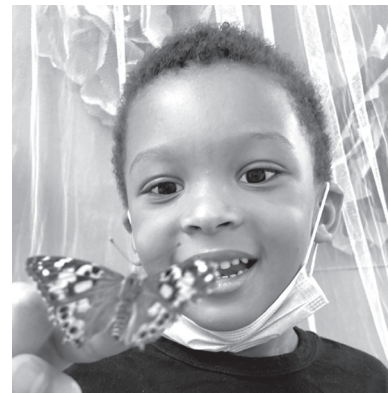


Calendar 2023–2024



Portland Public Schools • Early Learners Programs

Applegate

7650 N Commercial St, 97217
503-916-6294

Boise-Eliot/Humboldt

620 N Fremont Ave
503-916-6171

Clarendon Early

Learning Academy

9325 N Van Houten Ave, 97203
503-916-6269

Creston Annex

4620 SE Powell Blvd, 97206
503-916-6219

Dr. Martin Luther King Jr.

4906 NE 6th Ave
503-916-6456

Faubion School

2930 NE Dekum St
503-916-5686

Grout

3119 SE Holgate St, 97202
503-916-6711

Jason Lee

2222 NE 92nd Ave, 97220
503-916-3170

Kelly Center

9015 SE Rural St, 97266
503-916-5774

Marysville

7733 SE Raymond St
503-916-6363

Native Montessori

at Faubion School

2930 NE Dekum St
503-916-5686

Oliver P. Lent

5105 SE 97th Ave
503-916-6322

Rosa Parks

8960 N Woolsey Ave
503-916-6250

Sacajawea

4800 NE 74th Ave, 97218
503-916-5724

Sitton

9930 N Smith St, 97203
503-916-3043

Whitman

7326 SE Flavel St, 97206
503-916-3010

Portland Public Schools Early Learners Leadership Team

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Skyelar Willis
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Nikki Zanotti
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Program Dietician

Katlyn Wolf
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Inclusion Manager

Daniela DeYoung
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Mental Health Manager

Paula Zaninovich
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PORTLAND PUBLIC SCHOOLS

2023-24 District Calendar



Pre-K Calendar

No school due to holiday, break period, or non-child day.

Escuelas cerradas por día festivo o vacaciones.

Trường học đóng cửa vì nghỉ lễ hoặc kỳ nghỉ.

学校因假期或休息时间而关闭

Religious or cultural holiday

SEPTEMBER 2023

M	T	W	T	F
				1
4	5	6	7	8
11	PK	12	13	14
18	19	20	21	22
25	26	27	28	29

OCTOBER 2023

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER 2023

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER 2023

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JANUARY 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY 2024

M	T	W	T	F
		1	2	
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MARCH 2024

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

APRIL 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY 2024

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

JUNE 2024

M	T	W	T	F
3	4	5	6	7
10	11	★	12	13
17	18	19	20	21
24	25	26	27	28

No School Dates:

Sept 22	Dec 18-Jan 1	March 25-29
Oct 13	Jan 12	April 5
Oct 20	Jan 15	April 8
Nov 3	Jan 26	April 26
Nov 10	Jan 29	May 10
Nov 17	Feb 16	May 17
Nov 20-24	Feb 19	May 24
Dec 8	March 8	May 27

PK	Head Start/Pre-Kindergarten first day Primer día de Prekindergarten/Head Start Ngày đầu tiên của Lớp Mầm Non /Lớp Head Start 学前班/启蒙项目的第一天
★	Last day of school for students último día de clases para estudiantes Ngày cuối cùng của trường sinh 学生上学的最后一天
+	Day/evening conferences (no school for students) Conferencias (no hay clases para los estudiantes) Họp giáo viên-phụ huynh ban (học sinh không đi học) 白天/晚间会议 (学生不上学)
☼	Possible snow make up day Posible día de recuperación de días perdidos por nieve Ngày có thể dùng để học bù cho những ngày nghỉ vì tuyết 可能的雪天弥补日

When your child is sick:

1. Have plans for back up childcare.
2. Call your Teacher or Family Service Worker/Community Agent if your child stays home.

