

# **Vernon IB World School**

IBelieve. IBelong. IBecome. Come grow with us.

# **Vernon's Weekly Newsletter**

The Owl Post

Friday, April 16, 2021







# <u>Upcoming Events and Calendar Dates</u>

#### Thursday, April 22nd

- BookBag pick-up 3:00-4:00 ~ last names H~N
   Side door near the Vernon Garden!
- Vernon Virtual PTA Meeting 5:45-7:30pm
   Zoom: <a href="https://us02web.zoom.us/j/82214143120?pwd="https://us02web.zoom.us/j/8221414312
- Earth Day 2021 ~ How can you help Planet Earth?

#### Friday, April 23rd

- Principal's Virtual Coffee Hour 10:00AM <u>meet.google.com/vnq-aouk-vpp</u> phone number: 612-404-0718. PIN: 375 579 737#
- GLSEN's Day of Silence ~ 12:00pm (see the Counselors Corner)



#### 8 Simple Ways You Can Help Planet Earth

(click on the image above to go the Earth Day website)

#### Conserve water

Turning off the faucet while brushing your teeth is a great example of a little thing that makes a big difference. Doing this saves gallons of water per day.

#### Conserve energy

Turn off lights when not in the room or turn off your computer at night or when not in use. You will use less energy to recharge.

#### **Eat sustainably & minimize food waste**

Did you know that the food and drinks you choose have an impact on the environment? Choosing to eat fruits, whole grains, nuts and vegetables, especially those grown locally, is more sustainable for the environment.

#### ❖ Plant trees

Plant trees in your backyard or join tree-planting drives. It is estimated that a young tree can absorb CO2 at a rate of 13 pounds per tree every single year. And when it matures (in about 10 years) it can absorb 48 pounds per year. Trees are also capable of removing other small particles making the air we breathe fresh and healthy for us.

#### \* Reduce, ReUse, Recycle

Make this as your mantra: "Reduce, Reuse, Recycle". Reduce waste by not buying disposable items. Reuse items like paper, cloth or plastic so they don't end up in landfills. Fill your recycling bin responsibly.

#### ❖ Bike or Walk

If there is a park, store, or library close to you, encourage your family to walk there together instead of driving the short distance. It's family fun and you'll become healthier because of the exercise.

#### Give up plastics

Millions of tons of plastic end up in the ocean every year. Avoiding plastic will not only keep waste from the oceans but from landfills as well. Try not to buy items that are packaged with a lot of plastic materials, and don't use disposable items when possible. Having a reusable water bottle on hand and refilling it with filtered tap water will be good for the environment and healthier for you.

#### **♦** Take care of animals and insects

Bees & spiders might seem scary & icky, but they all serve a purpose in our environment. Learn more about the critters in your environment – they are fascinating!



# Counselor Corner

**Counselor Website** 





The **GLSEN Day of Silence** is a national student-led demonstration where LGBTQ students and allies all around the country—and the world—take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ people in schools.

Started in the mid 90's by two college students, the Day of Silence has expanded to reach hundreds of thousands of students each year. Every April, students go through the school day without speaking, ending the day with Breaking the Silence rallies and events to share their experiences and bring attention to ways their schools and communities can become more inclusive.

This year, Day of Silence looks a little different but is still important. You, as a student or family member can participate by:

- Being silent on April 23rd at 12pm for 3 minutes.
- Using someone's correct pronouns
- Learning more about how to support students in the LGBTQIA+ community
  - These Students are Breaking the Silence to Create LGBTQ-Affirming Schools
  - Gender Triangle Education Guide

I'm participating in **GLSEN's Day of Silence**, a national youth movement highlighting the silencing and erasure of LGBTQ+ people in schools.

Over 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, nearly 9 in 10 experience harassment or assault, and almost a third miss school because they feel unsafe or uncomfortable.

Together, we can **Break The Silence**, making our school more inclusive for all. **Join me by texting SILENCE to 21333 or by visiting glsen.org/DayOfSilence.** 

## **Contact Information:**

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

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

# Ms. Hanna's Office Hours

KG- 3rd Grades: Tuesdays 8-8:30am counselorhannaofficehours

# Weekly Mindfulness with Ms. Hanna

Tuesdays 8:30am Weekly Mindfulness

## Ms. Shannon's Support Times

"Struggle is Real" MYP Study Support: 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 (GSA)

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.

6-8 Wings of Freedom: Weds. @ 11:30-12:15 3-5 Wings of Freedom: Weds. @ 3:00-3:30

code: <u>vernonwings</u>



#### PTA APRIL FUNDRAISING CAMPAIGN

NO WINE. NO DAD BAND. NO EXPENSIVE KID ART. NO AWKWARD CONVERSATIONS... NO FUN.

