Welcome everyone to our first PAL meeting of the year.

Thank You. First we want to thank Rebecca Roberts for her great work last year as our PAL Secretary and Jan Halsey for all of her great work the past two years as our PAL Representative—Thank You!

Kara Tambellini — Dean of Students — tambellinik@oes.edu

Kara Tambellini and Deb Walsh are our Dean of Students: While they handle discipline issues as they arise, discipline is not first and foremost of their jobs. They focus on the Student Life portion of our 11th graders experience at OES. Through events such as Octoberim and Culture Shock, they help create opportunities for our students to develop different aspects of their essential competencies.

Junior Class Retreat: At the Junior Class Retreat, we talked about stress. The Junior year can be very stressful with college applications on the horizon and the feeling that academics matter the most this year. Please watch your child. Make sure s/he is managing time well. They will have a lot on their hands with academics, sports and activities. Please make sure that they are taking care of themselves with sleep, eating well, and exercise... Encourage them to advocate for themselves if they need more time for an assignment because of conflicts in sports or activities. Have them communicate with teachers as early as they can. The deans are here to help negotiate with teachers if needed, but this must be done as early as possible. Parents can also call on advisors if their child is not doing well...

(Handout from Jordon, Communication in the OES Upper School 2014-2015.) On the topic of communication, please look at the top of the principles of communication handout for norms on how to approach possible situations. And on the bottom of the handout, you’ll find a list of who to best contact for various issues.

Homecoming: This is Homecoming week:
  o Monday (today) = Hipster day
  o Tuesday = Tropical day
  o Wednesday = Clash day
  o Thursday = dress as your favorite character (TV, movie, etc.)
  o Friday = Spirit day (anything that shows school spirit)
And Friday we’ll have our Homecoming soccer games against Catlin at 4:15pm for boys’ varsity and 6:15pm for girls’ varsity; Homecoming dance follows at 8pm in the Great Hall.

- **Off-campus privileges:** Assuming all goes well first semester, Juniors will earn off-campus privileges beginning 2nd semester. Students will be able to sign out & in at lunch. If parents do not want their child to have that privilege, please e-mail Kara.

- **Parking:** On a related note, if your child drives to school, ask if s/he is registered for it. Students should be registered and have a sticker on the back of the car. This helps with campus safety to identify cars that should be on campus. While Sophomores park at SPARC, upperclassmen can park in designated areas by the gym on a first come, first served basis.

Question: What happens when a parent shares a car with a child? For example, on a day like today, I drove and parked up front. However, our car has the student sticker on it. Will that be a problem?
Answer: No, that will not be a problem.

- **Service Learning requirements:** Students need two projects to graduate. Ideally, at this point, it would be great if at least one service learning project was completed. Also, the 20 hours of off campus hours needed to be completed by second semester of Sophomore year. Please gently remind your child not to put off his/her service requirement...

- **Octoberim will be October 15 – 17:** On Wednesday the 15th, the Juniors will take the PSAT in the morning and in the afternoon they will have Wellness Workshops focusing on different ways to relax. Then Thursday and Friday they will go on a two-day relationship retreat. Octoberim is one way we fulfill our mission. That is the time we can devote to health & wellness, testing, and how to be better citizens in the world...

**Amanda Weber-Welsh — Upper School Counselor — weberwelcha@oes.edu**

- Amanda is our new Upper School Counselor. She is excited to work with our children and be a part of the OES community. And she is also excited about OES’ commitment to engaging in relationships.

- **Relationship Retreat:** The upcoming relationship retreat for Juniors will take place during the last 2 days of Octoberim at the Aldersgate Christian Camp. Students will depart on Thursday morning and return on Friday afternoon. The Junior retreat will include visits from experts in various fields and cover areas such as:
  - the impact of media on relationships
• important elements in healthy relationships
• role plays in difficult conversations
• consent

This used to be referred to as “sex camp,” but that is actually an inaccurate description. While sexual relationships are discussed, that is not the primary focus of the retreat. They will explore aspects of various types of relationships. While during last year’s Octoberim our students explored issues of identity, this year they will focus on who they are with each other.

• **Parent Night:** There will be a Parent Night to talk more about the upcoming relationship retreat on Wednesday, October 8th from 7 - 8pm in the Middle School Commons.

**Mo Copeland — Head of School — [copelandm@oes.edu](mailto:copelandm@oes.edu)**

• Administrative Structure Change. Mo introduced herself and explained the addition of the new Associate Head of School this year. Mo will continue to oversee the entire school and will focus on OES’ long term initiatives such as the new strategic plan, the campus master plan, and financial forecasting. The new Associate Head, Chris Schuck, will focus on overseeing the three divisions (Upper School, Middle School, and Lower School). Chris comes with an enormous amount of experience from La Jolla Country Day School and we are very excited to have him here...