Please Do Not Send an Ill Child to School

If your child is ill, has a rash, diarrhea, vomiting, or his/her fever is 100.4° please keep them home. Contact your health care provider for advice. Teachers will check in with you every day when you drop off your child, to make sure they are well.

Calling all fathers and important male figures in your child's life:

We need your participation!

Did you know: Children who have involved fathers or male role models, show more sense of humor, longer attention spans, and an eagerness for learning. They are also less likely to drop out of school and more likely to experience school success!

Some opportunities for father and/or important male figures to participate include talking to child about their day, attending teacher conferences, dropping off/pick up child from school or bus stop, joining school parent groups. Teachers and your Family Service Worker/Community Agent may have suggestions, too.



School Year 2023-2024



Oregon law requires the following shots for school and child care attendance*

A child 2-17 months entering
**Child Care or
Early Education** needs*

Check with your child's program or
healthcare provider for required vaccines

A child 18 months or older entering
**Preschool, Child Care, or
Head Start** needs*

4 Diphtheria/Tetanus/Pertussis (DTaP)
3 Polio
1 Varicella (chickenpox)
1 Measles/Mumps/Rubella (MMR)
3 Hepatitis B
2 Hepatitis A
3 or 4 Hib

A student entering
**Kindergarten or
Grades 1-6** needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering
Grades 7-12 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

Immunization Requirements 2023-2024

Preschool, Child Care or Head Start

4 doses - Diphtheria/Tetanus/Pertussis (DTaP)
3 doses - Polio
1 dose - Varicella (chickenpox)
1 dose - Measles/Mumps/Rubella (MMR)
3 doses - Hepatitis B
2 doses - Hepatitis A
3 or 4 doses - Hib

**Immunization
Exclusion Day**
February 21,
2024!

Due by 10/25/23

Developmental
Screening

Medical/Dental Home

Hearing/Vision
Growth Screening

Due by 12/8/23
Dental Exam
Health Exam

Home Visits with Family Service Workers and Community Agents.

During the Fall and Spring, Family Service Workers/
Community Agents will come to your home to visit with
you, and get to know your child and family! During this visit
we will talk about your goals for yourself and family, any
resources or support you might want, as well as identify who
your support system is. We are excited to share information,
and get to know your family more!

**At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*

1/2023

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome to School! Celebrate National Hispanic/Latinx Heritage Month (Sept 15 to Oct 15)					1	2
3	4 No School Labor Day Holiday	5	6	7	8	9
10	11 First Day of School	12	13	14	15 Rosh Hashanah begins at sundown ends on Sept 17	16
17 Rosh Hashanah ends at nightfall	18	19	20	21	22 No School	23
24 Yom Kippur begins at sundown ends on Sept 25	25 Yom Kippur ends at nightfall	26	27	28	29	30



Keep Me Home If:

- I'm vomiting. Any vomiting in last 48 hours.
- I have a rash. Stay home until rash disappears or your Doctor says it is okay to go to school.
- I have an eye infection. Any drainage from the eye.
- I have diarrhea. Any diarrhea in the last 48 hours.
- I'm just not feeling very good. Unusually tired, pale, lack of appetite, confused or cranky.
- I have a cold. With sore throat, ear pain, frequent cough, or large amount of nose drainage.
- I have a fever. Temperature of 100.4°.

**My school will have
a dental visit on:**

**My school will have
a vision screening on:**

**My school will have
a hearing screening on:**



Fluoride Varnish for Healthy Teeth

Free fluoride varnish and dental screenings are offered at your child's school. A dental screening is a quick look inside your child's mouth to check the overall health of their teeth. Fluoride varnish is a protective coating brushed on the teeth.

What you need to know:

- 🦷 Fluoride varnish is a safe and quick way to protect teeth from cavities.
- 🦷 Fluoride varnish does not hurt.
- 🦷 Screenings and fluoride varnish are done by dental care professionals.

