

Bridlemile Friday Flyer



10/30/2020

IMPORTANT DATES:

Nov 1st	Daylight Savings Ends- REMEMBER TO SET CLOCKS BACK!!!
Nov 6th	NO SCHOOL- Teacher Planning Day
Nov 11th	NO SCHOOL-Veteran's Day
Nov 23rd & 24th	NO SCHOOL-Parent/Teacher Conferences (Sign Up sheet see below)
Nov 25th-27th	NO SCHOOL- Thanksgiving Holiday

WHAT'S NEW INSIDE THIS ISSUE

- Message from Principal Townsend- Community Meeting for Students, Parents, & Community
- From the District- PDX Assist Application
- From Nutrition Services- Pandemic EBT Benefits Update
- From the Office- **Online Yearly Verification via ParentVUE deadline is October 31, 2020**
- From the Nurse- Immunization Exclusion Day; Flu Shot Flyer, Sports Physical Flyer, Benson Wellness Center Info
- Counselor's Corner- [10/30/20 Counselor Newsletter](#)
- Library News-Library Class Lessons Posting
- PTA/Foundation - Latest [Newsletter](#); **Holiday Greenery Sale on Now!** [Holiday Greenery Flyer](#)

MESSAGE FROM PRINCIPAL TOWNSEND

Bridlemile Community Meeting for Students, Parents and Community:

As many of you have expressed a strong desire to continue in the momentum that has been shifting in such a positive way, I would like to keep moving forward in our efforts to build relationships and community involvement.

Please join me for our next Bridlemile Community Meeting for Students!

Thursday, November 5th, 2020

6:00 PM

Zoom Meeting Link:

<https://pps-net.zoom.us/j/87331981834?pwd=Zmg1NWFTTR2Y2V2V2cXBpeFZ6VVRzUT09>

Meeting ID: 873 3198 1834

Passcode: Beagles

Meeting ID: 873 3198 1834

Passcode: Beagles

One tap mobile

+16699009128,,87331981834# US (San Jose)

+12532158782,,87331981834# US (Tacoma)

This meeting will be for students to attend! I would like to meet with all Bridlemile students to have a chance for us to get to know each other as well as giving them the opportunity to discuss any concerns they may have or ideas for connecting during distance learning. Following the Bridlemile Community Meeting for Students, we will hold a meeting for adults and staff.

[Here is a fun worksheet kids can complete to prepare their thoughts!](#)

Bridlemile Community Meeting for Staff, Parents and Community

**Thursday, November 5th, 2020
at 6:30 PM**

We are using the same Zoom link for the Parents and Community meeting. At the 6:30 PM meeting, I will give updates regarding building safety issues and other pertinent announcements, as well as hearing ideas/needs that you may have in terms of furthering community involvement, neighborhood safety, and action plans relating to racism and social injustices.

Thank you all in advance for taking the time to attend these Bridlemile Community Meetings, and for those who cannot, the meeting will be recorded in order for you to watch at your convenience.

See Something, Say Something

Portland Parks and Recreation Security Manager in Charge has reached out to Bridlemile to say there would be increased patrols of Hamilton Park. If parents or community members see something concerning in the park please report it to 503.823.1637.

Also remember that you can report a tip to a safety concern directly to SafeOregon by:



- Phone: 844-472-3367
- Text: 844-472-3367
- Email: tip@safeoregon.com

DISTRICT NEWS

For the latest district news click here: [PPS District Homepage](#)

At home strategies for families for Distance Learning [resources for P-12 strategies](#)

PDX ASSIST APPLICATION FOR \$500 VISA CARD ASSISTANCE

Please visit the City of Portland's [pdxassist.com](#) for an online application for \$500 Visa Cards to Portland households impacted by Covid-19. To qualify a household's income must be below 80% median income and need assistance. The application will open Tuesday, October 27 at 9am, and again on Friday, October 30 at 1pm. The first 1400 applicants will be awarded each day.

