



### March is National Woman's History Month

*(click on the image below to access the Library of Congress website)*



#### Mr. Rittman's Shout Out to Ms. Anna!

I asked a couple specialists if they were interested in helping me with this weeks round of "March Madness" and Ms. Anna came through! Just like the NCAA basketball tournament, I inserted different workouts into the bracket (Ms. Paula gave me this idea!). We do 30 seconds of each exercise and the kids vote with the Google Meets polling feature after each round to see which exercise moves on in the bracket. Ms. Anna filmed herself doing the exercises for me and I turned them into GIFs for this week's workout! Way to go Ms. Anna!

### Upcoming Events and Calendar Dates

#### Wednesday, March 17th

- BookBag pick-up 12:00-4:00 ~ last names A-G  
Side door near the Vernon Garden!

#### Thursday, March 18th

- Vernon Virtual PTA Meeting 5:45-7:30pm  
Zoom: <https://us02web.zoom.us/j/82214143120?pwd=NTA5QW9QU0hLNlpWODJFbFNDZWNYUT09>  
Meeting ID: 822 1414 3120 Passcode: uZqq0x  
One tap mobile 6699006833, Passcode: 799473

#### Friday, March 19th

- Principal's Virtual Coffee Hour 10:00AM  
[meet.google.com/vnq-aouk-vpp](https://meet.google.com/vnq-aouk-vpp)  
phone number: 612-404-0718. PIN: 375 579 737#

#### Monday, March 22nd - Friday, MArch 26th

- SPRING BREAK! ~ NO SCHOOL

The screenshot shows a Google Slides presentation with the following content:

- Slide 31:** Titled "MARCH MADNESS CLASSROOM EXERCISE CHALLENGE". It lists rules: "As a class complete the 2 exercises that are competing against each other for 30-60 seconds each." and "After performing the 2 exercises take a class vote on which exercise you liked more." It also includes a "BRACKET" diagram showing a tournament structure with exercises like Inchworm, Windmill, Crab Kicks, and Squats competing for a "CHAMPION" trophy.
- Slide 32:** "0:30 MARCH MADNESS SIT UPS SQUATS". Shows two video clips of a person performing sit ups and squats.
- Slide 33:** "0:30 MARCH MADNESS PLANK TWISTS SIDE LUNGES". Shows two video clips of a person performing plank twists and side lunges.
- Slide 34:** "0:30 MARCH MADNESS CRAB KICKS RUSSIAN TWISTS". Shows two video clips of a person performing crab kicks and Russian twists.
- Slide 35:** "0:30 MARCH MADNESS INCHWORM WINDMILL". Shows two video clips of a person performing inchworm and windmill exercises.
- Slide 36:** "0:30 MARCH MADNESS RUN IN PLACE JUMPING JACKS". Shows two video clips of a person performing run in place and jumping jacks.



# Counselor Corner

[Counselor Website](#)



## Supporting Student Anxiety Around Returning to School

With Governor Brown’s announcement last week and PPS already working toward Hybrid, the plan to get students back in the building is moving forward. Although this is exciting, it can also be scary for some students. The unknown of what school back in the building will look like, can cause students and families anxiety and concerns. [Resources to Prepare for Return to School](#)

**There are several things you can do to help support your student with this transition**

- 1. Listen:** Give your student space to share their worries or excitement and be heard.
- 2. Be Real & Reassure:** Help reassure your student of their safety and practice the systems in place to keep them safe (ie. wearing a mask & talking to friends while staying separated). You do not have to lie to them and honesty can help ease worries.
- 3. Focus on Ourselves:** Help your student work through what is in their Control and what is not, through using the Circle of Control. ----->
- 4. Plan & Practice:** Have your students identify 3 different breathing or calming techniques to use when they are feeling overwhelmed: [Counselor Website](#) for resources
- 5. Explore to Prepare:** Books to help [What to Do When You Worry Too](#) [Much: A Kid's Guide to Overcoming Anxiety](#) & [Outsmarting Worry \(An Older Kid's Guide to Managing Anxiety\)](#)



**Contact Information:**

**Ms. Hanna (K-3):** [hallen@pps.net](mailto:hallen@pps.net)  
**Appointment Request** (971) 378-0424

**Ms. Shannon (4-8):** [snicolas@pps.net](mailto:snicolas@pps.net)  
**Appointment Request** (503) 308-9546

**Ms. Hanna’s Office Hours**

KG- 3rd Grades: **Tuesdays 8-8:30am**  
**Thursdays 1:30-2:30pm**  
[counselorhannaofficehours](#)

**Ms. Shannon’s Support Times**

4th & 5th: **Mondays 1:30-2pm**  
[msshannonoffice4-5](#)

**Weekly Mindfulness with Ms. Hanna**

Tuesdays 8:30am & Thursdays 2:30pm  
[Weekly Mindfulness](#)

**“Struggle is Real” MYP Study Support:**  
**Tuesdays, Wednesdays, Fridays at 2-3pm**

[vernonsupport](#)

**Social Emotional Learning Journal**

Pick up your K-5 Journal with you library books on Wednesdays at Vernon. Extra guidance can be found on our [Counselors Website](#)

**Wings of Freedom (QSA)**

Wings is a student-run group that unites LGBTQIA+ and allied youth to build community and organize around issues impacting them in their schools and communities.

