



Forest Park News

From Principal Cindi Swingen

Dear Forest Park Families,

Thank you for your patience as we waited for power to be restored. I know it was stressful for you and for our staff members when school had to be cancelled on Tuesday. I'm seeing daffodils and other flowers bursting out of the ground, so I think the snow is gone for this winter.

It's been a busy month for our third - fifth grade students, as all classes are taking the Measure of Academic Progress, or MAP assessment (no S at the end). Students spend about an hour taking a computer adapted reading test and another hour taking a computer adapted math test. Questions adjust in difficulty based on students' responses. The powerful thing about MAP is not the scores themselves. Rather, it's that the test measures each child's *growth*. That means you can tell if your child is maintaining their projected rate of growth in a given subject. The test also lets the school know where it can do a better job with instruction. Since the end of No Child Left Behind years ago, there are no "high stakes tests" in elementary school. All tests are "no stakes tests". Nothing terrible (or wonderful) happens to any teacher or child based on test results. Instead, we all gain insight into how to work and learn together.

Thank you for supporting your children and encouraging their growth. We appreciate all you are doing every day.

Please stay safe,
Cindi

cswingen@pps.net

503 880 -1282 cell phone

Nuts and Bolts

- **Library Book Exchanges This Week:**

Wednesday, February 17 11:00 - 1:00
Library Books Grades Two and Five
Materials for Second Graders

Friday, February 19. 11:00 - 1:00
Library Books Grade Three

Giving Kindness: Students can drop off cards for caregivers for area hospitals. There will be a box available for drop-off. We will collect cards through March.

- **Need help with Technology?** There is a Tech Support Hotline for you to call! Please call **503 916-3375** to get your tech questions answered.

- **Nutrition Services** Print, complete and mail back a paper meal application (<https://www.pps.net/Page/2464>) to PPS Nutrition Services, 501 N. Dixon St., Portland, OR 97227. Request a paper meal application be mailed home from mealbenefits@pps.net or call (503) 916-3402.

From our Counselors

We hope you'll take a moment to explore some of these amazing resources from Ms. Lizzie and Ms. Kristi, Forest Park's counselors!

Mindfulness Resource of the Week



Train Your Brain to be Kinder: <https://youtu.be/ccvFBGhBKg4>

Spirit Assembly



This week will be our last week highlighting our February super power:

UPSTANDER

Sesame Street: How to be an Upstander to Racism Song



Be an Upstander to Bullying

Our next whole school assembly is Wednesday, February 3, where we will introduce our new super power:

GRATITUDE



Lunch Bunch

Ms. Lizzie and Ms. Kristi are still holding weekly lunch bunches for students. Lunch bunch is a great way for students to connect with classmates and others in their grade. If your child has a certain friend they're looking to spend some time with, we can facilitate through breakout rooms. The Zoom links are posted weekly through SeeSaw announcements. The schedule is:

- Mondays- 1st Grade (11:20am- 11:40am), 3rd Grade (11:45am- 12:05pm)
- Tuesdays- 2nd Grade (11:20am- 11:40am), 4th Grade (11:45am- 12:05pm)
- Wednesdays- 5th Grade (11:45am- 12:05pm)

Parent Resources

- **Racism Explained to Kids:** <http://elisegravel.com/en/blog/racism/>
 - Primary P Triple Care Positive Parenting Program Free Online Course from Oregon Family Support Network for parents of children from birth to age 12. We offer the course in both languages English and Spanish, based on 8 interactive modules, including: Intervention 1-1 with parents, Individual consultation with parents, coaching with parents, peer support provided. See flyer in **English** and **Spanish**.
 - Free tax preparation and filing through Metropolitan Family Services and CASH Oregon! Household income must be below \$52,000 a year. See the website for scheduling and other qualifications. <https://cashoregon.org/get-tax-help/mfs-cash-oregon-vita-site/>.
 - Oregon Mortgage Assistance Program. For homeowners, the Oregon Homeownership Stabilization Initiative (OSHI) has a COVID-19 Mortgage Assistance Program. You can learn about eligibility requirements and the application process at **OHSI's website**.
 - Community Action provides rent and utility assistance. Assistance is available for rent payment and utilities. **Find out more here**.
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Getting Ready for Middle School West Sylvan Welcomes You!

