

Volume 1, Issue 3

February 1st, 2009

PORTLAND COOPERATIVE SCHOOL



Mid-Winter Tales



**Inside : Letter From Megan; Our PCS
Chair, Upcoming PCS Events , Notes From
Jennifer, And More....**

Dear PCS Families:

I am writing to let you know about a change to our weekly schedule, which we plan to put into place beginning February 18th. As Teenie and Jennifer have shared with us in recent weeks, one of the great challenges this year has been to schedule sufficient teacher/staff planning time. We had originally envisioned our schedule would allow planning time during our Friday morning block, however, our teachers have been needed during that time and the time block is not adequate. While we have three teacher planning days scheduled this year, that number is quite low compared to other schools and local districts, particularly in our setting, which lacks administrative support.

During our last board meeting, the board discussed this issue with Teenie, Jennifer and Mary. We concluded teacher planning time would be most productive if it was scheduled into the regular schedule and occurred weekly. After discussion, we agreed the optimal time would be each Wednesday afternoon from 1:30 to 3:00 p.m. We did the math and discovered the addition of this short block of weekly planning time will result in a total of approximately 27 hours of planning time by the end of the school year. Jennifer, Teenie and Mary are salivating at the notion. The alternative to scheduling weekly planning time was to add several additional planning days to the school calendar. Our staff felt strongly having time to connect and plan each week will be most valuable.

For those who might wonder about our total number of instructional hours, I have to defer to Mary to give you the actual hours, as she looked into this issue most recently, but my recollection is that we have in the neighborhood of 400 more instructional hours at PCS than do our local public schools.

This change will mean our children's school day will end at 1:30 p.m. every Wednesday. We believe the planning time will be very beneficial to all of us, and it some support we can provide to our teachers at no actual additional cost.

Please let me know if you have questions about why this weekly planning time is needed or if we can help in any way as we move into this schedule change.

Sincerely,
Megan

K – 1 February Outings

Teenie will be taking her class to the Hillsdale Vet Clinic one morning in next week. We are waiting for the Vet to choose just the right day. It's a bit tricky for the vet to plan too far ahead, as he is considering the procedures he is performing and the pets that will be available for viewing. Let's hope for sunshine as our little people walk their way to Hillsdale to explore a veterinarian clinic in action. This will tie in nicely with the community and pet themes.

On February 10, they will be visiting the SPCA in northeast Portland. They will have an opportunity to tour the facility and learn first hand about lost and adopted pets. They will depart from PCS at 9:30 am and return by noon. Please let Ausha know if you are interested in attending. In preparation for the trip, they will be making dog biscuits in the kitchen.

Later in the month the class will be visiting the "Doggie Daycare" and/or pet store. Stay tuned for information on dates and times. — Submitted by Mary

Sledding at Mazama

Grab your sleds or tubes, we are headed to the mountain! Due to overcrowding on February 7, we have changed our date to Sunday, February 8 . This will allow us to have the lodge to ourselves most of the day. The hill for sledding is right out the back door. We can arrive as early as 10:00 am and depart by the time it gets dark. We will have use of the main floor where the kitchen is and the bottom floor where a pool table and other games are set up. Maps with directions will be available at school. There is coffee and hot chocolate to help yourself to, but no other snacks available. The cost is \$5.25 per person for the day and \$8.40 if you will be having lunch (hot soup and salad). Please RSVP to Mary. Hope to see you there! -Submitted by Mary

PCS OPEN HOUSE !

WE ARE HAVING OUR OPEN HOUSE THURSDAY, FEBRUARY 12th– PLEASE INVITE FAMILIES YOU KNOW WHO MIGHT BE INTERESTED IN OUR WONDERFUL SCHOOL . ALSO PLEASE CONSIDER PASSING OUT PCS FLYERS TO YOUR FORMER PRE-SCHOOL AS WELL AS POSTING OUR FLYERS IN LOCAL BUSINESSES.

(with their approval, of course!)

QUESTIONS?.WANT MORE INFORMATION ? PLEASE CONTACT LESLIE. THANKS !