From: Office of Strategic Partnerships and Engagements

MENU OF STUDENT AND FAMILY SUPPORTS

As we continue through Comprehensive Distance Learning, we want to make families aware of a few resources. The [PPS Family Resources webpage](#) contains a variety of resources, including the Menu of Student and Family Supports available in the six supported languages at PPS. Families will receive a postcard soon with information about this menu of support.

The menu helps families and students find the services that are currently available to them and is listed by school. The menu includes details about the following services and supports:

- Academic Supports
- Belonging and Connection Services
- Family Supports and Resources
- Culturally Specific Supports

From: Racial Equity and Social Justice Department

Hacienda Expresiones program

The Hacienda Expresiones Program is a virtual after school program for K-8 students offering enrichment and academic support. All of the programming is online and materials are delivered to your home with no contact to your student or your family. Families should contact the site directly to enroll.

Click on these locations to find the one nearest to your home:

[Miraflores](#)

[Villa De Mariposas](#)

[Expresiones Jardines De La Paz](#)

[Expresiones Clara Vista Salon Comunal](#)

MESSAGE FROM NUTRITION SERVICES

PANDEMIC EBT BENEFITS UPDATE FROM ODE

A message from the Oregon Department of Education Child Nutrition Programs (ODE CNP) to address the questions about the Pandemic Electronic Benefit Transfer (P-EBT) 'extensions': On October 1, 2020, the State of Oregon was notified that funds for future P-EBT benefits have been approved. The Oregon

Department of Education (ODE) and the Department of Human Services (DHS) have not yet received the details regarding the new funding, and as a result, are unable to process any new student data for the P-EBT programs at this time. In addition, ODE has processed all eligible student information from the spring and fall data collection submissions from schools. The deadline for processing eligible student data from the original P-EBT data collection was September 30, 2020. Because of this deadline, ODE is currently unable to process changes or additional students from the original reporting. We will continue to provide more information in the near future as it becomes available.

For further information or questions about P-EBT benefits, please contact the Nutrition Services department at mealbenefits@pps.net.

FROM THE OFFICE

*****Online Yearly Verification via ParentVUE deadline is October 31, 2020*****

Dear Families,

Beginning on November 1, 2020, if you have not submitted the online Yearly Verification for your student(s), you will receive the following message upon logging in to your ParentVUE account: *"The Yearly Verification process must be complete to continue"*. You will not be able to access ParentVUE until your student verification is complete. Click [ParentVUE](#) to begin, and click on the Yearly Verification Tab.

If you are having difficulty with the online process, please contact the office for assistance.

If you would prefer to complete the verification via paper, please contact the office bridlemile-office@pps.net and we will email you a hardcopy of your student's profile. Please review all the information and write in any necessary changes. Be sure to **sign and date** the paper verification form and return to the office via email or regular mail to the school.

Thank you!

Bridlemile Fall Conference Sign-ups

This year, conference sign-ups will be happening via Google Calendar. To sign up for a conference time please follow these steps:

1. Click on the link below for your child's teacher. The link will bring you to a Google calendar specific to each teacher so you will need to sign in with a Google account to access it. Student accounts will work fine if no parent Google account is available.
2. Advance the calendar to Nov. 23-24 (there is a link at the bottom of the page that will do this automatically)
3. Click on the available time slot that you want to claim. Click on save to finalize your sign-up.



A video version of these steps can be found here: [Bridlemile Conference Sign-Up](#)

Please note that while slots are 30 minutes, conferences will only be 20 minutes. The additional time is allotted for teachers to transition between meetings.

