



THE ARLETA CONNECTION

Arleta Boosters

Boosters Visioning Meeting

Support your children and Arleta Boosters

Mark your calendars!!

Join the Boosters for a special meeting on Monday, February 7th from 8:10 - 10:00 AM as we seek to define who and what we want our group to achieve. We'll explore what has been done in the past, set priorities, and dream about what we can do to support our school community beyond fund-raising and helping with special events. With your ideas and input, we hope to make the Arleta Boosters relevant to the needs of our school and the terrific community of families, students and staff we seek to serve. Little ones welcome, snacks provided. Join us and be heard about what you want YOUR Booster group to do.



Arleta Boosters Tree Sale

Thanks to everyone who worked at the sale, who purchased trees, and to Green Tree farm in Oregon City for their generous discount and donation of some trees, we made over \$130 on this year's tree sale. Proceeds will fund the Boosters budget, which is used for field trips and other items not covered by the school budget. Special thanks to Angie Pope, Becca Yeaglin, and Gene Bivens for their long hours and hard work.

*Thank
you*

JANUARY

- 19 K/1 Field Trip to Children's Museum
- 24 Booster's Meeting 8:00 am
- 25 TAG Testing
- 26 Honor Roll Breakfast 6/7/8
- 26 Kindergarten Round Up for 2011/12 4:30 pm
- 28 Super Hero Friday
- 31 End of Grading Term
No school for students

FEBRUARY

- 1-4 Spirit Week
- 1 Third Quarter Begins
- 7 Booster's Meeting 8:00 am
- 9 2hr Late Opening
- 14 Booster's Meeting 8:00 am
- 15 Dental Sealants Program 2/3
- 16 K/1 Field Trip to Diary of a Worm, Tears of Joy Theater
- 21 Holiday - School Closed
- 25 Super Hero Friday
- 28 Booster's Meeting 8:00 am

Arleta School
5109 SE 66th Ave
Portland, OR 97206
arleta@pps.k12.or.us
503.916.6330

State Testing Approaches

Beginning the last week of January we will start annual state testing for our 3rd through 8th graders. The state of Oregon tests children in reading and math at every grade level 3rd through 12th. Students are also tested in writing in 4th and 7th grade and science in 5th and 8th grades.

There is nothing to prepare for! Standardized tests are cumulative tests aimed at measuring your child's progress against the state benchmark for that testing level.

We can help our children prepare by reassuring them that this is about their best work. It is not about comparing their progress with anyone else's. It is a test of their personal best.

Ensuring that students get a good night's sleep and have a balanced breakfast and lunch are also helpful in focusing kids during test taking. It's all about energy that isn't relying on sugars or being distracted by being too full or too hungry.

Test scores are released to parents in sealed envelope approximately two weeks after all tests at that grade level are completed.

If you have any questions, please do not hesitate to call on us. We are here to help and support our students and families.



Kevin Crotchett, Principal

kevinc@pps.k12.or.us or 503.916.6330

What if?

Encourage your youngster to think like a scientist by posing questions about cause and effect. For example, ask, "What will happen if you leave a piece of banana out?" or "What will happen if you cover the radio speaker with your hand?" Then, try it and see if their predictions were on target. Talk about the results of your mini experiments.

Arleta SMS Alerts

<http://tinyurl.com/arleta-sms>

Arleta now offers SMS Text Msg Alerts sent directly to your cell phone. By signing up, parents will receive a text message reminding them of important dates and events. To sign up surf on over to the Arleta School Website or complete the form sent home separately with this Arleta Connection.



Message in a Bottle

The next time your child wants to give a friend a gift or card, suggest this creative alternative. Have him or her write a message on a sheet of paper, roll it up, and slide it inside a clean plastic water bottle. They can decorate the outside with permanent markers and stickers.

Looking for Parent Volunteers for Art Class

Michael Hurst, art and technology teacher is seeking parent volunteers to help with art classes, setup, clean up and in the classroom. Any amount of time, irregular or regular would be helpful. The program needs additional hands and eyes in order to grow. Training is happily provided. Email or call mhurst@pps.k12.or.us or 503-916-6330.

