



Bridlemile Friday Flyer

January 12, 2024

This is the place for all current news from Bridlemile school. Please make sure to read your Friday Flyer every week!

Important Dates to Remember:

1/15: Dr. Martin Luther King Jr. Day, No school for students
1/16: Family/Teacher Conferences
1/18: Family/Teacher Conferences
1/26: Calendar update! School day for students
1/26: Office Hours with Principal Hu, Link: meet.google.com/geg-nynh-cba
1/29: Professional Development Day, No school for students
2/1: K, 1 - Hearing & Vision Screening, 3rd - Vision Screening Only

Conferences

Our first round of conferences were great! We saw many smiling parents and students. We have all been energized by our conversations with families and delighted by the opportunity to connect.

Conferences continue on 1/16 and 1/18. Please connect with your classroom teacher for times and dates. While you are here, please check out our...

Lost and Found

We have moved full racks of Lost and Found clothing to the main lobby during conferences. We encourage you to stop by and take a look for any misplaced items. Labeled items help us return items back to the student.

Clothing not claimed by January 26th will be donated to the PTA's Community Movie Night and Clothing Drive.

Community Movie Night and Clothing Drive

Save the date for the PTA Community Movie Night + Clothing Drive on Friday, January 26th starting at 6 pm in the Bridlemile cafeteria.

Enjoy a cost-free night featuring popcorn, a family friendly movie and a raffle with great prizes!

Donations of new and gently used clothing will be accepted for the PTA Clothing Center, a volunteer run clothing closet that serves the PPS community.



[Click Here for PTA and Foundation Newsletter](#)

Bridlemile 5th Grade Leadership Food Drive: 1/22 - 1/26



The Bridlemile 5th Grade Leadership students are looking forward to kicking off their 7th annual 'What Can You Share' food drive on January 22nd! Students are really excited to be able to host a food drive again this year.

The Bridlemile Food Drive will start on Monday, January 22nd and continue through conferences, ending on Friday, January 26th.

Click on the link below for more food drive information and ways that families and students can contribute to the food drive!

[5th Grade Leadership 2023-2024 Food Drive Announcement to the Community.](#)

Respiratory Illness Season & PPS Communicable Disease Management

Please follow these guidelines to help all students stay healthy and ready to learn:

- Please **DO NOT SEND AN ILL STUDENT TO SCHOOL**. The spreadsheet below gives examples

- **If your student is ill, please CONTACT BRIDLEMILE SCHOOL.**
- **Please contact your health care provider** about any **SERIOUS ILLNESS** or if you are worried about your student's health. If you need help in finding a health care provider, you may contact the local public health authority.
- **Please notify Bridlemile school** if your child is diagnosed with a **CONTAGIOUS DISEASE**, including these: *chickenpox, diarrhea caused by E. coli or Salmonella or Shigella, hepatitis, measles, mumps, pertussis, rubella, scabies, tuberculosis, or another disease as requested.* The school will protect your private information as required by law. [OAR 333-019-0010; ORS 433.008.]
- **Please notify Bridlemile school** if your student requires **MEDICATIONS** during school hours. Follow school protocols for medication at school. If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases. Antibiotics are not effective for viral illnesses.
- **Please notify Bridlemile school** if your student has an **UNDERLYING OR CHRONIC HEALTH CONDITION**. We will work with you to address the health condition so that the student can learn. With consent, the school nurse may consult with the student's health care provider about the health condition and necessary treatments. To contact the school nurse or health office please call or email.

We want to support your student. Please contact Bridlemile if you have questions or concerns.

**PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL**

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
	*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). <i>Urgent medical care may be needed.</i>
Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. <i>Urgent medical care may be needed.</i>
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event , like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.

Source: [Oregon Department of Education > Student Health Conditions > Communicable Diseases in Schools](#)

Now is the Time to Keep or Enroll in Health Insurance Coverage for 2024

Oregon Health Plan: Rolling Renewals

If you have Oregon Health Plan (OHP) or other Medicaid benefits, follow the steps below. If you had these benefits at any time during the COVID-19 pandemic, you may still have them.

