



MARYSVILLE NEWSLETTER

PRINCIPAL'S MESSAGE

Dear Marysville Families,

Happy 2023 -2024 school year!

I am your principal-Cathy Murray and I am glad to be starting this year with you. I wanted to give you a little information about our school. We are a PK-5th school with about 410 students and 60 staff members. We are a Title 1 school which means we receive extra funds. We use these extra funds for classroom support, technology, our coaches and classroom materials.

As you may know, we are a mindful school. In the short version this means we practice being fully present and paying attention. A longer definition means we also intentionally teach brain science, self-regulation, self-awareness, kindness, gratitude, perspective, and giving back to others. I believe that all of these skills can help us to both be kinder to ourselves and each other and to reduce the stress from dealing with many new difficulties.

Additionally, we are committed to anti-racist action, engaging our Mindfulness practices to develop an anti-racist mindset that requires reflection on the role of whiteness in racial injustice, highlights the value and humanity of all people and provides presence in open dialogue. We incorporate an anti-racist curriculum in all grade levels with the intention of supporting the district vision to provide our students with the skills needed to be transformative racial equity leaders.

You can find out more about the school at our Back to School Night on Thursday September 14th 6:00 - 7:30 pm. I look forward to seeing you there.

Warmly,

Cathy Murray, she/her



FROM OUR SOCIAL WORKER

Greetings to the Marysville Families, both returning and new, as well as families from Lent School who have joined our community this year,

This is Hang Jones, and I am so excited to welcome another new school year at Marysville as your School Social Worker. If your child(ren) needs resources such as clothing, shoes, backpacks, eyeglasses, or any other assistance, please don't hesitate to reach out, and I will try my best to help. You can contact me at hajones@pps.net or 503-730-1945 (prefer text messages). I'm eagerly anticipating the opportunity to serve both your students and your family throughout this year.

With joy and appreciation,
Hang Jones (she/her)
English and Vietnamese

Meet the school counselor

MS. SAKURA



Hello! こんにちは!

Hi everyone! My name is Sakura Hamada, my pronouns are she/hers, and I am super excited to join the Marysville community! I am a 1.5 generation Japanese American and I am fluent in both Japanese and English. This will be my 4th year as an elementary school counselor. My passion is social justice and I love highlighting and celebrating the joy that can be found in all cultural communities. As a school counselor, my job is to do lessons on socio-emotional learning, run small groups, look over attendance data to support every students and families. Let's have a great year!

FROM THE HEALTH OFFICE

Welcome Back to School!

My name is Vicky and I am the health assistant for Marysville school. The building nurse is Erika Wallin, RN. I am here for the day to day activities and Erika works on delegations and case management of students. Together we do all we can to ensure the health and well being of the kiddos here at Marysville.

Just a few things to start our year off:

Please do not send your student to school if they do not feel well. If you are not sure if your student can come to school, please contact the main office for guidance. If they arrive at school and show symptoms of illness, open sores, undiagnosed rashes, or vomiting/diarrhea please be prepared for a call from the school to pick up your child. We have to follow the OHA guidelines for safe schools.

Please, DO NOT send cough drops to school with your student. These can be confused with candy by other students and can cause serious harm or allergic reactions. Any medication that is necessary for your student to be in school, can be dropped off at the main office and we can fill out all appropriate paperwork. All medication is stored and secured in the front office. All medication must be brought in by a parent or guardian to sign in and out. Students cannot bring in the medication. Please reach out if you have questions about this process.

We are looking forward to a great year and we are happy you are here!

Vicky A, School Health Assistant, Room 103
503-916-6363, vgenge@mesd.k12.or.us, she/her/hers



LATINE HERITAGE MONTH

Latine Heritage Month begins on September 15th. The students will learn about Latine Heritage Month with their classroom teachers and there will be books by Latine authors and illustrators on display in the library.

ATTENDANCE

Regular daily attendance is an important factor in ensuring successful achievement in school. Parents must contact the Marysville office when a child will be absent from school. Report your student's absence by emailing MarysvilleInfo@pps.net or calling 503-916-6363. Be sure to include your student's first and last names, and date and reason for the absence. Early morning is a very busy time at school. Calling or emailing is the best way to notify us of absences. Thank you!

EXPANDING SCHOOL GARDEN OPPORTUNITY

We are excited to announce in collaboration with Growing Gardens and Oregon Farm to School and School Garden Network to offer (1) staff member, parent/caregiver, or community member involved with Marysville the opportunity to join Shasta Pringle, Marysville Food Corps member this fall in the OSU School Garden Coordinator Certificate Training program. This is to invest in the community and increase professional development for school gardens in PPS that will outlast the Food Corps service year with Marysville.