Arleta Green Team News!

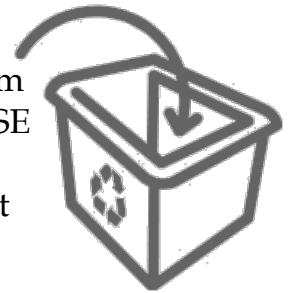
Milk Carton Recycling Program Needs Your Help!

Help us help the planet! The Arleta Community is going to start recycling milk cartons at lunch. The Green Team needs your help. We are looking for parents, grandparents, or guardians of students to come help out during the school lunch periods and assist students in recycling properly. We need volunteers available for one or two hour shifts once a week. Please contact Gina Ballard at geballard@yahoo.com or 503-310-4470 to set up your time to volunteer.



Flip Your Lid! Recycle Here!

The Arleta Green Team is seeking your clean and dry plastic lids. Did you know you can't recycle plastic lids from things like yogurt, milk, or juice in your blue bins? However, they can be recycled. The Arleta Green Team will have marked box locations to "flip your lids" into and we will recycle them with Far West Fibers at the SE Recycling Center 4629 SE 17th Avenue PDX. We want to see how many we can collect, so please clean, dry and "flip your lids" at the school.

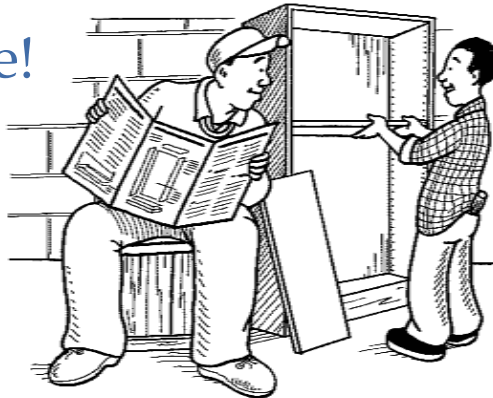


Many ways to shine!

Is your child an expert when it comes to building model airplanes? Or does he have a knack for gardening or acting? Children have many talents—here's how you can help your youngster use his to learn more.

Fix-it kids

Perhaps your child is good at building and repairing things. Ask him to help you assemble shelves or repair a broken picture frame. He'll develop logical-thinking and problem-solving skills as he pitches in at home. You can also encourage him to find wood-working projects in library books or visit www.howstuffworks.com to learn how things work.



Nature lovers

If your youngster likes the outdoors, have him research nature trails and lead your family on a hike. Or he might plan and plant a vegetable or flower garden in the spring. Let him check out field guides and outdoor magazines from the library. Understanding how living things grow and what they need can help him do well in science.

Creative minds

A child who enjoys music, art, dance, or theater can explore opportunities to express his creativity. Encourage him to join the school chorus or enter art shows. He might also try out for school or community plays—he'll practice reading and speaking skills as he memorizes his lines. Or he could use his talents to develop a new hobby like songwriting, which will build writing skills that will help him in school.♥

Teaching Teamwork

Blow up some balloons. Give one to each person, stand in a circle, and try to keep all the balloons in the air. When everyone gets the hang of it, add another balloon. Continue adding more and work together to keep them all afloat. Your youngster will see the value of teamwork and have fun at the same time.

Spread a sheet on the living room floor, and have everyone stand on top. Without letting anyone step off, fold the sheet in half. Keep folding it in half repeatedly, using team-work to see how small you can make it while helping each other stay on and standing.

High School Options for Arleta 8th Graders!

Portland Public Schools announces transfer application dates for the 2011-12 school year:

High school transfers – Feb. 4-Feb. 28

All other grades – Feb. 9-March 11

Transfers allow students to attend a school that is not in their neighborhood. Because space is limited the school district uses a lottery system to approve applications.

PPS will make the applications available on the first day of each application period. For more information, contact the Enrollment and Transfer Center at 503.916.3205 or go to

www.pps.k12.or.us/schools-c/make_a_choice.php.

