



# THE ARLETA CONNECTION

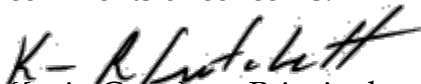
## A Successful First Month

I cannot believe we find ourselves already in the month of October. It has been a great start to the school year and I would like to personally thank the staff, parents, and children for welcoming me to Arleta. It has been a wonderful beginning and I look forward to the year ahead with anticipation.

As we begin to shift into school year routines I wanted to highlight a couple random but important reminders for our families and students...

- Students arriving late or being picked up should always check in/out through the office
- Please do not send soda pop to school with your child's lunch. Juice and water better serve them in a school environment.
- Parents can report their child's absence by sending a note to their classroom teacher or by calling the attendance line at 503.916.6334.
- The school event calendar can now be found on the updated school website at [www.pps.k12.or.us/schools/arleta](http://www.pps.k12.or.us/schools/arleta)
- Apply now for FREE & Reduced Lunch. Applications in the main office or on the school website.
- An all-new Arleta Community email list has been created to help keep our families informed with Arleta news and events. If you have not already received email from the list, then register your email address in the main office or send email to [Arleta@pps.k12.or.us](mailto:Arleta@pps.k12.or.us).

Please call on me with any question, suggestions, comments or concerns.

  
Kevin Crotchett, Principal

## OCTOBER EVENTS

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

### October

- 5 6/7/8 Mid-Term
- 6 School Pictures
- 8 State In-service - No School
- 13 2hr Late Opening
- 18 Booster/State of the School Presentation 6:3pm
- 21 TAG Parent Information Night @ Franklin HS 6pm
- 27 ELL Parent Information Night @ Franklin HS 6pm
- 29 Booster's Family Halloween Dance

### November

- 3 Grandparents and Special Friends Day
- 5 Teacher Planning day

## Arleta Boosters

**Halloween Dance Helpers:** The Boosters are excited to be helping with the Halloween Dance on October 29th. This is a fun family event that draws our community together. We have opportunities to help in the following areas:

- Set up - after school on the 29th
- Greeters - help at the door
- Grounds
- Snack helpers during the dance
- Clean-up

Please reply to mom2row@gmail.com to sign up.

**Evening Meeting:** The next Arleta Booster meeting will be October 18, 6:30 to 7:45 PM - Childcare will be provided for school-age kids.

To be sure we include everyone who has an interest in contributing to Boosters activities, there will be one evening meetings most months of the school year. For October, we will hear Mr. C's "State of the School" and

then have a brief Booster meeting. At the meeting, we'll let you know about events and activities currently being planned, and hear your ideas. Regular meetings are Mondays from 8-9 AM in room 7. There will be no morning meeting on the 18th. If you would like to be included on the Arleta Boosters email list, please email mom2row@gmail.com.

Mezza, a restaurant on Woodstock, will donate a portion of all sales from Thursday, November 4th to Arleta. Join other Arleta families that evening at a time of your convenience between 5 and 9 PM. you'll be supporting a local business and supporting your school. Mezza is a family-friendly restaurant with a relaxed atmosphere, serving Middle Eastern cuisine.

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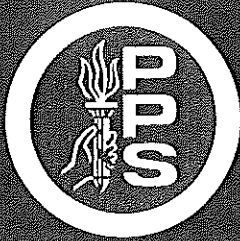
## DRESS CODE

A reminder that Arleta School follows the Portland Public School dress code. To better understand and inform, PPS dress code guidelines are copied below.

- Clothing may not be sexually suggestive (examples include bare midriffs, visible undergarments, plunging necklines, see-through materials and sagging pants).
- Clothing may not be alcohol, tobacco or drug related, including advertising or advocating the use of such products.
- Clothing must not be lewd, vulgar, obscene or plainly offensive. (d) Clothing must not be demeaning to a particular person or group, such that it might interfere with another student's educational opportunities.
- Clothing must not pose a threat to the health or safety of any other student or staff.
- Clothing or other attire (jewelry, etc.) may not be gang related. These items must be specifically listed in any school dress code. Schools must confer with their School Resource Officer for specific indications of gang membership in their area.
- Schools must establish an exception to the dress code for sincerely held religious beliefs. For instance, if a school establishes a ban on hats and headwear, an exception must be provided for students who cover their heads as expression of a sincerely held religious belief.

## Annual Disclosure for the Distribution of Information

Distribution of Information from non-school groups: Schools should inform families of the following information: "Under Board Policy 3.30.35 and Administrative Directive, schools may distribute information from certain non-PPS groups. The groups providing this information are not endorsed or sponsored by Portland Public Schools. District policy prohibits discrimination on the basis of age, color, creed, disability, marital status, national origin, race, religion, sex, and sexual orientation. BP 1.80.020. Not all outside groups comply with the District's non-discrimination policy. Families are strongly encouraged to review all materials closely."



