

MARYSVILLE NEWSLETTER

PRINCIPAL'S MESSAGE

Happy October!

I have to admit to gratitude that we are past some of the challenges of September and am enjoying the beautiful blue skies and warm weather this week. As always, thank you all for your support and participation in the learning occurring at Marysville School.

We are so happy to see all of the students joining their classroom meetings online everyday. I know this involves a huge effort on the part of the family. During distance learning it is important that students make as many of the online meetings with their teachers as possible. This is where all of the direct instruction happens and teachers can give feedback to the students and see clearly how their learning is going. We will be providing some paper packets for families to use at home, however these paper packets can not teach. They are just useful for providing extra practice or extensions for the skills that the students already have. In order to make the learning most successful during the class meetings, please limit the distractions that may be in the background for your student.

Best Practices would be to:

- Treat joining a meet, like going to school, your student should be dressed and ready for learning.
- Have your student use headphones -(we have some available at Marysville if needed).
- Turn off other electronic devices in the area, especially large TVs that may visible in the background.
- As much as possible have your student set up in an area with limited distractions from other family members (I'm set up in a corner of my bedroom, with my back to a wall).

Thank you for your help with this and please reach out to us if you have questions or would like some support.

We will be offering daily drop in support for student help during the morning independent work times. A Marysville staff member will always be available in this google meet to help answer any student questions, while their teacher might be busy teaching another small group. This support is for student questions and help with assignments. Please direct adult questions to staff emails or teacher office hours.

Student daily help meeting will be from 9:45 AM until 11:00 AM/The code for this google meet is marysvillehelp or Link:

[g.co/meet/marysvillehelp](https://meet.google.com/ahf-gkfj-ouo)

I would love to stay connected with you all and hear any concerns or suggestions. Every Wednesday, I am available on a google meet chat (<https://meet.google.com/ahf-gkfj-ouo>). Please drop by whenever you want. I also look forward to seeing you all at our Virtual Back to School Nights.

Warmly, Cathy Murray, she/her/hers

MINDFUL MARYSVILLE

Take a moment to pause - take a deep breath, let it out slowly and check in with yourself. How are you feeling? This learning curve is a steep one for everyone - students, parents, teachers, etc! But we are already a month in and as we say at Marysville, we can do hard things because we do them together. Please remember to take care of yourselves as you take care of those around you. **Parents, I'd love to hear what your self care looks like! What do you do that's just for you? What helps you recharge and stay present? [Click here](#) or send me an email to share how you are taking care of yourselves. I'll put together a list of all your self-care strategies and share it out next month. **Our next well being (SEL) practice will focus on resilience. Resilience is the ability to recover quickly from difficulties. Over the next two months we will spend each week learning new skills to build up our resilience. As we continue to do hard things together, we will work together to find ways to recover, recharge and take care of ourselves. **As always, I am happy to answer any questions on our mindfulness and well-being practices or on finding the right supports for you and your students. Find me on Remind or send me an email!

Sara Fuller, Marysville School Counselor, she/her/hers sfuller1@pps.net [Mental Health Support Services](#)



FROM THE HEALTH OFFICE

Student Health Centers Open Fall 2020

Multnomah County Student Health Centers are open at David Douglas, Parkrose and Roosevelt high schools for in-person health services and mental health counseling this fall, while schools are engaged in distance learning. Phone and video appointments are also available. Any Multnomah County K-12 youth can access care at any center and there are no out of pocket costs. Fliers in additional languages are available: [FLIERS](#)

We want to be ready for your child when they come back to school, so we have created a form to fill out if your child has any concerns we need to know about. This form can be filled out and emailed, or printed and brought to the school and forwarded to us. This allows us to be ready for any needs your child may need. Things we look for would be asthma, severe allergies, notable medical conditions, etc.

Please take a moment to look over the form, and see if it is something you need to fill out. Your child's safety and well-being are important and we want to make sure we have all the information necessary to address your students needs at school. [FORM](#)

Looking forward to seeing you soon! As always please reach out via email or call if you have questions!

Vicky G, School Health Assistant & Heidi Linn, RN
vgenge@mesd.k12.or.u, hlinn@mesd.k12.or.us

SUN

Face Masks!

Do you or your children need face masks or extras to have on hand? Wonderful volunteer sewers across Portland have been donating different styles and sizes of masks to our school. Please let me know if you need one and I will arrange a time to get it to you. Text me please at 503-544-3380 your name and number of masks needed in adult and youth sizes.

Audrey Rozell, she/her/hers, Marysville SUN Site Manager

FROM THE LIBRARY

Thank you everyone for your patience as we have been working so hard in the library to get these bags of books ready for you!

The official start date of Let's Get Reading! is Oct. 5th. Families with last names starting with A-M are welcome to come Mon and Fri of that week from 3pm-5pm and Wed from 7:30am-9am. During that time, you can also pick any paper packets from your teacher and in the afternoon, you can grab some food to take home. Families with last names N-Z are welcome to start picking up items the week of Oct. 12th. Please refer to our school's library website for the schedule: [Marysville Library](#)

Click [here](#) for a document with questions you may have. If you have any more questions about the program, feel free to contact me:

-Ms. Tucker, she/her/hers, ctucker@pps.net

You can also message me on Remind or in Canvas or Seesaw.

FROM THE OFFICE

There have been several reports from families that their students were experiencing extreme slowness on Century Link wifi with a specific model of modem. If you have this issue, updating the modem firmware will most likely resolve it. [Century Link Firmware Update Instructions](#)

Student attendance and participation in school is very important and connected to academic achievement. If your student will be missing school, please report their absence using this form on the Marysville website: [Absence Reporting Form](#)

We are meeting families by appointment only.

Marysville remains closed and most staff are working remotely. If you need to pick up a device, supplies, or register your student for school, please send an email to mleong@pps.net to schedule a date and time or you may leave a message at 503-916-6363.

FAMILY CLUB

Do you need a Marysville Yard Sign? Please email us at marysvillefamilyclub@gmail.com and we will deliver one to you. Family Club is Marysville's parent group, or PTO (Parent Teacher Organization). We are not formally meeting during this unusual time, but please stay tuned as this may change. We aspire to lay the foundation for a parent group that is anti-racist and inclusive of everyone. Are you interested in being a Family Club leader? Do you have ideas for Family Club? Please email us at marysvillefamilyclub@gmail.com. You may also call or text Ellie Russell, she/her/hers, Family Club Vice President at 503-754-2026. We can add you to our Family Club Google Group upon request. Please join our facebook group called "Marysville School Community Group."

