



MARYSVILLE NEWSLETTER

MINDFUL MARYSVILLE

Welcome back to a new school year. This year is going to be different than any other! Whether you are new to Marysville or you and your student have been with us for years, we are all starting this year in the same boat - learning how to navigate distance learning while managing everything else going on in our lives! While there will be a lot of fun, feelings like anger, frustration and worry are likely to pop up more often and that's okay. If you need any support, whether it's with creating a daily schedule, incorporating mindfulness at home, or something bigger like concerns about your child's anxiety, anger or signs of depression, please know that we are here to help. This year, in addition to me, our school psychologist, QMHP, and therapist from Morrison Child & Family Services, we have added a part-time social worker and a counseling intern to our well-being and mental health team. Our job is to support students and their families so that students have the best chance at being successful. If you have any questions or are looking for support for your student or family, please reach out to me through email

(sfuller1@pps.net) or find me on Remind.

Sara Fuller, Marysville School Counselor

she/her/hers

sfuller1@pps.net [Mental Health Support Services](#)



FAMILY CLUB

Family Club is Marysville's parent group. During this unusual time of virtual school, we plan to slow down with planning events, fundraising, and formally organizing and we will instead focus on maintaining community. Please stay tuned for future online meetings. 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? Are you in need of support? Please email us at marysvillefamilyclub@gmail.com. You may also email us to request being added to our Family Club google group. Please join our facebook group "Marysville School Community Group."

Typically one of my big roles at Marysville is offering after school classes along with my SUN Coordinator, Terie Keller. This area of student engagement will be put on hold for the time being until we can return to school in person. Currently we are available to assist with social service needs, including, but not limited to: food, utility, energy, and rental assistance. Additionally, if you have any questions about who to turn to for specific questions or have an interest in family engagement activities, please feel free to reach out. You may contact me either by email at arozelle@impactnw.org or texting me at 503-544-3380. We look forward to seeing you and your family either virtually or in person throughout the school year.

Best wishes! - Audrey and Terie

FROM THE LIBRARY

This year it is important to us to get books into the hands of your student(s). So we are going to implement a program called "Let's Get Reading!" This program will start on September 21st. We will be bagging up books according to grade level (K-2, 3-5, and 6-8) and you will have the opportunity to pick up these bags 3 days a week (Tues and Thurs from 3pm-6pm and Wed from 7:15am-9:00am). There will be a staggered pick-up/drop-off schedule so stay tuned for me to post that!

The bags will consist of all kinds of different books for your readers to enjoy. There will be information in the bags about the different kinds of books as well as conversation starters.

Be sure to turn in your old library books from last school year in the next coming weeks (Sept. 2-11) so that we can redistribute them to other students!

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

ctucker@pps.net

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

SUN

Welcome back to school and for those of you who are new, welcome to Marysville School! I am your SUN Site Manager, Audrey Rozell. SUN stands for Schools Uniting Neighborhoods.



FROM THE HEALTH OFFICE

Hello from the health room!

Your child's safety is our priority. If your child has a chronic health condition or takes medication at school then please let us know so we can provide an appropriate level of support to keep your child healthy and ready to learn at school. Even if your child is a self-manager of their health condition we would appreciate knowing of their health status so we can be aware of and best respond in an emergency situation. Health information is confidential and only shared with staff who would need to know.

For your convenience, you can let us know of your child's health condition by accessing the Student Health Condition Portal: <https://www.multnomahesd.org/shs-boy-919413.html> on the MESD School Health Services website. Select the health condition that is applicable to your child and complete the necessary forms.

Also, if your child has any medication that needs to be taken during the school day you can access the necessary form(s) at the same website link. Forms are needed even if your student is able to carry and take their own medication.

Examples of medications include:

- Emergency medications: epinephrine auto-injectors for severe allergies, like EpiPens®, albuterol inhalers for asthma, or glucagon for diabetes
- Daily medications: methylphenidate, insulin, etc.
- Over-the-counter medications: ibuprofen (Advil®), acetaminophen (Tylenol®), diphenhydramine (Benadryl®), etc.

If you would prefer a paper copy or to have the forms emailed to you then contact the school health room or front office and we will make that happen! If you prefer to talk with me, your school nurse, before completing any of the forms then you can reach me at (503-374-5428) or (hlinnemesd.k12.or.us)

Note: All medications must be kept in their original container. Prescription medication must be in the pharmacy labeled container.

All my best, Heidi Linn, RN, BSN

Hello Marysville Families! As we start our new year under different circumstances, rest assured I am staying on track as we normally would any other year! I just want to remind you that if you have not already, look for immunization updates! Immunization requirements for the school year can be found on the website, and if you have any questions you can reach out to me directly! I understand that doctor offices are not all scheduling many routine visits, but if you can schedule those 7th grade Tdap (tetanus) boosters, that will reduce the calls and letters home starting in November and December. Some pharmacies may be able to help with this to help reduce visits to the doctors office. Check with your local pharmacy to see if they can provide this service! I do miss the start of the school year, but I look forward to seeing everyone soon.

Stay healthy,

Vicky G, School Health Assistant

Marysville School, vgenge@mesd.k12.or.us