



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](#)

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](#)

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.

Upcoming Events and Calendar Dates

Tuesday, October 27th

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

Wednesday, October 28th

- K-8 Book Bag Distribution in MPR. Vernon family last names O-Z only 2pm-6pm.

Friday, October 30th

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

Friday, November 6th

- Teacher Planning Day - NO SCHOOL



Reading Bag Distribution: Distribution of book bags will continue on Wednesday, October 28th from 2:00pm-6:00pm for last names O-Z. 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! Ms. Wilkins

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

Updates to Meal Service as Weather Changes, Distance Learning Continues

October 22, 2020

[English](#) | [Español](#) | [Tiếng Việt](#) | [中文](#) | [Русский](#) | [Soomaali](#)

Dear PPS Families,

With the announcement that Portland Public Schools is extending Comprehensive Distance Learning through at least January 28, we want to make you aware of upcoming updates to our meal service as we adjust to the coming colder weather and shorter days.

We will be pausing services at Clarendon, Sacajawea and Harriet Tubman Middle School due to low participation. The last day of service at these three locations will be Friday, October 30. Families who have been visiting these sites are encouraged to visit one of the other PPS meal sites close by or request home meal delivery.

Starting November 2, our grab-and-go curbside serving locations will be open from 3 to 4:30 p.m. every Monday, Wednesday and Friday. Some schools might shift their serving location on campus to help keep employees dry and visible. To see the full list of meal sites, please visit the [Nutrition Sites During Distance Learning website](#).

Finally, we are re-opening access to home meal deliveries, a service for PPS families that are not near a meal site or need assistance accessing meals. To request meal delivery service, please [complete the request form](#). We continue to assess the capacity of both the Nutrition Services and Transportation departments and will keep you apprised of any updates we make to our services.

If you have any questions about our meal service, please contact us at nutritionservices@pps.net. Thank you!

PPS Nutrition Services





Free Meal Program

Programa de Comida Gratis

Airway Science for Kids, Inc.

When: Every Monday from 10:30 AM–12:30 PM

¿Cuándo? Todos los lunes de 10:30 a.m. a 12:30 p.m.

Who: Kids 0–18 years old

¿Quién? Niños de 0 a 18 años

What: Box of five frozen meals for the week

¿Qué?

Caja de cinco comidas congeladas para la semana

from Fresh n' Local Foods. Food will be

de alimentos frescos y locales. La comida sera

distributed on a first come, first served basis.

distribuida por orden de llegada.

Where: 3710 N Mississippi Ave, Portland, OR

¿Dónde?

97227

Pick up food at our parking lot on the corner of

N Mississippi and N Beech.

Recoja la comida en nuestro estacionamiento en la esquina de

N Mississippi y N Beech

Questions? Contact us at info@airwayscience.org

Preguntas?

Contacte con
nosotros en

Airway Science for Kids, Inc. is an equal
opportunity provider.



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-hqka-cev>

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](#)

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.

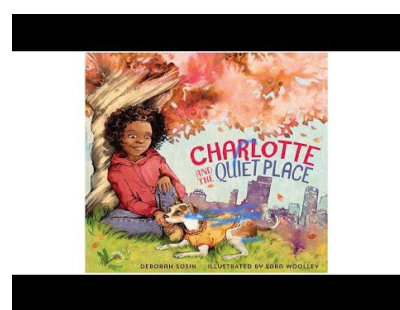
3-5 Wings of Freedom: **Wednesdays @ 3:15-3:45pm** code: [wings3-5](#)

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

Thoughts To Ponder:

How Mindfulness Practice Empowers Us

Mindfulness of Emotions- Emotions are the juice of life. But when it's painful, our judgement can short circuit the curious exploration of our emotional life. We have a choice to respond rather than react. We are learning when we sit in Mindfulness practice to be kind and patient with ourselves so we don't resist or brace against our emotions. Humans tend to either suppress or act out. Both are avoidance. To be mindful is the sweet spot between those two where you let the sensation flow through without resistance. This stabilizes the nervous system. Many of us are particularly vulnerable to constant stress during this extra challenging time. Creating a situation of feeling something pleasant and trying to stay there through sensory experiences can counteract the stress (ie. hot bath or cup of tea). Below are 3 tools to support you and your student in learning about the empowerment of mindfulness practice. A short video on facing challenging emotions, a read aloud on a great mindfulness book, and a link to a free mindfulness class. You can also join me at this link for [weekly mindfulness](#) on Tuesdays at 8:30 am & Thursdays at 2:30 pm.



Meet Your Teacher

Mrs. Lee



BACK TO SCHOOL!