As you all know, PCS is a pretty special place. I was reminded about how special it is during Passion and I wanted to share it with you. I'm glad I grabbed my pencil and paper to capture their words accurately. Picture this: Three boys and two girls are sitting on the carpet finger knitting/weaving. (They can tell you, I never know what it's called!) Three of those kids are experienced finger knitters, while the other two are new to the hobby. One of the newbies is struggling with getting those fingers of his to do what he wants them to do. His friends are sitting by, saying things like, "Don't worry. Keep going. You're doing great." Another student adds on, "It doesn't matter if it's super-good, just keep trying. It's like a play, the show must go on!" Then I hear, "Hey, I taught Andrew let me help you too!" They launched in to an entire discussion about historical "mess-ups" and how they've been able to improve our lives. (Hey, did you know the recipe for Coke was a mess up? Me neither!) The other encouraging comment I overheard was, "Brynn, you are really a good teacher to me!" In the end, it just reminded me how lucky these kids are to have each other. It's so important to feel supported by their friends when frustration hits and it was a gentle reminder of why I'm here.

Other than finger knitting/weaving, we've been working on so many things. Most of our personal narratives are in the publishing stage. Any parent who has been on shift in the last week knows that the laptops are charged and kids are learning a few technical skills while typing up their work. We won't always publish on the computer, but for now, it's an enticing option for our young authors. We hope to get out invitations to our "Publishing Party" (hopefully scheduled for Feb. 6th) next week. They are excited to share their work with you.

During literacy we have been thinking about the components of mystery stories. We've talked about suspects, motives, evidence, and even red herrings! Last week, Jim's story actually included two "red herrings," one creature (an actual herring) and one story element that was intended to throw them off track! Ha!! Overall, the kids are pretty interested in solving codes and mysteries. I'm hoping to set up a visit to the Beaverton police station crime lab to tie in with our learning.

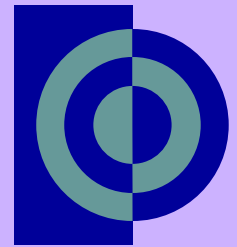
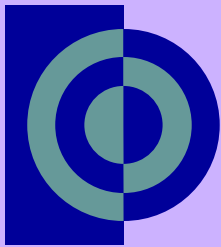
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We have also finished researching our individual inquiry questions regarding the rainforest. The kids have been very passionate about putting together visuals to present to our community. I'm hoping to have these presentations set up so the students can share with you in the next week.

Our learning is now heading towards learning about the Arctic and the Iditarod sled dog race. If you have any ideas to add to our learning, let me know.

I believe that is all I have for now. I'm sure I'll be on my way home thinking, "Oh...I forgot to add that in..." Oh well! I just want you all to know that we're so lucky to be learning together and that I'm fortunate that I'm learning as much from the kids as they are learning from me. I think that's the way this is supposed to work, right? Right. Enjoy the remaining moments of January. Think more sun and less rain!

