



# Arleta SUN Community School

Site Manager: Chris Counts • 5109 SE 66th Portland, Oregon 97206 • 503-916-6332

## Fall 2011

September 12 - December 16, 2011

### SUN Office Hours:

Mon	Tues	Wed	Thurs	Fri
10-6	12-8	10-6	9-5	hours vary

\*No classes on school closure days & holidays\*

Disabled Access: Entrance: Main door; Parking: Designated in main lot; Restroom: Accessible

### Arts & Enrichment - Youth (Ages 6-14)

#### Homework Club

grade: 3-5

Frustrated with your assignments? Spend time dedicated to your homework in a supportive environment.

M-W	2:30pm-3pm	Staff
Lib	9/19-12/14	Free

#### Word Play

age: 8-11

Like board games and word puzzles? Create crosswords, solve letter mazes, and more! Build your vocabulary and improve your writing skills while having fun!

Mon	Time TBA	Staff
Rm 8	10/17-11/28	Free

#### Art Extravaganza

age: 6-8

Get creative juices flowing & bring ideas to life! Design & create new masterpieces using a variety of materials & techniques.

Mon	2:30pm-3:25pm	Arnold
Rm 11	10/10-12/14	Free

#### Advanced Art - Mixed Media

age: 9-14

Tired of only drawing or just painting? Go a step further & experiment with a wide range of materials & techniques. Stimulate creative energies & find inspiration using an array of mediums.

Rm 11	10/6-12/8	Free
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#### Ages 9-11

Thurs	2:30pm-3:25pm	Konsterlie
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#### Ages 12-14

Thurs	3:25pm-4:25pm	Konsterlie
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#### Crafts - Halloween Hullabaloo

age: 6-11

Create! Decorate! Celebrate! Stimulate creativity & let your imagination soar with a variety of projects, such as masks, treat bags, place mats, decorations, gift-wrap, tags & more! Get in the holiday spirit!

359301	Mon	6pm-7pm	Staff
	Rm 11	10/24	\$3

#### Guitar Group Lessons

age: 8-14

Imagine playing guitar with friends, at a campfire or jam session, or just exploring music by yourself. Expand your skills & learn at your own level with notes, rhythms & easy chords used in folk & popular songs. *Note required \$10 materials fee.*

Mon	4pm-5pm	Cardwell
Aud	10/3-11/28	\$10

### Arts & Enrichment - Youth (cont.)

New

#### Music - Voice Group Lessons

age: 8-14

Find your own sound! Develop good technique in a supportive setting with personal attention. Get expert advice on breath control, rhythm, posture & pitch while singing various styles.

Tues	4pm-5pm	Staff
Aud	10/25-11/15	Free

#### Photography - Shoot With Style

age: 8-14

Train your eye to look at images differently! Gain hands-on experience with camera angles, light & shadow, & placement of elements to capture a scene.

359393	Mon	6:30pm-7:30 pm	Staff
	Aud	11/28-12/12	\$12

### Saturday Academy Classes - After School

#### Astronomy: Stars and Planets

grade: 3-8

Take a tour of our solar system! This space adventure will help you gain observation skills used by ancient astronomers to learn about constellations, phases of the Earth's moon, planets in our solar system, and qualities of the sun. Make your own sun dial, a scale model of planets, and learn how the constellations change with the seasons.

Rm 8	10/3-11/28	SA Staff
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#### Grade 3-5

Mon	2:30pm-3:25pm	Free
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#### Grade 6-8

Mon	3:30pm-5pm	Free
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### Family & Adult Activities

#### Family Night

All ages

Join us for a low cost solution to a night out with the family! Our drop-in program offers a variety of activities in the gym. An adult must accompany children. *Children ages 6-11 are encouraged to register for the craft class, Halloween Hullabaloo (see description in left column)!*

Mon	6pm-7pm	Staff
Gym	10/24	Free

#### Home Weatherization Workshop

age: 18-Senior

When the wind blows, do your curtains move? Are you constantly adding extra layers of clothes to keep warm? Water spots on your walls or ceiling? Materials & helpful instructions on repairs available. *To register, call Community Energy Project at 503-284-6827.*

Tues	6pm-8pm	CEP Staff
Library	11/29	Free

### Suppers @ Arleta

Join us for a FREE nutritious after-school snack starting Mon, Sept. 26th!

