

Volume 1, Issue 2

December 19th, 2008

PORTLAND COOPERATIVE SCHOOL



Winter Tales



**Inside : Letter from our PCS Chair,
Winter Festival photos, Parent book
review/ideas , Classified Section,
Winter activities, and Nature article**

Dear Families:

I just returned home from our 2-3 class meeting about an hour ago. Our meeting was a warm reminder for me of why we choose to be part of this school. So many of the snippets of our discussion tonight felt so right on to me: strategizing about how to make our outside time feel safe for all kids, discussing how to support kids when they are struggling with some piece of work, discussing what we need from Jennifer to feel comfortable that our kids are "on target" or "in range" per second and third grade benchmarks, and brainstorming about how to highlight and celebrate our kids' unique gifts and interests. On that last note, I am very excited we are going to be experimenting with a somewhat new "passion" time in the 2-3: helping our kids identify or recognize subject matter about which they feel passionate and supporting them as they take on exploratory projects within their area of interest. It's new and challenging. How do we help a child recognize a passion without pressuring that child? How do we empower a child to turn an interest in a particular animal into a project? What if a child's chosen project seems too big? How much time should we allocate to passion projects? How do we help a child scale back an idea without squashing the interest? It's exciting stuff. There are not a lot of roadmaps.

We have experimented with more meetings and fewer meetings since PCS began two years ago. Our meeting tonight highlighted for me the fact that there is no substitute for getting together to share ideas, discuss differences and find ways to support one another. I believe we will be continuing to work toward providing enough forums for discussion without overwhelming parents with meeting nights.

Our teachers need time to meet too, and I will use this opportunity to follow up on my email by reminding everyone that Monday, January 5th will be a teacher planning day. This means PCS will be closed. As with parent meetings, we are trying to reach a good balance: our teachers need ample planning time and get very little uninterrupted time during the week; we also want our families to feel supported with consistency in our school schedule. I support the additional planning time because I think it will result in a richer experience for our kids. Please remember that if you are a working parent or have other commitments for January 5th, we have families who can help with child-care. Please let us know if you need that kind of support by emailing me or the group.

Happy Holidays.

Warmly,

Megan

Kids Are Worth It! : Giving Your Child The Gift Of Inner Discipline

By Barbara Coloroso

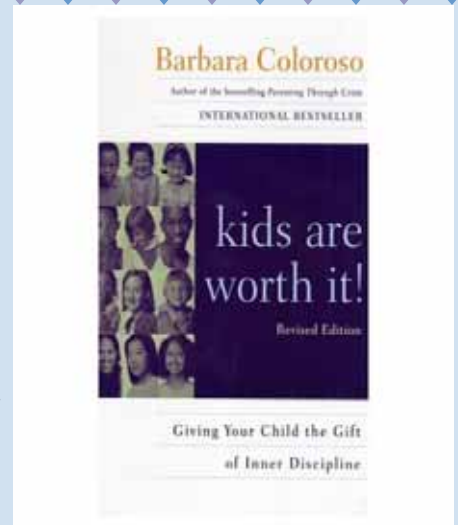
This international bestseller is not the most recent parenting book to come out of the publishing world, but the message feels timeless. Providing the reader with very visual models, she explores the three types of parents—Jellyfish, Brickwall, and Backbone.

The first two are problematic, either too wishy-washy or too firm. The parent with a backbone, however, can be stern when necessary and provide structure yet have the flexibility that children and families need. Coloroso widely applies these models to a variety of parenting situations we will be confronting with our children, from toilet training to curfew setting. Coloroso does not deny the hard work this takes, and has plenty of good ideas to keep parents' sense of reality intact. She rejects "quick-fix" solutions and focuses on helping kids develop their own self-discipline by owning up to their mistakes, thinking through solutions, and correcting their misdeeds while leaving their dignity intact. Barbara Coloroso shows these principles in action through dozens of examples—from sibling rivalry to teenage rebellion; from common misbehaviors to substance abuse and antisocial behavior. She also explains how to parent strong-willed children, effective alternatives to time-outs, bribes, and threats, and how to help kids resolve disputes and serious injustices such as bullying. Gentle in her wisdom, she reminds us that this good work we do now will pay off later—the reward will be raising people who have a true sense of accountability but have not lost the ability to question things that are difficult to accept.

