



Check out the news from Ms. Wilkins in the Library! Click on the image to they right to be taken to her info page re Summer reading and other fun activities.

**VERNON SUMMER READING 2021**

*Click on the text to view each topic!*

- VIDEO MESSAGE FROM MRS. WILKINS
- BOOK GIVEAWAY INFO
- MULTNOMAH COUNTY LIBRARY CONNECT
- MULTNOMAH COUNTY SUMMER READING
- OREGON BATTLE OF THE BOOKS

SUBSANA.COM



# Counselor Corner

[Counselor Website](#)



## 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

# OK YOU BEST SUMMER PROJECTS FOR THE SCREEN-WEARY

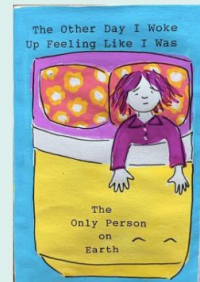
HEY YOU, WANT TO CREATE SOME ART & FUN THIS SUMMER? FIND ALL KINDS OF FREE PROJECTS AT [OKYOU.ORG](http://OKYOU.ORG). CREATE MORE, FEAR LESS!



CREATE MORE CONNECTIONS\* Video 8: Create a positive obstacle course with Kelsey Snook!



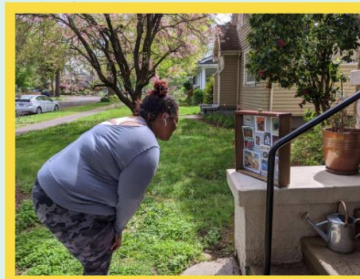
PROJECT #9: Hunt for treasure!



PROJECT #5: Make a tiny book.... or 12!



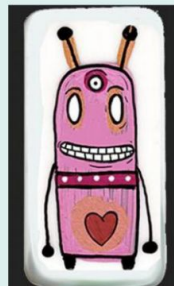
JOURNAL ON!\* Make a journal & fill it with art!



PROJECT #15: Open your own art museum!



VIDEO MINI: Get your neighbors grooving with Shawn Bowman!



PROJECTS #14 & #24: Spread a little love!



PROJECT #32: Your idea here!

\*Create More Connections & "Journal On!" were created in collaboration with our pals at the Portland Art Museum and PPS Visual Arts

OK YOU invites people of all ages to use their creativity to change the story of anxiety. Learn more at [okyou.org](http://okyou.org)

# HAPPY PRIDE MONTH

## 2021 JUNE

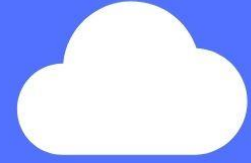
SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Gay PRIDE DAY	<b>2</b> Lesbian PRIDE DAY	<b>3</b> Bisexual PRIDE DAY	<b>4</b> Polysexual PRIDE DAY	<b>5</b> Pansexual PRIDE DAY
<b>6</b> Omni-Sexual PRIDE DAY	<b>7</b> Skolio-Sexual PRIDE DAY	<b>8</b> Demi-Sexual PRIDE DAY	<b>9</b> Grey-Asexual PRIDE DAY	<b>10</b> Asexual PRIDE DAY	<b>11</b> Polyamory PRIDE DAY	<b>12</b> Intersex PRIDE DAY
<b>13</b> Trans-Gender PRIDE DAY	<b>14</b> Trans-Male PRIDE DAY	<b>15</b> Trans-Female PRIDE DAY	<b>16</b> Agender PRIDE DAY	<b>17</b> Gender-fluid PRIDE DAY	<b>18</b> Bigender PRIDE DAY	<b>19</b> Trigender PRIDE DAY
<b>20</b> Pangender PRIDE DAY	<b>21</b> Queer Gender PRIDE DAY	<b>22</b> Demi Nonbinary PRIDE DAY	<b>23</b> Demigirl PRIDE DAY	<b>24</b> Demiboy PRIDE DAY	<b>25</b> FREEDOM DAY	<b>26</b> Androgymous PRIDE DAY
<b>27</b> Intergender PRIDE DAY	<b>28</b> STONEWALL DAY	<b>29</b> Questioning PRIDE DAY	<b>30</b> Homoromantic PRIDE DAY			

[Pride Explained for Kids | Pop'n'Olly](#)

[History of the Rainbow Flag for Kids | Pop'n'Olly](#)

[Why is PRIDE in JUNE?!? - Stonewall for Kids: QUEER KID STUFF #20](#)

[Wanda Sykes Takes Us Through the History of LGBTQ+ — Now You Know](#)



MULTNOMAH COUNTY  
**student**  
HEALTH CENTER



# PARKROSE HIGH SCHOOL

OPEN ALL SUMMER

June 19th-August 31st, 2021

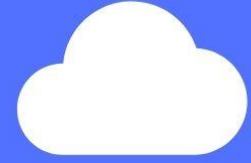
8:45 am to 4:45 pm weekdays

*Closed for lunch: 12:40-1:10 pm*

Call **503-988-3392** to schedule

12003 NE Shaver St, Portland

Getting There: Bus: 22, 71; Max Blue Line to 122nd Ave (transfer to 71). Clinic is located on the north (back) side of the building by the Gymnasium entrance.