\* Served in the cafeteria at 2:15pm

\* Attendance required for all SUN students enrolled in 2:30pm classes!

Director Zari Santner

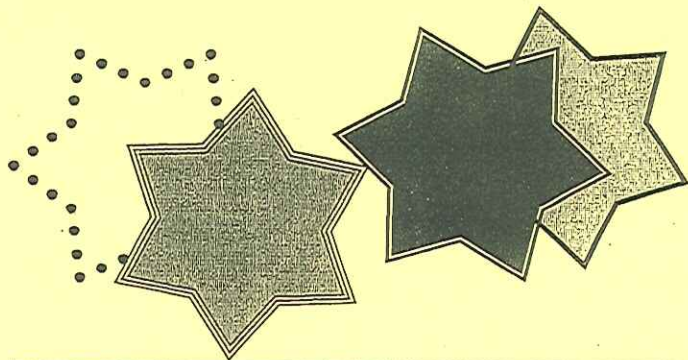


SUN Community Schools are a collaboration between Multnomah County; Department of School and Community Partnerships, the City of Portland; Portland Parks & Recreation and Centennial, Reynolds, Parkrose, David Douglas, Gresham-Barlow and Portland Public School Districts.



.....Looking for your favorite sports classes? Flip the page!

# ARLETA SUN COMMUNITY SCHOOL



## Sports - Youth (School Age)

**Basketball – In the Zone** age: 7-9  
 Challenge yourself! Emphasis on ball handling, shooting techniques & footwork. Increase endurance, flexibility & strength while encouraging teamwork & sportsmanship.

Thurs 2:30pm-3:25pm Pomeroy  
 Gym 9/29-12/1 Free

**Basketball - Hoop it Up** age: 10-12  
 Want to play like the pros? This is where they all started. Develop & improve fundamentals, including ball handling skills, shooting techniques, & defensive skills while improving endurance, flexibility, & strength.

Thurs 3:25pm-4:25pm Pomeroy  
 Gym 9/29-12/1 Free

**Basketball – Teamwork** grades: 6-8  
 Lace up & get ready for action! Learn about team basketball while building teamwork techniques with an emphasis on sportsmanship, cooperative play & participation.

Gym 10/31-11/14 Free

**Boys Teamwork (Grades 6-8)**  
 Mon Time TBA Staff

**Girls Teamwork (Grades 6-8)**  
 Tues 5pm-6pm Staff

**Soccer – Big Kickers** age: 6-8  
 Want to play soccer? Start here! Work on skill fundamentals of attack, defense, goal tending & ball handling. Focus on techniques, tactics, & fitness in a fun, positive environment.

Mon 2:30pm-3:25pm Pomeroy  
 Gym 9/26-11/14 Free

**Soccer – Advanced Kicks** age: 9-12  
 Real football, real fun! Mia Hamm and Pele get a kick out of it, so can you! Dribble, pass, shoot, and score. Learn techniques that build skills to play this popular sport. You'll be keeping up with the pros in no time!

Mon 3:30pm-4:25pm Pomeroy  
 Gym 9/26-11/14 Free

**Sports Mixer** age 6-11  
 Team games can increase physical fitness, self-esteem & cooperative play. Try your hand at a variety of fun activities like soccer, basketball, or floor hockey.

Tues 2:30pm-3:25pm Staff  
 Gym 10/11-12/13 Free

**Tae Kwon Do – First Kicks** age: 6-12  
 Tae means 'foot,' Kwon means 'hand,' & Do means 'method'. This self-defense form draws its strength from kicking techniques & incorporates hand movements to teach fundamental self-defense. Improve the mental & spiritual aspects of one's life through confidence, concentration & discipline!

Wed 2:30pm-3:25pm Loeffler  
 Gym 10/5-11/30 Free

**Tae Kwon Do – Advanced** age: 6-14  
 Ready for the next stage? Develop & increase concentration, coordination, self-discipline & esteem while working toward your black belt goals.

