



Upcoming Events and Calendar Dates

Wednesday, October 7th

- K-8 Book Bag Distribution in MPR. Vernon Family last names O-Z only 2pm-6pm.
- Renee Watson Presentation 1:00pm
- LGBTQ+ Families of Vernon Virtual Meeting - 7:30pm

Thursday, October 8th

- Principal's Virtual Coffee Hour 10:00AM
meet.google.com/vnq-aouk-vpp
phone number: 612-404-0718. PIN: 375 579 737#

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

Monday, October 12th

- Families of Black Students Meeting 6:00pm
meet.google.com/cnb-symh-rsg
phone: 419-702-0467 PIN: 141 115 015#

Tuesday, October 13th

- Neuro Advocacy Group (NAG)
6:00pm meet.google.com/ebh-faqs-stp
or open Meet and enter this code: ebh-faqs-stp

Thursday, October 15th

- Vernon Virtual PTA Meeting - 5:45 - 7:30pm

At SUN Community Schools, the collective efforts of youth, parents, businesses, faith communities, libraries, and community organizations create a network of supports that ensure youth academic success and that communities thrive.

Our goal is to work with families and students that are underserved and underrepresented. This Fall term we are offering enrichment and academic after-school classes virtually for students to have the opportunity to attend from the comforts of their home. A list of classes being offered will be available next week for families to browse and decide if this is the best fit for your student. If you would like to sign your student up for Fall programming or for programming at some point this year, please complete the form found at this link: <https://www.selfenhancement.org/sei2020>. If you have any questions, please contact me at tatianab@selfenhancement.org.



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.



Families of Black Students

OUR SECOND MEETING IS MONDAY, OCTOBER 12TH AT 6 PM!

Join us for an open discussion about our community, so we can thrive together! We hope to see you there!

Link to meeting below:

Meeting ID: meet.google.com/cnb-svmh-rsg

Phone Numbers: (US)+1 419-702-0467

PIN: 141 115 015#



FROM MRS. WILKINS – VERNON LIBRARIAN

Reading Bag Distribution: Hello Vernon Families! Distribution of book bags will continue on Wednesday, October 7th for last names O-Z. 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 and the e-book collections on the [PPS library services](#) page. Keep reading Vernon Owls!



Ally Week to Solidarity Week

As an organization, GLSEN is dedicated to safe and inclusive schools for LGBTQ+ students and educators in K-12 schools for 30 years, their decision to change [Ally Week to Solidarity Week](#) was heavily influenced by student feedback, the current climate highlighting historic harm done to Black people, and the responsibility to adjust language, ideas, and actions that are appropriate and reflect the voices of those we serve and center those most impacted by oppressive systems and behaviors.

Solidarity Week is a student-powered campaign dedicated to building collective support for LGBTQ+ students and educators. To learn more about Solidarity Week, please visit the GLSEN website: <https://www.glsen.org/>

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](https://www.g.co/meet/wilkinsK-2)

3-5 Office Hours Link: [g.co/meet/wilkins3-5](https://www.g.co/meet/wilkins3-5)

6-8 Office Hours Link: [g.co/meet/wilkins6-8](https://www.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.

RENÉE WATSON

Join us for a conversation with the author!



Wednesday
OCTOBER 7

1:00 PM

Click here to access the
Live stream (via YouTube)

How you can prepare
(click the links below)

- ✓ Submit questions for the author
- ✓ Explore Renée Watson's website
- ✓ Order a copy of the book
- ✓ Arrive early to our livestream so we may begin on time

RENÉE WATSON
NEW YORK TIMES BESTSELLING AND NEWBERY HONOR AUTHOR



We are partnering with Green Bean Books, our wonderful local independent bookstore, to present this event. Please visit their website to order any of Renée Watson's wonderful books. Green Bean Books is happy to arrange pickup from their store on NE Alberta St.

Click here to order from Green Bean Books!

Questions?
Please Contact Mrs. Wilkins



jwilkins@pps.net

Meet Your Teacher

Mr Da Rosa

Spanish, Math/Reading Support

ABOUT ME:

I was born in central California and moved to Oregon when I was 6.

I learned Spanish in Guatemala and Colombia,

I like basketball, reading, writing, old cars and motorcycles, art, and travel.

I love dinosaurs.



CONTACT:

jdrosa@pps.net

Or, sign up for Remind!

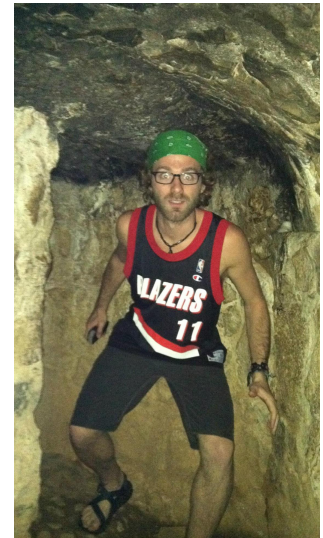
WELCOME!

Buenas tardes! Jeremy Da Rosa, and I'm teaching 5 to 8th grade Spanish. This is my 9th year teaching, and my 4th at Vernon.

I'm excited to get to know the new students this year, and to continue to explore Spanish language and culture.

MY EDUCATION:

I have a BA in English from Oregon State University (2007), and an MAT from Western Oregon University (2008).



WHAT I DO::

In addition to teaching Spanish, I'll be providing math and reading support to MYP students, hosting a couple clubs, and integrating anti-racist content into the Spanish curriculum I have lined up for this year.