General Resource Links

- **Information about MYP (Middle Years Program)** - Programming and course requirements

Upcoming Dates

- **Elementary School Virtual Classroom Visits** - February 16- 25th
- **6th Grade Coffee Talk** - February 19th - 9:30 join with
meet.google.com/szq-ctuk-fxi
- **Forecasting Surveys Open** - February 22nd - DUE March 1st

Forecasting Process for Electives

STEP 1. Review and Decide upon Electives using the following resources:

6th Grade Resources for ALL incoming families

- **6th Grade Electives (PDF)**
- **6th Grade Elective Video Descriptions** - (Please be aware that we do not have a current video and that this video may not represent all our updated course options. Please refer to the electives list for the most current elective choices.)
- **Example Year-Long Period Schedule**

STEP 2. Use the appropriate survey below to let us know your choices.

Choose for the grade your child will be in during the 2019-20 school year.

- **6th Grade Forecasting Survey** (opens, Monday, February 22nd)

Questions and Support

If you have specific questions or need technical support, please contact:

- Greg Crabtree (gcrabtree@pps.net) – Incoming 6th Grade
 - Ben Keller (bkeller@pps.net) – Rising 7th & 8th Grade
 - Kimberley Hess-Torbert (khesstorbert@pps.net) – Enrollment and/or transfer
 - Sharne Motley (spathiwillemotl@pps.net) – General office questions
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Hybrid Learning at Forest Park FAQs

Updates from last week are in purple

Pending negotiations with our labor partners, PPS plans to invite students back for in person learning for the fourth quarter of the school year. Here are a few FAQs, with more to come in the weeks ahead.

Who will participate in Hybrid Learning?

Any interested Forest Park students are welcome. Please be sure to respond to the survey sent out last Friday to let us know if you would like to participate. **No survey? Email research@pps.net.** Surveys are due by February 25th.

As of Sunday evening we are awaiting responses from 116 families. Please be sure to take the

survey. The more accurate our count, the better we will be able to prepare for your return.

If I pick one thing, and I stuck with that choice for the rest of the year?

While we hope families will be happy with the choices they select now, we realize things change. If, for example, your child begins coming to school for hybrid learning, then you decide to keep your child at home for the rest of the year, that's fine. Just stay in communication with us and we will work with you. Switching day by day is likely to be confusing and hard for children, so we encourage families to select a plan and stick with it if they are able.

Will my children get their same teachers? Will my child's teacher be vaccinated?

As is always true, I am not able to answer personnel-related questions about individual teachers.

What will the children and teachers do during hybrid?

Students will build skills in math and language arts for the majority of the time at school. They will also take part in social/emotional learning, community building, and fun activities with their classmates. Other subjects (science, social studies, music, PE, health, etc.) will continue to be taught online.

What will the children who are staying home full-time do?

Pending the outcome of labor negotiations, children remaining at home will participate in class via "simulcast", watching and interacting with their peers and teachers over their screens in either the mornings or afternoons. The particulars of this have yet to be determined. During the other half of each day, at-home students will participate in asynchronous learning and some live learning in music and PE, as before.

How will everyone stay safe?

Everyone will wear masks and observe social distancing guidelines. We will check each student in at the door. Bus riders, walkers, and students being dropped off by car will come in at different entrances to help with traffic flow. Hand washing and strict adherence to traffic-flow patterns will be observed in the building. Every student will bring an individual water bottle and no one will eat at school. There will be no reason for anyone to remove their masks.

What if a student or staff member develops symptoms while at school?

We will have our School Health Assistant (SHA) at school. We will also be able to administer rapid Covid tests on site to symptomatic individuals. We already have new air filters in the building for our health and "isolation" rooms. Staff with symptoms will leave immediately and we will have families pick up children with symptoms as soon as possible. Students with non-Covid-related health issues, such as bumps and scrapes, will not be in contact with students who display Covid symptoms. Custodial staff will have more than two hours between morning and

afternoon shifts to sanitize high-touch surfaces and shared areas.

When will Hybrid Learning happen?

The plan, pending negotiations with our labor partners, is to begin April 12. Students will come to school for two and a quarter hours, four days a week (M, T, Th, F) either in the morning or the afternoon. These details have yet to be determined, however, we are working on a survey so FPE families can let us know their preferences and we'll do all we can to accommodate them. We do not know if we will be a school using the earlier or the later starting schedule. It will depend on transportation needs at our site and others.

Why not all day for all students?

Our room capacity is 14 - 18 people per classroom in order to allow for the required 35 square feet of space per individual. That means we can only have half of our students in the classrooms at any given time. Students will be at school four days a week. If we chose to do whole days, students would only be at school two days a week, missing school for five days in a row.

Why no school on Wednesdays?

