



Upcoming Events and Calendar Dates

Tuesday, October 20th

- Principal's Virtual Coffee Hour 6:00pm
meet.google.com/vnq-aouk-vpp
phone number: 612-404-0718. PIN: 375 579 737#

Wednesday, October 21st

- K-8 Book Bag Distribution in MPR. Vernon family last names H-N only 2pm-6pm.
- Familias of Vernon Meeting - 5:45 - 7:00pm please join using this link: meet.google.com/cuf-yebe-ksw
Phone Numbers: 413-276-7390 PIN: 698 316 891#

Friday, October 23rd

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

LGBTQ+

HISTORY MONTH

QSA Student Groups

Vernon has two QSA student led groups. Third through fifth grade 'Wings of Freedom' which is advised by counselors Ms. Hanna and Ms. Shannon, meets on Wednesdays at 3:15pm at this Google Meets link: [wings3-5](https://meet.google.com/wings3-5)

Sixth through eighth grade 'Wings of Freedom' is advised by Ms. Shannon and meets on Fridays at 11:45am at this Google Meets link: [vernonwings](https://meet.google.com/vernonwings)

The goal of Wings of Freedom is to provide a safe and supportive space for students that unites LGBTQIA+ and allied youth to build community and organize around issues impacting them in their schools and communities. All students interested in working to create a safe and supportive environment at Vernon, for students and teachers around gender identity and sexuality are welcome to attend these groups.

RECYCLING

If you're interested in recycling polystyrene (#6) plastic products, the Agilyx Corp in Tigard is the place to go. Located at 13240 SW Wall St, the polystyrene is reduced to its original state (crude oil), then sent to processors to re-purpose instead of going to the landfill.

They have 24/7 drop-off bins, as well.

What are #6 plastics? They have a lower melting point, come in various forms, and include:

- plastic silverware, food containers, CD cases, plastic cups
- foam coolers, molded plastic for shipping
- coffee cup lids, creamers, plastic cold cups, plastic veggie bag clips
- meat trays, egg cartons, foam cups



Connie

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 1:30 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

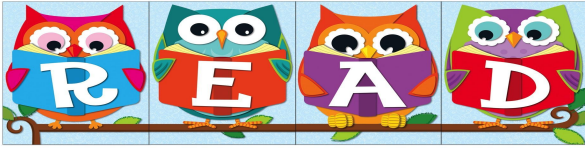
3-5 Office Hours Link: g.co/meet/wilkins3-5

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

Student e-book access: Students have access to an ever-growing collection of e-books and the e-book collections. The ebooks can be found at www.pps.net/library-services

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.

VERNON PROUD



FROM MRS. WILKINS – VERNON LIBRARIAN

Reading Bag Distribution: Hello Vernon Families! Distribution of book bags will continue on Wednesday, October 21st from 2:00pm-6:00pm for last names H-N. If you got book bags three weeks ago, please return them to be quarantined and exchange for a new bag of books. I have marked which weeks correspond to which families on the library calendar on the previous 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.

Keep reading Vernon Owls!

FAMILIAS OF VERNON

Únase a nosotros para la primera reunión virtual de Familias of Vernon este miércoles 21 de octubre a las 5:45 pm utilizando este enlace de Google Meets o llame al número de teléfono:

meet.google.com/cuf-yebe-ksw

número de teléfono:

413-276-7390 PIN: 698 316 891#

Please join us for the first virtual Familias of Vernon meeting this Wednesday, October 21st at 5:45pm using this Google Meets link or call in phone number:

meet.google.com/cuf-yebe-ksw

phone number: **413-276-7390** PIN: 698 316 891#

Jump For the Owls 2020 T-Shirt Contest!

Jump for the Owls is the fundraiser to replace Run for the Owls this year!. We will be holding the jump day in mid-November. Details coming soon! This change to RFTO will allow students to participate in a fun, jump-a-thon event to raise money for Vernon. As always, we are looking to have a student designed t-shirt. Included in this Owl Post are contest forms. Teachers will be handing these out too. We look forward to seeing amazing student artwork for our t-shirt design. Don't forget:

- Make sure to write STUDENT'S FULL NAME, TEACHER'S NAME and GRADE on the TOP RIGHT CORNER of your contests entry sheet before you turn it in to your teacher. You can upload your design to SeeSaw, Canvas, Google Classroom or drop it off at Vernon School.
- All entries are due by the end of the day on Monday, October 19th

Any questions? Please reach out to Heather Sadler at h.sadler@sbcglobal.net.