PTA extends a simple ask for financial support for the kids we all love as they re-enter the actual classroom next year. We help support classroom & counselor supplies, field trips, books, the Vernon gardens and our community - Let's work together to fund these budget items in a crucial year. Give as you are able. We will work with what we have. Please visit our website for links and i information: <a href="https://www.vernonpta.org">www.vernonpta.org</a>

#### AND...WE NEED YOU!

The Vernon PTA Board is recruiting new board members for next year. Key vacant positions include Secretary, Communications, PYP (K-5) Coordinator, and Vice President. Whether you are interested in serving on the Board or in just getting involved in some other capacity - please reach out for more information via email to: vernonpta@gmail.com

# PLEASE JOIN US FOR THE NEXT VIRTUAL PTA MEETING!

The next general PTA meeting is on Thursday, April 22nd, starting at 5:45 with call to order at 6:00pm. You can join via this Zoom link or phone:

https://us02web.zoom.us/j/82214143120?pwd=N TA5QW9QU0hLNlpWODJEbFNDZWNYUT09

Meeting ID: 822 1414 3120

Passcode: uZqq0x

One tap mobile 6699006833,

Passcode: 799473









# **Art Studio News**

## VERNON IB WORLD SCHOOL

4/7/21

Fortunately, this quarter, students WILL have a Synchronous Art lesson with me on Wednesdays! Seeing your artist in action even though it is online, is the highlight of my week. It is such a joy to hear their voices, see their smiles, and watch them create. Please encourage them to be a part of our live experience. Because of our limited time, I will be combining grade-level classes into one session. Below is the new schedule for our live Art sessions. The link to my Zoom room will be posted in Seesaw. I will also be posting Asynchronous assignments on Seesaw once a week.

Starting Wednesday the 14th

on Ms. Anna's Zoom Room

10:45 - 11:30- All of 5th grade

12:15 - 1:00-All of 3rd grade

1:15 - 2:00- All of 4th grade

I have prepared some fun projects for 3-5 grade artists this quarter and have kits with everything they will need to have fun and succeed in their creations. I will deliver kits to hybrid students and other wise if you are CDL, please **stop by on**Friday 16th, Monday 19th or Tuesday 20th between 10-3 to receive your Art kit. I am pleased to deliver kits for students who plan to attend the live Wednesday sessions.

One last thing, I finally put together a slide show with 3-5 student's work from Quarter 2. Take a look at the fantastic work your artists created. Click on the link below to watch the show!

Quarter 2 Slide Show Video 3-5

I can't wait to create together again! With much respect and appreciation, Ms. Anna







# PEw/Ws.Paula

Hello Vernon PE Family!

With hybrid learning starting, we need to adjust the schedules for synchronous (live) PE. We decided the best way to keep synchronous PE going is to combine grades 1&2 in Ms. Paula's physical education classes and combine grades 4&5. All PE classes will meet on Wednesday's.

Ms. Paula's PE classes, grades 1 & 2, will meet from 1:15 to 2:00 p.m. for their synchronous PE lesson, and grades 4 & 5, will meet from 2:15 to 3:00 p.m. for their synchronous PE lesson.

I'm excited to be able to still meet live, online, with my students at least once a week. I will also continue to provide asynchronous lessons on Seesaw for those who are not able to attend the live sessions.

As always, if you have any questions, please reach out and let me know: papolitte@pps.net Respectfully,

Ms. Paula

# Virtual PE with Mr. Rittman!

#### MINI VIRTUAL FIELD TRIP WARM UPS



#### THIS OR THAT FITNESS GAMES



#### MATCHING EXERCISE GAMES



## DAYS:

Every Wednesday starting April 14th!

## TIMES:

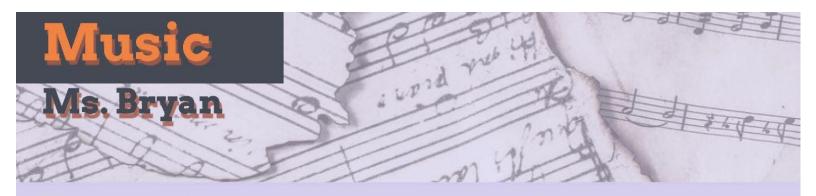
Kinder and 1st at 1:15pm 3rd & 4th at 2:15pm.

Google Meets Nickname: Rittman PE

(Link: https://meet.google.com/lookup/rittmanpe)



VERNON THEMED FITNESS ACTIVITY!