¡Vamos!

Meet Your Teacher

Mr. Dickerson



Hi! My name is Aaron Dickerson. This will be my third year at Vernon. My introduction to Vernon was through substitute teaching. Last year, I had the privilege of teaching 5th grade. This year, I will have the unique opportunity to work with all students, Kindergarten through 8th grade.

ABOUT ME:

I have lived in Minnesota, Georgia, and Oregon, but Portland is home!

I love coffee (snob status). I spent about 7 years working for Portland's finest coffee shops.

I love running, hiking, and just going for long walks through Portland neighborhoods.

I enjoy playing card games with friends. My favorite card game is cribbage.

I am a proud, "silly" uncle of two wonderful nieces.

CONTACT:

While we are doing Distance Learning, email is the best way to contact me:
adickerson@pps.net



MY EDUCATION:



Bachelor of Arts in Elem/Middle Level Education from just *down the street* at the late, great Concordia University!

ROLES:

I will be wearing two hats this year. Part of my time will be spent providing *academic support in Math* for students in k-5. I am also teaching *Creative Project Design* to 6th-8th graders.

Meet Your Counselor



Ms. Shannon

Hi! My name is Shannon Nicolas. I am excited to be the School Counselor at Vernon this year. This is the start of my 4th year as a School Counselor & 7th year as an educator. My goal/hope for this year is to support the students, families, and community at Vernon. I believe every student has the ability to succeed and it is part of my job to assist them in finding their way through education.

ABOUT ME:

I was born and raised in Beaverton and lived in Corvallis for 8 years.

I have an older sister, a niece & nephew. Who I spoil a lot.

My husband, Matthew, is from San Francisco but we met at OSU while going to school. Together we have 2 cats, Hunter Pence & Coco (from the movie).

I love the Pacific Northwest! Especially camping, rafting, hiking, and the rain.

Some of my favorite things are bread (although I can't eat it), most things Disney, learning about new people and cultures, and exploring our wonderful World.



MY EDUCATION:

Bachelor of Anthropology and Archaeology from Oregon State University

Masters of School Counseling from Oregon State University

SERVICES:

Here are some areas that I can help support you and your family:

Individual or Small group counseling (social skills, anxiety, grief/loss, family changes, school success, etc.)

Peer Conflict Resolution

Managing feelings

Adjusting to new environments

Setting goals

Parent consultations

504 Plans

Community resources

Trauma Informed Supports

LGBTQIA+ Supports

And much, much more

<https://sites.google.com/ppp.net/vernonk-8counselors>

CONTACT:

While we are doing Distance Learning, email is the best way to contact me:
snicolas@pps.net.

We can also set up a GoogleMeet through email and meet each other virtually!



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](#)

Ms. Shannon's Office Hours

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

Code: [msshannonoffice4-5](#)

6th-8th Grades: **Tuesdays 1-1:45pm**

Code: [msshannonoffice6-8](#)

Weekly Mindfulness with Ms. Hanna

Join on Tuesdays 8:30am

or Thursdays 2:30pm

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

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](#) (503) 308-9546

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: Wednesdays @ 3:15-3:45pm code: [wings3-5](#)

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

Thoughts To Ponder: 10 Steps to Make a Mindful Space at Home

When it comes to our brains, it is important to let them rest and relax. One way to do that is to set up a mindful space in your home that you find relaxing and calming. Here are 10 steps you can do to make a mindful space at home:

1. Find a quiet space that is kind of private and makes you feel safe: a corner in your room works great, but there are lots of options.
2. Grab some pillows or blankets to make you feel cozy and warm.
3. Grab paper, pencil, and markers or colored pencils so you can doodle and draw, this really helps you relax and reset.
4. A book can be nice to sit and read and let your brain think about something that is not school.
5. Find something that is special to you (stuffed animal, necklace, keepsake, etc).
6. Music is a great thing to listen to when relaxing, so grab headphones and music device.
7. You might want to grab a snack to eat.
8. Schedule 10-15 minutes for yourself to relax.
9. Don't forget to do some breathing techniques before settling down.
10. Finally, enjoy and don't worry about anything else while relaxing.





Vernon IB World School

**IBelieve. IBelong. IBecome.
Come grow with us.**



Teletha Benjamin Wins Award

Teletha Benjamin, long time Vernon supporter, is the recipient of Multnomah County's Gladys McCoy Lifetime Achievement Award for 2020. This award is named for long-time County Commissioner, Gladys McCoy.

A native of Lafayette, Louisiana, Teletha learned from her mother the importance of service to others. The children learned by example that the neighborhood was their "extended family."

When Teletha moved to Portland in 1958, she immediately became active in the community through organizations such as Camp Fire, Catholic Charities of Oregon, Portland Public Schools, and others. At Vernon School, she served as Secretary and then Vice President of Vernon PTA during the time it was re-organizing.

She served on the board of The Salvation Army and Meals-on-Wheels, and created a fundraiser at the Martin Luther King Center with her famous Jambalaya cooking that earned \$240,000 for the organization over the years 2008-2016.

Through her involvement with Rotary Club, she has been involved in many areas of support to Vernon School. She is especially proud of Rotary's support of a successful Music program at Vernon School and its International Baccalaureate (IB) Program. She continues her advocacy for children and education today.

Teletha's family is also involved in community activism, so service to others is still a family affair. Her passion, dedication, and selflessness are hallmarks of her character. We join many others in offering our congratulations and appreciation to a most deserving – and beloved – member of the Vernon community.



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: vernonthings 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.