**3-5 Wings of Freedom: Wednesdays @ 3:15-3:45pm code: [wings3-5](#)**

**6-8 Wings of Freedom: Fridays @ 11:45-12:15 code: [vernonwings](#)**

# Vernon Library Updates

Friday, March 5, 2021



## Let's Get Reading! Update

Let's Get Reading! book bag distribution is still happening on Wednesdays! Please see the attached calendar for current pick up dates. As a reminder, distribution continues from the door at the northwest corner of our school building. When you arrive at the school, please remember to wear a face covering and maintain physical distancing.



## Elementary Library Course Grading

Starting in the third quarter, elementary students will begin receiving a more formal grade related to the “uses a variety of resources and tools to research, solve problems, and make connections.” Additional information about grading criteria will be shared in coming weeks via Seesaw – please stay tuned.

**PLEASE NOTE**



Participation in our asynchronous library activities continues to be a required expectation this school year. Please note that students must complete and submit a minimum of four of the nine weekly library activities in order to receive a

grade.

## MYP Library Assignments

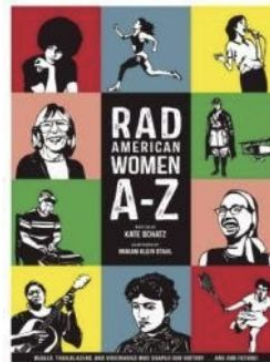
Regular participation in library activities through the Canvas learning platform continues to be an expectation of all MYP students this year. Please use your time from 9:00-9:30 AM on either Thursday or Friday to engage in class activities and submit the weekly activity log. Students need to complete at least four (4) weekly activity logs to earn a grade of Pass for their library course grade.

## Vernon Book Club

We continue to offer weekly book club meetings for each grade level, and all students are welcome to join us at any time. The schedule for our meetings is as follows:

- Grades K-2 – Tuesdays from 2:15-2:45
- Grades 3-5 – Thursdays from 3:30-4:15
- Grades 6-8 – Thursdays from 8:45-9:30

## Women's History Month



As we celebrate Women's History Month, now is a great opportunity to find new and outstanding literature that celebrates important women throughout history. A great resource to check out is the

Social Justice Books website. They have compiled a list featuring a book a day for the month of March that highlights significant events and people in women's history. You can visit their website and browse the titles at <https://socialjusticebooks.org/womens-history-month-book-every-day/>.

# Vernon Library Calendar

March-April 2021 & beginning of April 2021

March 1 <b>Week 22 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</b>	<b>2</b> K-2 Library Office Hours and Book Club 2:15-2:45 PM	<b>3</b> Reading Bag Pickup Last Names H-N 12-4 PM	<b>4</b> 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Vernon Book Club from 3:30 - 4:15	<b>5</b> 6-8 Library Office Hours 8:45 - 9:00 AM 3-5 Library Office Hours 11-11:30 AM
<b>8</b> <b>Week 23 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</b>	<b>9</b> K-2 Library Office Hours and Book Club 2:15-2:45 PM	<b>10</b> Reading Bag Pickup Last Names O-Z 12-4 PM	<b>11</b> 6-8 Book Club 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Vernon Book Club from 3:30 - 4:15	<b>12</b> 6-8 Library Office Hours 8:45 - 9:00 AM 3-5 Library Office Hours 11-11:30 AM
<b>15</b> <b>Week 24 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</b>	<b>16</b> K-2 Library Office Hours and Book Club 2:15-2:45 PM	<b>17</b> Reading Bag Pickup Last Names A-G 12-4PM	<b>18</b> 6-8 Book Club 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club from 3:30 - 4:15	<b>19</b> 6-8 Library Office Hours 8:45 - 9:00 AM 3-5 Library Office Hours 11-11:30 AM
<b>22</b> <b>Spring</b>	<b>23</b> <b>Break</b>	<b>24</b> <b>No</b>	<b>25</b> <b>School</b>	<b>26</b> <b>:-)</b>
<b>29</b> <b>Week 25 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</b>	<b>30</b> K-2 Library Office Hours and Book Club 2:15-2:45 PM	<b>31</b> Reading Bag Pickup Last Names H-N 12-4PM	<b>Apr. 1</b> 6-8 Book Club 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club from 3:30 - 4:15	<b>2</b> 6-8 Library Office Hours 8:45 - 9:00 AM 3-5 Library Office Hours 11-11:30 AM
<b>5</b> <b>Week 26 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</b>	<b>6</b> K-2 Library Office Hours and Book Club 2:15-2:45 PM	<b>7</b> Reading Bag Pickup Last Names O-Z 12-4PM	<b>8</b> 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club from 3:30 - 4:15	<b>9</b> <b>GRADING DAY/END OF THIRD QUARTER</b>  <b>No School for Students</b>