-Jennifer

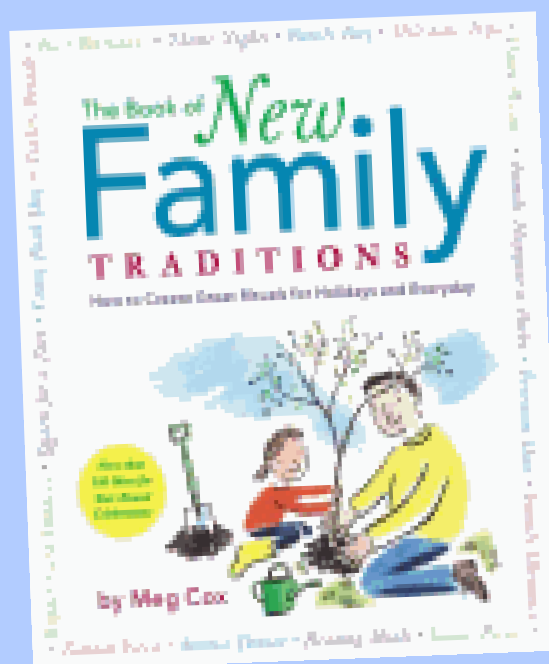


Book Review– submitted by Kristine, excerpted from Amazon.com

Overcoat Day. Welcome Summer Party. Monthly Pizza Blast. Bus Stop Party. These are just some of the enjoyable and inventive new traditions you 'll find in *The Book of New Family Traditions*. Life isn't like it used to be, and we need to invent new traditions for today's families. Meg Cox guides you through the simple steps that help families fully cherish all of those special moments and milestones, help heal the wounds of trauma and loss, and strengthen that indomitable spirit of identity within a family. With *The Book of New Family Traditions*, your family can create the kind of celebrations that lead to everlasting happy memories. When author Meg Cox became a mother in 1994, she started a personal quest to find inspiring, contemporary family rituals. She sought rituals that were simple but profound, practical and yet lots of fun. Using her skills as a journalist, she spent more than three years interviewing diverse families all over the country and compiling a collection of inventive new traditions. In this book you'll find fresh ways of commemorating established holidays like Thanksgiving and July 4, Pass-over and Easter, Christmas, Hanukkah, and Kwanzaa. You will also find original observances for birthdays, bedtime and dinnertime, not to mention a whole compendium of unexpected traditions: sports rituals, pet rituals, homework rituals, vacation rituals and family meetings, among others. *The Book of New Family Traditions* provides a wealth of fun, easy and creative new celebrations for your family for every occasion.

About the Author

Meg Cox is a journalist, author and expert in family traditions. A former reporter for the Wall Street Journal, she has interviewed everyone from Rupert Murdoch to Queen Lati-fah. Cox is the author of *The Heart of a Family: Searching America for New Traditions that Fulfill Us* (Random House, 1998). She writes for a wide range of magazines including Family Fun, Good Housekeeping, Parents, Cooking Light and Worth, and her corporate clients have included Pillsbury, Hallmark, and Merck & Co. Cox lectures frequently and writes a monthly newsletter on family rituals. She currently lives in Princeton, New Jersey, with her husband and son.



About HealthyToys.org Why We Need Healthytoys.org



The U.S. government doesn't require full testing of chemicals before they are added to most consumer products, including children's toys. And once they are on the market, the government almost never restricts their use, even in the face of new scientific evidence suggesting a health threat. Because children can be exposed to chemicals from many sources, and because the effects of some chemicals are cumulative, it is important to look at the whole picture concerning chemicals and children's health. The law that's supposed to do this, the Toxic Substances Control Act of 1976, is out-dated, according to the non-partisan U.S. Government Accountability Office (GAO). In 2005, the GAO found:

The U.S. Environmental Protection Agency (EPA) has limited data on existing chemicals including toxicity and exposure information;

EPA lacks data to ensure that potential health and environmental risks of new chemicals are identified;

Chemical companies are not required to develop and submit toxicity information to EPA unless EPA issues a rule;

EPA has used its authority to require testing for fewer than 200 of the 62,000 chemicals in commerce since 1979;

For "new" chemicals, EPA estimates that...only about 15 percent include health or safety test data; and

For existing chemicals, only 5 chemical groups out of 62,000 have been restricted by EPA in 29 years.

For more information on the lack of government regulation of toxic chemicals in products, please see the following reports:

["Chemical Regulation: Options Exist to Improve EPA's Ability to Assess Health Risks and Manage Its Chemical Review Program," U.S. General Accountability Office, June 13, 2005.](#)

["Green Chemistry: Cornerstone to a Sustainable California," Center for Occupational and Environmental Health, 2008.](#)

["Green Chemistry in California: A Framework for Leadership in Chemicals Policy and Innovation," California Policy Research Center, 2006.](#)

To send government officials a letter urging them to take action, please see the Healthy-Toys.org [Take Action page.](#)

-submitted by Kristine, excerpted from the HealthyToys.org website

PCS PARENT RECOMMENDATIONS

Beaverton Town Square
PHO VAN VIETNAMESE
RESTAURANT

Sunday - Saturday 11am to
9pm
503.627.0822

Dine in a cozy and friendly
place.

