

Mark Your Calendars

December 9

[PTA Meeting](#), 6:30

December 10

Parenting through the Holidays During a
Pandemic Workshop (Registration info below),
6:00-7:30

December 11

Early Reading Workshop in English
(Registration info below), 4:00-6:00

December 12

Early Reading Workshop in Spanish
(Registration info below), 10:00-12:00

December 14

[First Parent Support Group](#), 3:30

December 21-January 1

Winter Break

January 4

School Resumes

School News

Parent Support Group

Several months into Comprehensive Distance Learning, the Capitol Hill community has shown such incredible resilience and adaptability. We also recognize the extreme challenges of this pandemic and of distance learning. To help navigate these challenges, we encourage you to take advantage of the following offerings:

- **New: Drop-In Support and Networking Group for Parents and Caregivers, Mondays 3:30-4:30:** We will be hosting a regular (virtual) drop-in support group for parents and caregivers in the Capitol Hill community. Come to connect with other Capitol Hill families, problem solve common challenges with distance learning, ask questions, and share resources. This group will be hosted by our school social worker, Avy Harris. Dr. Aimee Alexander-Shea will also be available for questions and support. Drop in every Monday beginning Dec. 14 with this [Google Meet link](#).
- **Office Hours with School Counselor, Dan Zelazek:** Students or caregivers can drop in to our counselor's office hours for questions or support. Check in about academic, social, emotional, or behavioral questions or just come to say hi!
 - Wednesdays, 2:30-3:15
 - Thursdays, 11:30-12 and 1-1:30
 - meet.google.com/lookup/mrzche or Google Meet Code: MrZCHE (Must be logged in with a PPS Student account)
- **At Home Strategies for District Learning:** Portland Public Schools has gathered some excellent resources to help families through distance learning. Explore ideas and strategies [here](#).

Art and PE Supplies Lists

Mrs. Helmsworth and Mr. Gustin are putting together supply lists for specials. Help will be available for families who are not able to purchase supplies.

Our Playground is Open!

As you may have heard, the district was able to open our playground this week. We know many of our students have really missed playing at school. If you decide to come to the playground, please wear face masks and maintain social distancing. We also encourage you to put hand sanitizer on your child's hands before and after they are on any equipment. Thanks for working with us to keep everyone safe and healthy.

You Are Cordially Invited

Capitol Hill PTA is inviting you to a scheduled Zoom meeting.

Topic: Capitol Hill PTA Meeting

Time: Dec 9, 2020 6:30 PM

Join Zoom Meeting

<https://zoom.us/j/94651650150?pwd=UzlJaHBVQmE2YzJkVUVWeEY2NTByUT09>

Meeting ID: 946 5165 0150

Passcode: 407458

Find your local number: <https://zoom.us/u/ab6QfG4iDq>

Winter Break Camp

Champions is offering Winter Break Camp at Creston Elementary. We will follow all COVID protocols by OHA and CDC. This is a designated Oregon Essential Child Care site and is licensed. ERDC is accepted. We have tons of fun plans including canvas painting, arts and crafts, and science experiments, all while social distancing. We have limited pod sizes and are taking enrollments now on discoverchampions.com or by contacting Family Support at 1-800-246-2154 and they can help walk you through the process. We will be open December 21st-23rd and December 28th-30th for a \$150 weekly cost. If you are interested in care and have additional questions, please contact Stephanie Balke at sbalke@discoverchampions.com or call 503-915-3063.

Free Early Reading Workshop for Parents

The Humanities Department is offering a virtual workshop in collaboration with Read by 4th, Drexel University School of Education, and AIM Institute designed to help parents grow their grade K-3 students into strong readers. This workshop will have ideas for making reading fun with the ultimate goal of reading by 4th grade. Parents will receive a workbook to use during and after this workshop.

Sessions will be offered in both Spanish and English with translation available during the English session. Sessions will be recorded.

- Friday, December 11, 2020 (4:00 pm-6:00 pm) - English with translation
- Saturday, December 12, 2020 (10:00 am - 12:00 pm) - Spanish

[Registration link](#)

[English flyer](#)

[Spanish flyer](#)

Free Parenting through the Holidays During a Pandemic Workshop

Big Village and Volunteers of America are offering a [free workshop on parenting](#) through the holidays during a pandemic on Thursday 12/10/20 from 6:00-7:30. It will include brief presentations, resources and strategies and break out groups for parents to connect and share with other parents. Questions? Please contact Mary Krogh by email or at 503-577-6104.

FACE COVERING REMINDER FOR FAMILIES DURING CURBSIDE MEAL SERVICES

Our Nutrition Services team has noticed that some families are becoming more comfortable with the services and may not always be wearing a face covering when they are walking up to receive meals for their children. Please wear face coverings if you use the curbside school meal service locations!! The Nutrition Services Staff would greatly appreciate it.

Special Thanks ♥

- Thanks to our Social Worker, Avy Harris, for setting up a Parent Support Group. We hope you will join.
- Thanks to the PTA for providing our teachers with finances for supplies. We really appreciate all you do for us.

PTA News 📧

Please read the latest [PTA Newsletter!!](#)

Visit the PTA Website for PTA News = <https://capitolhillpta.membershiptoolkit.com/>

Foundation News 📧

Please visit the Foundation Web Page for Foundation News = <https://capitolhillfoundation.com/>