



Upcoming Events and Calendar Dates

Wednesday, September 30th

K-8 Book Bag Distribution in MPR. Vernon Family last names H-N only 2pm-6pm.

Friday, October 2nd

Principal's Virtual Coffee Hour 10:00AM

meet.google.com/vnq-aouk-vpp

phone number: 612-404-0718. PIN: 375 579 737#

Wednesday, October 7th

LGBTQ+ Families of Vernon Meeting - 7:30pm

Friday, October 9th – State Inservice Day – NO SCHOOL

Tuesday, October 13th – Neurodiverse Affinity Group (NAG) 6-8

pm: meet.google.com/ebh-faqs-stp

or open Meet and enter this code: ebh-faqs-stp

Vernon Virtual Back to School Night

IBelieve, IBelong, IBeCome. Come grow with us!

Thank-you families, staff and community for participating in our Vernon Virtual Back to School Night on September 24th. Below are links to the live presentation via YouTube. Specialist and counselor videos and slides are included in this newsletter. Please reach out to your classroom teachers to access information, slides and other presentations from the night. We look forward to learning together in 2020-2021. .

[Kindergarten – 2nd Grade Virtual Family Presentation](#)

[3rd – 5th Grade Virtual Family Presentation](#)

[6th – 8th Grade Virtual Family Presentation](#)

VERNON PROUD

JOIN US FOR QUARTERLY MEETINGS!

WHO SHOULD COME? This group is open to all LGBTQ+ parents and parents of LGBTQ+ identified and questioning students.

FIRST MEETING: **Wednesday, October 7th**

TIME: **5:30pm**

FORUM: Zoom call

RSVP: Email Jess Byers (jessbyers13@gmail.com) to RSVP and get zoom info and/or to join our email list.

FROM MRS. WILKINS – VERNON LIBRARIAN

Reading Bag Distribution: Hello Vernon Families! Distribution of book bags will continue on Wednesday, September 30 for last names H-N, and continuing weekly as we rotate through last names. I have marked which weeks correspond to which families on the library calendar on the next page of this Owl Post.

Please note that due to the book quarantining requirements from the Health Authority and ODE, we do need our families to pick up books **only on their assigned day**. Doing so will allow sufficient supply of ready-to-use books for all students.

Student e-book access: Students have access to an ever-growing collection of e-books that they search and select a book of their choice. You'll find links to these e-book collections on the [PPS library services](#) page. The student and I explored these collections in some detail in the spring, so many students already have some experience with these collections.

Keep reading Vernon Owls!



Vernon Library Calendar

September/October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sep. 14 Week 1 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	15 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	16	17 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	18 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
21 Week 2 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	22 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	23 Reading Bag Pickup Last Names A-G 2-6 PM	24 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	25 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
28 Week 3 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	29 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	30 Reading Bag Pickup Last Names H-N 2-6 PM	Oct. 1 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	2 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
5 Week 4 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	6 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	7 Renee Watson Virtual Author Visit 1:00 PM Reading Bag Pickup Last Names O-Z 2-6 PM	8 6-8 Office Hours 1-1:30 PM / 6-8 Feedback Posted 3-5 Assignment Feedback Posted & Office Hours by Appointment	9 STATEWIDE TEACHER INSERVICE DAY NO SCHOOL FOR STUDENTS
12 Week 5 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	13 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	14 Reading Bag Pickup Last Names A-G 2-6 PM	15 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	16 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
19 Week 6 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	20 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	21 Reading Bag Pickup Last Names H-N 2-6 PM	22 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	23 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
26 Week 7 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	27 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	28 Reading Bag Pickup Last Names O-Z 2-6 PM	29 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	30 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted

K-2 Office Hours Link: g.co/meet/wilkinsK-2

3-5 Office Hours Link: g.co/meet/wilkins3-5

6-8 Office Hours Link: g.co/meet/wilkins6-8

Please note: We ask that you visit the school to pick up books only on your assigned day. This will ensure availability of books and that we are able to comply with guidelines from the Oregon Health Authority and Oregon Department of Education about quarantining books.



Counselor Corner

[Counselor Website](#)



Ms. Hanna's Office Hours

KG & 1st Grades: **Tuesdays 8-8:30am**

Code: [counselorhannaofficehours](#)

2nd & 3rd Grades: **Thursday 1:30-2:30pm**

Code: [counselorhannaofficehours](#)

Weekly Mindfulness with Ms. Hanna

Join on Tuesdays 8:30am

or Thursdays 2:30pm

<https://meet.google.com/oor-hgka-cev>

Ms. Shannon's Office Hours

4th & 5th Grades: **Mondays 1:15-2pm**

Code: [msshannonoffice4-5](#)

6th, 7th, & 8th Grades: **Tuesdays 1-1:45pm**

Code: [msshannonoffice6-8](#)

Contact Information:

Ms. Hanna (K-3): hallen@pps.net

503-916-6415 ext. 77707

Ms. Shannon (4-8): snicolas@pps.net

[Ms. Shannon Appointment Request](#)

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: **Fridays @ 2:30-3pm** code: [wings3-5](#)

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

Thoughts To Ponder: Seven Facts about the Brain that Incline the Mind to Joy

#1 The mind and the brain are mainly (and perhaps entirely) a single unified system.

