



Arleta SUN Community School

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

Fall 2010 Class Session
September 13 - December 17

SUN Office Hours:

Mon	Tues	Wed	Thurs	Fri
11-7	12-8	10-6	9-5	hours vary

No classes on school closure days & holidays

Phone Number: 503-916-6332

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

Arts & Enrichment - Youth (School Age)

Homework Club grade: 3-5
Frustrated with your assignments? Spend time dedicated to your homework in a supportive environment.

M-W	2:30-3:00pm	Staff
Lib	10/4-12/15	Free

Book Discussion grade: 3-5
Are you interested in reading and discussing some really great books? Do you like to do art? Come join us as we read and talk about some awesome books with some art.

Thurs	2:30-3:30pm	Chaffin
Lib	10/7-12/2	Free

Advanced Computers grade: 3-8
Did you know that early exposure to computers contributes to improved academic skills? Develop skills in keyboarding and select applications while safely exploring fun websites!

Grades 3-5	Thurs 2:30-3:30pm	Free
Grades 6-8	Thurs 3:30-4:30pm	Free
	Rm 8 10/14-11/18	Staff

Art Extravaganza age: 6-11
Get creative juices flowing & bring ideas to life! Design & create new masterpieces using a variety of materials & techniques.

Mon	2:30-3:30pm	Arnold
Cafeteria	10/11-12/6	Free

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! *Bring an adult and attend Family Night!*

Mon	6pm-7pm	Arnold
Rm 11	10/25	\$3

Theatre Improv age: 9-14
Whose line is it? It could be yours! Enjoy theatre games.
Dates to be announced
Please contact us for more information

Multicultural Art (Parent/Child) age: 6-14
Discover and create exciting projects from all over the planet. Develop an understanding of different cultures & how people live & celebrate.

Dates to be announced
Please contact us for more information

New!
SUN SUPPERS @ ARLETA

Join us for a FREE nutritious after-school snack starting Mon, 10/11

- ☉ Served in the cafeteria at 2:15pm
- ☉ Attendance required for all SUN students enrolled in 2:30pm classes

* Starting Monday, October 11th, All SUN students enrolled in after-school classes that begin at 2:30pm must attend suppers in the cafeteria starting at 2:15pm. SUN Staff will accompany students to their classes at 2:30pm.
* SUN Suppers are only for students enrolled in SUN classes.

Saturday Academy Classes - After School @ Arleta

New! Electronic Music grade: 3-8
Learn to create music with FL Studio, a powerful computer program that lets you build any music you can imagine note by note. Make a beat, craft harmonies, and wow your audience! Learn about music sampling, mixing, equalizing, and theory. Class culminates in online release of your musical masterpiece.
Prior music experience not required.

Grade 3-5	Mon 2:30-3:25 pm	Free
Grade 6-8	Mon 3:30-5:00 pm	Free
	Rm 8 10/4-12/6	Mattingly

Sports - Youth (School Age)

Yoga Relaxation Group age: 7-14
Are you feeling stressed and over loaded by the pressure of a new school year? Join us to learn simple moves and activities to strengthen your body and mind. Learn to build confidence and develop techniques to gain calmness throughout the week.

Mon	2:30-3:30pm	Bauer
Red Room	10/4-11/29	Free

A great deal! Volleyball - Get in the Game age: 11-14
Gain confidence while discovering the sport of a life-time. Basic rules, techniques, terms, & skills prepare you for action. Increase physical fitness as you reduce stress.

331410	Tues 5:30-6:30pm	Staff
	Gym 10/19-10/26	\$5

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

Mon	5-6pm	Staff
Gym	11/1-11/15	Free

Looking for your favorite sports classes?
Flip the page!



ARLETA SUN COMMUNITY SCHOOL

Sports - Youth (School Age) - cont.

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 in a fun, team-oriented environment. We'll keep you on the move!

Tues	2:30-3:30pm	Staff
Gym	10/12-12/14	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	2:30-3:25pm	Loeffler*
Gym	10/6-12/1	Free

Tae Kwon Do - Advanced age: 6-12
Ready for the next stage? Develop & increase concentration, coordination, self-discipline & esteem while working toward your black belt goals. As an added bonus, improve your ability to defend yourself!

Wed	3:25-4:20pm	Loeffler*
Gym	10/6-12/1	Free

*Instructor Cullen Loeffler is a 3rd degree black belt and has taught with Portland Parks for over 10 years.

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

Thurs	2:30-3:25pm	Pomeroy
Gym	9/30-11/18	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, and strength.

Thurs	3:25-4:25pm	Pomeroy
Gym	9/30-11/18	Free

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	2:30-3:25pm	Pomeroy
Gym	9/27-11/15	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	3:30-4:25pm	Pomeroy
Gym	9/27-11/15	Free

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 must accompany adults.

Mon	6-7pm	Staff
Gym	10/25	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	6-8pm	CEP Staff
Library	10/26	Free

Registration Form

Early registration is required for all classes. Any applicable class fees must be paid at time of registration.

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 Oct. 11th, ALL students enrolled in 2:30pm classes must attend SUPPER TIME and get a nutritious snack in the cafeteria from 2:15-2:30pm.

Class: _____ Cost: _____ **

Class: _____ Cost: _____ **

Class: _____ Cost: _____ **

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

Return completed forms to SUN mailbox in the school office.

SUN Release of Information Language 2010-2011

Student First Name _____ Last _____
Nickname _____

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.

Parent/Legal Guardian Signature _____
Date _____

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 9/1/2009 until 8/30/2010 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.

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.

