve! Choose a week during the month of November and see if your family can make these activities happen!

- Day 1: Drink 8 glasses of water!
- Day 2: Walk 10,000 steps today!
- Day 3: Eat a new vegetable today!
- Day 4: Eat a new fruit today!
- Day 5: Get 30 minutes of physical activity today!

The Importance of Family Exercise

Our kids model our behavior. Their attitudes and actions toward everything from nutrition to exercise to politics are shaped by our own actions and behaviors. If we want our kids to eat well, we need to eat well. If we want them to exercise, we need to exercise. Exercising as a family is not only a fun way to improve fitness, it's a way to cultivate a culture of wellness and develop positive exercise habits at a young age. Here are some fun exercise-based family activities guaranteed to create smiles and sweat!

1. Nerf Fight! This is exercise disguised as a game. We each have a nerf gun and a bunch of extra darts. One family member will declare a Nerf Fight and we'll decide on the rules and boundaries for the game. We often pick teams (guys against girls is always fun) and a home fort. Sometimes, this can be played like a mixture of Combat Archery, Dodgeball and Capture the Flag and indoors or outdoors.

2. Family Boot Camp: Each family member writes down 5 of his or her favorite exercises, for a total of at least 20. Exercises

can be dance moves, calisthenics, martial arts, anything physical that the entire family can do. The family then goes for a walk, jog, or run and every 60 seconds, they do one of the exercises for 30 seconds. By the end of all of the exercises, it's been a 20-minute work out! Feel free to go into overtime!

3. Hide and Sweat! The adults write down 20 physical activities on separate pieces of paper. Place the notes into plastic Easter eggs and hide around the house. Kids are tasked to find the eggs and when they do, the entire family performs the activity inside the egg for the amount of time given.

4. Family Walks: Sometimes the simplest solution is the best. There are so many benefits to walking (and to being outside), and the whole family can participate (even the baby in her stroller). We are fortunate to live near several greenways and beautiful parks and family walks (with the dogs) are a great way to exercise together.

5. Dance Party: On a rainy day declare a dance party. Put on some music and dance all over the house.

6. Jump Rope: A kid-friendly exercise that is great for the whole family. In fact, kids usually dominate at this exercise once they get the hang of it thanks to their lower center of gravity. Just ten minutes of jump rope is enough to get the blood flowing and with more than one person, it is fun to learn all kinds of fun jumps.

7. Structured Exercise: There are many other types of more structured exercises that can be done as a family. Our family likes to take jujutsu together in the evenings at a local Dojo. We also all have roller blades, and sometimes drive to a nearby parking lot and skate for a while."

Source: <https://wellnessmama.com/12284/family-exercise/>

Green Space

Heidi Donahue, Green Team Chair



The green team is hoping to kick off our cafeteria food waste collection program again for the school year in November. A big thank you to all the parents who expressed interest in volunteering during lunch to monitor children emptying trays and make sure the compost gets in the correct bin! Please look for an email on the Creston yahoo group about signing up for specific days to volunteer or visit <http://tinyurl.com/yb33wus4>. We are still hoping for more help so if you are able to get to Creston from 12:15-12:55, please consider signing up for at least one day out of the month!

The Food Drive Is Underway!

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

Our annual food drive is off to a good start! Thanks to everyone who has already volunteered. Of course, there is always room for more, so please sign up if you'd like to help collect, tally, and make baskets to distribute the contributions.

Here's a reminder of what we'd like and what we cannot accept:

Please DO bring

- non-perishable food in unopened, unbreakable containers (plastic and paper)
- Lots of highly nutritious items (beans, peanut butter, whole grain cereal, etc.)
- Pantry essentials (cooking oil, rice, etc.)
- Other healthy, low-sodium, low-fat, low-sugar foods

Please DO NOT bring

- foods in glass
- food that needs to be refrigerated or it will spoil
- fresh fruits and vegetables
- home preserved food (items have to be commercially prepared)
- candy/sweets/chips
- opened or expired items



The best way to decide what to donate is to ask yourself what you would like to receive. While there is a pizza party for the class with the most points, please remember that our main focus is providing nutritious food for members of our own community. Here's a reminder on how points will be awarded: More nutritious items will be worth 2 points. Examples are peanut butter, beans, canned tuna or chicken, whole grain cereals (low-sugar), etc. Other items will be worth 1 point. (please bear with us as we figure out what is worth how much). Cash donations will be counted as \$1 = 1 point

We will try our hardest to update the class tallies at least 3 times per week on a poster in the lobby. The more volunteers we have, the more often we can update.

Thank you all in advance for your generosity and community spirit. It is always amazing to see how much our community gives.