Teacher	Sign-up Links
Sumner	Sumner Conference Link
Beebe	Beebe Conference Link
Black	Black Conference Link
Augustine	Augustine Conference Link
Guthrie	Guthrie Conference Link
Rischiotto	Rischiotto Conference Link
Smith/Barde	Smith/Barde Conference Link
Hales	Hales Conference Link
Koning	Koning Conference Link
Maddy	Maddy Conference Link
Gayler	Gayler Conference Link
Lockett	Lockett Conference Link
Welle	Welle Conference Link
McNeal	McNeal Conference Link
Miner	Miner Conference Link
Dillon	Dillon Conference Link
Gooselaw	Gooselaw Conference Link

Hansen	Hansen Conference Link
Whitaker	Whitaker Conference Link
Covington-Brehm	Covington-Brehm Conference Link

Specialist teachers will also be available to meet remotely to talk about their program or answer questions. Please follow the same sign-up procedure to schedule a meeting with a specialist teacher.

Specialist Meeting Sign-Ups

Barlow	Barlow Conference Link
Morris	Morris Conference Link
McCormick	McCormick Conference Link
Dahinden	Dahinden Conference Link
Stenger	Stenger Conference Link

FROM THE NURSE

Immunizations are an important part of keeping our kids and community safe from certain diseases. That is why vaccines are required for school. Click [here](#) to see what immunizations are required for your child's grade. Fall is a great time to catch-up on vaccines and get your yearly flu shots. Students need to be up-to-date on vaccines or give the school documentation of an exemption by early January, so that your child is not at risk of being excluded from school. **Exclusion day is February 17, 2021.**

Family Resources:

 [2.0 Community Flu Shot Poster.pdf](#)

 [PPS SHC Spanish Sports Physical 2020.pdf](#)

 [PPS SHC English Sports Physical 2020.pdf](#)

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

Dear PPS Families,

Since the start of the COVID-19 pandemic, there has been a significant decline in children accessing

preventative medical services like vaccines and well child checks. We're happy to announce that we have reopened two of PPS' school-based health centers to provide access to medical services for students while the district continues to hold classes remotely. School-based health centers offer quality, affordable health care by doctors and Family Nurse Practitioners for children and youth with no out of pocket cost.

The opening of the **Benson Wellness Center** will join the **Roosevelt Student Health Center** as the second school-based health center to re-open in PPS. These centers provide students an additional option to access health care aside from their primary care provider and serve students who don't have access to health care.

Benson Wellness Center

- **Where:** Benson Polytechnic High School, 546 NE 12th
- **Serves:** All PPS students ages 7 to 21
- **Partners:** Oregon Health Services University, Multnomah County, Multnomah Education Service District
- **Services:** Regular check-up, sports physical, primary care, immunizations, injury evaluation, mental health and substance use evaluation and treatment, sexual health, other medical questions. The center does not offer COVID-19 testing, but can refer patients to testing sites sponsored by OHSU or Multnomah County.
- **If you need care:** Call 503-494-8505 to register for first-time patients; call 503-418-0409 to make an appointment, in-person or virtual. Please note that face masks are required during appointments.

See the flyer for more information. For questions about the Benson Wellness Center please contact Caroline Bleckmann, School Social Worker, by email or phone at cbleckmann@pps.net or 503-729-3486.

Hours for an in-person appointment:

Tuesday & Thursday: 1:00 p.m.- 5:00 p.m

Wednesday: 8:00 a.m. - 12:00 p.m.

Phone or virtual appointment:

Monday - Friday 8:00 a.m - 5:00 p.m.

Stay connected via Instagram [@Benson_wellness_center](https://www.instagram.com/Benson_wellness_center).

Link to fliers in multiple languages

[English](#) [Spanish](#) [Chinese](#) [Russian](#) [Somali](#) [Vietnamese](#)

Roosevelt Student Health Center

- **Where:** Roosevelt High School, 6941 N Central St.
- **Serves:** All K-12 youth that live in Multnomah County
- **Provider:** Multnomah County
- **Services:** Check-ups, sports physical, immunizations, illness or injury, flu shots, COVID-19 testing, reproductive health, prescriptions, lab tests, counseling.
- **If you need care:** Call 503-988-3909 to schedule an appointment (in-person or virtual)
- **Other options:** Any PPS student can utilize, at no cost, the Multnomah County Student Health Centers at David Douglas High School (call 503-988-3554) and Parkrose High School (503-988-3392), including COVID-19 testing. More information is available at the [Multnomah County Student Health Center website](#).