Keeping a Healthy Smile

- 🦷 Brush and floss every day.
- 🦷 Use fluoride toothpaste the size of a grain of rice.
- 🦷 Choose healthy snacks such as fruits and vegetables.
- 🦷 Try drinking water over juice.
- 🦷 Healthy baby teeth will help prevent problems in adult teeth.
- 🦷 See a dentist at least once a year.

**For more information, about All Smiles
Community Oral Health, call 503-521-7166.**

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Indigenous Peoples' Day	10	11	12	13 No School	14
15	16	17	18	19	20 No School	21
22	23	24	25	26	27	28
29	30	31	Celebrate National Hispanic/Latinx Heritage Month (Sept 15 to Oct 15)			

Food Resources

NEED FOOD?

You can get help with your food needs. Find help getting fresh local food.



Learn more:



NEEDFOOD.OREGON.GOV

YOU DO A LOT



WIC IS HERE TO HELP!

WIC is a public health nutrition program serving Oregon families. Even if you do not qualify for SNAP or the Oregon Health Plan (OHP), you may be eligible for WIC. Check online at healthoregon.org/wic.

TO SUPPORT YOU WE OFFER:

- Pregnancy & breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources

WIC is all about healthy babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!

DID YOU KNOW?

If you are a dad, grandparent, foster parent, or legal guardian of a child under 5, you can apply. WIC gives you the information, tools, and support to be the caregiver you want to be.

FIND OUT MORE!



- ⇒ Call 211
- ⇒ Text HEALTH to 898211
- ⇒ Visit healthoregon.org/wic, fill out our WIC Interest Form and we'll be in touch!

Oregon
Health
Authority

wic OREGON
GROWING HEALTHY FUTURES

If you need this information in large print or in an alternative format, please call 971-673-0040 or TTY 800-735-2900.

This institution is an equal opportunity provider.

57-400 (7/2021)

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Native American Heritage Month			1	2	3 No School	4
5	6	7	8	9	10 No School Veteran's Day Holiday	11
12 Diwali	13	14	15	16	17 No School	18
19	20 No School Parent/Teacher Conferences	21 No School Parent/Teacher Conferences	22 No School	23 No School Thanksgiving	24 No School Native American Heritage Day	25
26	27	28	29	30		

KIDS LOVE ROUTINES



Brush, Book, Bed



Brush!

Brush with fluoride toothpaste for two minutes each day & night.

Book!

Sing, talk, & read aloud as much as possible to your child.



Bed!

Start your nighttime routine 30 minutes before bedtime.



Find out more at
**HealthyChildren.org/
BrushBookBed**

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Brush, Book, Bed combines 3 important activities into an easy nighttime routine: **brush teeth, read a book, and go to bed.**

Brush

Each night, here's how you can help your children brush their teeth.

- Once even just one tooth appears, brush two times a day with fluoride toothpaste. For ages 3-6, keep toothpaste about the size of a small pea.
- It's okay to let your child practice brushing, but they need your help to do the best job!

Book

After you have helped your children brush their teeth, it's time to read!

- It's okay to let your child pick the books to read.
- Children love to hear your voice. Act out the story using your voice, hands, and face.
- Point out and name pictures in the books you read. Ask questions as you read.

Bed

After brushing teeth and reading together, it's time to go to bed.

- Make daytime playtime. Play and exercise during the day will help your children sleep at night.
- Put your children to bed when drowsy but still awake so they learn how to fall asleep on their own.

Do your best to start your routine every night at the same time, 30 minutes before bedtime, so that you have enough time to brush teeth, read together, and go to sleep.

Inclement Weather Information

When inclement weather is expected on the morning of a school day, every attempt is made to decide about school closures and schedule changes the evening before. If you do not see any emergency announcements posted at our media outlets then PPS schools and offices will be open at their regular starting times.

