



### Upcoming Events and Calendar Dates

#### Thursday, May 20th

- FINAL BookBag pick-up 3:00-4:00 ~ last names O~Z  
Side door near the Vernon Garden!
- Vernon Virtual PTA Meeting 5:45-7:30pm  
Zoom: <https://us02web.zoom.us/j/82214143120?pwd=NTA5QW9QU0hLNlpWODJlbnFNDZWNyUT09>  
Meeting ID: 822 1414 3120 Passcode: uZqq0x  
One tap mobile 6699006833, Passcode: 799473

#### Friday, May 21st

- 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, May 24th

- SCHOLASTIC VIRTUAL BOOK FAIR BEGINS! See Ms. Wilkins Vernon Library pages in the newsletter.

#### Monday, May 31st

- Memorial Day ~ NO SCHOOL



Bike to School Day allows participants to celebrate the joy of active commuting while building a sense of community and school spirit. The event also brings attention to the importance of creating safe routes to school. More than 60 percent of past Walk and Bike to School Day organizers said their events led to policy or environmental changes in their communities.

If you're looking for inspiration for ways to celebrate during the pandemic, check out this [list of event ideas](#) created specifically for 2021 and the [Bike to School Day 2020 annual report](#).

While May 5 was this year's official date, communities are welcome to celebrate any day in May. For more information on Bike to School Day, visit <http://www.walkbiketoschool.org/> #BiketoSchoolDay.



Hello Vernon Students and Families! Do you love books? Do you love to read? The Online Spring Scholastic Book Fair is happening for two weeks starting Monday, May 24th through Sunday, June 6th.

Please contact Mrs. Wilkins at [jwtwilkins@pps.net](mailto:jwtwilkins@pps.net) for questions and also find more information here through the Scholastic Homepage: <https://www.scholastic.com/bf/vernonelementaryschool4>



# Counselor Corner

[Counselor Website](#)



5/17

May is Mental Health Awareness Month. Included here are some embedded links to resources and tools to use for ourselves and share with others about how to better understand and gain knowledge for making **Wellness and Mental Health** apart of our everyday lives.

Your Mind Matters and asking for help does not make us weak.

**“Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone.”**  
- Lisa Olivera



## Contact Information:

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

### Ms. Hanna's Office Hours

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

[counselorhannaofficehours](#)

### Weekly Mindfulness with Ms. Hanna

Tuesdays 8:30am

[Weekly Mindfulness](#)

### 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](#)

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

### Ms. Shannon's Support Times

**“Struggle is Real” MYP Study Support: Wednesdays at 2-3pm** [vernonsupport](#)

### 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

code: [vernonsupport](#)

3-5 Wings of Freedom: Weds. @ 3:00-3:30

code: [Wings 3-5](#)

# Fresh Air & Exercise!

**Need ideas for what to do outside? Need exercise? Want to explore Portland? Click on any image below to be redirected to a video by Vernon PE Teacher Mr. Rittman explaining all the cool places and parks in Portland. Plus, 3 different scavenger hunts around town!**



## Scavenger Hunts!

### Alberta Park Scavenger Hunt

Head outdoors for some fresh air and exercise!  
Can you find exactly where these 25 pictures were taken at Alberta Park?


### VERNON SCHOOL SCAVENGER HUNT

Head outdoors for some fresh air and exercise!  
Can you find exactly where these 25 pictures were taken at Vernon?  
When you find each image, do the associated exercises!

10 Jumping Jacks	10 Squats	10 Lunges	5 High Jumps	5 Push Ups
30 Second Gallop	10 Squats	30 Second Slide	15 Jumping Jacks	20 Arm Circles
10 Jump Ups	15 Jumping Jacks	5 Push Ups	10 Squats	10 Lunges

### Portland Bridges Scavenger Hunt

Head outdoors for some fresh air and exercise!  
Can you find exactly where these 25 pictures were taken between the Tillamook Bridge and the Broadway Bridge?


# Vernon Library Calendar

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
May 3 Week 30 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	4	5 6-8 Book Club 9:30-10:00 AM K-2 Book Club 10-10:30 AM 3-5 Office Hours 10:30-10:45 AM 6-8 Office Hours 10:45-11:00 AM K-2 Office Hours 11:30-11:45 AM 3-5 Book Club 3:15-3:45 PM	6 LAST NAMES A-G K-5 Hybrid Students Reading Bag Delivery (to Classrooms) 6-8 Hybrid Students Reading Bag Pickup (Outside) 2:30 PM CDL Reading Bag Pickup 3:00-4:00 PM	7
10 Week 31 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	11	12 6-8 Book Club 9:30-10:00 AM K-2 Book Club 10-10:30 AM 3-5 Office Hours 10:30-10:45 AM 6-8 Office Hours 10:45-11:00 AM K-2 Office Hours 11:30-11:45 AM 3-5 Book Club 3:15-3:45 PM	13 LAST NAMES H-N K-5 Hybrid Students Reading Bag Delivery (to Classrooms) 6-8 Hybrid Students Reading Bag Pickup (Outside) 2:30 PM CDL Reading Bag Pickup 3:00-4:00 PM	14
17 Week 32 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	18	19 6-8 Book Club 9:30-10:00 AM K-2 Book Club 10-10:30 AM 3-5 Office Hours 10:30-10:45 AM 6-8 Office Hours 10:45-11:00 AM K-2 Office Hours 11:30-11:45 AM 3-5 Book Club 3:15-3:45 PM	20 FINAL BAG PICKUP / LAST NAMES O-Z K-5 Hybrid Students Reading Bag Delivery (to Classrooms) 6-8 Hybrid Students Reading Bag Pickup (Outside) 2:30 PM CDL Reading Bag Pickup 3:00-4:00 PM	21

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# Vernon Library Calendar

June 2021

<p>24 Week 33 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</p>	<p>25</p>	<p>26 <b>LAST DAY OF BOOK CLUBS</b> 6-8 Book Club 9:30-10:00 AM K-2 Book Club 10-10:30 AM 3-5 Office Hours 10:30-10:45 AM 6-8 Office Hours 10:45-11:00 AM K-2 Office Hours 11:30-11:45 AM 3-5 Book Club 3:15-3:45 PM</p>	<p>27</p>	<p>28 <b>ALL BOOK BAGS / LIBRARY BOOKS DUE</b></p>
<p>← VIRTUAL BOOK FAIR →</p>				

## JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 31 <b>NO SCHOOL Memorial Day</b></p>	<p>June 1 Week 34 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)</p>	<p>2 3-5 Office Hours 10:30-10:45 6-8 Office Hours 10:45-11:00 K-2 Office Hours 11:30-11:45</p>	<p>3</p>	<p>4</p>
<p>← VIRTUAL BOOK FAIR →</p>				
<p>7 End-of-Year Activities Posted in SeeSaw (K-5) and Canvas (6-8)</p>	<p>8</p>	<p>9 3-5 Office Hours 10:30-10:45 6-8 Office Hours 10:45-11:00 K-2 Office Hours 11:30-11:45</p>	<p>10</p>	<p>11</p>