Jump for the Owls 2020



Students, we need **YOU** to draw an owl for the
Jump for the Owls T-Shirt Design Contest!

1st place will be printed on t-shirts and given to all students for “Jump for the Owls” day.

How to enter:

- Draw a picture of an owl using a pencil or black pen on a plain sheet of paper or in the box below. No crayons or colors. Simple lines without too much shading are easier to transfer to a t-shirt. Event Details to Follow
- Make sure to write **STUDENT'S FULL NAME, TEACHER'S NAME and GRADE** on the **TOP RIGHT CORNER** of your artwork before you turn it in to your teacher. You can upload your design to SeeSaw, Canvas, Google Classroom or drop it off at Vernon School.
- All entries are due on **Monday, October 19th**



Jump for the Owls 2020



Estudiantes necesitamos que dibujen un búho para el

¡Concurso de diseño de camisetas Jump for the Owls!

El ganador del concurso tendrá su diseño impreso en las camisetas oficiales del evento. Cada estudiante recibirá una camiseta para el día de "Jump for the Owls"

Para participar

- Dibuja un búho en el cuadrado abajo o en otra hoja de papel sin líneas usando un lápiz o un bolígrafo negro. No se puede participar con crayones ni colores. Líneas simples sin demasiado sombreado se impresionan fácilmente en una camiseta. En esos días mandaremos más información acerca del concurso a su email.
- Asegúrate que escribes el NOMBRE COMPLETO DEL ESTUDIANTE, el NOMBRE DEL PROFESOR y el GRADO DEL ESTUDIANTE en la parte superior al lado derecho de su obra de arte antes de entregarla a su maestro. Se puede subir los diseños por Seesaw, Canvas, Google Classroom, o dejarlo en la oficina de Vernon.
- Todos los diseños deben de estar entregados antes del día lunes, el 19 de octubre.





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-8th Grades: **Tuesdays 1-1:30pm**

Code: [msshannonoffice6-8](#)

Contact Information:

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

[Ms. Hanna Appointment Request](#) (971) 378-0424

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: 5 Health Benefits of Journaling ([article](#))

1. Reduces Stress: Journaling can be used as a stress management tool that lessens the impact of physical stressors on your health. Pre-bedtime Journaling can help settle your mind and provide your brain a good night's rest.
2. Improves Immune Function: Expressive writing can strengthen your immunity and decrease your risk of illness.
3. Keeps Memory Sharp: Journaling boosts memory and comprehension, but also increases your working memory capacity which helps improve cognitive processing. It might help you think faster!
4. Boosts Mood: Just like those Jamba Boosters, Journaling helps improve your mood and can give you an overall feeling of happiness and well-being.
5. Strengthens Emotional Functions: Over long-term Journaling, you become more in tune with your health and well-being. This is done through connecting with your needs and desires and providing space to help your brain regulate emotions and events.

Ways to journal at home:

1. Find paper or a notebook and start by writing about your day. Sometimes it is helpful to list out what you did not like about your day and what you did like about your day. It's a time to reflect.
2. Download a Journaling App. Like [Grid Diary](#) or [Daylio](#). They are both free and give you prompts to write about. You can even use emojis to express your feelings.
3. Request a Mindful Workbook from your Counselor, to use at home.

Meet Your PE Teacher

MR. RITTMAN



WELCOME:

Hello! My name is Michael Rittman and I am excited for my 1st year at Vernon! I taught PE/Math in Seattle for 10 years and taught PE/Health for the past 2 years in Portland. I love nothing more than to see students smiling and sweating in PE!

ABOUT ME:

I was born and raised in Seattle, Wa. I moved to Portland for college where I met my wife Linda! After college we moved to Seattle and spent 10 years there before moving back to Portland in 2018. My wife Linda is a PPS product and is now a RN at Providence Portland. Our daughter Stella Brielle is almost 3 years old and is smart, funny and fun! Our fur baby Henri is a Mini Aussie and rounds out our family!



MY EDUCATION:

University of Portland Antioch Univ.
Major: Criminal Justice **Masters in**
Minor: Health Education **Teaching**

SERVICES:

I will be hosting LIVE PE once per week for all of my PE classes. I will my best to pack those sessions with fun and engaging content!

Links to my live classes, info about me and additional activities for the Vernon students can be found at my "Bitmoji Classroom" which can be found [here!](#)

CONTACT:

The best way to contact me is via email at mrittman@pps.net.