Find out about closures and delays:

- PPS will send text alerts to families, students and PPS staff who have opted in to receive SMS text alerts on their cell phones. If you are a parent or guardian, a student or a PPS staff member, you can opt in to receive texts by texting YES to 68453.
- An automated phone call is sent to affected families.
- The District has a Twitter feed to relay closure, delay and emergency information. Follow @PPSConnect.
- Information also is posted on the PPS website and submitted to the media.
- Additional District announcements could come out throughout the day as the weather is monitored.

Delays and closures: The District has two options in the event of bad weather; Delay school openings for two hours or close the schools altogether. Before deciding which to do, District officials consult with local meteorologists, city transportation officials and PPS transportation.

Late Start: If a two hour late start decision is implemented and for example your bell time is 8:00 AM, your scheduled late start time would be 10:00 AM.

Individual school decisions: The District may close or delay schools at higher elevations while keeping schools at lower elevations open.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Hanukkah begins Dec 7 sundown to Dec 15 nightfall	8 No School	9
10	11	12	13	14	15 Hanukkah Ends	16
17	18	19	20	21	22	23
** Winter Break – NO SCHOOL **						
24	25 Christmas	26 Kwanzaa begins Dec 26 to Jan 1	27	28	29	30
31	** Winter Break – NO SCHOOL **					



Get ready for one of the biggest adventures of your child's life!

School will be starting soon. These tips can help your children look forward to attending school every day.

Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for kindergarten or first grade?

Adventure Time!

Take your child to visit the school to see the building

- If possible, meet their teacher and visit their classroom!
- Visit with neighbors to see who is going to the same school. It's always fun to have a buddy.
- Explore a pick-up and drop off sharing plan with neighbors, or a "Walking School Bus."
- Respond right way to outreach from your child's teacher. Ask any questions you have!



Story Time!

Tell your child positive stories from when you were a young student

- Make up silly songs about everyday routines: getting up, eating breakfast and going to school.
- Read to your child each night in your home language.
- Books can address children's concerns in playful ways and support conversations.



It is very important for children to attend class every school day each week in order to benefit from the Head Start program.

If your child must miss class, please call the center that day and let the teacher know the reason for your child's absence.

Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

Habit Time!

Set a standard bed and wake up time a few weeks in advance

- Let children choose what clothes they'd like to wear the next day.
- Routines make everyone feel in control, and that's a good feeling.



Good Health Time!

Make sure your child has the right shots to attend school

- Ask your child's teacher about health and safety procedures.
- Ask questions about any concerns you have related to Covid-19.
- Schedule non-Covid-19 medical appointments and extended trips when school is not in session.



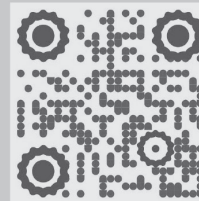
January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No School New Year's Day Kwanzaa ends	2	3	4	5	6
7	8	9	10	11	12 No School	13
14	15 No School Dr. Martin Luther King, Jr. Day Holiday	16	17	18	19	20
21	22	23	24	25	26 No School	27
28	29 No School	30	31			

Connect to Kindergarten!



For more information,
visit your neighborhood
school's website or scan
the QR code below.



EARLY
LEARNERS
DEPARTMENT

pps.net/earlylearners



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate African American/Black History Month				1	2	3
4	5	6	7	8	9	10 Lunar New Year
11	12	13	14 Ash Wednesday	15	16 No School	17
18	19 No School President's Day Holiday	20	21 Immunization Exclusion Day	22	23	24
25	26	27	28	29		

Healthy at Home

Home Safety Checklist

- Keep all medicine, cleaning and harmful products away from children.
- Use cabinet locks and electrical socket covers.
- Use safety gates on stairs.
- Use cribs with fixed sides rather than drop sides.
- Keep cribs away from windows and blind cords.
- It is best to use cordless window coverings, if possible. If not, keep cords tied high out of children's reach.
- Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
- Keep children away from hot foods and liquids.
- Turn pot handles to the back of the stove.
- Set your water-heater thermostat to 120 degrees or less.
- Keep children away from heaters or fires.
- Have a smoke alarm on every floor. Replace batteries in the spring and fall.
- Get a carbon monoxide detector, if you do not have one.
- Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
- Ask your pediatrician about foods and small objects that can cause choking.
- Make and practice an escape plan.



