

# November Newsletter

## Cascade Heights Public Charter School

15301 SE 92<sup>nd</sup> Ave Clackamas, Oregon 97015

WEB: [www.cascadeheights.org](http://www.cascadeheights.org) T: (503) 653-3996

Dear Cascade Families,

Winter can be a tough time for many families in our area. For information about [Emergency Assistance](#) in our area please contact the resources below, or see Mrs. Macy.

### **General:**

211 info- Dial 211 or look for information at [211.org](http://211.org)

### **Housing:**

NW Housing Alternatives- [503-655-8575](tel:503-655-8575)

Relay Resources- [503-261-1266](tel:503-261-1266) ext. 100

Housing Authority- [503-655-8267](tel:503-655-8267)

### **Energy Assistance:**

Community Action- [503-655-8640](tel:503-655-8640)

LIHEAP- [\(503\) 650-5750](tel:503-650-5750).

### **Weatherization:**

Weatherization and Energy- [503-655-8840](tel:503-655-8840)

### **Mental Health Resources:**

Clackamas County Mental Health Crisis Line- [503-655-8585](tel:503-655-8585)

CC Behavioral Health- [503-742-5335](tel:503-742-5335)

## Upcoming events

### **December 14**

All school assembly  
5th grade Civil War Ball  
8th grade Twelfth Night  
6:30P.M

### **December 18-January 1**

Winter break

*Mrs. Kristin Macy*

*Principal*

*Cascade Heights Public Charter School*

[503-653-1850](tel:503-653-1850)

[15301 SE 92<sup>nd</sup> Ave Clackamas, OR 97015](http://15301-SE-92nd-Ave-Clackamas-OR-97015)

# ***Classroom News***

## **First Grade**

First grade is now studying Mexico!



## **Fifth Grade**

Fifth grade is studying the Civil War and beginning the novel, Little Women. The students are learning how to knit and taking on research projects. Please join us for our **Civil War Ball** on Thursday, **December 14th** from **10am-11am**.



## **Eighth Grade**

8th grade is learning about Gandhi and in addition to their studies, they are watching a movie about Gandhi's life. For grammar they are working on listening to a poem and deciphering what the author means by what the poem states. The science fair is getting closer everyday, so that is something the 8th graders are preparing for. All students are practicing their lines non stop for the Twelfth Night play on December 14th. Twelfth Night is one of many opportunities that Cascade students have to learn the language of Shakespeare and the art of performing. These skills carry over into everyday life in unexpected ways. If you can master Shakespeare, you can tackle difficult texts of any age. If you can memorize hundreds of lines in 6 weeks, you have the self confidence to tackle seemingly insurmountable problems. If you can stand on stage in front of hundreds of others even when you're terrified, you can speak your mind intelligently to peers and co workers.

## **Music**



K-2: Learning the instrument groups and furthering their understanding or rhythm/dynamics

3-4: Have been focusing on reading notes on the treble clef

5-8: Just completed their fall concert and did a fantastic job

## **PE**

In November all the classes were working on basketball, things such as dribbling and ball control. The older grades also had tournaments in their classes.



## **Character Trait of the Month**

The November character trait of the month was growth mindset. "*Growth mindset* is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way — in their initial talents and aptitudes, interests, or temperaments — everyone can change and grow through application and experience." We believe that everyone has the potential to change and grow through guidance and hard work. Over 100 falcon feathers were earned this month. That's an impressive example of the nurturing environment at Cascade Heights. From those 100+ feathers, one was chosen randomly to win this month gift card. Sarah S from 6th grade was this month's winner. Congratulations to everyone who earned feathers this month.

### **Fundraising With Scrip**

We have two weeks of ordering Scrip (if you are ordering through the office) before winter break. Orders are due Monday, December 4 & 11, 2017 by 8:00 AM. Orders will be placed and returned to the school to be sent home on Thursday, December 7 & 14, 2017.