Discover Franklin! Join us for our open house on **February 1, 2011 from 6 - 8 p.m.** Principal's Presentation begins promptly at 6 p.m. in the auditorium. Come and see all that Franklin has to offer! Check out our advanced placement classes, freshmen academy, student supports and variety of elective programs. Will your student want a closer look? Inquire and RSVP for our upcoming Q and A evenings during this Open House. Visit our website for more information at <http://www.pps.k12.or.us/schools/franklin/>.

Benson, Jefferson and the Leadership Academy for Young Women are part of the High School focus system. Focus schools are designed to provide deep and personalized instruction in a specialized interest area through a unique learning model. Basic information regarding the three schools is outlined below. We will have more detailed information for you in the near future.

Benson Polytechnic High School

Benson Polytechnic High School provides a unique educational experience for students combining rigorous academics with experiences in career and technical education classes. Benson will continue to operate as a four year high school that focuses on three career academies: Industrial and Engineering Systems, Health Sciences and Communications Technology. Athletic programs and after-school opportunities related to the mission of the school will be offered. Approximately 240 enrollment slots will be opened to ninth graders. Additional slots will be opened to tenth graders as well.

Jefferson High School

Jefferson will become a middle college program with approximately 400 students that builds on a strong partnership with neighboring Portland Community College to offer students the chance to earn college credits while pursuing their high school diploma. Students currently in the Jefferson boundary will be part of a dual assignment zone. This means that these students have a guarantee into Jefferson *or* a community school (the community school in which they can attend will be defined in January). Students outside of the Jefferson boundary, who are willing to take on the challenge of academic rigor, can apply for entry. Athletic programs and after-school opportunities related to the mission of the school will be offered.

Harriet Tubman Leadership Academy for Young Women (grades 6-12)

The Harriet Tubman Leadership Academy for Young Women provides a rigorous and personalized academic program, focused on engineering, health/biomedical fields, math, sciences and the development of young women leaders. The program also focuses on developing college readiness skills through AVID (Advancement Via Individual Determination). The school welcomes all young women who want to take on the challenge of academic rigor. Students may participate in athletics at Jefferson High School.

Standardized Test Secrets

Confident. Prepared. Relaxed. Well rested. These are the traits of successful test-takers. How can you ensure that your child does his best on standardized tests? Try these ideas to help before, during, and after tests.

Editor's Note: We chose to use a boy in this report, but the examples apply to both boys and girls.



Before:

Understand the purpose. Your child may wonder why he has to take standardized tests. Let him know that the tests measure how students in his school are doing compared with other schools and districts. The tests also show areas he needs to work on and how his skills change over time. Plus, they help teachers and administrators do their jobs better.

Support the teacher's efforts. Chances are your child's teacher will give him many activities to prepare for the test. She may also share information about ways to practice at home. Remind your youngster that these exercises will help him do his best. Be on the lookout for testing schedules and other information from the school that you'll need to keep him on track.

Reassure your child. Standardized tests are very different from classroom tests. For example, about half of the questions are expected to be too difficult for the average student. The tests are also put together so that many test-takers won't finish within the time limit. Let your youngster know that even if he misses many questions, he can still score well.

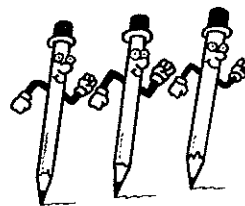
Use practice sheets. Most standardized tests require separate answer sheets with small circles to be filled in with pencil. Filling in the circles quickly and efficiently is tough for many children. Your child should use firm, up-and-down pencil strokes. It's important for him to completely erase answers he changes and to avoid stray marks. You can make a homemade practice sheet with rows of small circles. Or the teacher might have samples to share.

Get in shape. Two essential ingredients for successful test taking are a good night's rest and a healthy breakfast. If your

child is worried about the test, a warm bath and read-aloud time can help take his mind off it. A well-balanced breakfast will give him energy on test day. The menu might include cereal with milk, or eggs and toast, plus fruit or juice. Be careful not to offer more food than normal—being too full can make him sluggish.