**American
Red Cross**

Download the app today. Text "GETFIRST" to 90999 or search "American Red Cross" in the iTunes or Google Play App stores.

Outside Safety

- Use sunscreen.
- Teach your child to stay out of the street.
- Look for playgrounds with soft surfaces instead of dirt.
- Watch your child closely on the playground.
- Remove drawstrings from clothing.
- Keep shoelaces short and tied.

Water Safety

- Know that a child can drown in any amount of water that covers his mouth and nose.
- Always stay within arm's reach of your child if he is in or near water.
- Learn to swim, and take your child to professional swim lessons.
- Use four-sided fences with self-latching gates around pools.
- Learn cardiopulmonary resuscitation (CPR).

Car and Truck Safety

- Choose a car seat that is right for your child's age, height and weight.
- Choose a seat that fits in your car or truck and use it all the time.
- Ask your Head Start staff where you can go in your community to learn how to install your child's car seat safely.
- Be sure that children younger than 13 only sit in the back seat.
- Never leave your child in a car without an adult.
- Teach children that vehicles are never safe places to play. Even if the windows are open, young children can become dangerously overheated within the first 10 minutes.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Women's History Month <i>and</i> Intellectual and Developmental Disability Awareness Month					1	2
3	4	5	6	7	8 No School	9
10 Ramadan begins at sundown and ends on April 9	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Good Friday	30
31 Easter	** Spring Break – NO SCHOOL **					

Mental Health

What is mental health?

Mental health means that young children are growing in their ability to:

- Understand and share feelings
- Have close and positive relationships
- Explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems
- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school

Things You Can Do and Say to Help Your Child

For Your Infant

- Hold your baby during feedings. "I love cuddling when I feed you."
- Look at your baby and smile, smile, smile! "Hey, when I smile, you smile back."
- Talk about what you are doing. "I'm going to change your diaper now."
- Try to relax and have fun. "When I am happy, you are less fussy."
- Read and sing to your baby every day. "It is bedtime. Time for a story and favorite song."
- Take care of yourself. "When I am rested, I take better care of you."

For Your Toddler/Preschooler

- Make sure they always feel safe. "I know loud noises can be scary, but it's okay."
- Offer choices. "Do you want the blue shirt or the red shirt?"
- Practice patience. "Let's wait until the song is over and then we'll go outside."
- Show understanding. "You *really* want another cookie! It is hard when you can only have one."
- Leave extra time. "I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day. "There is so much to do but it is important for us to play together."
- Follow her interest. "I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying. "I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions. "First pick up the blocks, then take out the cars."

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 No School	6
7	8 No School	9 Ramadan ends at nightfall Eid al-Fitr begins at sundown and ends on April 10	10 Eid al-Fitr ends at nightfall	11	12	13
14	15	16	17	18	19	20
21	22 Passover begins at sundown and ends on April 30	23	24	25	26 No School	27
28	29	30 Día de los Niños Passover ends at nightfall	National Child Abuse Prevention Month			

Safety and Injury Prevention for Young Children Is:

Making sure children have safe places to grow and learn

- Protecting children from danger
- Teaching children what to do to be safe

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence

Police, Fire, Emergency..... 911

211 Info.....211 or 1-866-698-6155

www.211info.org

Oregon Health Plan..... 1-800-699-9075

www.oregon.gov/oha/hsd/ohp

WIC211

www.healthoregon.org/wic

Call to Safety (Call or text).....503-235-5333

or1-888-235-5333

www.calltosafety.org

Poison Control Center..... 1-800-222-1222

www.poisonhelp.org

Help Prevent Asthma: Keep Your Home Smoke-Free

Why Is It Important?

- Children should be in places that are smoke-free, all of the time.
- Secondhand and thirdhand smoke are triggers for asthma, but you can avoid them.
- Cigarette smoke and e-cigarette smoke contain chemicals, including some that can cause cancer.