Everything we are aware of, including our own sense of self, has a one-to-one correspondence with underlying, physical, brain structures and processes. Just like a letter to friend or a picture of a sunset on your computer requires and represents an underlying pattern of magnetic charges on your hard drive. This means that as your experience changes, your brain changes.

#2 "Neurons that fire together, wire together."

Activation of a particular neuronal circuit increases the strength of connections within that circuit.

#3 Fleeting experiences leave lasting traces in the brain.

This means that your experiences are important not just because of their brief effects on your momentary, subjective quality of life, but also because they produce enduring changes in the physical structure of your brain.

#4 Most changes in the tissues of the brain are in implicit memory.

There are 2 kinds of memory: Explicit (recollections of specific events) and Implicit (emotions, body sensations, relationships, sense of the world). Implicit memory is in your "gut". It's visceral, felt, powerful, and rooted in ancient-reptile and early mammal- structures of your brain. The inner atmosphere of your mind depends greatly on what is stored in implicit memory.

#5 Unfortunately, the brain emphasizes negative experiences.

It's the negative experiences that signal the greatest threat to survival. So our ancient ancestors that lived to pass on their genes paid a *lot* of attention to negative experiences. The minds of most people render verdicts about their character, their life, and their future possibilities that are profoundly unfair.

#6 You can help emphasize and store positive experiences through conscious attention.

You remember something best when you make it as vivid as possible and then give it heightened attention over an extended period of time. That's exactly how to register positive experiences in your implicit memory. Which will slowly but surely change the interior landscape of your mind. Do this by sensing that positive experience is soaking in, registering deeply in emotional memory and by extending the experience in time and space. Keep your attention on positive events so they linger.

#7 Positive experiences have many important benefits.

Emotions organize the mind as well, so positive feelings have global effects. They lower stress response, increase psychological resilience, lift mood and protect against depression, they promote optimism, they highlight key states of mind so you can find your way back to them in the future and they reward you for doing something that's noble but not always easy, and thus supporting your ongoing motivation.

Reference: Rick Hanson, Ph.D

Meet Your Teacher

*Kids call me "Mr. Crosman" or "Mr. C."
Parents, please call me "Nat" if you like.*



WELCOME!

I am so glad you are here tonight. I believe that keeping lines of communication open will be the single biggest thing parents and teachers can do to support our children's learning in this challenging online model. **Please reach out to me as often as you wish! And expect to hear from me often.**

ABOUT ME:

I have always been serious about science, and after getting tired of selling hiking boots and tents, I decided, as an adult, to teach it. I like outdoor activities like fly fishing and backpacking, but I also read a lot, and I seem to waste plenty of time on the internet.

MY EDUCATION:

I have a B.A in Geology from PSU, and a M.Ed, also from PSU. I was an adult college student.

SERVICES:

I love science and I am always ready to help kids understand the topics we are studying. If you ASK for help, you WILL GET IT!

If you want to talk about YOUR INTERESTS, I am DOWN WITH THAT! Let's find ways to make this fun!

CONTACT:

Please sign up for text messages from Remind!

You can also email me at ncrosman@pps.net.



Meet Your Teacher

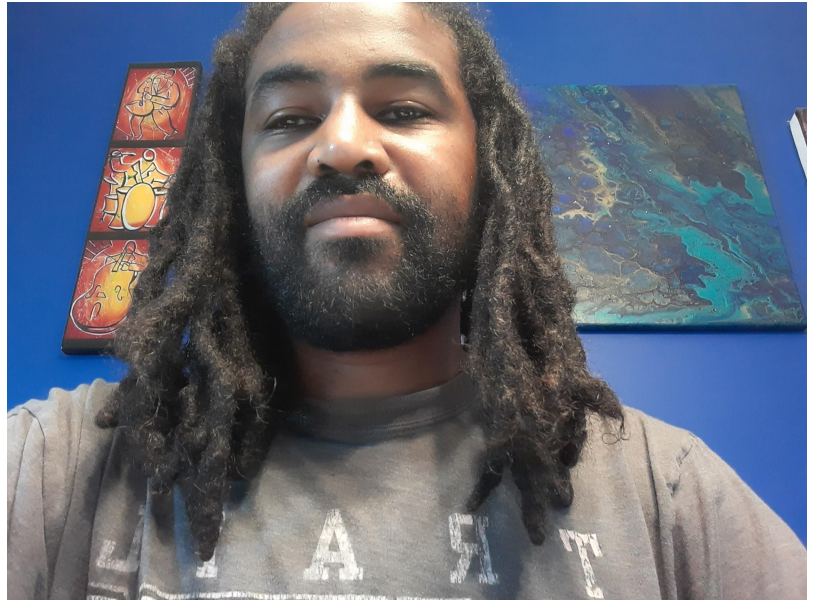
“Mr. Perry”

WELCOME:

Hello everyone, I am excited to be at Vernon this school year. I am hopeful that we will see each other face to face at some point this year, but until then mask up and stay safe.