This will require additional work outside staff hours and is outlined here:

- The course runs 9/25-11/13
- Required remote sessions every Thursday with OSU Master Gardeners 5-6pm
- Asynchronous learning every week
- Collaborative School Garden Action Plan with FoodCorps Service Member (Shasta Pringle) [More from OSU](#)



HEALTH COVERAGE INFORMATION

With the new school year beginning, it's a great time to enroll in or renew your family's health coverage.

Enrolling in Health Insurance

- PPS families who need help in getting health insurance can get [free help](#) in many languages to apply for Oregon Health Plan (OHP) or other coverage.
- You may now qualify for OHP, even if you didn't previously. As of July 1, 2023, [Healthier Oregon](#) allows people of any age or immigration status who meet income and other criteria to qualify for full [OHP benefits](#).

Renewing Oregon Health Plan (OHP) Coverage

- Keep your [address up-to-date](#).
- Keep checking the mail for your renewal letters.
- Get [free help](#) in many languages.

How Health Coverage Supports Students

Health coverage information is important for PPS students (and families) because:

- Health insurance coverage helps boost test scores among children from low-income households (study [here](#)).
- Having health insurance is linked to better health (study [here](#)).
- Expanded health insurance coverage has led to historic reductions in racial disparities in access to health care (study [here](#)).



FROM THE LIBRARY

Welcome Back!!

We are so excited to welcome new families and teachers this year! If you are new to our school (or not!) please check out the [Marysville Library website](#). There you can find library policies like how long books can be checked out and how many books students are allowed to check out at a time. You will also find many online resources for reading, research, and other learning websites.

Marysville will be participating in the Oregon Battle of the Books (OBOB) again this year. This is a friendly reading competition that is a great way to get kids reading and to introduce them to new books. You can find more information on the [Marysville Library website](#). Students can start signing up to participate in October, but should go ahead and start reading the books! [Click here for the booklist](#).

If you have any library books at home, PLEASE BRING THEM BACK!

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



MARYSVILLE FAMILY ASSOCIATION

Hello families!

On behalf of the Marysville Family Association, here's a big welcome! This year is going to be great! We are the Parent-Teacher Organization for Marysville, similar to a PTA. Check out our bulletin board in the school entry. You can also join the Marysville Community Facebook group here: [Marysville School Community Group | Facebook](#) We look forward to building new relationships and bettering existing ones. One of our goals this year is to give everyone in the community a chance to connect.



MFA Quarter 1 Meeting will be held in the school Library on Monday, 9/18 6-7:30pm – Here you can listen to initiatives, needs, updates and give us your two cents. Dinner and childcare provided, translation services and hybrid options available upon request.

Popcorn Friday this month is on Friday, 9/22 at 3pm - Join us on the playground right after school, \$1 per bag (donation). This is a good place to meet new people while your kids play!

A new addition to the school halls this year is the "Volunteer Board" next to the gym. We do our best to keep this updated with specific volunteer opportunities. Right now, we need a few volunteers for Back to School Night 9/14 and Picture Day 9/29, check the board for more specifics! If you haven't already, please [click here to sign up](#) as through PPS.

Please email marysvillefamilyclub@gmail.com with any questions, or feedback, or just to say hi! Looking forward to a wonderful year with all of you!

Gwen Wilson,
Marysville Family Association



RESTORATIVE JUSTICE/ STUDENT SUCCESS ADVOCATE



Greetings Families,

My name is Rashan Williams, the new Restorative Justice / Student Success Advocate. I want to thank you for welcoming me into your community and allowing all of us to have a part in educating your children.

Starting September 5th, I will be opening the gymnasium at 7:45am for students to have a safe environment before school starts while giving them a chance to utilize specific activities around movement and exercise. Parents and students please arrive at the front door of the school to enter, then head to the gymnasium.

In hope this allows the students who would be dropped off early to have a safe and warm location to be. With this opportunity I want to allow students and parents to view it as an extra privilege and something that has to be earned and can be lost if we aren't using our time to be safe, or respectful.

If you have any questions please feel free to contact me at rawilliams@pps.net. Go Lions!!!

Your child can receive services at Franklin Student Health Center

We are like having a doctor's office in school. All Multnomah County K-12 youth (ages 5-18) are welcome no matter where you go to school. We will see you with or without insurance. **There is never an out-of-pocket cost for services.**

Open: Monday-Friday during the school year.

To make an appointment call: **503-988-3370.**
Same day appointments and video/phone visits available

Franklin High School
5405 SE Woodward St, Portland



- Sports physical
- Well-child visit
- School immunizations (shots)
- COVID-19 testing, vaccines & boosters
- Mental/behavioral health
- Age-appropriate reproductive services
- Routine lab tests
- Prescription refills

Su hijo puede recibir servicios en Franklin Student Health Center

Es como tener un consultorio médico en la escuela. Todos los jóvenes del Multnomah County (de 5 a 18 años) son bienvenidos con o sin seguro médico sin importar a qué escuela asista. Lo atenderemos con o sin seguro médico. **Nunca habrá un costo para usted.**

Abierto: Lunes a Viernes durante el año escolar.