Things You Can Do to Help Your Child

- The most important thing you can do to help a child with asthma is to have a smoke-free home.
- Secondhand smoke is never safe.
- Secondhand smoke can cause infections.
- Because children are smaller and still growing, secondhand smoke is even more dangerous for them than it is for adults.
- Children are in the hospital for asthma more often than for most other health problems.
- Children with asthma miss more days of school than children without asthma.
- If a child has asthma, breathing in secondhand smoke can cause more severe asthma attacks.
- Being near secondhand smoke can cause children without asthma to have asthma-like symptoms.
- Chemicals from tobacco smoke (thirdhand smoke) may stay in the air and on your clothes for days or weeks after a cigarette is put out.
- Thirdhand smoke is never safe.
- Your pediatrician can help you or others quit smoking.

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Asian American & Pacific Islander Heritage Month Teacher Appreciation Week is May 6-May 10			1	2	3	4
5	6	7	8	9	10 No School	11
Teacher and Administrator Appreciation Week						
12	13	14	15	16	17 No School	18
19	20	21	22	23	24 No School	25
26	27 No School Memorial Day Holiday	28	29	30	31	

Summer Resources

Portland Parks and Recreation
503-823-2525

www.portlandoregon.gov/parks
Local parks, day camps and classes throughout the area.

Multnomah County Library
503-988-5123

<https://multcolib.org>

Story Hours:

Check your local library for times.

Belmont—1038 SE Cesar E. Chavez Blvd

Capitol Hill—10723 SW Capitol Hwy

Central Library—801 SW 10th Ave

Fairview-Columbia—1520 NE Village St

Gregory Heights—7921 NE Sandy Blvd

Gresham—385 NW Miller Ave

Hillsdale—1525 SW Sunset Blvd

Holgate—7905 SE Holgate St

Hollywood—4040 NE Tillamook St

Kenton—8226 N Denver Ave

Midland—805 SE 122nd Ave

Northwest—2300 NW Thurman St

Rockwood—17917 SE Stark St

Sellwood-Moreland—7860 SE 13th Ave

St. Johns—7510 N Charleston St

Troutdale—2451 SW Cherry Park Rd

Woodstock—6008 SE 49th Ave

Summer safety for kids

1. Keep watch to prevent drowning.
Actively supervise children at all times when in or around water, and make sure you have the right equipment to keep pools safe.
2. Look for signs of heat exhaustion.
Make sure children take water breaks and wear lightweight clothing when playing outside.
3. Check for car safety.
Make sure your child's car seat is properly fitted before hitting the road for a family vacation. Never leave a child unattended in a car. Establish a routine to check the car before locking.
4. Protect skin from the sun.
Apply sunscreen with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has been in or splashed by water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in sun protective clothing.
5. Avoid bug bites.
To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions and cover arms and legs as much as possible.
6. Enjoy fireworks safely.
Read instructions carefully, and never let young children touch or light fireworks.
7. Drink enough water.
Kids are more prone to dehydration than adults, and their risk increases as temperatures rise. A general rule is to take half of your child's weight (up to 100 pounds) - and that's the number of ounces of water they should drink every day.
8. Don't monkey around.
Always supervise children on playgrounds, and choose the right play equipment for your child's age and skills. In the summer sun, it's also a good idea to carefully touch equipment to check for hot surfaces before playing on it.
9. Wear a life jacket on boats.
If you're heading to the lake to cool off this summer, make sure to bring a U.S. Coast-Guard approved personal flotation device. A properly fitted life jacket is snug yet comfortable, and will not move above the chin or ears when you lift it at the shoulders.
10. Ride bikes the smart way.
Wearing a helmet is the first rule to preventing serious bicycle injuries in kids. Make sure bikes and helmets fit kids properly and follow smart rider rules.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate LGBTQ+ Pride Month						1
2	3	4	5	6	7	8
9	10	11 Last Day of School	12	13	14	15
16 Eid al-Adha begins at sundown and ends on June 17	17 Eid al-Adha ends at nightfall	18	19 Juneteenth Holiday	20	21	22
23	24	25	26	27	28	29
30						

211info is the quickest way
to connect to resources
that can help

CONTACT 211 FOR HELP



Food



Housing



Childcare



Utilities



Healthcare

and more...

f 211INFO t @211INFO

211INFO.ORG



Healthy Habits Start Early

Good activity habits begin early in your child's life.