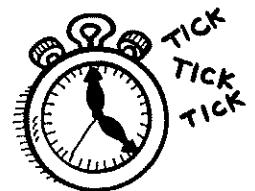
During:

Take extra supplies. Your school may provide all the supplies your youngster needs for the test. Just in case, it's a good idea to give him several pencils with medium-sharp points (a very sharp pencil can break easily). A good eraser and a few sheets of blank scrap paper are also useful. For added energy, snacks of raisins, grapes, or granola bars are great for breaks.



Follow directions. Encourage your child to read all directions slowly and carefully. If he's allowed to write in the test booklet, have him circle or underline important words. If he is confused about what to do, tell him to ask the teacher or test administrator right away.

Use time wisely. Most standardized tests are divided into timed sections. At the beginning of each section, your youngster should scan all the questions. That will give him some idea of



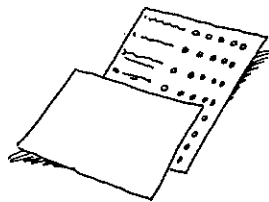


how much time to spend on each one. A simple method is to divide both the amount of time and number of questions in half. For instance, say he has 30 minutes and 20 questions. In the first 15 minutes, he should answer at least 10 questions.

Read every answer. It's often tempting for test-takers to read multiple-choice questions and mark their answers immediately. The best approach on standardized tests is to read the question and all the answers. Then, go back and select the best one. Your child may need to practice this two-step approach until he feels comfortable.

Make good guesses. On most standardized tests, it's better to guess at an answer than to leave it blank. Coach your youngster to cross off the answers he's sure are wrong. That way, he can improve his chances of choosing the right answer. Remind him not to spend too much time on particularly hard questions. If he's completely unsure, he should make his best guess and move on.

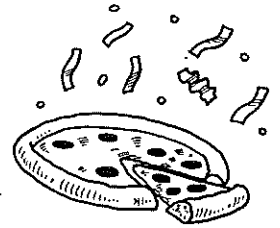
Stay in order. One mistake many children make is getting the questions and answers out of order. Encourage your youngster to keep his place on the answer sheet with a piece of blank paper. He can slide the paper down to reveal one row of circles at a time. Every few questions, he should make sure he's on the correct row.



Check answers. If your child reaches the end of a section with time left, he should go back and check his answers. Some test-takers circle difficult questions as they work so they can easily find them later.

After:

Celebrate. Finishing a standardized test is an accomplishment. Give your child plenty of time to relax and wind down. Taking the test requires a lot of mental energy! Consider treating him to a special meal, a video rental, or a walk in the park. It's important to tell him how proud you are of his hard work.



Share the results. When you receive a copy of your child's scores, make sure you understand what they mean. Scores are often reported in percentiles and can be confusing, so ask the teacher for help. Talk with your youngster about the areas he did well in and any he needs to work on. He will probably be very curious and may ask lots of questions. Remind him that standardized tests are a tool to help him learn.

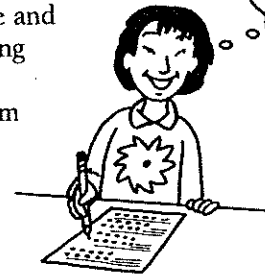
Tackling test anxiety

Taking standardized tests can be frightening and stressful. What should your youngster do if he freezes up on test day? Here are several tips he can try to help him relax and concentrate.

Steady breathing. Encourage your child to close his eyes and take slow, deep breaths. Have him pay attention to the way his chest rises and falls. Suggest he count each time he inhales and exhales until he reaches 10.

Relaxed muscles. Your youngster can also tense and relax his muscles. Starting with his face, have him squeeze his muscles from his head to his toes, holding the muscles tense for five seconds and then releasing them.

Positive thinking. Ask your child to close his eyes and imagine himself confidently answering the questions. If he pictures himself doing well on the test, he's apt to feel more at ease.



Home & School CONNECTION

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