Para ser una cita llame: **503-988-3370.** *Citas disponibles para el mismo día y también ofrecemos visitas por video o teléfono*

Franklin High School
5405 SE Woodward St, Portland



- Físico deportivo
- Visita de niño sano
- Vacunas escolares
- Pruebas, vacunas y refuerzos de COVID-19
- Salud mental
- Salud reproductiva apropiada para la edad
- Pruebas de laboratorio de rutina
- Recargas de recetas

Vаш ребенок может получать услуги **Franklin Student Health Center**

Мы как кабинет врача в школе. Приглашаются все учащиеся K-12 округа Малтнома (в возрасте от 5 до 18 лет), независимо от того, какую школу вы посещаете. Мы примемс вами со страховкой или без нее.
Никогда не бывает наличных затрат на услуги.

Открыто: с понедельника по пятницу в течение учебного года.

Чтобы записаться на прием, позвоните по телефону **503-988-3370**. Возможны приемы в тот же день и визиты по видео/телефону.

Franklin High School
5405 SE Woodward St, Portland



- спортивный физический экзамен
- Детский экзамен
- Школьные прививки
- Тестирование на COVID-19, вакцины и бустеры
- Душевное здоровье
- Обычные лабораторные анализы
- Лекарственные препараты

Con quý vi có thể nhận được các dịch vụ y tế tại **Franklin Student Health Center**

Chúng ta giống như có một phòng khám bác sĩ ở trường. Tất cả trẻ em và thanh thiếu niên từ Mẫu giáo-lớp 12 đều được chào đón. Chúng tôi sẽ gặp bạn có hoặc không có bảo hiểm. **Không bao giờ có chi phí tự trả cho các dịch vụ.**

Giờ làm việc: Mở cửa từ Thứ Hai đến Thứ Sáu trong năm học.

Để đặt lịch hẹn: **503-988-3370** Có thể đặt cuộc hẹn trong ngày. Trực tiếp, qua điện thoại, qua video

Franklin High School
5405 SE Woodward St, Portland



- Khám sức khỏe thể thao
- Kiểm tra thường kỳ
- Xét nghiệm và vắc-xin
- COVID Vắc xin học đường
- Điều trị bệnh tật và chấn thương
- Sức khỏe tâm thần
- Sức khỏe tình dục
- Xét nghiệm định kỳ
- Mua thêm thuốc theo toa

August/September 2023 | ES/MS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	August 29	August 30	August 31	September 1
	Chicken Tenders	Cheeseburger	Cheese Pizza Pepperoni Pizza	Chicken Sandwich
4 Labor Day Holiday Schools Closed	5 Mozzarella Breadsticks	6 Turkey Hot Dog	7 Cheese Pizza Pepperoni Pizza	8 Hand Rolled Burritos Beef, Bean and Cheese or Bean and Cheese
11 Chicken Tenders	12 Orange Chicken with Brown Rice	13 Pancakes with Chicken Sausage and Potatoes with Berry Compote	14 Cheese Pizza Pepperoni Pizza	15 Hand Rolled Burritos Beef, Bean and Cheese or Bean and Cheese
18 Chicken Tenders	19 Turkey Hot Dog	20 Yakisoba with Chicken or Vegetables	21 Cheese Pizza Pepperoni Pizza	22 Chicken Sandwich
25 Chicken Tenders	26 Teriyaki Chicken with Brown Rice	27 Pasta with Marinara and Mozzarella	28 Cheese Pizza Pepperoni Pizza	29 Beans, Cheese and Rice Bowl with Tortilla Chips

Updated: 8/28/23

August/September 2023 | Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	August 29	August 30	August 31	September 1
	Honey Cherrios Cereal	Cinnamon Crumble Bread	Egg and Cheese on an English Muffin	French Toast Sticks
4 Labor Day Holiday Schools Closed	5 Blueberry Muffin	6 Banana Bread	7 Maple Waffles	8 Peach Cheerios Bar
11 Peach Cheerios Bar	12 Cinnamon Crumble Bread	13 Cinnamon Swirl Bun	14 Egg and Cheese on an English Muffin	15 French Toast Sticks
18 Blueberry Muffin	19 Mini Pancakes	20 Egg and Cheese Filled Hashbrown	21 Maple Waffles	22 Cereal
25 Peach Cheerios Bar	26 Breakfast Bread	27 Cinnamon Swirl Bun	28 Egg and Cheese on an English Muffin	29 French Toast Sticks

Updated: 8/28/23

Vegetarian option, may contain cheese &/or egg | Items with 6g or less of added sugar per serving

1% plain milk, fat free plain milk, 1/2 cup of fruit and a 1/2 cup of juice are offered daily with each breakfast. Students **MUST** choose at least **1/2 cup of fruit**.

Menu is subject to change. This institution is an equal opportunity provider.