1. Make sure your address is up-to-date. You can do that on your own or get free help in any of the ways below.
 1. Find an office or community partner near you at [KeepCovered.Oregon.gov](https://www.KeepCovered.Oregon.gov).
 2. Report changes and respond to renewals online at benefits.Oregon.gov.
 3. Call 800-699-9075 weekdays from 7 am to 6 pm. You can get help in many languages – find the language line numbers at benefits.Oregon.gov. Wait times are shortest between 7 am and 8 am.
2. Keep checking the mail for your renewal letters from the State of Oregon. When they come, do what they ask right away.

Oregon Health Insurance Marketplace: Enroll by Jan. 16, 2024

If you don't qualify for the Oregon Health Plan and don't get health insurance through your job, now through Tuesday, Jan. 16, 2024 is an important time. It's the only time of year most people can sign up for an individual or family plan to have coverage in 2024.

Get started by visiting OregonHealthCare.gov/WindowShop. This tool will allow you to preview programs, plans, and savings available to you; what plans will cover your current doctor; and how much your anticipated costs will be, including refilling your prescriptions.

The Oregon Health Insurance Marketplace helps connect Oregonians to health coverage and financial help through its federal partners at HealthCare.gov. It's the only place where you can get financial help on monthly premiums and other out-of-pocket costs. Nearly 80 percent of Oregonians enrolled through the Marketplace in 2023 qualified for financial help – that could be you, too!

Want help? A health insurance expert can help you, at no cost, apply for financial help and enroll in coverage. You can find an expert near you at OregonHealthCare.gov/GetHelp.

For more information, visit OregonHealthCare.gov or call 855-268-3767 (toll-free).



January 22nd

Yalla will donate 10% of all in-house, take-out orders, and gift cards to Bridlemile

7850 SW Capitol Hwy
Portland, OR 97219

IB Wells Boys Youth Lacrosse

IB Wells Boys Youth Lacrosse is hosting a new player orientation clinic at Rieke Elementary Field on Sunday, January 28, from 3:45-5 pm. Also, registration for IB Wells Boys Youth Lacrosse opens on January 21st and the season begins the week of March 6.

IBW Youth Lacrosse

New Player Orientation Clinic

Rieke Elementary School Field

Sunday, Jan. 28th, 3-4pm

New parents & boys, grades 1-8, are invited

All equipment provided

Dress for weather

Go to [WYLAX.net](https://www.wylax.net) for Club Info. Registration opens Sunday, Jan 22!

<https://www.wylax.net/>

Lincoln Youth Baseball



SPRING REGISTRATION NOW OPEN!

2024 is going to be a great year for **Lincoln Youth Baseball** as we roll out new initiatives, bring on more volunteers, and provide many opportunities for our young players to develop their skills and have lots of fun!

REDUCED REGISTRATION FEES FOR 2024



Tee Ball: Ages 4 - 6

\$115



Minors AA: Ages 7 - 8

\$225



Majors: Ages 11 - 12

\$285



Minors A: Ages 5 - 6

\$200



Minors AAA: Ages 9 - 10

\$250



Juniors: Ages 13 - 14

\$285

REGISTER TODAY!

We want to thank our volunteers who play their part so that Little Leaguers everywhere can live their own epic series.



Questions?
Brian Kinion
lybboardpresident@gmail.com
lincolnyouthbaseball.com

Cognizart 360 Arts Camp

More information about Cognizart 360 Arts Camp for summer found [HERE!](#)



Bridlemile Elementary School

Instagram: [@bridlemile_beagles](#)

Email: bridlemile-office@pps.net

Website: <https://www.pps.net/bridlemile>

Location: [4300 Southwest 47th Drive, Portland, OR, USA](#)

Phone: [503-916-6292](tel:503-916-6292)

Bridlemile Elementary School Website

All Friday Flyer messages are archived on the Bridlemile elementary school website.

Questions, comments or feedback about this newsletter? Just hit reply or email us at Bridlemile-Office@pps.net.



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