Scrip is a fundraiser for the school to help [Close the Funding Gap](#). We receive 80% of the ADMw from the district, (NC12 keeps 20% just for us being in the district). This fundraiser does not cost you anything additional. You aren't hounding anyone to buy something they do not need. You are simply purchasing what you need at full face value. The Scrip program pays the school anywhere from 4%-16% of the value of the card. They are able to do this because they buy in such large quantity. The amazing thing with Scrip is anyone in the United States can go online and register under CHPCS to purchase and the payout will come to us, (Now Aunt Sally in NYC can support little Joey here at CHPCS). You do not need to buy large amounts to make this benefit the school/children. Every purchase no matter how small/large the order tallies to be will add up in the end and it all spends the same.

**Good News** [Safeway](#) has rejoined the Scrip program. [Starbucks](#) is giving an [additional 2%](#) through [Dec. 8th](#). We are still working to figure out Fred Meyer and New Seasons. When you go online to purchase you can click on a tab that will show you the specials the different companies are doing to pay out more.

We would like to let you know you are able to register to purchase your cards online and pay through Presto Pay. When you get signed up for the Presto Pay please email me [d.marlatt@chpcs.org](mailto:d.marlatt@chpcs.org) with your code and I will approve you in the system. Note: if Presto Pay attempts to pull funds from your account and it comes up NSF the school will be charged a \$30 NSF fee and in return, we will charge you the fee.

We would like to THANK YOU in advance for participating in this fundraiser!!!

### **Winter Recess Policy**

Weather in Portland, Oregon is getting colder everyday and it may lead to illnesses and sicknesses. In order to prevent this from happening your child needs to wear the proper weather gear. When the weather is **41 degrees and above**, children will eat outdoors and may make the choice of wearing coats, etc. When the weather is 40 degrees and below, teachers will require the wearing of coats (for activity time of recess). **At 35 degrees**, teacher will require the wearing of a hat and gloves/mittens (students who don't obtain the use of these items will not participate in outdoor activities).

**Nutrition Policy**

Cascade has a nutrition policy as part of our mission. We aim to help students be successful in school by encouraging foods that feed the brain, allow students to focus, and build strong bodies. Studies show that school age children should at least eat 15 grams of lean protein each day. Please help us in our commitment to building healthy minds and bodies by ensuring your child has a variety of natural, healthy food for snack and lunch.

<b><u>Lunch Box Villains!</u></b>	<b><u>Lunch Box Heroes!</u></b>
White Bread	Whole Grain
Gatorade, Crystal Light, Juice, Capri Suns, Coffee	Water, White Milk
Fritos, Doritos	Sunchips, whole grain crackers
Fruit by the Foot, fruit gummies	Real Fruit, 100% fruit leather with no sugar added
Lunchables	Food
Rice Krispie Treats	Dry un-sugared cereal
Chocolate covered granola bars (e.g. Quacker)	Nature Valley or similar

**PTA Update**

We sent out an important PTA fundraiser poll with your students last week. We would like to know what is important to you and if our next possible fundraiser is something that you would be interested in. This one is geared to getting the community members involved and not just relying on the parents and family members to fund the fundraisers. Thank you for taking the time to help us know what you would like to see from PTA. Please feel free to write in any additional suggestions or concerns on the back of the paper. Surveys will also be available on the gray shelf outside of the front office and can be submitted to your child's teacher or at the office.

Thank you for your time!  
Angie Munoz

## **Parent Camping Closet**

Our 5-8 graders have a wonderful opportunity go on overnight camping trips each year. It is extremely difficult to piece together all the gear needed. I have volunteered to head up the camp closet drive. Here is a list of gear needed. If you have extra gear that you could donate, or your family is looking for a good cause to donate to for the holidays (Black Friday is right around the corner), please consider helping us collect items for a camp closet. Please let me know what you are donating so I can keep the list updated.