Teachers will be teaching both in-person for the children at school and simultaneously for children at home. The amount of planning and assessment this will take requires time. Additionally, our teachers need time to work together, review assessment data, and plan for how to best meet students' needs. Typically, much of this planning takes place while students are at "specials" classes, such as PE and Music. There will be no specials during hybrid, as students will be with their teachers the entire time they are at school. We also need to allow time for our custodial staff to thoroughly clean the school. I assure you, every single one of our staff is incredibly hard-working and dedicated. They use every moment of their work days on endeavors that support your children.

What about meals?

Students will be able to take "grab and go" lunches and breakfasts at school each day. We won't be eating at school.

What will my child do when they're not at school?

Social Studies, Science, Health, Music, PE, and Library will continue to be provided online. Students at school in the mornings will participate in distance learning in the afternoon. The reverse is true for other students.

Will my children be assigned the same schedule?

It is our intention to keep family members on the same schedule. We'll be sending out a survey about this once the PPS survey is closed on February 25th.

What if am or pm works better for us?

We cannot promise you'll get morning or afternoon. If, for example, 25 students in one class want the afternoon, and we only have room for 14 at a time, we'll have to do a random lottery to determine who goes in the afternoon. However, we felt it was better to at least ask families their preferences and try to meet their needs if at all possible.

Will the children get recess?

The state has strict parameters for outside play during the pandemic, including mask-wearing and the observation of distancing. However, students are permitted to have recess with their cohorts when guidelines are followed. We realize students love and need recess and other opportunities to participate in vigorous play. We plan to incorporate play into our hybrid days as much as possible as an element of our Social and Emotional Learning curriculum. We are also fortunate to have both a playground and field/track, enabling us to have more than one cohort play outside at a time.

Here is the [LINK](#) for more HYBRID INFORMATION

Please keep your questions and concerns coming. **I will answer to the best of my ability.** I am available by email and phone. Texts are better than voicemails, as I'm more likely to respond to texts immediately. I know this pandemic is wearing on all of us. Thank you for all you are doing at home to support your children.



Families are invited to join Forest Park Staff every morning from 8:00 ~ 8:30.
This is gathering for building community, learning, and fun!

In The Fox Den This Week

Black History Month Continues

This month we'll be celebrating the countless contributions of Black Americans in our history. Each day we'll share songs, video, and stories highlighting some of the famous, and not yet famous, Black authors, artists, scientists, activist, and mathematicians who have made a difference.

Here is this week's Fox Den schedule.

We hope to see you there!

Along with Black History Month celebrations continuing, we will highlight love, kindness, and friendship throughout the month of February!

Monday: Tour the School with Fransus and Kit! Dr. Bob and our Counselors

Tuesday: Beatles Tuesday - Mr. Huntley and Dr. Bob

Wednesday: **Black History Month, Mr. Huntley, and our Counselors**

Thursday: Black History Month, Ms. Laura

Friday: Black History Month - Scientists and Mathematicians

Here is The Fox Den link:

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



Humanities Parent Workshop Series:

“Partnering with our Parents & Caregivers as learning Partners”

Presents:

Parent & Caregiver Tips for At-Home Learning

This workshop will take an interactive approach of interviewing PPS staff from the Multi-Tiered System of Support team about resources they have created for parents & caregivers to use at home. In this workshop, parents will have an opportunity to ask questions and explore resources around different strategies to empower young people and the adults they work with to co-create safe and supportive learning environments at home. This will be a live workshop and will be recorded to view at a later time. You are welcome to submit your questions in advance via this [padlet](#) board.

At-Home Learning Strategies Website

Parent Workshop: At-Home Learning Strategies

[Español](#) | [Tiếng Việt](#) | [中文](#) | [Soomaali](#) | [Русский](#)

When: Friday, February 26, 2021

Time: 4:00 pm- 5:30 pm

How: 3 different ways

Via Comcast Channel 28

www.youtube.com/user/ppscomms/live

Zoom (must [pre-register](#) here)



FRIENDS OF FPE
FOREST PARK ELEMENTARY

Join us in The Fox Den on Monday, March 8th for the Annual Multi-Cultural Festival! This yearly celebration, created with great love and energy by our own Dr. Bob, benefits from the support of Friends of Forest Park Elementary. We owe a debt of gratitude to Dr. Bob and to the many parents who make this event possible. This year, the festival will be celebrated virtually, with the voices and images of Forest Park's students shining brightly for everyone to see. Families who miss the airing during The Fox Den will be able to view the show while their children are in music class. We will also post the festival on the school's website. A special thank you to the families

who put their hearts into creating this year's video. Here's where to see the show on Monday, March 8th at 8:00 am:

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



**Forest Park Community
Fights Racism**