ABOUT ME:

- 5th year as a teacher
- I own 2 cats
- Trailblazer fan
- Member of a Black Greek Letter Organization
- Part of PPS Racial Equity and Social Justice Committee
- Former PPS student
- Love video games and anime



CONTACT:

email: rperry1@pps.net

Remind: R. Perry

Canvas is where assignments will be posted

MY EDUCATION:

- Bachelors in General Science
 - Minor in Teaching middle school math
- Masters in Education

Meet Your Teacher



Ms J

7 & 8 Language and Literature

The Vernon community is powerful and welcoming. Thanks for being here.

ABOUT ME:

I am passionate about teaching.

I believe school is a place to dream a better world together.

My son attended Vernon.

I spent the last two years teaching in Prague, CZ.

I live with my husband, our son and a very spoiled dog.

I love coffee, dogs, cooking, good books and big trees.



MY EDUCATION:

Lewis and Clark College

Students can come to my office hours any day

1:00-1:30

- chat and hang out
- take a deep dive into writing
- discussing literature
- advice on distance learning and tech tools
- strategies for self-care

CONTACT:

kjohnson@pps.net

MYP Student Clubs

Attention 6th, 7th, & 8th Grade students:

Next week we will be starting Clubs! Each Club is hosted by a teacher and will cover a variety of topics, depending on the Club.

Clubs will be held from 11:45am to 12:15pm on either Monday, Tuesday, Thursday, or Friday. You get to pick your Club, so pick one you think will be fun and interesting.

Pick 1 Clubs per day, up to 3 per week to join! We are all excited to see you!

Monday 11:45-12:15	Tuesday 11:45-12:15	Thursday 11:45-12:15	Friday 11:45-12:15
Student Government code: vernongov Ms. Johnson	Student Gamer Group code: vernongamers Mr. Dickerson & Ms. Politte	No Place for Hate code: vernnonohate Mr. Dickerson & Ms. Shannon	Drawing/Art Zoom Link: Drawing/Art Ms. Mafchir
Sports Group code: vernonsportsclub Mr. Perry & Mr. Rittman	Math Club code: vernonmassey George Massey	Affinity Group code: affinity Mr. Perry & Ms. Mafchir	Greenthumb Club code: vernongreenthumb Mr. Evans & Mr. White
Cooking Club code: vernoneats Mr. White & Mr. Evans	Girls Empowerment code: vernongirlsgroup Ms. Shannon & Ms. Emily	D'n'D Club code: darosadnd Mr. Da Rosa	Wings of Freedom code: vernonwings Ms. Shannon
Anime Club code: vernonanime Ms. Shannon	Astrology/Astronomy code: vernonastroclub Mr. Da Rosa & Mr. Crosman		Chess Club code: vernonchess Mr. Dickerson

Club Descriptions:

Mondays

Student Government with Ms. J:

Have you ever been curious about our Government? Or thought to yourself, I can make the World a better place? Well Student Government is looking for students to help make Vernon a better place. Join Student Government and make the change you are looking for.

Sports Group with Mr. Perry & Mr. Rittman:

Did you catch the big game last night? Stop by the Sports with Mr. Perry and Mr. Rittman, to talk about all these sports and entertainment.

Cooking Club with Mr. Evans & Mr. White

Are you interested in cooking techniques? Cooking theories? Foods from around the globe? Would you like to share your family's recipes with friends? Perhaps the Vernon food club could be for you! Help us create a curriculum that is interesting and useful for YOU!

Anime Club with Ms. Shannon

Do you like Anime? Would you like a place to discuss Anime, Manga, cosplay and Japanese Culture with your peers? Then Anime Club is the place for you. "Believe it!"

Tuesdays

Student Gamer Group with Mr. Dickerson & Ms. Politte

We are a Student-led forum building community through a passion for gaming. Join us if you also have a passion for gaming.

Math Club with Mr. Massey

Welcome to Math Club! We will be participating in the National Math Club through the Mathcounts organization. We will engage in a variety of math activities including games, explorations, and problem sets. So put on your thinking cap and get ready to put your skills to the test in a fun and challenging environment.