As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

Play Time Can Be Active Time!

For Your Infant

- Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give them plenty of chances to stretch, reach, and kick so they can reach important milestones like crawling and sitting up.
- Avoid putting a TV in your baby's room. The more *you* talk to and play with your baby, the more likely they are to be healthy as they grows.

For Your Toddler

- Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together.
- Try to limit screen time to 2 hours or less a day. Children who have lots of active play time outside and indoors are more likely to stay healthy and active as they grow up.

For Your Preschooler

- Help your child to stay active and learn at the same time by spending time outdoors.
- Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more than 2 hours of TV a day are more likely to be overweight as they get older.

For Yourself and Your Family

- When you spend time being active, your child learns healthy habits from you.
- Set playtime, mealtime, and bedtime routines to make daily life easier to handle.
- Talk with your child's pediatrician, early care and education staff, and other parents to get ideas for making play time active time.
- Your pediatrician can help you or others quit smoking.

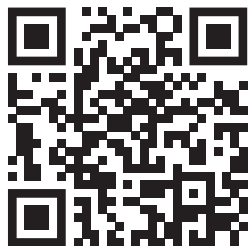
July 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Fourth of July Holiday	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Portland Public Schools Pre-K is accepting applications
for children who will be 3 or 4 by September 1.**

**Accepting
Applications
Now!**

Apply Online Today



PPS Pre-Kindergarten is a free preschool program that promotes the school readiness of children ages 3 to 5 by enhancing their cognitive, social, and emotional development.

El prekínder de PPS es un programa preescolar gratuito que promueve la preparación escolar de niños de 3 a 5 años al mejorar su desarrollo cognitivo, social y emocional.

PPS Pre-Kindergarten là một chương trình mầm non miễn phí nhằm thúc đẩy khả năng sẵn sàng đi học của trẻ em từ 3 đến 5 tuổi bằng cách nâng cao sự phát triển nhận thức, xã hội và tình cảm của trẻ.

PPS Pre-Kindergarten 是一项免费的学前班计划，旨在提高 3 至 5 岁儿童的认知、社交和情感发展以及入学准备。

PPS Pre-Kindergarten — это бесплатная дошкольная программа, которая способствует подготовке к школе детей в возрасте от 3 до 5 лет путем улучшения их когнитивного, социального и эмоционального развития.

PPS Pre-Kindergarten waa barnaamij bilaash ah oo ka caawiya u diyaarinta carruurta da'doodu u dhaxayso 3 ilaa 5 dugsiga iyadoo kor u qaadaysa garashada, bulshada, iyo horumarka shucuurta.

I Love School! • ¡Amo la Escuela! • Em yêu học đường! • 我愛學校

My name • Mi nombre es • Tên em là • 我的姓名

My teacher's names • El nombre de mis maestros/as • Tên thầy/cô lớp em • 我老師的姓名

My family service worker • Mi Trabajador/a de la Familia es •
Người trong gia-đình em để liên lạc • 幫助我家庭的服務部職員

School name • Nombre de la Escuela • Người trong gia-đình em để liên lạc • 學校的名

Room number • Número de la Clase • Trung tâm • 課室號碼

School phone number • Teléfono de la Escuela • Phòng số • 學校電話

Center address • Dirección de la Escuela • Điện thoại của trung tâm • 地址

My class time • Horario de clase • Địa chỉ trung-tâm • 上課時間

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
2. Fax: 202-690-7442; or
3. Email: program.intake@usda.gov.

