



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



The Owl Post

Vernon's Weekly Newsletter

Thursday, January 26, 2017



Bagels with Ben, Brad and Tarehna!

Please join us tomorrow for Bagels from 8:45-9:45am in the MPR. We will continue to work with IB, what it looks like at Vernon, and some of the deeper connections being made in the classrooms. Join us for some good coffee, snacks, and a few activities to build our understanding together. Specific topics will include PYP Transdisciplinary Themes and MYP Global Contexts. You know you want to!

Snow Day Updates

This is a reminder that there is school this Friday, January 27. The planning day is now Friday, February 3 - schools will be closed.

Students who were signed up for childcare or SUN programs on January 27 are automatically signed up for the same services on February 3. Additionally, today the Board of Education voted to restore instructional hours by canceling all late openings and early releases and extending the school year by an additional day until June 14. Staff is reviewing other calendar adjustments to address lost school days. We will keep you informed as those proposals are finalized.



Please **update your school calendars** with the below dates and events given that we've done a fair amount of rescheduling. **Thanks!**

Friday, February 3: Teacher Planning Day, No School

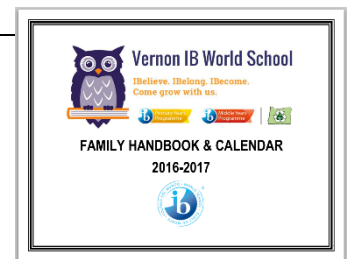
Wednesday, February 8: PTA presents: Earthquake Preparedness (MPR, 5:30-8:00pm, dinner included) *see flier on pg. 4 for more info.

Tuesday, February 14: Families of Black Students, Familias of Hispanic Students Parents' Groups (5:45-7:00pm, dinner and childcare included)

Wednesday, February 15: Normal Start Time (no late-start)

Thursday, February 16: Black History Celebration (MPR, 6:00-8:00pm, dinner included)

Thursday, February 23: Community Movie Night (MPR, 6:00-8:00pm, dinner included)



2017 Chinese New Year Celebration Gala!

- A note from Ms. Wu, Vernon's K-4 Mandarin Teacher

Dear Vernon Community,

January 28 (Saturday) is the Chinese New Year. This year is the year of the Rooster. There is a New Year celebration Gala at PSU. If anyone is interested in this, you can check out the following information.



Date: January 28, 2017

Time: 6:00 PM - 10:00 PM

Location: SMSU Ballroom, 1825 SW Broadway, Portland, OR 97201

Organizer: Co-hosted by Confucius Institute at Portland State University & CSSA

You are warmly welcome to celebrate the 2017 Chinese New Year with the Confucius Institute, the Chinese students, and the Scholar Association at Portland State, featuring cultural entertainment including dancing, singing, ballet, and drama. There will also be a raffle with prizes including a MacBook Air! Dinner will be served before the show.

\$ 8 for general admission, order ticket(s) online at

http://portlandstate.universitytickets.com/user_pages/event.asp?id=1750&cid=33

Dia de los Reyes @ Vernon!

- A note from Senorita Arias, Vernon's 5-8 Spanish teacher

This year at Vernon we celebrated Día de los Reyes. This holiday is celebrated in many Latin American countries but as our students informed us, it is also celebrated in countries like Germany. The Spanish students at Vernon (5th through 8th grade) learned about this holiday and how it is celebrated in Mexico. The tradition includes leaving your shoe outside on the night of the 5th and waking up on the 6th to find presents in your shoe. Family and friends gather for a meal later on in the day which will include a dessert called Rosca de Reyes. This dessert is a baked good in the style of pan dulce, or sweet bread. It can be quite large but must be in the shape of a circle or oval. A number of plastic toys, usually babies, are baked into the bread. Each person at the party takes a turn cutting a slice of the bread and if their piece includes one of the plastic babies, they must make tamales for everyone at the party at a later date.

Our Familias of Hispanic Students group donated the Rosca de Reyes to our Spanish students which had one student from each grade nominated to cut a slice. This year the winners were: DeOntae J. for the 8th grade class (pictured in front, holding the little plastic baby), Isaac P. for 6B, and Opal R. for Ms. Bostick's 5th grade class. These students will not have to make tamales for the classmates but instead will be participating in a party thrown by our Familias of Hispanic Students!



2016-2017 8th Grade Information Nights

Please mark your calendars for next week's 8th grade Open Houses for Franklin and Jefferson High Schools that were rescheduled due to weather-related school closures. For a full list of 8th grade Open Houses read the PPS homepage banner story <http://www.pps.net/>.

Feb. 1, 6:15-8pm- New date

"Discover Franklin" High School @ Marshall Campus

3905 SE 91st Avenue

Feb. 2, 6:30-8pm- New date

Jefferson HS-Middle College for Advanced Studies

5210 N Kerby Avenue

Students districtwide may apply to attend Jefferson HS-MCAS.



Open Houses have also been rescheduled for Madison HS-Feb. 7, Roosevelt HS-Feb. 13 and Lincoln HS-Feb. 13. For more information please check school websites. For additional questions or concerns, feel free to contact April Mears: amears@pps.net or 503-916-6415.

Albina Head Start & Early Head Start Home Based Program is Now Enrolling

Albina Head Start & Early Head Start's Home Based program has openings for the 2016-2017 school year. Albina offers Early Head Start and Head Start services to low income prenatal mom's and children birth to age 5 living within our program service area. Families must have a total household income at or below federal income guidelines and meet employment or school requirements. All services are provided free.