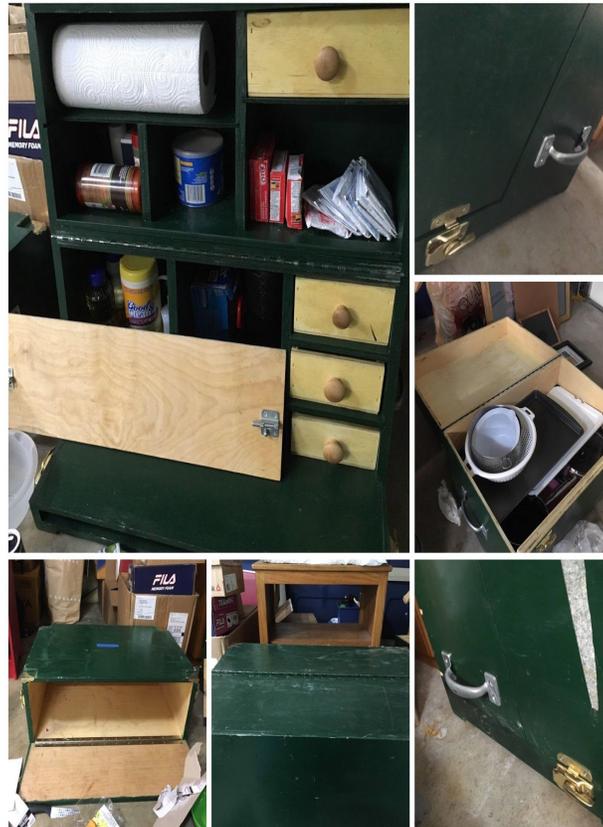
- 4 folding tables
- 4-6 pop ups
- 1 BBQ
- 1 Coleman stove
- 2 camp stoves
- 2 small griddle plates
- 1 propane tree
- 1 propane lantern
- 2 propane hoses
- 3 propane tanks
- 8 large coolers
- 3 large totes
- 1 med tote
- 1 small tote

### Kitchen items

- Small bottle of bleach
- Crisco
- Dawn dish soap
- Foil
- Garbage bags
- Power towels
- Hand sanitizer
- Sharpies
- Ziplock bags-All sizes
- Salt/pepper, vegetable oil, common seasoning
- Kitchen scissors
- 3 long neck lighters
- Cheese grater
- 34 mess kits

(plate, bowl, cup, spork-spoon/fork) plastic, light weight and matching would be great

- 1 large pot/lid
- 1 med pot/lid
- 2 frying pans
- 1 saucepan
- 2 cutting boards
- 3-4 good cutting knives
- 1 potato peeler
- 3 plastic spoons (1 slotted)
- 3 spatulas (2 metal/1 plastic)
- 1 each BBQ tongs/fork
- 4 dish rags
- 6 drying towels
- 3 oven mitts
- 1 large Strainer
- 2 cookie sheets
- 2 ladles
- Serving spoons/forks
- Spaghetti tongs
- Can opener
- Whisk



Addition to the items listed. We could use a camp kitchen box made. We have an example and Mat Larson is willing to help build it but we need material and someone that has the tools to build one.

use a example

Thank you,  
Betsy

[Betsymitchelldyer@gmail.com](mailto:Betsymitchelldyer@gmail.com)

### **Concert Review**

The 5th through 8th grade classes did a lovely job at their concert on the 16th of November. The instrumentation was extremely well presented. Fifth and Sixth grade classes did an amazing job singing, and their ending piece was magnificent. The 7th graders have worked very hard to learn their instruments, and presented them well.

## **Applebee's Pancake Breakfast**

The 8th grade class is holding their second fundraiser to help them go to Ashland, which is their end of the year trip. In Ashland, all the 8th graders get to go to the Shakespeare festival and stay in the Southern Oregon University dorms, where they will get to experience college life. Our delicious fundraiser will be held on January 27th from 8 a.m to 10 a.m at Applebee's in Happy Valley. The tickets cost \$10 dollars a person and are valid for one pancake breakfast including pancakes, eggs, bacon, and a drink with the choice of juice/milk/soda/coffee. See an 8th grader for tickets or see Mrs. Marlatt in the office. If you have a small child that will share with someone they don't need a ticket. Everyone who is getting their own plate needs a ticket. This is not only a chance to support the 8th grade trip, but also to get together with Cascade families and enjoy a peaceful breakfast with friends. We thank you in advance for your help.