Meet Your Teacher

Susie Costa



Hi Vernon families! My name is Susie Costa and I will be teaching 7th grade Lang and Lit and Individuals and Societies this year. I have been teaching for 24 years and this is my third year in the Vernon community. I'm so happy to be here.
Go Owls!

ABOUT ME:

My family and I live in Camas, Washington and we love it out here.

There are seven of us total and we are all under one roof again for the first time in years! It's a joyous chaos but it's definitely chaos.

One of my favorite things to do is watch my kids play sports. Most weekends you'll find me at the soccer or lacrosse field, yelling my brains out!

I love being a Vernon Owl!

CONTACT:

Susie Costa: scosta@pps.net

Office Hours: Daily from 1:00PM-1:30PM

google meet codes:
costa7cp1 / costa7cp2



MY EDUCATION:

University of Portland:

BA History

Portland State:

MS Curriculum and Instruction/Reading
Endorsement

My Roles:

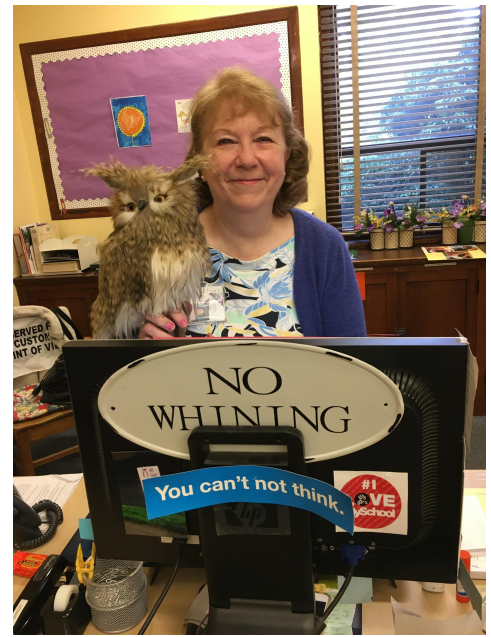
Ensure every student feels welcome, safe, and ready to learn.

Model and teach how to be students of history and the language arts.

Foster a love of learning!

Meet Your School Secretaries

Teresa & Connie



ABOUT US:

Teresa: I have worked at Vernon for 16 years and for PPS, 20 years. I like music, I play the piano and sing and I love the outdoors. I have four children and 15 grandchildren.

Connie: I have worked at Vernon for 12 years and for PPS, 14 years. My husband, Pete, and I have 2 grown sons. I have lived in France. I love to read and learn. Please vote!

WELCOME:

My name is Teresa Walworth and I'm the school secretary.

My name is Connie Schwendemann and I'm the principal's secretary.

OUR EDUCATION:

Connie: I have a degree in Political Science and French from Willamette University.

Teresa: I spent two years at the University of Utah studying Early Childhood Education.

CONTACT:

Teresa: walworth@pps.net

Connie: cschwend@pps.net

Meet Your Teacher

Ms. Shannon



I am the new Therapeutic Intervention Coach at Vernon and I am excited to join the team. I worked at Sitton for the last 2 years and in schools all over PPS for the 5 years prior. Before I came to PPS I was an SLP for 12 years. I look forward to getting to know all the staff, students and families this year.

ABOUT ME:

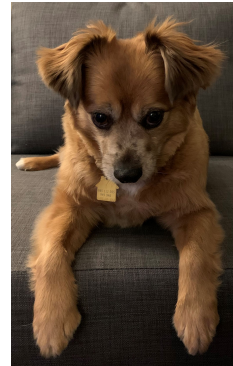
I was born and raised in Portland, OR

I live with my partner Max who is also from Portland, our son Ben who just started high school at Grant, our 2 dogs (Copper and Sherman) and our cat (Callie).

I enjoy reading, learning, watercolor, knitting, sewing, playing board games, spending time with family, and camping.

CONTACT:

The best way to contact me is via email: sschwartz@pps.net



MY EDUCATION:

Bachelor in Communication disorders at Portland State University (PSU)

Masters in Speech-Language Pathology at PSU

SERVICES:

I am still learning my new role during our on-line learning and being at a new school. The amazing part about my job is that I get to work with students from different classrooms and I get to collaborate with and support classroom teachers. Some things I did in the past were: give wellness breaks, data collection, help support students encountering challenges at school, helped with collaborative problem solving, helped implement parts of behavior support plans, and much more.