Mascola's
S A L O N

Alyse Luczkow
Stylist/Color Specialist

503-620-0631

E-mail: mascolasaloon@aol.com

10763 SW Greenburg Rd. • Tigard, OR 97223

**Lake Grove
Veterinary Clinic in
Lake Oswego, OR is a
full service companion
animal hospital.**

(503) 636-5681

Integrative Pediatrics, LLC **Phone:** 503.643.2100

Fax: 503.643.7300

Advice Nurse: 503.643.2100

Email: office@integrativepediatricsonline.com

Address: [11790 SW Barnes Rd, Bldg. A, Suite 140, Portland, Oregon 97225](#)



JANUARY 26th, 2009
PCS K-1 FIELDTRIP TO THE HILLSDALE FIRE STATION

OUR COMMUNITY HELPERS

THINGS TO DO AROUND TOWN:

Healthy Children—Healthy Planet

This Northwest Earth Institute discussion course allows participants to examine how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world. Ways to create meaningful family time, healthful environments, connection to nature, and creative play will be explored in this class. Parents, grandparents, educators, and all who play roles in the lives of children are welcome.

For more information about the Northwest Earth Institute, please contact:

Northwest Earth Institute, 317 SW Alder, Suite 1050, Portland, Oregon 97204

Phone: 503.227.2807

Fax: 503.227.2917

E-mail: contact@nwei.org



Don't miss this World Premiere!

Tales from Mexico and Argentina will be performed in this dynamic new puppet play by **Tears of Joy Theatre**.

Written by Nancy Aldrich and Omar Vargas, **When Animals Were People** incorporates Spanish words and phrases. Colorful new puppets have been created and the production features original music composed and recorded by Gerardo Calderon of Mexico.

As the play begins, Grandfather Vulture, Turtle and Squirrel are making delicious stew when a stranger asks to join them. The stranger is Wolf who wants to have Turtle and Squirrel for dinner rather than the stew. But when Turtle is gone, there is no water for Wolf to drink and he finds that to get water he must bring Turtle back to life. The story of The Lazy Bee is equally amusing as this fun-loving bee faces the consequences of refusing to do her share of the work. Most enjoyed by ages 4 and up.

Funded by the Oregon Cultural Trust, the Jackson Foundation, the Rose E. Tucker Charitable Trust, and HERO donors.

Cost: \$14 children and \$16 adults /February 6th– February 28th

Call for showtimes and ticket information: 503-248-0557 or 360-695-3050

www.tojt.org



Portland Preserves! - Submitted by Amy



The (hopefully) last snow has just melted in our neighborhoods, and maybe some of you are thinking about next year's gardening plans. Maybe you're considering growing some of your own food. If you're looking for ways to enjoy the season's bounty throughout the year. Maybe you're thinking of ways to lower your cost by buying meat from the farmer directly. This year's classes at Portland Preserve may just be what you are looking for (www.portlandpreserve.com).

Portland Preserve is holding The Household Series: From Seed to Pantry. Three hours long (on Sundays, 10 am to 1 pm), each class will teach you a piece of wisdom that is no longer omnipresent in this age of modern conveniences. The full series costs \$575 (that's for 9 classes), or space permitting individual classes can be booked for \$75 each. They are also releasing a DVD detailing many of these techniques in Spring of 2009. Visit their website for more details.

Class Schedule

February and March: Gardening for Fresh and Pantry Cooking, Parts I and II

This gardening course will be taught over two sessions in this series. Though varied in subject matter, both classes will focus on the how-to of raising organic produce suited for fresh, preserved or stored pantries. Topics include siting your vegetable garden beds and fruit-producing plants, building raised beds, seed starting, soil preparation, composting, attracting beneficial insects and birds, pest control, appropriate vegetables and fruits for growing and preserving, and cover crops. It is suitable for food gardeners of all skill levels and experiences though some knowledge base is helpful.

April: Ordering Meat from the Farmer - How, What, Why

Locally raised meat, from animals who have lived comfortably on a small acreage, cared for by owners who respect their animals – this is the ultimate locovore dream for the meat eater. So what are your options? What is legal for you, and for the seller? How do you find that local meat. And what do you ask for? It's often up to you to choose your cuts of meat and how you want them packaged. Or do you want to do the cutting and wrapping yourself?

This class will talk about all of these options. You'll learn the basics of meat cuts and where they come from, how to decide what you need for your cooking style and family, and how to find a local producer. Lots of backyard livestock producers have animals to sell, you want meat, we'll talk about how to bring the two together.