**Paula Sutton — College Counseling — [suttonp@oes.edu](mailto:suttonp@oes.edu)**

• Junior retreat. The Junior retreat at the beginning of the school year focused on the early stages of the college application process. We talked about how to research colleges and introduced the students to Naviance. We took a tour of Reed College and the University of Portland. We had the students start to develop activity lists. And we had a career panel.

• We also talked about the “stress” word and encouraged students not to make high school all about getting into college. There are important life skills that they can learn during this process that will carry them forward. We reminded the students that they’re all in different spots. Some have already visited colleges, some have not, and all are OK...

• **PSAT:** The PSAT will take place at school on October 15th during Octoberim. You don’t need to register; the Juniors are already registered through the school. PSAT results will be available in December. Your students have been given a practice booklet and are encouraged to practice with it. If for some reason they no longer have the booklet, it is also available online.
• **New SAT:** There has been news of a new format for the SAT. However, the new SAT does not impact this class.

• **College Visits:** The main thing we would like our Juniors to do, between now and mid-November, is to connect with the colleges that will be visiting both OES and the Portland area. There are about 100 colleges visiting OES this fall. The visits take place in the Upper School Library Conference Room. We encourage students to try to do at least 3 or 4, to look at a cross section in terms of size, location, etc. The students need to sign up for the visits. If they will miss class, they know the procedure for that. The list of college visits is available on:
  - google page https://sites.google.com/a/go.oes.edu/college-counseling/
  - And Naviance. Naviance will be the most up to date. If you would like to have your own parent access code to Naviance, e-mail Allison at nugenta@oes.edu

While parents are not welcome to come to colleges visiting OES, parents can attend the different college receptions happening in Portland.

• **National College Fair:** The National College Fair will be at the Oregon Convention Center on November 2\textsuperscript{nd}. It is a chance to talk with representatives from a large number of colleges in one setting. We strongly encourage students to pre-register so that they can get a bar code. This bar code will allow them to simply zap in their information to the colleges they are interested in, instead of handwriting their information on different cards.

• Question: Is there anything else on Naviance for parents?
  Answer: The scattergrams can be interesting. They are data points (grades and test scores) of students who have been accepted to the various colleges. When looking at these scattergrams, please remember that they lack context. Also remember that when you’re thinking of your child’s test scores in relation to the scattergrams, that in the vast majority of cases, test scores go up from the PSAT.

• Question: What subjects are offered for the SAT subject tests?
  Answer: These are given in all of the basic high school subjects—Literature, History, Math, Biology, Chemistry, Physics, Spanish, French, etc. Approximately 60 colleges require or recommend these.

• Closing Thoughts. We will begin more intense work with the Juniors starting in January. Currently we are working very hard with the Seniors. The focus for the Juniors this fall is to attend these visiting college sessions so that they can get a sense for what they might be looking for in a college—what might be a good fit for them. Please encourage your child to take part in some of the college sessions at OES this fall.
Jordan Elliott — Head of Upper School — elliottj@oes.edu

- About College Visits: The college visits during the Junior retreat were very good. Even if a student did not like a particular college, that, in itself, is valuable information... When looking at the list of colleges who are visiting campus, have your child first see who is visiting during open blocks. Even if s/he is not interested in that college, there are still things that s/he can learn that might help in the general college search process... And again, students are allowed to miss class. They just need to go to teachers ahead of time...

- Student Store: The student store, which sold snacks, is no longer in existence. For a couple of years, we tried to have it run like a student-led, small business, but the students weren’t setup for success. Instead of a store, there are now vending machines that sell healthy snacks.

- Strategic Planning: During the last two weeks in August, the faculty and staff were hard at work setting goals, being evaluated on those goals, making sure we are covering what we need in order to meet our strategic plan. We also examined what we’re doing from a co-curricular standpoint, through our programs such as fall trips, Culture Shock, Octoberim, work with our counselors, etc. We worked hard at developing and ironing out processes so that when challenges come, we have a process on which to fall back on. We did a curriculum review. We examined how we put essential competencies in the classroom over the course of a student’s four years. We also did a three-hour workshop with the entire faculty and staff, 200 employees, on intercultural competence... When I was a student, OES was three different schools that didn’t even meet together. Now OES is an integrated school under the same mission, the same big picture... We invite everyone to look at the new mission statement on OES’ website.

- Question: In the context of sports, it seems that it is not OK to miss practice. Answer: We still need to work on coordination between the academics and the coaches. Education at OES is about the whole life of the student. Some of our coaches may only be focused on the sports side. It’s also possible that the sports pressure might be a result of a culture among some students. We should be engaging with our coaches more about this balance. This is on our radar...