Girl Empowerment Group with Ms. Shannon & Ms. Emily

Girls can do all things! That is true now more than ever. It is also true, that being a girl or identifying with the Pronouns she and her can be really hard sometimes. Ms. Shannon and Ms. Emily would like to help you and your peers find positivity around being a girl. We believe all girls have strength within themselves!

Astrology & Astronomy with Mr. Da Rosa & Mr. Crosman

Do you need a little space in your future? Come hang out with Mr Crosman and Mr Da Rosa as we check out constellations, study our astrological signs, and try to understand the universe! No need for a telescope--just bring your imagination!

Thursdays

No Place for Hate with Ms. Shannon & Mr. Dickerson

Are you looking for a place to talk about current World issues? But also a place to make our school safe for all and inclusive? This is the group for that. Join us to talk about current issues and to help our community.

Students of Color Affinity with Mr. Perry & Ms. Mafchir

This is a combined group of our Latin and Black Student Unions. The group offers Middle School students an opportunity to connect with other students of color. The topics and experiences are driven by student interest. Respect is required from each participant in our affinity group

D'n'D with Mr. Da Rosa

Welcome! This will be a "place" to create characters, discuss dungeons, draw dragons, conceive of campaigns--and of course, to PLAY! So grab your character sheet, D20, and pour yourself a hot mug of milk. It's adventure time!

Fridays

Drawing and Art with Ms. Mafchir

Come show your creative side with Ms. Mafchir in the Drawing and Art Club. Explore different drawing techniques you can do at home and spend time with your peers.

Greenthumb Club with Mr. White & Mr. Evans

Do you have biophilia? No, it's not a horrible disease! Biophilia is the joy we get from connecting with nature and living things, like plants! In the greenthumb club we'll learn how to grow and propagate different decorative plants! Come and experience biophilia!

Wings of Freedom (QSA) with Ms. Shannon

Everyone deserves a place to feel safe and supported. Wings of Freedom is an established QSA at Vernon that supports all LGBTQIA+ students and their allies. Join us for a safe space and fun conversations.

Chess Club with Mr. Dickerson

Do you enjoy the game of Chess? Do you want to learn more about Chess? Join Mr. Dickerson on Fridays to explore the world of Chess.



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



Hello Vernon Families!

Welcome to our Vernon Back to School Night Specialists links. Below are links to Vernon Specialist videos and slides. In a normal, brick and mortar school situation we would have time embedded in our evening for you to visit specialists to get to know them and ask questions about their classes. Due to it being a virtual event, our specialists have created ways for you to get to know what students will be learning in their classes, class expectations and more about them as educators. Please enjoy viewing these in your own time.

- **Mr. Jeremy DaRosa - World Language Teacher - jdarosa@pps.net**
 - [MYP World Language](#)
 - [5th Grade World Language](#)
- **Mrs. Wilkins - Vernon Librarian and Media Specialist - jwilkins@pps.net**

Mrs. Wilkins has an open Google Meet from 5:30 - 6:30 tonight embedded in [her slide show linked here.](#)
- **Ms. Martha Bryan - Vernon Music Teacher - mbryan@pps.net**
 - [Ms. Bryan's Video](#)
- **Ms. Anna Mafchir - Vernon Art Teacher - amafchir@pps.net**
 - [Ms. Anna's video](#)
- **Mr. Michael Rittman - Vernon PE Teacher - mrirtman@pps.net**
 - [Mr. Rittman's Video](#)
- **Ms. Paula Politte - Vernon PE Teacher - papolitte@pps.net**
 - [Ms. Paula's Slide with Links](#)
- **Mr Aaron Dickerson - Vernon Engineering and Design - adickerson@pps.net**
 - [Mr. Dickerson's Video](#)

VERNON PROUD

Run For the Owls 2020

The PTA is planning for the 2020 Run for the Owls! Five volunteers are needed to help plan and finalize specific pieces of the event. No prior experience or special skills required! Time commitment is just an hour or two a week for the next month - you can even do it with a friend!

This is a fun way to support the school and maintain a long-running student fundraiser. Please reach out to Jenni Jayne (jennijayne@rocketmail.com). Thank-you!



PPS Chromebook Service, Exchanges and Returns

Please note that PPS is providing the following service. If you are unable to get to the PPS district office, please contact Ms. Harold or Mr. Keefer for support.

When: Monday through Friday, 9 a.m.-1 p.m.

Where: PPS district office (501 N. Dixon St).
Please go to the lower level parking lot, which has an entrance on N. Larrabee Ave.

Please bring: Your student's ID number. If you are exchanging or returning a device, please bring the device and charger with you.

Please be aware: We are asking everyone to use recommended social distancing practices, keeping at least 6 feet of space between groups and wearing a facemask or face covering, if possible.

Please note that if you have a technical issue and are not sure if you should exchange a computer, you can also:
Call: 503-916-3375 Email: support@pps.net