MULTNOMAH COUNTY  
**student**  
HEALTH CENTER



# **PARKROSE HIGH SCHOOL**

**ABIERTO TODO EL VERANO**

19 de Junio al 31 de Agosto 2021

8:45 am a 4:45 pm de lunes a viernes

*Cerrado para el almuerzo: 12:40-1:10 pm*

**Llame al 503-988-3392 para**

**programar su cita**

12003 NE Shaver St, Portland

Cómo llegar: Bus: 22, 71; Max Blue Line hasta 122nd Ave (transferencia a 71). La clínica está ubicada en el lado norte (trasero) del edificio junto a la entrada del gimnasio.



# Update your student's information online!

## Benefits of verifying online via ParentVUE

- Complete yearly verification of your student's information
- You can update your communication and language preferences
- Ensures your school has the most up to date information
- Saves paper and time



Each year parents and/or guardians are asked to review and update the information on file for their children (students). This information can be reviewed, edited and submitted online via PPS ParentVUE.

Get started by going to:  
**[parentvue.pps.net](http://parentvue.pps.net)**



## ¡Actualice en línea la información de su estudiante!

### Verificar en línea por medio de ParentVUE ofrece las siguientes ventajas

- Puede completar la verificación anual de la información de su estudiante.
- Puede actualizar su preferencia de idioma y método para comunicarse.
- Asegura que su escuela tenga la información más actualizada.
- Ahorra papel y tiempo.



Todos los años se solicita que los padres/tutor legal revisen y actualicen la información del expediente estudiantil de sus hijos (estudiantes). Usted puede revisar, hacer cambios y suministrar información en línea por medio de ParentVUE de PPS.

Puede hacerlo ahora mismo visitando el sitio Web:

**[parentvue.pps.net](http://parentvue.pps.net)**



# Need a Sports Physical?

## NO COST SPORTS PHYSICAL CLINICS AT STUDENT HEALTH CENTERS (Aug. 11-17)

Student athletes may get a sports physical for no cost at any Multnomah County Student Health Center. The following Student Health Centers are hosting special Sports Physical Clinics at all eight locations between August 11-17. Additional details on back. Call to schedule your appointment! No walk-ins please, due to COVID-19 precautions.

 <p><b>Aug. 15-16</b> Centennial HS 503-988-5488</p>	 <p><b>Aug. 13 &amp; 17</b> Cleveland HS 503-988-3350</p>	 <p><b>Aug. 12-13 &amp; 16</b> David Douglas HS 503-988-3554</p>	 <p><b>Aug. 13 &amp; 17</b> Franklin HS 503-988-3370</p>	 <p><b>Aug. 11-16</b> Jefferson HS 503-988-3360</p>
 <p><b>Available all summer!</b> Parkrose High School 503-988-3392</p>	 <p><b>Aug. 11-12</b> Reynolds HS 503-988-3340</p>	 <p><b>Aug. 16-17</b> Roosevelt HS 503-988-3909</p>		





### Sports Physical FAQ:

#### **What is included with my sports physical?**

This is a comprehensive wellness visit. We will assess your ability to safely compete in sports and also check in with you about social/emotional development, mental health and provide you with an opportunity to ask health related questions. If needed, we will offer immunizations to get you up-to-date on your shots.

#### **What if I already had a wellness visit in the past 12 months?**

Your medical provider will be able to sign the sports physical form for you. You will not need a new wellness exam.

#### **Will you bill my insurance?**

Yes. If you have coverage, we will bill your insurance.

#### **If I have insurance, will there be a copay?**

No. You will not have an out-of-pocket cost or copay for our services.

#### **What should I bring?**

Completed and signed Sports Physical Forms (scan QR Code above) or go to [multco.us/student-health](http://multco.us/student-health). Wear shorts. If you wear glasses, bring them for the eye exam.

### About Student Health Centers:

#### **Is the Student Health Center right for me or my student?**

- ✓ Is the student a resident of Multnomah County?
- ✓ Is the student age 5-18 (we serve K-12 students)?

If so, then **yes!** The Student Health Center can be your primary doctor's office or provide on-demand services. Students do not need to attend the school where the clinic is located. Insurance is accepted, but not required AND there are no out of pocket costs to your family.

#### **What about insurance? What types of coverage do you take?**

We accept all types of insurance, including Kaiser. If your student has insurance, we will use this to offset the cost of offering services. There will be no copay or bill for our services. We serve all students, even those without insurance. If your student does not have insurance, we can work with you to help get coverage.

#### **How much does it cost?**

There is no out-of-pocket cost for seeking care at a Student Health Center (no co-pay or cost).

#### **Does the student need to attend the school where the clinic is located?**

No. K-12 aged youth in Multnomah County can access services at any Student Health Center, regardless of its location. That means that students can access services at locations at any school or school district.