Filled with practical suggestions for handling the ordinary and extraordinary tribulations of growing up, *kids are worth it!* helps you help your children grow into responsible, resilient, resourceful adults—not because you tell them to, but because they want to.

Barbara Coloroso is the author of the international bestseller *Kids Are Worth It!* and *Parenting Through Crisis* and is an acclaimed speaker on parenting, teaching, conflict, resolution, and grieving. You can learn more about Barbara and her other work at :

<http://kidsareworthit.com/>



Submitted by Amy Coulter

PCS WINTER FESTIVAL 12-12-2008

**The chefs
at work!**



**Dinner and
Entertainment!**



**Enjoying
dessert
and the
music**



**Captivated
by the
MAGIC !**



Catch and Release your Favorite Books at BookCrossing

Wondering what to do with all those extra books collecting dust on your bookshelf? Are you ready to set them free? Are you ready to go out and “catch” some new ones? Then explore this website: [www. bookcrossing.com](http://www.bookcrossing.com)

More than 730,497 people in over 130 countries come to share their passion for books with the world at this website. And more amusingly, books take on a life of their own that you can track as a family.

All you need to do is sign up (it takes less than a minute) and register the book to be released. Then you can either print off one of their labels with a uniquely numbered bookplate (known as the BCID – bookcrossing ID number) ... Or just write a little note inside the cover that says something like this ...

I’ve registered this book at BookCrossing.com so I can track its journey through this world.

Please go to www.BookCrossing.com/enter your BCID here to let me know you found it, then read it and/or pass it on for someone else to enjoy.

Thank you!

Then just leave it in someone’s cubby at school, on a park bench, in a coffee shop, at a hotel on vacation -- anywhere it might find a new reader! What happens next is up to fate, and we never know where our books might travel. Track the book’s journey around the world as it is passed on from person to person.

Maybe some books will be prepared for release into the wilds of PCS over Winter Break....



Portland Cooperative School

**Wanted etc..
For sale/For rent**

**A TREASURE IS TO BE FOUND
IN THESE HERE PARTS !**

Wanted :

Vacation rental on the coast or in Sunriver, for up to 6 people.

Please contact Judy @ 503-686-5457

For Sale: Kid's Red Specialized Hot Rock Bike

(perfect for a 4 –5 y.o) Like New- \$50

Please contact Judy @503-686-5457

A SAMPLING OF THINGS TO DO AROUND TOWN

The Reluctant Dragon.

Tears of Joy presents this tale of a misunderstood dragon. Based on the book by Kenneth Graham. Ages 4 and up. 7:30 pm Dec. 19. 11 am Dec. 20 and 27 (kids' activities after these shows). 2 and 4 pm Dec. 21 and 28. \$16 adults, \$14 children, plus service charges.

Winningstad Theatre, 1111 SW Broadway. 503-248-0557. www.tojt.org.

The Wizard of Oz.

Follow Dorothy on her musical adventures down the yellow brick road. Based on the book by Frank L. Baum and the beloved movie. Best for kids 5 and up. 2 pm Dec. 13, 14, 20, 21, 23, 24, 26, 27, 28, 30, 31 and Jan 2, 3 and 4. 7 pm Dec. 13, 19, 20, 26, 27 and Jan. 2 and 3. \$ \$15 to \$20 adults, \$10 to \$16 youth.

NW Neighborhood Cultural Center, 1819 NW Everett St. 503-222-4480. www.nwets.org.