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Personas con discapacidades que necesitan medios alternativos de comunicación de la información del programa (por ejem. Braille, Letra grande, cintas de audio, Lenguaje de Señas Americano, etc.), deberán consultar a la Agencia responsable o USDA Centro TARGET en el teléfono (202) 720-2600 (voz y TTY) o contactar USDA a través del servicio Federal de transmisión en el teléfono (800) 877-8339. Adicionalmente, programas de información auditiva quizás estén disponibles en diferentes idiomas diferentes al inglés.

Para presentar una queja de discriminación en el programa, complete la forma "USDA Discrimination Complaint Form, AD-3027", que podrá encontrar en el internet en https://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf y en cualquier oficina USDA o escriba una carta dirigida a USDA y en la carta incluya toda la información requerida en la forma. Para solicitar una copia del formulario de quejas, llame al (866) 632-9992. Envíe su formulario o carta completa a USDA a través de:

1. Correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C. 20250-9410;
2. Fax: 202-690-7442; or
3. Correo electrónico (email): program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

Theo luật dân quyền của Liên Bang, và quy định và chính sách về dân quyền của Bộ Nông Nghiệp Hoa Kỳ (USDA), USDA, các cơ quan của USDA, văn phòng, nhân viên, và các tổ chức tham gia hoặc quản lý các chương trình của USDA không được phép phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, giới tính, thương tật, tuổi tác, hoặc trả thù hay trả thù các tiền hoạt động dân sự trong bất kỳ chương trình hay hoạt động nào do USDA thực hiện hay tài trợ.

Người khuyết tật cần phương tiện truyền thông thay thế để nhận được thông tin của chương trình (chẳng hạn như Chữ Nổi cho Người Mù, chữ in lớn, băng ghi âm, Ngôn Ngữ Dấu Hiệu Mỹ, v.v.) nên liên lạc với Cơ Quan (Tiểu Bang hay địa phương) mà họ đã nộp đơn xin trợ cấp. Người bị điếc, khiếm thính hoặc có khuyết tật về âm ngữ có thể liên lạc với USDA thông qua Dịch Vụ Tiếp Âm Liên Bang theo số 800-877-8339. Ngoài ra, bên cạnh tiếng Anh, thông tin của chương trình còn có sẵn trong các ngôn ngữ khác.

Để nộp đơn khiếu nại về phân biệt đối xử trong chương trình, hãy hoàn tất Mẫu Đơn Khiếu Nại Phân Biệt Đối Xử trong Chương Trình USDA, tìm thấy trực tuyến tại: http://www.ascr.usda.gov/complaint_filing_cust.html, và ở tại bất kỳ văn phòng USDA nào, hoặc viết thư cho USDA trong đó ghi tất cả các thông tin yêu cầu trong mẫu đơn. Để yêu cầu bản sao của mẫu đơn khiếu nại, hãy gọi 866-632-9992. Hãy nộp mẫu đơn đã hoàn tất hoặc thư của quý vị đến USDA bằng:

1. Thư tín: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410
2. Điện sao (fax): 202-690-7442; hoặc
3. Điện thư (email): program.intake@usda.gov.

Cơ sở này là nơi cung cấp cơ hội bình đẳng.

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方案資料需要替代溝通方式（例如點字，大字，錄音帶，美國手語等）的殘障人士，應聯絡機關（州或地方）申請福利。聽障，重聽或言語障礙人士可透過聯邦中繼服務 (Federal Relay Service) 電話 800-877-8339 聯絡美國農業部。此外，方案資料提供 英語以外的語言。

要提出方案歧視投訴，請填妥表格 USDA Program Discrimination Complaint Form, (AD-3027), 表格可上網: http://www.ascr.usda.gov/complaint_filing_cust.html 下載與 向美國農業部辦事處索取, 或寫信郵寄至美國農業部並隨信附上表格要求的完整資料。欲 索取投訴表格請撥打電話 866-632-9992。填妥的表格或信件繳交至美國農業部的方式 如下:

1. 郵寄: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410
2. 傳真: 202-690-7442
3. 電子信箱: program.intake@usda.gov.

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