Ms. Bryan will be seeing our mini-musicians during the times schedule below on googlemeets, code: **vernonmusic** 

#### WEDENSDAYS

10:45 - 11:30- All Kindergarten

12:15 - 1:00- All 1st

2:15 - 3:00- All 2nd



Hola everyone!

5th Grade Spanish will be meeting every Wednesday from 12:15 to 1pm, using the same code as usual: darosa5

Our assignments will be posted every Monday in Seesaw, and we'll talk about them and play Kahoot and other stuff on Wednesday.

Adios!

Mr Da Rosa

# Five Things to Know About Library for Quarter 4





## Book bag pickup is moving to Thursdays

Starting on Thursday, April 15, students may pick up book bags during their week in the rotation at the times shown below.

K-5 Hybrid Students: Bags will be delivered to classrooms during their on-campus day.

All Distance Learning Students: Pick up a bag between 3-4 PM outside the school in our usual location.

6-8 Hybrid Students (Starting April 29): Pick up a bag outside the library when you are dismissed from class for the day at 2:30 PM.



## Library Class Activities Remain Asynchronous

Library activities will continue to be posted weekly on Monday mornings. Students are expected to use their off-campus times in their schedule designated for library to complete at least four weekly activities during Quarter 4.



## There are 2 more book bag rotations left this year

Students can pick up their book bags on the following days:

April 15: Last Names A-G April 22: Last Names H-N April 29: Last Names O-Z May 06: Last Names A-G May 13: Last Names H-N May 20: Last Names O-Z



#### New Book Club & Office Hour Times

All times are shifting to Wednesdays starting on April 14. Please see Seesaw and Canvas for Google Meet links.

> 10:00-10:30 Book Club (K-2) 10:30-10:45 Office Hours (3-5) 10:45-11:00 Office Hours (6-8) 11:30-11:45 Office Hours (K-2) 2:30-3:00 Book Club (6-8) 3:15-3:45 Book Club (3-5)



Please return all book bags, library books, and textbooks by May 28, 2021!



VIBWS Newsletter Page 2

# Vernon Library Calendar

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
April 12	13	14	15	16
Week 27 Library	355000	K-2 Book Club	LAST NAMES	0.000
Activities Posted in		10:00-10:30 AM	A-G	
SeeSaw (K-5) and		3-5 Office Hours		
Canvas (6-8)		10:30-10:45 AM	K-5 Hybrid Students	
2 2		6-8 Office Hours	Reading Bag Delivery	
		10:45-11:00 AM	to Classrooms	
		K-2 Office Hours		
		11:30-11:45 AM	CDL & Grades 6-8	
		6-8 Book Club	Reading Bag Pickup	
		2:30-3:00 PM	3:00-4:00 PM	
		The state of the s		
		3-5 Book Club 3:15-3:45 PM		
19	20	21	22	23
Week 28 Library	20	K-2 Book Club	LAST NAMES	23
Activities Posted in		10:00-10:30 AM	H-N	
SeeSaw (K-5) and		3-5 Office Hours		
Canvas (6-8)		10:30-10:45 AM	K-5 Hybrid Students	
Control Control Control		6-8 Office Hours	Reading Bag Delivery	
Wednesday Live Meeting Links		10:45-11:00 AM	to Classrooms	
Grades K-2:		1 *** *** ** 1 *** *** *** *** *** ***	1945 (apr 1740, 900 or 1980	
meet.google.com/lookup/wilkinsK-2		K-2 Office Hours 11:30-11:45 AM	CDL & Grades 6-8	
Grades 3-5:		1/2/2006	Reading Bag Pickup	
meet.google.com/lookup/wilkins3-5		6-8 Book Club	3:00-4:00 PM	
	e 6-8:	2:30-3:00 PM		
meet.google.com/lookup/wilkins6-8		3-5 Book Club		
26	27	3:15-3:45 PM 28	29	30
Week 29 Library	27	K-2 Book Club	LAST NAMES O-Z	30
Activities Posted in		10:00-10:30 AM	LAST NAMES 0-2	
SeeSaw (K-5) and			K-5 Hybrid Students	
Canvas (6-8)		3-5 Office Hours 10:30-10:45 AM	Reading Bag Delivery	
		The state of the s	(to Classrooms)	
		6-8 Office Hours 10:45-11:00 AM		
		THE RESIDENCE OF THE PARTY OF T	6-8 Hybrid Students	
		K-2 Office Hours 11:30-11:45 AM	Reading Bag Pickup	
		144	(Outside Library)	
		6-8 Book Club	2:30 PM	
		2:30-3:00 PM	CDI D. II. D.	
		3-5 Book Club	CDL Reading Bag	
		3:15-3:45 PM	Pickup 3:00-4:00 PM	