Comedy Camp:

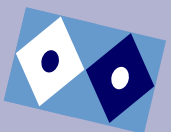
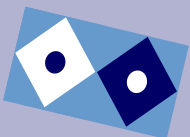
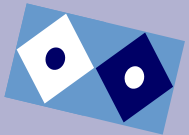
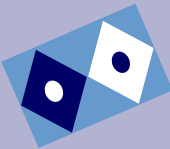
When: **Tue, 12/23/08**, 9am – 3pm Where Curious Comedy Theater ([map](#)) Description: **Session One** December 22-23 9am-3pm Grades 2-8 (students will be divided into 2 age groups) Fruit-cake! Come celebrate all of your favorite winter holidays and some yet to be made up. In this 2 day camp students will create, rehearse, and perform their very own holiday special. Along the way we will play games, do art projects, and build skills in ensemble, improv, and acting. \$150 *Snack provided. Students are asked bring a sack lunch. Extended day is available from 3-5 for an additional \$15 per day.

Session Two December 29-31 9am – 3pm Grades 2-8 (students will be divided into 2 age groups) Time Machine 2008 Imagine you in the future. What will you be like? What will you remember about 2008? In this 3 day camp students will reflect on the year and imagine their future selves as inspiration for creating their very own show. Along the way we will play games, do art projects, and build skills in ensemble, improv, and acting. \$225 *Snack provided. Students are asked bring a sack lunch. Extended day is available from 3-5 for an additional \$15 per day.

Chess Club When :**Sat, 12/27/08 @10:30am – 11:30am**

Where: N Portland Library, 512 N Killingsworth St

Description: Have fun playing chess! Beginning, intermediate and advanced players are welcome. Bring your own set or use one of ours.



INDOOR EXERCISE FOR THE ENTIRE FAMILY

(excerpted from the Metro Parent Magazine of Portland)



Indoor Parks

Indoor Parks - those out-of-the-rain, safe havens for little ones to run, jump and play - are also a haven for stir-crazy parents on rainy days. Amenities vary from bare bones open spaces and informal playgroups to elaborate play equipment and arts and crafts options. Some are operated by parks and recreation departments while others are run as cooperatives. While many are held in local churches, not all are affiliated with the congregations. Most are geared toward infants, toddlers and preschoolers. Call for exact ages, hours, fees and rules.

Multnomah County

- Friendly House Play Group - NW 26th and Thurman, Portland; 503-228-4391; www.friendlyhouseinc.org.
- Happy Place Indoor Play Park - 2823 N Rosa Parks Way, Portland; 503-289-0318; www.northminsterpdx.org.
- Hinson Baptist Church Annex - 1137 SE 20th, Portland; 503-247-3107.
- Mosaic Community Play Group - 1832 NE 39th; 503-287-6789.
- Northeast Indoor Park - Central Lutheran Church, 1820 NE 21st, Portland; 503-287-0183.
- Open Arms Play Group - 1244 NE 39th Ave., 503-704-3883; www.nwdsa.org. Play group for children with Down Syndrome, ages birth through 5.
- Portland Parks and Recreation (PPR) - Citywide; 503-823-PLAY (7529); www.portlandonline.com/parks. PPR operates indoor parks at the following community centers: East Portland, 740 SE 106th, 503-823-3450; Fulton Park, 68 SW Miles, 503-823-3180; Hillside, 653 NW Culpepper Terr., 503-823-3181; Matt Dishman, 77 NE Knott, 503-823-3673; Montavilla, 8219 NE Glisan, 503-823-4101; Mt. Scott, 5530 SE 72nd, 503-823-3183; Peninsula Park, 700 N Rosa Parks Way, 503-823-3620; Sellwood, 1436 SE Spokane, 503-823-3195; Southwest, 6820 SW 45th, 503-823-2840; St. Johns, 8427 N Central, 503-823-3192; University Park, 9009 N Foss Ave., 503-823-3631.
- Rose City Indoor Park - Faith Lutheran Church, 6140 NE Stanton, Portland; 503-331-2605.
 - Southeast Indoor Park - Trinity United Methodist Church, 3915 SE Steele, Portland; 503-775-9057; 503-777-5701; www.playinside.org.

