



Forest Park News

From Principal Cindi Swingen

April 19, 2021

Dear Forest Park Families,

My apologies for the late newsletter. My mother entered hospice this weekend and I am going on intermittent family leave. Wendy Crozier will be covering for me while I'm away. Wendy is an experienced classroom teacher and licensed administrator who has worked with our staff all year. We are in close communication and are sharing my work. She will be at school Mondays, Tuesdays, Thursdays, and Fridays. Please direct any administration-related questions to both of us and include Suzanne Gleeson, our Principal's Secretary. One of us will respond within 24 hours.

Here are our email addresses

Suzanne Gleeson sgleeson@pps.net

Wendy Crozier wcrozier@pps.net

Cindi Swingen cswingen@pps.net

Please stay safe,

Cindi

cswingen@pps.net



Nuts and Bolts

Library Books for Fourth Quarter

We will be ending the school year at the end of April with distribution days only on Wednesdays.

Below is the last dates for Library Book Exchange:

Book Exchange Hours: 11 - 1:30

April 21: Grades - 1, 3, 5

Book Return Hours: 11 - 1

If you're dropping off books before 11:00, there will be tables out front.

April 28: RETURN ALL BOOKS

May 5: RETURN ALL BOOKS

May 12: RETURN ALL BOOKS

From PPS Transportation

If you have questions about Hybrid transportation, please use this **link:**

NWCT Online Forest Park: Create Your Own: Superheroes and Villains!

- **Tuesdays: 3:00pm - 4:00pm**
- **Apr 27, 2021 - May 25, 2021**
- **Grades 2nd - 5th**
- **Virtual/Online**

Additional Information: Our experienced Teaching Artists will create an engaging, interactive online class where students can make and perform their own superheroes and villains story! Based on the innovative online theater classes NWCT provided since the stay-at-home order, this class will provide your students an exciting way to connect with their school peers and have fun developing their drama skills all while being safe and socially distant!

Please See **Flyer** for Information

Morning Mug - Fridays: 8:45-9:15

Please join us for Morning Mug on Fridays from 8:45 to 9:15. We welcome your questions and would love to have you join us....

Please see our school calendar on our website for dates:

<https://www.pps.net/Page/332#calendar522/20210404/month>

We'll send out School Messenger alerts before each meeting to make sure you're all aware they're happening.

Connect to Kindergarten and First Grade!

All incoming kindergarten and next year's first graders are invited to our first Connect to Kindergarten and First Grade event April 21 from 2:45 - 3:30.

Join with Google Meet

meet.google.com/wwh-gjqm-kga

At this online gathering we'll engage the children with some fun and spend time answering grown-ups' questions. There will be four Connect to Kindergarten and First Grade events between now and July. If you prefer not to wait for an event to find out more, please contact our office at dsanders@pps.net.



This Week in The Fox Den

Join us on Wednesday morning for in The Fox Den to learn from our specialists and teachers. This week Dr. Bob will be our Featured Fox. Hear announcements about our school, celebrate birthdays, and be a part of our school community every Wednesday for the rest of the year.

Here is the **Link** to Our Weekly Livestream 8:00 - 8:30 April 21st

<https://stream.meet.google.com/stream/7af5d0e5-3862-4c52-b2c8-ae0e67423bbe>



From **Our Counselors**

School Climate & Culture

School Climate & Culture

Black Students, Black Dreams, Black Futures, Black Lives Matter

It is with great sadness that we as a nation have witnessed the unjust murder of an unarmed Black child, 13 year old Adam Toledo as well as the murder of another Black man, 20-year-old Daunte Wright, who was in the midst of a traffic stop for having an air freshener hanging from his rear view mirror. These sad and tragic incidents aren't unique for communities of Color, especially the Black community, and it comes at a time when many are on edge watching the trial, seeking justice for the murder of George Floyd.

This has become a recurring event that causes extreme trauma, fear, and distrust for law enforcement. Trauma lives in the body and can leave those impacted in a perpetual state of fight or flight, interfering with brain development, executive functioning, and engagement in school. If you or your child is in need of any support that we can offer, please let us know. Below are some additional resources:

- District-wide Crisis Recovery Group for Black students: [Link here](#)
- [Black Mental Health Providers](#)
- [Culturally Responsive Mental Health Providers](#)
- [Suffocated Grief & Supporting Black Youth](#) podcast episode- Dr. Tashel Bordere
- [Practicing Radical Self Love](#) from Sonja Renee Taylor
- National Alliance on Mental Illness (NAMI)—[Resources for African Americans](#)
- [Loveland Therapy Fund](#)- The Loveland Therapy Fund provides funding for Black women and girls to receive therapy support.
- [Harvard Faculty of Arts and Sciences—Anti-Racism Resources for Black, Indigenous, and People of Color \(BIPOC\)](#)- A list of Black-led resources for mental

health, free emotional well-being resources, and mindfulness and guided meditation resources.