If you have any questions or would like to volunteer, please feel free to contact us at either shantelly.miles@gmail.com or eisrael-davis@comcast.net. Thank you for making Creston such a great place to be!

Reflections

Elena Miranda, Reflections Chair

Ready? Set. CREATE! Find your inner artist and join us as a part of Reflections this year! Parents, teachers, and community members all play a critical role in fostering a positive self-identity in the world of art. Anyone can be an artist. Are you ready? Let's go! Wait, what is Reflections? Reflections is a grassroots Arts program that local PTA units sponsor in their schools. Students are given a theme to reflect on and create work based on. This year the theme is "Within Reach". Works must be student driven and created. Work from the school level proceed to the Portland Council/Region level. Some from the Council/Region are sent to the State, and some from State are sent to National PTA. Recognition and awards are given at every level, inspiring continued creativity. Students are invited to submit works of art to reflect the theme "Within Reach...". The art form may be presented in the following categories: Dance Choreography; Film Production; Literature; Musical Composition; Photography; Theater (State competition only); Three-Dimensional Visual Arts (State competition only); Visual Arts.

Deadline for submissions is Friday, January 5, 2018. Students may participate in one or all of the categories but only 1 entry in each category is allowed per student. Entries may be left in the front office or given to Miss Elena from December on. Be on the lookout for more information and art making opportunities soon! If you have questions please ask Miss Elena or email [Reflec-tions@crestonschoolpta.org](mailto:Reflections@crestonschoolpta.org)

Principal's Corner

Krista Blovad, Interim Principal



Conferences as One Part of the School and Family Partnership & Communication

When I was a classroom teacher, I always looked forward to fall parent conferences as a continuing piece of my partnership with many families. It was also the first time I was meeting other families, who had not yet had the opportunity to be present at school. Language barriers, work schedules, and other siblings/family obligations are just a few of the obstacles to regular presence at school. But no matter how often, or how a family is able to be present, communication is ultimately the true touchstone for creating a real partnership in supporting your children in their education. This education includes academics, as well as social and emotional development. Only together can we truly do this incredibly challenging and important work.

I encourage everyone to use Creston Fall Conferences as an opportunity to learn more about each child's academic progress, but as importantly, to get to know each other and deepen the family-teacher relationship- which is the heart of student growth in all areas!

In a recent article of an Educational Leadership volume entitled *In Sync With Families*, there is a quote by educational consultant Thomas Hoerr that resonated with me-

"Planning for communicating and building trust is a yearlong activity. Although we often focus on formal conferences- times

when all families come to meet with teachers or individual meetings arranged to deal with pressing circumstances- we should also view less formal interactions as opportunities to develop trust and show that we care."

Our upcoming conferences are a formal and very important aspect of our work together. I also believe that our daily interactions before school, on the phone, in emails, through classroom newsletters, and a smile and wave across the hall at the end of the day are equally important in building trust and relationships that make our shared and vested interest in every child at Creston's success our common goal. My advice, that I also work each day to apply, is to take advantage of every opportunity to be involved, send an email if you have a question, assume best intent in that we are all centered around the same end game- each child's success, high self esteem, happiness, and sense of belonging.

I would like to close by with sharing some important ideas to guide your thinking around fall conferences (from the same journal article):

"What are three key things any caregiver should know about their child's school and school work?"

1. You are an integral part of your child's development.
2. You should know that YOU have vital knowledge about your children that we as educators need.
3. You should never be afraid to reach out to your child's teacher and school.

Volunteer Corner: Making Creston a Great Place!

Thank you to the families who came out to help with Art Night: the Hendrix family, the Babasin family, the Montgomery family, Debbie Poole, Elena Miranda, Abby Nilsen-Kirby, Terry Conklin, and Darcy Hamrick.

Middle School Night:

Thank you to Amy McFarland, Aram Babasin, Corey Branstrom, Martha Horner, Chip Horner, Anthony Israel-Davis, Elizabeth Israel-Davis, Theresa Decker, Karen Coles, Emily Graves, Ashley Haywood, Lisa Kensel, Krista Blovad, and Ben

Needham for helping with Middle School Night!

Creston Picture Day:

Thank you to Elena Miranda and Lisa Kensel for helping bring classes to the auditorium for photos and keep things running smoothly during picture day- much appreciated!

Walk and Bike Day:

Many Thanks to Jessica Wenzl, Emily Graves, and Bridget Roth helping with Bike and Walk Day!

PTA Clothing Center Day:

Light volunteer day, so a huge thank you to Emily Graves, Bridget Roth and Lisa Kensel who made a last minute dash to the Center to be sure Creston was represented.