May: Dairy Fermentation

You don't have to be a professional-quality cheesemaker in order to make the most of your local raw milk purchase, or to make simple and fresh cheese at home from purchased milk. While producing a consistently high quality aged cheese does take some know-how, anyone can make simple fresh, spreadable cheese, butter, yoghurt, and ricotta at home. All of these, except for the yoghurt, will freeze for six months, allowing you to extend your 'dairy season'.

In this class we'll make simple fresh cheese, butter, and ricotta and explore the basics of cheesemaking and safe milk handling.

June: The logic, principles and reason behind food preservation. Plus...Making Jam

These next four classes on food preservation are taught within the larger narrative of householding. In discussions and questionnaires offered throughout these next four classes, students will define a preserving schedule that not only contends with limited time but with the notion that some efforts better serve your overall pantry and cooking needs.

Also - Baby Likes Jam. This section of the class will focus on the how-to of jam making with lots of information on types of berries, when to pick, what to look for and how to make your own pectin. Students will watch, make, process and go home with some delicious jam. **Continued next page**

Portland Preserves Continued.....

July: Canning Fruits and Tomatoes

Focus on canning applesauce and tomatoes. Students will learn the concrete, hands-on skills involved in the various techniques applicable to fruit and tomato canning.



August: Quick Pickles and Fermentation

Some techniques will fall into the category of "quick pickles" while others follow the age-old technique of fermentation. In this class both is taught and students will go home with the knowledge base to stock their pantries will all the crunchy good things that will show up on the winter table. They don't call it relish for nothing.

September: Drying, Freezing and Root Cellaring

There are many techniques in food preservation that are used throughout the season. Think about it as your tool box. In this class, learn the proper way to dry and freeze foods for maximum quality, what foods are suited to freezing and drying, how to cook and enjoy them once they are frozen or dried and which foods pack a punch for the year-round pantry.

Also covered is "root cellaring" and how it functions in the often balmy (by comparison) Northwest. What foods are suited for storage and how long can they offer a quality food source for your table? Some focus will be given on buying large quantities direct from the farm when they are both in season and in good price.

October: Stocking and Cooking from your Pantry

Now that we have filled our pantries how shall we cook? What is the functional rhythm of a functional kitchen? How do we plan our meals and what must we purchase to supplement what we did not grow or preserve? In this last class of the season, all information is woven together.



Things too good not to share:

Next week we will be going to the Mazama Lodge; many of us are probably familiar with the Mazamas. I was recently introduced to another similar but smaller local group. The Trails Club of Oregon (<http://www.trailsclub.org/>) is a smaller, local hiking club that also has a lodge on Mt. Hood. The Trails Club's Government Camp lodge, Tyee, is just above the Mazama lodge, a few minutes' walk or ski away. While the Mazama Club's focus is more on climbing, the Trails Club's focus is hiking. The club also has regularly scheduled nordic ski, snowshoe, bike and kayak trips. In addition to Tyee Lodge, the OTC owns Nesika Lodge, which I am told is lovely, in the Gorge above Multnomah Falls (a mile? hike in).

I stayed Tyee Lodge last weekend (a lodge visit is required to join the Trails Club, as is a club hike) with folks from my office. The lodge is quite underused. It is spacious and comfortable, a clean, cozy throw back. There were about 15 of us in a lodge that sleeps at least 44. Tyee is stocked with games, sleds and a ping pong table. Children are welcome. I am hoping to start extending our outdoor time by joining the Trails Club, which will allow me to "host" the lodges from time to time. The annual fee is about \$50-100, depending on the type of membership, and there are multiple organized hikes, bikes, skis and paddle trips each weekend, year round. If others are interested in seeing Tyee, we can walk or ski up next weekend during our daytrip to the Mazama Lodge.

---Megan





Extended hours and free admission to the Portland Classical Chinese Garden (downtown at NW 3rd and Everett) !

Wander the Garden with free admission from 5:00-7:00 p.m. on February 8 and see the Garden lit at night with Chinese lanterns. End the evening with a display of floating lanterns set adrift on the pond.

A traditional climax to Chinese New Year is a lantern festival celebration to usher in light and warmth after a cold and dark winter.

The Garden will honor the custom of the lantern festival with a display of lanterns throughout the Garden during the Chinese New Year celebration.