Also, we'd like to remind families that medical insurance is available at no cost to any youth 18 or younger, regardless of immigration status, through the Oregon Health Plan. Please see the [OHP flyer](#) for

[more information.](#)

If you have any questions about student health services, feel free to contact Leti Ayala, PPS Health Services Coordinator, at layalaguillen@pps.net.

Greetings to all Families from your School Nurse, Trudy Davis BSN, RN

Flu season is here and it's never too early or too late to get your flu shot. The flu shot remains our best defense against contracting the flu. It is especially important now due to the COVID-19 pandemic to protect yourself against the flu. The County Health Department provides the following information about the flu.

<https://multco.us/health/diseases-and-conditions/influenza>

The flu is a contagious disease caused by influenza germs. Flu can lead to mild to serious illness, and can sometimes lead to hospitalization and death.

Flu is spread from person to person by coughing, sneezing, talking or singing.

Adults and children should get a flu shot each year.

You should also stay home if you are sick. Cover coughs and sneezes, and wash your hands frequently with soap and water, or use a hand sanitizer to avoid getting sick.

Please contact me at tdavis@mesd.k12.or.us if you have any questions or need resources to access health care in general. This year due to CoVid-19 flu vaccine clinics are not scheduled with the county at this time. However, families can go to any pharmacy and get their flu shot generally for free depending on insurance. This is quite convenient, as pharmacies are located in many grocery stores, like Safeway or Fred Meyer. Kaiser patients can access the website with their member ID <https://thrive.kaiserpermanente.org/care-near-oregon-southwest-washington>. There is a drive through option at Clackamas Town Center and there may be other drive through options as well.

COUNSELORS CORNER

Click the link to see this week's counselor Newsletter: [10/30/20 Counselor Newsletter](#)

MUSIC NEWS FROM MS. BARLOW

Dear families,

The links provided below contain information on Band and String Classes for fourth and fifth graders. We will fill out the Instrument Rental form later. Please read the information and I'll look forward to hearing from those who are interested in playing an instrument in this unusual year!

Thank you, Becca Barlow - Music Teacher

[Band and Strings Classes](#)

[2020-21 Musical Instrument Rental Contract](#)

LIBRARY NEWS FROM MS. DAHINDEN

**Library class lessons are posted asynchronously every other week in your student's Library SeeSaw Class.

BOOK RETURN

New Schedule for Library Book Return

Library book return will be on Wednesdays from 12-3pm, and Thursdays and Fridays from 8:30-3:00 pm on school days.

Susan Dahinden, Teacher Librarian sdahinden@pps.net

PTA/FOUNDATION NEWS

Here is the link to this week's PTA/Foundation newsletter: [Newsletter](#)

Holiday Greenery Sale Going on Now!

Bridlemile's 5th grade classes have partnered with Teufel Farms to sell beautiful wreaths, garland, centerpieces, and dwarf Alberta Spruce trees. Shop early! Visit

<https://my.cheddarup.com/c/bridlemile-holiday-greenery> to place your order today.

Orders are due by November 15th.

Greenery will be ready for pickup on December 4th and 5th, most likely at Hamilton Park.

Please contact Heather Rosqvist or Kim Mathews with any questions:

holidaygreenery@bridlemileschool.org

Jen Moylan (PTA President) pta@bridlemileschool.org

Nick Fisher (Foundation President) bridlemilefoundation@gmail.com

COMMUNITY NEWS

[Oregon Health Plan Free Health Insurance Coverage Flier](#)

[Saturday Academy Fall 2020 Online Classes](#)



[School Website](#)

503-916-6292

Friday Flyer Archives: [School Website](#)

PTA/Foundation: [Parent Resources / Bridlemile](#)

PTA Website: <https://bridlemileschool.org/>