Through the Home Based program, families are assigned a Home Visitor who comes to their home once a week and works with you and your child on school readiness through parent child activities. Home Visitors also provide families with Health and Wellness Information, Community Resources and offer families two socialization events a month.

For more information please visit: www.albinahs.org Prenatal to Age 3: 503-236-9389, Age 3 to Age 5: 503-282-1975

Albina Head Start-Early Head Start: Servicios de Visitas al Hogar

A todas las familias de la comunidad en nuestra área de servicio les queremos hacer saber que tenemos todavía espacios disponibles en los servicios de visitas al hogar para el año 2016-2017.

Los servicios son para: Mujeres embarazadas, niños de 6 semanas a 3 años, y para, niños de 3 a 5 años.

Para calificar las familias deben de tener ingresos por debajo del índice federal de pobreza, y cumplir con los requisitos de estar empleado o estar en la escuela.

A través de este programa a la familia le asignara un Visitador de Hogares, que visitara su domicilio una vez a la semana. El Visitador de Hogares brindara actividades apropiadas para la edad de sus niño (s) y trabajarán juntos para apoyarlos durante su crecimiento. También se proporcionarán servicios de salud y bienestar, se ofrecerán recursos de la comunidad y dos eventos para socializar dos veces al mes

Para más información, visite nuestra página www.albinahs.org o llame: Al teléfono 503-236-9389 para servicios para mujeres embarazadas (prenatales) hasta 3 años; o, al teléfono 503-282-1975 para servicios para niños de 3 a 5 años.

2017 Student Health Updates!

- A note from Ms. Lindsey Caudle, Vernon's Nurse



Immunization exclusion day approaches (Wednesday, Feb 15)

All immunizations must be up to date or students will not be able to attend classes. Parents must provide proof of the immunization or a certificate for non-medical exemption. Please contact us with any questions.

Health Screening

Wednesday, February 8, is the Vernon Health Screening for Kindergarten, 1st, 3rd, 5th and 7th grades. K and 1 will also have hearing screening. Please make sure that students with glasses or contacts wear them.

First Aid: Head Lice

A head louse is a tiny, wingless insect that can attach to a person's hair, where it feeds on tiny amounts of blood drawn from the scalp. Lice, while annoying, aren't dangerous and they don't spread disease.

Signs and Symptoms

- severe itching of the scalp
- nits (tiny oval specks of grey or yellow-white on the hair shaft)
- lice (reddish brown tiny insects on the hair shaft)
- small red bumps on the scalp
- a rash on the scalp, with crusting and oozing (if severe)
- swollen lymph glands in the neck

What to Do

A doctor will recommend a medicated rinse or lotion to kill the lice. It's important to **follow the directions for these products** exactly because applying too much or too often can be harmful.

Here are some ways to get rid of lice and their eggs around the house:

- Check everyone in the house for lice and seek treatment if necessary.
- Wash all bed linens and clothing in very hot water, then put them in the hot cycle of the dryer for at least 20 minutes.
- Dry clean any clothing, bed linens, and stuffed animals that aren't machine washable.
- Vacuum carpets and any cloth-covered furniture in your home or car.
- Discard hair-care items or soak them in rubbing alcohol for 1 hour, then wash them in hot soapy water.
- While not necessary, you can remove nits from hair with a fine-tooth comb.

Seek Medical Care If Your Child:

- shows any signs of having lice
- is constantly scratching or complains of itches that don't go away
- has scratched the scalp to the point of redness, swelling, or visible pus

Think Prevention!

You can help protect your kids from head lice by teaching them to:

- avoid head-to-head contact with other children
- not share combs, brushes, hair ties, hats, etc.
- not lie on bedding, pillows, and carpets that have recently been used by someone with lice

If you have any questions, please don't hesitate to get in touch. Thank you.

Lindsey Caudle RN

MESD School Nurse

lcaudle@mesd.k12.or.us

Are YOU prepared for the next earthquake?

Feb 8, 2017

Vernon Elementary

5:30-8pm



The Pacific Northwest experiences a subduction-zone earthquake roughly once every 230 years. There is a 37% chance of a subduction earthquake occurring in the next 50 years. When the next one comes, the loss of life and property will likely be catastrophic.

We Will Cover

- The risks and impacts of a Cascadia subduction zone earthquake
- What you can do to prepare in your home, community and school

Childcare Provided

With age-appropriate preparedness activities

Dinner Provided

It may be closer than you think



Home



Community



Schools

Vernon Elementary School 2044 NE Killingsworth, Portland, OR 97211



SUSAN ROMANSKI

US Director for Disaster Preparedness and
Community Resilience

¿Estás preparado para el próximo terremoto?

8 de febrero 2017
Vernon Elementary
6:15-7:45pm



Puede estar más cerca de lo que piensas.

En la zona noroeste de los Estados Unidos, un terremoto tipo “zona de subducción” ocurre aproximadamente cada 230 años. Existe una alta probabilidad de un terremoto desastroso en los próximos 50 años. Cuando llegue, la pérdida de vidas y propiedades será catastrófica.

Temas para la discusión

- Los riesgos e impactos de un terremoto Cascadia
- Como prepararse, sus casas, comunidades y escuelas

Hay guardería

Con actividades de preparación apropiadas para la edad



En casa



En la comunidad



En la escuela

Vernon Elementary School 2044 NE Killingsworth, Portland, OR 97211



SUSAN ROMANSKI

Directora Nacional de Preparación para
Desastres y la Resiliencia Comunitaria