Liz Weiler — Head Class Advisor 2016 — weilere@oes.edu

- The retreat at the beginning of the school year went very well. Something remarkable about this group is how they clean up. Boys and girls clean up together equally, unprompted. This class is a very cooperative and social bunch... There was a nervous energy during the trip because of the stress of
the upcoming college applications and the heavy workload of the Junior year. Liz will monitor that. A little bit of stress is good. We just don’t want our Juniors to tip towards too much stress and feeling overwhelmed. The pre-stress seems to have been the worst. Now that they’ve started school, things seem better...

- This year, our Juniors are focused on themselves. At next year’s retreat, when they’re Seniors, they’ll be asked to examine what their role as leaders of the school will be. Who are our kids going to be as heads of the community? We already have some great leadership in the class...

Linda Blakely — blakelyl@aracnet.com
Michelle Levis — michele.levis@gmail.com

Graduation Party
- **2015 Graduation Party.** To allow the parents of graduating Seniors to celebrate this milestone, the parents of the Junior class organize and host the all-night graduation party. The event will be on June 12, 2015. Here is a list of the committees for which we are recruiting:
  - Check-in
  - Check-out & Clean-up
  - Communications
  - Decorations & Set-up
  - Entertainment
  - Food
  - Gifts
  - Grad-o-Gram
  - Video
  - Volunteer Management

Please especially consider the food committee, where we have the greatest need... For more information, please contact Michele or Linda. The first meeting is planned on Friday, 10/24 at 8am in the Science Library (adjacent to the PAL meeting room) in the DVR.

OES Fund Jan Halsey — halseyjc@gmail.com
Diana Lavery — dianalavery@comcast.net

OES Fund. (Michelle Tubbs, third grade parent and Annual Fund Co-chair, was introduced.) The motto for the OES Fund this year is “Every Student, Every Day” because whether a scientist, athlete, actor, artist, or lover of books, all benefit from the fund. The goal is for every parent to participate on some level. Calls will be made to all the families in the 3rd week of October. (You can avoid the phone call by donating before then.) Donations can be made easily on-line http://www.oes.edu/giving/donate.html
Corporate matching money is also welcome. (Please keep in mind that some companies, such as Kaiser, have very early deadlines for matching gifts.) Thank you for your participation!

Jana Reddoch — FOESL — jmreddoch@aol.com

- Friends of the OES Libraries will be having their annual book fair this year at Annie Bloom’s Bookstore from November 14th – 17th. OES will receive 20% from the proceeds. Pre-orders will be due on October 24th. Money raised will go towards such worthy projects as author visits, summer reading incentives, the AASK program, librarian summer reading money, and the OES Lou Fernandez Storykeepers Project.

Kay Pinkava — 11th Grade PAL Representative — kaypinkava@gmail.com

- **Homecoming Cleanup Volunteers:** Homecoming needs more volunteers for cleanup. If you are able to help with this, please contact the Homecoming Volunteer Coordinator Stephanie Knight at stephanie@knight24.com

- **11th Grade Class Auction Basket:** We are looking for someone to lead the 11th Grade Class Auction Basket. If you would like to volunteer for this, please contact the Upper School Volunteer Coordinator Sally Lefeber at lefeber@comcast.net

- **OES Directory:** If you haven’t received this year’s OES directory yet, you can pick one up on the table at the end of the meeting. The school gives out one directory per family every year.

- **Thank You. And thank you to the Eric and Grace Park** for hosting our annual swift watching potluck picnic last Sunday!

**Upcoming Dates of Importance**

- September 26th — Homecoming
- October 8th — Parent Community Link Meeting 8 – 9:30am, DVR
- October 9th — Picture retake day
- October 10th — No School, Educators’ Conference
- October 15th — PSAT testing, Juniors and Seniors
- October 15th-17th — Octoberim

Next 11th Grade PAL Meeting — October 20th at 8am
WHERE DOES YOUR OES FUND DONATION GO?

Here are examples of your OES Fund donation in action supporting the libraries, science program, athletic program, and the visual and performing arts.

**SPORTS**
- Number of athletes cut from an OES team: 0
- Percentage of Middle and Upper School students who play at least one sport at OES: 85%
- Acres of sports fields mowed twice a week: 2.5

**LIBRARIES**
- Books added this year to the Upper School Library collection: 265
- Titles in the Lower School Library collection: 16,000
- Number of online databases to support students' research needs: 22

**SCIENCE**
- Human-powered pump that the Incan team invented can hold water: 10
- Entrants from Grades 9-12 in the 2018 Aardvark Science Exposition: 273

**THE ARTS**
- Gallons of tempera paint purchased a year for Lower School: 6
- Performers from 16 OES musical groups put on 26 musical performances each year: 463
- Middle School students studying art, drama and music: 210
- Dramatic performances a year: 11
- Pounds of clay purchased per semester: 1500

To donate online, go to www.oes.edu/giving. Scan the code to donate with your smartphone.