- **How Do We Protect Our Emotions During the Chauvin Trial-** Interview w Resmaa Menakem

A Kids Books About series just released a new title, A Kids Book About Anti-Asian Hate by Kim Pham. You can click on this [link](#) to download the book for FREE.

Lunch Bunch

Lunch Bunch has started again! Ms. Kristi and Ms. Lizzie are combining grade levels, and will put students in their requested break out rooms to be with friends. We don't plan anything specific for these times as we want students to have the freedom to socialize, and we will float between break out rooms to help facilitate as needed. Students will need to log on with their student account and can use the Google Meets Code: fpelunchbunch

- **Schedule:**
 - 1st & 2nd Grade on Mondays from 11:20am- 11:40am
 - 3rd, 4th & 5th Grade on Tuesdays from 11:20am- 11:40am

COVID-19 Family Resources

- **Electric and Gas Bill Support:** Debt relief programs for current customs for a variety of utility company providers. [Click here](#) for more information.
- **Oregon Landlord Compensation Fund:** Information about how to apply for rental assistance for tenants & landlords (renters give info to landlords to apply). [Click here](#).
- **Racism is a Public Health Crisis:** information and resources for HB 2337 [Link](#).
- **COVID-19 Vaccine Community Dialogue Session for Asian Community:** This Zoom session will have Mandarin interpretation: Thursday April 15, 5:00-6:30 p.m. Zoom link: <https://bit.ly/3kQ9xIR> . Questions about these sessions? Please contact danilyn.galvez@dhsosha.state.or.us

- Ride Connection Provides Free Rides to Vaccine Clinics. **Ride Connection** is providing free rides to vaccine clinics for people age 60+ and people with disabilities who have appointments. Call 503.226.0700, TTY: 711.
- Vaccines for OHP Members: Find information on vaccines for Oregon Health Plan members **HERE**.
- Vaccine Distribution in Oregon: COVID-19 vaccines are being distributed according to **Oregon's COVID-19 Vaccination Plan**. The phases of vaccine eligibility are **available here** . Keep informed with OHA's vaccine update pages in **English** and **Spanish**.



Our CDL teachers are in communication with families on a daily basis. Please be sure to address your question to them and they will do all they can to support you and your children. The focus of CDL continues to be synchronous lessons for Math, Literacy, and Social Emotional Learning (SEL). Lessons in Science, Social Studies, Library, and Health are provided asynchronously. Music and PE teachers offer one synchronous and one asynchronous lesson for each grade each week. After two weeks of adjustment, we hope you are be back in the rhythm of CDL with your new teachers and classmates!



Children are happy to be back at school, and continue to be cooperative with all mask and hand-washing expectations. Distancing is a bit harder; however, the children are learning quickly how to interact without being too close. Our staff, especially our custodians Mr. Ner and Mr. Wolford, are working extra hard to clean many areas twice a day that they used to only have to clean once a day. Teachers, counselors, paras, and EAs are also helping with the midday cleaning. Thank you! It is truly wonderful having children and staff back

in the building.

Arrival and Dismissal - Ironing out the Wrinkles

Arrival and dismissal are continuing to smooth out. **Please wait until you pull up in front of the school to drop off and pick up your children.** It's not safe for them to load and unload at or before the portables.

- **3rd grade** and **Trincheros** students should still get picked up and dropped off in the back car line.
- For **K, 1, 2, Bannon, Robbins,** and **5**, please continue to pull up past the front door of the school for arrival and dismissal. **The more we spread out, the faster things seem to go.** Big kids will meet their cars past the school along the sidewalk. This is helping with traffic flow.

Thank you for working with us as we establish new routines and systems. Please keep your feedback coming if you have ideas for improving things for our students.

Lunches are a Big Hit!

We've been hearing from many families that it has been helpful when their children bring home novel and substantial meals. **The more lunches our students take, the better for everyone. The district is reimbursed for the meals students take, and when the numbers go up, so do the options for what can go in the lunches. When students take advantage of the lunches, it opens possibilities for more locally sourced and environmentally friendly packaging.** Every student in PPS is offered a take-home lunch every school day this quarter and we are happy so many are taking part.

Durrett and Miller Intersection Update

Thank you to Friends of Forest Park Elementary volunteers for signing up to help with heightened safety measures at the intersection of Durrett and Miller, and in the area of the driveway into our school's parking lot to direct foot and car traffic at both arrival and dismissal times. Please be on the lookout for continued communication from FOFPE about volunteering to help - we'll even provide flags and vests - so adults who have passed the PPS background

check can help out. Please **Sign up** if you are available to help.

Styrofoam, #6 Plastics and Battery Recycling Drive

When: Saturday April 24

Where: Sunset High School Front Lot

What:

- *Sturdy Styrofoam that breaks or holds its Shape*
- *# 6 Plastics*
- *Batteries: No Rechargeable Batteries*

Who: Sunset High School Climate Change Club

Please See **Flyer for more Information**

**BLACK
LIVES
MATTER**

Forest Park Community Fights Racism!