# PORTLAND PUBLIC SCHOOLS

5109 S.E. 66th Avenue / Portland, Oregon 97206  
Telephone: (503) 916-6330 • FAX: (503) 916-2604

ARLETA SCHOOL

Office of the Principal

Dear Parents and Guardians,

Head lice are an occasional visitor and concern for elementary and middle school students. It is not unusual to find head lice in our school community at times throughout the school year. Getting head lice can happen to any child and is not a reason for panic or embarrassment. Having head lice is not associated with age, sex, race, social class or hygiene.

Head lice are not considered a health hazard as they do not spread illness or disease, but can be a nuisance and cause a disruption at home and to your daily routine. Head lice are wingless insects that do not fly, hop or jump, but move and multiply very quickly. Lice are spread through:

- direct head to head contact
- sharing hats, clothing, or helmets
- sharing hair grooming articles and hair decorations or accessories

The most effective actions for preventing the spread of head lice are:

- Routine weekly checking for head lice (about the size of a sesame seed) and nits, which are lice eggs (about the size of a poppy seed) and are attached to the hair shaft by a type of "insect super glue." Neither lice nor nits can be blown off of hair or scalp.
- If live lice are found, treating with an FDA approved pediculocide and combing for nits. Combing with a fine tooth metal comb is one of the most important steps to removing nits and preventing re-infestation of lice.
- Teach your children not to share clothing, hats, and helmets, grooming articles or hair accessories.

Upon extensive research and the recommendations of the American Academy of Pediatrics, the Center's of Disease Control and National Association of School Nurses, and following the lead of other school districts throughout the nation, this school district has adopted a policy that excludes students for live lice, but not for nits. If live lice are found, the student is sent home for treatment and will be rescreened before returning to the classroom and on a regular basis until no evidence of lice or nits is present.

To maximize learning time and decrease classroom disruption, school personnel will no longer be doing classroom or school wide screenings.

Please feel free to contact your school nurse for further information and if you have any questions.

**Kevin Crotchett**

Principal

**Sabrina Bauer**

School Nurse

## Head Lice

“Head lice.” Just saying the words makes our head itch. Don’t panic. Knowledge is the best weapon.

### What are head lice?

Head lice are tiny insects about the size of a sesame seed that live on the heads of humans. Having head lice is very common, especially for children ages 3 years to 12 years. Having head lice does not mean that you or your child is unclean or dirty. Lice will live on anyone.

### Do head lice cause harm?

Head lice are a nuisance, but they are not dangerous and don’t transmit disease. Head lice feed on the blood of the scalp and their bites cause itchiness. Excessive scratching may cause sores and lead to infection.

### Are head lice contagious?

Head lice are spread person to person usually from direct head to head contact.

- **Less common ways to get head lice include:**
  - Sharing personal items such as clothing, hats, combs and brushes.
  - Lying on a bed, couch, carpet, or pillow recently in contact with an infested person.
  - Head lice only affect humans and cannot be caught from animals.

### How are head lice treated?

- **Shampoo the hair:**
  - Use a special shampoo formulated to kill lice.
  - Ask your school nurse, health-care provider, or pharmacist which product is best for your child.
  - Follow all directions on the bottle.
- **Remove all nits:**
  - Have your child sit under a bright light and comb all lice and nits from the hair with a fine-toothed nit comb.
  - Remove remaining nits with your fingers.
- **The best way to get rid of lice is to:**
  - Check and comb hair every 2-3 days to remove any remaining nits and lice.
  - Continue to check and comb for 2-3 weeks to be sure lice and nits are gone.
- **Treat the house:**
  - Machine wash clothing and bedding, used in the last 2 days, using hot water (130 degrees Fahrenheit) and the hot air dry cycle.
  - Wash combs and brushes in hot water and soap.
  - Put clothing and stuffed animals that can’t be washed in airtight bags for 2 weeks.
  - Vacuum the places where your child usually sits or rests their head.

### Can lice be prevented?

You can help prevent lice by teaching your child to:

- Avoid head to head contact during play at school and at home (on the playground, sports activities, slumber parties, camp).
- Not share clothing, towels, or personal care items such as combs, brushes, or hair ties.

### Tips for Parents

- Periodically check your entire family’s hair for lice and eggs.
- Watch for signs of itching and sores on children’s scalps or around their ears.

**Contact your school nurse for further information.**

# Home & School

Working Together for School Success

## CONNECTION®

Arleta Elementary School  
Mr. Kevin Crockett, Principal

### SHORT NOTES



#### Picture this

Good readers form mental pictures as they read. To improve your child's comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

#### Raising good sports

You can teach your youngster to be a good sport by being one yourself. When you attend a game, clap and cheer for players who try hard, even if they're on the other team. You'll help your youngster learn to be gracious to everyone in the game.

#### Line them up

Sometimes kids get math problems wrong simply because they haven't lined up the numbers correctly. Try this. Have your child work problems on graph paper, using one box per number. Once she gets used to this system, she'll be able to transfer her lining-up skills to regular paper.

#### Worth quoting

"Life doesn't require that we be the best, only that we try our best."