Meet Your Educational Assistant

Ms. Deb

**GO
OWLS!**

Hello! My name is Deb Kerrigan and I'm the new Educational Assistant at Vernon. This is my 8th year at PPS and I have worked in various roles. I love being classroom support and I am very excited to be here. I look forward to hopefully meeting everyone in person someday soon! Stay Well!

ABOUT ME:

I am a "people person" so these last 6 months have been tough! I have 2 children - a senior in high school this year and a sophomore. I have lived in Portland for 12 years and am so grateful to call it home. I love to travel and hang out with my friends and my dog.



CONTACT:

Please don't hesitate to reach out.
My email is dkerrigan@pps.net

My Education:

Bachelor of Applied Arts and Sciences from Stephen F. Austin State University in Texas.



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



Get Your Flu Shot!

Fall is a time of cooler, wetter weather in the Pacific Northwest. Traditions of returning to school in person, harvest festivals, and holidays look a little different this year due to the COVID-19 pandemic, but one thing that remains the same is that flu season will soon be here.

Flu season in the United States starts in the Fall and typically peaks between December and February. You should get the flu vaccine before flu season starts, since it takes about two weeks for your body to develop the antibodies to protect against the flu. The Center for Disease Control (CDC) recommends getting vaccinated in September or October.

The CDC recommends that everyone 6 months or older get a flu vaccine every year, especially people at high risk. High risk individuals include adults 65 and older, children less than 2 years old, pregnant women, and people with chronic health conditions. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.

This season will be unique because our community has the potential to be exposed to the viruses that cause the flu *and* the virus that causes COVID-19. Fortunately, the same precautions we take to prevent COVID-19 will also help us avoid the flu. However, getting the flu vaccine this year is more important than ever because it can help save our healthcare resources for the care of patients with COVID-19.

Contact your healthcare provider if you are interested in getting a flu shot for you and your family. Some providers even offer drive-through clinics during the week and on weekends. Flu vaccines are also available at pharmacies and grocery stores with pharmacy services. There are many options available, so go out and get your flu shot!

Sincerely,

Rob Nicholson, RN

MESD School Nurse at Boise-Eliot/Humboldt, Beach, Vernon, Faubion, and Dr. Martin Luther King Jr. Schools

¡Obtenga su vacuna contra la gripe!

El otoño es una época de clima más fresco y húmedo en el noroeste del Pacífico. Las tradiciones de regresar a la escuela en persona, los festivales de cosecha y las vacaciones se ven un poco diferentes este año debido a la pandemia de COVID-19, pero una cosa que sigue igual es que la temporada de gripe pronto llegará.

La temporada de influenza en los Estados Unidos comienza en el otoño y generalmente alcanza su punto máximo entre diciembre y febrero. Debe vacunarse contra la gripe antes de que comience la temporada de gripe, ya que su cuerpo tarda unas dos semanas en desarrollar los anticuerpos para protegerse contra la gripe. El Centro para el Control de Enfermedades (CDC) recomienda vacunarse en septiembre u octubre.

Los CDC recomiendan que todas las personas a partir de los 6 meses de edad se vacunen contra la influenza todos los años, especialmente las personas con alto riesgo. Las personas de alto riesgo incluyen adultos de 65 años o más, niños menores de 2 años, mujeres embarazadas y personas con enfermedades crónicas. Se ha demostrado que las vacunas contra la influenza reducen el riesgo de contraer la influenza, la hospitalización y la muerte.

Esta temporada será única porque nuestra comunidad tiene el potencial de estar expuesta a los virus que causan la gripe y al virus que causa COVID-19. Afortunadamente, las mismas precauciones que tomamos para prevenir COVID-19 también nos ayudarán a evitar la gripe. Sin embargo, vacunarse contra la gripe este año es más importante que nunca porque puede ayudar a ahorrar nuestros recursos de atención médica para el cuidado de los pacientes con COVID-19.

Comuníquese con su proveedor de atención médica si está interesado en recibir una vacuna contra la influenza para usted y su familia. Algunos proveedores incluso ofrecen clínicas de autoservicio durante la semana y los fines de semana. Las vacunas contra la influenza también están disponibles en farmacias y supermercados con servicios de farmacia. Hay muchas opciones disponibles, ¡así que salga y vacúnese contra la gripe!

Atentamente,

Rob Nicholson, RN

MESD School Nurse en Boise-Eliot / Humboldt, Beach, Vernon, Faubion, y Dr. Martin Luther King Jr.