Washington County

- Kids' Town USA - Bethany Baptist Church, 4545 NW Kaiser Rd., Portland; 503-645-2106.
- Tualatin Hills Parks and Recreation District - Call for times and age requirements. Cedar Hills Recreation Center, 11640 SW Park Way, Portland, 503-629-6340; Conestoga Gym Fun, 9985 SW 125th Ave., Beaverton, 503-629-6313; Garden Home Recreation Center, 7475 SW Oleson Rd., Portland, 503-629-6341; Tualatin Hills Athletic Center, 50 NW 158th Ave., Beaverton, 503-629-6330.
- Sunrise Indoor Play Park - 770 NE Rogahn, Hillsboro; 503.640-2449; www.isonrise.com. Free.
 - Super Tots Indoor Play Group - Tyson Recreation Center, 1880 NE Griffin Oaks St., Hillsboro; 503-615-6552; www.ci.hillsboro.or.us.

Recipe for Life (Excerpted from the PBS Website/Nature Series)

No matter how expected and predictable they are, other forces in our world, from bird migration to the changing of the leaves, can be hard to understand. Many seemingly mysterious events are products of the shifting seasons -- which are in turn caused by the simple fact that the Earth is tilted on its side just a bit.

The sun, of course, is the center of our solar system. The Earth sits some 93 million miles away from it, absorbing its energy every day. This is not a static system, however. The Earth turns on its own axis each day, and whichever side of the Earth faces the sun experiences daytime, while the other side is in night. At dawn each morning, the sun doesn't actually "rise"; rather, each portion of the Earth slowly turns to face the sun.

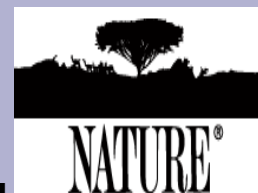
So far, so good. The Earth makes a daily rotation. But if the Earth is turning at more or less the same speed all the time, why aren't our days and nights of equal length? The complicating factor is that the Earth does not stand up straight. Looking at an imaginary line that stretches from the North Pole to the South Pole, the Earth is actually tilted on its side -- 23.5 degrees to be exact. And that makes all the difference to our days, nights, and seasons.

The angled Earth, while still spinning daily on its own axis, makes one grand sweep around the sun each year. The tilt of the Earth never changes, however. So at one end of the journey, the North Pole, along with the northern hemisphere, is tilted toward the sun. At the other end of the tour, six months later, the northern half of the globe is pointed away from the sun. At that time, it gets less sunlight -- and shorter days -- than the southern hemisphere does. As the Earth rotates, the northern hemisphere just doesn't face the sun for very long each day. Up top, the North Pole does not receive any sun at all; even during "daytime," it never faces the sun.

Six months later, the planet is at the other end of its yearly sweep and the northern hemisphere is pointing towards the sun. Exposed to the sun's rays for a longer period as it goes through its daily rotation, the northern hemisphere enjoys longer days and shorter nights. At that time, the sun never sets in the northernmost regions of the planet -- the famous "midnight sun" of the polar circle.

The two extremes of day length are marked by the **Winter Solstice**, the shortest day of the year, and the **Summer Solstice**, the longest day of the year. Midway between these two extremes lie the equinoxes, when the Earth, on its annual trek around the sun, is exactly parallel to the sun. The Earth's axis is not pointing away from or toward the sun; instead, both northern and southern hemispheres receive equal amounts of daylight. The autumnal equinox usually occurs around September 21 and the vernal, or spring, around March 21. On the equinoxes, days and nights are the same length.

What does all this have to do with life on Earth? Just about everything. Life on Earth depends on the energy from the sun, and how much energy -- or daylight -- an area receives has a great influence. As you see in FORCES OF THE WILD, when days are longer, plants flower, birds migrate, snakes and bears emerge from winter dens, and the energy of the sun powers circulatory forces in the atmosphere, causing cyclones, hurricanes, and other weather phenomena.



For more info visit www.pbs.org/wnet/nature/forces/equinox.html