*H. Jackson Brown Jr.*

### JUST FOR FUN

**Teacher:** Name one important thing we have today that we didn't have 10 years ago.

**Brian:** Me!



## Study smarts

Sarah, a fourth-grader, takes a history test at the end of each month. Evan, a first-grader, has a spelling quiz every Friday. Studying is a skill these youngsters will need throughout their years of school. Help your child study effectively with these tips.

**Start a habit.** Encourage your youngster to treat studying as a daily assignment, not just something she does the evening before a test. For example, she might study 15 minutes every night for a spelling test on Friday. After she finishes her regular homework, she can spend a little time reviewing her notes and handouts.

**Tackle textbooks.** When your child has a chapter to study, have her "preview" it to increase her understanding. She should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. *Tip:* If she finds a section hard to grasp, she could read a picture book on the



topic. For a science unit on matter, for instance, she could try *What Is the World Made Of?* by Kathleen Weidner Zoehfeld.

**Mix it up.** If your youngster reviews information in several ways, she'll be more likely to remember it. She might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, she can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that she spell each word or recite each fact aloud.♥

### Parent power

There are many ways you can support your child's learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.
- Contact your child's teacher immediately if you see a problem. Working together will help your youngster succeed.
- Attend conferences, parent meetings, and school events regularly.♥



## Let's behave!

Did you know that getting your youngsters to behave can be fun? Try these ideas to encourage better behavior—and cut down on everyone's frustration.

**Distract.** Being playful can stop misbehavior, especially if it's caused by boredom. *Example:* You're stuck inside on a rainy day, and your kids begin to get cranky. Say, "Freeze! Splash time!" Fill the bathtub, cover the floor with towels, and let them play in the water with cups and boats. (*Note:* Never leave children unsupervised near water.) Or call out, "Pillow time,"



and have everyone gather in the family room for a gentle pillow fight.

**Celebrate.** With your children, pick a few behavior goals (get ready for bed without complaining; say "excuse me" when someone is talking). Then, get out a small jar and some marbles. Tell your youngsters they will earn a marble

each time you catch them working toward a goal. When the jar is full, celebrate with an extra story every night for a week.

*Note:* Children often act out to get your attention. Try to spend a few minutes a day playing a game or talking with each child, and you're likely to see better behavior.♥

## ACTIVITY CORNER

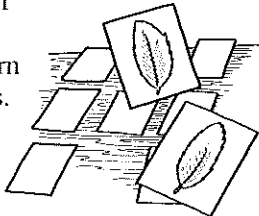
### Learn about leaves

When fall comes, the ground is covered with red, yellow, and orange leaves. Try gathering them up and using them for learning. This matching game will sharpen your child's memory and help her learn to identify leaves.

Together, collect 10 pairs of matching leaves. Cut out 20 rectangles from construction paper, and glue a leaf to each one. Then, lay them, leaf side down, on the table.

Players take turns flipping over two squares. If the leaves match, the person keeps the pair. If not, the next player tries to find a pair. Take turns until all the leaves have been claimed. The winner is the player with the most pairs.

When the game ends, visit [www.arbor-day.org/trees/treeID.cfm](http://www.arbor-day.org/trees/treeID.cfm). Help your child answer questions about her leaves to learn which trees they came from.♥



## Q & A

### Bullying: The bystander's role

**Q:** My child came home from school upset because kids were picking on a classmate and wouldn't let her play with them. What advice should I give my daughter?

**A:** Tell your youngster that her classmate was being bullied—and that she has the power to help stop it!

There are several things she can do. She could start by standing up to the bully and saying something like, "That's not nice." Then, she might ask the child who is being bullied to join her in a game or school project.

Also, remind your youngster to report bullying to a teacher or other adult when she sees it. Let her know this is not tattling, but a way to help someone who is being hurt. You can explain: "Asking an adult to help a child who is being bullied is like asking the nurse to help a child with a scraped knee."♥



## PARENT TO PARENT

### Thinking games

Between school, errands, and activities, my family spends lots of time on the go. I decided to use some of it for "thinking games."

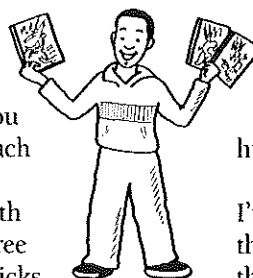
I taught my kids a game my parents used to play with me, called "Would You Rather?" I offer two options and ask which they prefer and why. For example, I might say, "Would you rather live near the beach or the mountains?"

My son came up with a game he named "Three Favorites." Someone picks

a category (outfits, movies), and everyone tells their top three choices. My daughter thought of "What Doesn't Belong?" We take turns naming items and asking the others to explain which is the odd one out and why. The kids especially like this game because there can be more than one "right" answer.

For example, when I named "owl," "ostrich," and "eagle," my daughter said, "Ostrich, because it can't fly." My son's answer was, "Owl, because it hunts at night."

Now they want to play all the time. I'm glad because we're having fun—and they've gotten better at thinking through their ideas.♥



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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