## Office Hour & Book Club Links

K-2 Office Hours and Book Club Link: [meet.google.com/lookup/wilkinsK-2](https://meet.google.com/lookup/wilkinsK-2)

3-5 Office Hours and Book Club Link: [meet.google.com/lookup/wilkins3-5](https://meet.google.com/lookup/wilkins3-5)

6-8 Office Hours and Book Club Link: [meet.google.com/lookup/wilkins6-8](https://meet.google.com/lookup/wilkins6-8)



## Incoming 9th Grade (Class of 2025) Forecasting Timeline

### Jefferson High School 2020-2021

#### Important Contacts

Sharitha McKenzie, School Counselor: [smckenzie@pps.net](mailto:smckenzie@pps.net)

Meghan Wasiak, School Counselor: [mwasiak@pps.net](mailto:mwasiak@pps.net)

Michael Sanchez, Counseling Secretary: [msanchez@pps.net](mailto:msanchez@pps.net)

Michal Otten, School Psychologist: [motten@pps.net](mailto:motten@pps.net)

Jaelyn Bovee, ELD Teacher: [jbovee@pps.net](mailto:jbovee@pps.net)

Holly Blakeslee-Gordon, Vice Principal's Secretary/Registrar: [hbgordon@pps.net](mailto:hbgordon@pps.net)

Khandice Love, Vice Principal: [klove@pps.net](mailto:klove@pps.net)

### Important Dates

- Forecasting Nights via Google Meet (Code: demoforecasting)
  - **March 2, 2021 6:30-8:00pm**
  - **March 16, 2021 6:30-8:00pm**

**Important Note:** We will be using a google form to forecast, which will be initially shared at the forecasting nights, and a link will be available on this form and on our website after the forecasting presentation.

[Have questions? Additional Support Offered: Office Hours with Counselors](#)

- **March 11, 2021**
  - 4-5pm (Code: demoforecasting)
- **March 18, 2021**
  - 4-5pm (Code: demoforecasting)
- **Monday-Friday 12pm-1pm** (Code: WasiakOffice or McKenzieOffice)



## **Estudiantes entrantes de 9 grado (Clase de 2025) Horario para elegir clases para el próximo año Jefferson High School 2020-2021**

### **Contactos Importantes**

Sharitha McKenzie, Consejera: [smckenzie@pps.net](mailto:smckenzie@pps.net)

Meghan Wasiak, Consejera: [mwasiak@pps.net](mailto:mwasiak@pps.net)

Michael Sanchez, Secretario de consejería: [msanchez@pps.net](mailto:msanchez@pps.net)

Michal Otten, Psicóloga de la escuela: [motten@pps.net](mailto:motten@pps.net)

Jaclyn Bovee, Maestra de inglés como segundo idioma: [jbovee@pps.net](mailto:jbovee@pps.net)

Holly Blakeslee-Gordon, Secretaria del subdirectora/ Registrador: [hbgordon@pps.net](mailto:hbgordon@pps.net)

Khandice Love, Subdirectora: [klove@pps.net](mailto:klove@pps.net)

## **Fechas Importantes**

- Noches para elegir clases para el próximo año a través de Google Meet (código: demoforecasting)
  - **2 de marzo, 2021 6:30-8:00pm**
  - **16 de marzo, 2021 6:30-8:00pm**

**Nota Importante:** Usaremos un *Formulario de Google* para elegir clases para el próximo año, que se compartirá inicialmente en las noches de pronóstico, y habrá un enlace disponible en este formulario y en nuestro sitio web después de la presentación del pronóstico.

¿Tienen preguntas? Se ofrece soportes adicionales: Horas de oficina para consejeras

- **11 de marzo, 2021**
  - 4-5pm (código: demoforecasting)
- **18 de marzo, 2021**
  - 4-5pm (código: demoforecasting)
- **Lunes a viernes 12pm-1pm** (código: WasiakOffice or McKenzieOffice)