AUDOBON SOCIETY ACTIVITY

Beginning Field Birding

971-222-6119– call to register



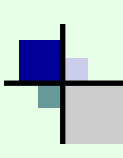
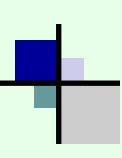
Class meets 3 Saturdays in winter/spring to explore and bird one of Oregon's most accessible Important Bird Areas - Sauvie Island.

8am - 12pm on the **FIRST SATURDAY IN FEBRUARY (7th) ,MARCH (7th) & APRIL (4th.)** Saturday morning explorations at one of Oregon's most accessible Important Bird Areas - **Sauvie Island Wildlife Area**, managed by Oregon Department of Fish and Wildlife – continue with **Greg Baker!**

Greg has been leading this class for over 15 years now and shows no sign of slowing down! This field class series is perfect for those interested in developing and sharpening their birding skills under a variety of conditions with the tutelage of an expert birder. Explore different habitats on the island, learn bird calls, and search for waterfowl, songbirds, and raptors. This workshop is limited to 15 people and sign-ups are for all three days. Carpooling is encouraged.

Cost: \$50 members / \$60 non-members

Pre-registration required – participants register for all three days.



Hello PCS Families. In an effort to help improve communication within the school, we are providing you with this list of school jobs, job descriptions, and the names of the families assigned to the jobs. Use this list to direct your questions, concerns, suggestions, and ideas to the appropriate person. If no one on the list feels like the right person to address your concern, then contact a Board member. If you are a person who is contacted by a family with a concern and you cannot resolve the situation or cannot address it in a timely manner, please contact a Board member. Let's all do our best to acknowledge and address our questions and concerns as they arise.

"Communication leads to community, that is, to understanding, intimacy and mutual valuing."

Rollo May

JOBS

Advertising – t-shirts, business cards, advertise: Leslie, Jane Kim, Jane Keating, Melissa

Arts Coordinator– works with teachers to establish music/art programs: Elaine & Andy

Facilities Coordinator – maintains facilities: Julie & Rex

Fundraising – scrip, new fundraisers: ?

Gardener – maintains school garden: ?

Historian – yearbook, newsletter, photographs: Judy

Librarian – book orders, adult library, children's library: Kristine

New Family Liaison – welcomes new families: Leslie, Jane Kim, Jane Keating, Melissa

Safety Coordinator – fire drills, medical forms, state requirements: ?

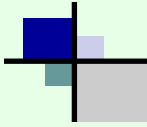
Social Coordinator – coordinates social events: Leslie, Jane Keating, Jane Kim, Melissa

Supplies Coordinator – laundry, classroom supplies, recycling: Julie & Rex

Webmaster – website maintenance: Leslie's Dad

Parent Education – contributes to newsletter, schedules guest speakers/classes: Amy

Boardmembers



Chairperson – Megan
Treasurer – banking, budget, taxes, tuition: Tim

Secretary – school directory, school meeting, meeting minutes: Maria

Admissions – recruiting, admissions: Leslie (supporting committee: Jane Kim, Jane Keating, Melissa)

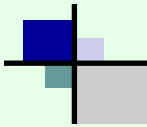
Class Representative – schedules parent shifts, coordinates class calendar: Ausha

Teaching Team

2 /3 Teacher – Jennifer

K/1 Teacher – Teenie

Teacher Coordinator – supports, organizes, plans, researches curriculum for teachers– Mary



January



SURPRISE
SNOW!
JANUARY 27th, 2009

Team Work!



Sledding!

PCS CLASSIFIEDS

Dania L-shaped desk for sale w/ keyboard tray and cable holes in good condition. Recently disassembled and carefully packaged in cardboard for easy transportation.

88 3/4 " on the longest side of the L, 59" on the shortest side.

29 1/2 " deep on long side, 17 3/4" deep on short side (see picture).

24" high from bottom of keyboard tray, 28" from bottom of desktop to floor.

**The material is a birch laminate/ particle board. \$65!
Contact Amy if interested!**



**Computer Desk
and Bookshelf for
sale.**

**Contact Melissa for
more details**

**Free pair of boys 2.5 Sperry
shoes in good condition
Contact Kristine for more
info**