Wed 3:25pm-4:20pm Loeffler  
 Gym 10/5-11/30 Free

## Registration Form

Early registration is required for all classes. Any applicable class fees must be paid at time of registration. Students will only be notified if a class is full and they are placed on a wait list.

### Student Information

Student Name: \_\_\_\_\_

Birth Date and Year: \_\_\_ / \_\_\_ / \_\_\_ Grade: \_\_\_\_\_

Gender: \_\_\_\_\_ Ethnicity: \_\_\_\_\_

### Contact Information

Parent(s) Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Home Phone: \_\_ (\_\_\_\_) \_\_\_\_\_

Emergency Phone: \_\_ (\_\_\_\_) \_\_\_\_\_

### Classes

*Don't forget! Starting Mon, Sept. 26th, all students enrolled in a 2:30pm class must attend suppers at 2:15pm in the Cafeteria.*

Class: \_\_\_\_\_ Cost: \_\_\_\_\_ \*\*

Class: \_\_\_\_\_ Cost: \_\_\_\_\_ \*\*

Class: \_\_\_\_\_ Cost: \_\_\_\_\_ \*\*

\*\*Any class fees must be paid at time of registration. Make checks payable to: "City of Portland."

**Return completed forms to SUN mailbox located in the school's main office.**

### SUN Release of Information Language 2011-2012

Student Name: \_\_\_\_\_  
 Arleta SUN Community School is a partnership of Portland Public Schools, City of Portland/ Multnomah County Schools Uniting Neighborhoods (SUN) Community Schools Initiative and Portland Impact. SUN Community Schools aim to extend the school day and develop local schools as "community centers." We all work together at Arleta to meet the needs of our students and their families. In order to provide your child and family with the best services and support possible, we need your permission to be able to share information with each other which will help us better meet the needs of each child. By enrolling the child listed above in SUN Community School (SUN CS) activities, I understand that I am authorizing the release and exchange of student records between Portland Public Schools (Arleta Elementary School), Portland Impact SUN CS employees and volunteers, and partners designated below. This information includes student name, district student ID #, grade level, achievement test scores, course grades and grade point averages, attendance, and behavior/discipline data. This information may also be shared with the City/County SUN CS Initiative and their evaluation contractors for program evaluation. I understand that for the purposes of coordinating support to my child that Arleta School and Portland Impact SUN employees may also verbally share information regarding my child's education and development. Those receiving information under this release understand that this information is protected under state and federal law. They are not authorized to release it to any agency or person not listed in this release without specific written consent of the parent/legal guardian.

ONLY ONE signed release is needed each year. Designated partners for Arleta SUN Community School programming are: AKA Science and Saturday Academy. This permission is effective from 9/1/2011 until 8/30/2012 unless cancelled in writing. Children may participate in SUN CS activities whether or not their Parent/Guardian signs agrees to the release or exchange of information among agencies.

Parent/Legal Guardian Signature \_\_\_\_\_  
 Date \_\_\_\_\_

### Behavior Expectations

The safety and well-being of all participants and staff is of utmost importance. To ensure the safety in SUN Community Schools, we require that all participants be able to follow all three of the following criteria:

1. Be age-appropriate for the activity/program.
2. Be able to maintain safe behavior during the activity. This means that they can participate without harming themselves or others. Specific required behaviors include:
  - Treating adults and other students with respect
  - Following directions of adult instructors and coordinators
  - Remaining in the assigned room until dismissal
  - Engaging in safe, non-violent behavior
3. Participate meaningfully in the activity and not disrupt or distract others.

**Notice of Non-discrimination:** SUN Community Schools programs and services reflect the diversity of our community. We do not discriminate based on the basis of religion, race, color, gender, national origin, sexual orientation age or disability.

**Inclusion Services:** Within the Americans with Disability Act (ADA) of 1990, PP&R provides accommodations to individuals with disabilities/special needs so that they may receive an equal opportunity to fully participate in programs offered citywide. If you have questions about Inclusion Services please call (503) 823-4328 V/TTY. A minimum of 10 business days (M-F) advance notice is required. The Inclusion Services staff will do their best to accommodate each participant.