WELCOME:

Hi! My name is Mrs. Lee and I am your student's 3rd grade teacher this year. This is my 3rd year at Vernon and my 15th year teaching. I have taught multiple grades in California, Oregon and New York, but Oregon is my favorite!

ABOUT ME:

I used to live in Alaska where I fell in love with the outdoors. I love hiking, biking, kayaking and pretty much anything that gets me outside near trees or a gorgeous view.

I love to travel and have been to many different countries. My most recent adventure was a trip to Japan, which was unforgettable. Mostly because of the architecture and musubi!

I'm a big foodie and love baking and cooking. I feel lucky to live in PDX where I can explore many different restaurants and try new things.



My husband, Shane and two kids, Kate and Dave.



MY EDUCATION:

Bachelor of Arts in Sociology from the University of Oregon

Master of Education in Curriculum and Instruction from the Portland State University



My Philosophy:

I want to foster a place where kids:

- Are willing to make mistakes
- Try their best even when it's hard
- Know we are all here to help each other
- Treat all members with kindness and respect
- Take responsibility for their learning and behavior
- Enjoy learning together as part of a community

3rd grade is a HUGE year where kids really become much more independent. It is my favorite grade to teach!

CONTACT:

Office Hours:

Mon, Wed, Thurs, Fri

2:15-2:45

GoogleMeet: Lee203

Email:

jlee503@gmail.com

Meet Your Teacher

Dr. Lizzy Docken



Welcome to Kindergarten.
It is a wild year to be starting
as a new Vernon student but I
am so glad that you are here.
Go Owls!

MY EDUCATION:

EdD, Concordia University
(Transformational Leadership)
MEd, Marymount University
(School Administration)
BA, MA: University of Portland
(ECE/Elementary Ed + Reading)

ABOUT ME:

I have been teaching for 20 years,
two years in admin. This is my 7th
year teaching kindergarten at
Vernon. I am passionate about
play and student engagement in
their own learning.

My husband and I have two kids
(4th and 6th grade) who are also
doing Distance Learning in PPS -
the struggle is real. We bought our
first home this past year and all of
my "non school" time is spent on
house projects, going for walks,
and family time.

CONTACT:

Remind.

Email:

edocken@pps.net

Meet Your Teacher

Mr. Schreib

WELCOME:

Hello! Welcome to 5th grade
Room 207.

ABOUT ME:

I like to golf,
hike, and play
drums. I love
music about as
much as I love
teaching!



MY EDUCATION:

San Francisco State
University

SERVICES:

I teach all subjects but I
don't cook & clean. 5th
graders should be doing
that themselves!

CONTACT:

zschreib@pps.net

Meet Your Teacher

Ms. Holly

ABOUT ME:

This is my third year working as Vernon's ESL teacher. Before joining Vernon I was a 3rd grade teacher for 8 years.

I lived in worked in Peru and Chile for 7 years, which is how I learned Spanish.

When I am not teaching you can find me spending time with family and friends, reading, gardening, cooking, or enjoying the outdoors.

WELCOME:

Hello!

My name is Ms. Holly.

I am the ESL teacher for grades K - 8.

MY EDUCATION:

- ★ Master of Arts in Teaching: Oregon State University
- ★ Bachelor of Arts in Anthropology: University of Oregon
- ★ Mountain View High School Bend, Oregon

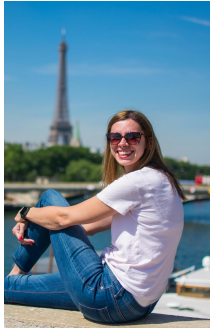
CONTACT:

Remind: Call or text message
Email: hhobby@pps.net



Meet Your Teacher

Mrs. Wilkins



WELCOME:

I'm excited to be your Teacher-Librarian this year even if it looks differently. My goal is for all of us to grow in our reading this year and be able to see ourselves in a book.

ABOUT ME:

I love to travel.

My favorite local travel spot is the beach in Manzanita, Oregon.

My favorite food is Crab.

I'm a huge football fan and I love to watch the Oregon Ducks.

I love to read and my favorite book of all time is *Hatchet*. When I was younger my dad would read it to me every night.



MY EDUCATION:

BS Elementary Education
Corban University

MEd Library Media Education
George Fox University

CONTACT:

The quickest way to reach me is by email at jwilkins@pps.net.

You can also stop by my weekly office hours for your grade level to get help with an assignment or ask a question.

SERVICES:

During Comprehensive Distance Learning, students will be accessing library through pre-recorded videos and activities in an *asynchronous* format. New content is released on Monday mornings, and weekly assignments are due Sunday evening.

I will also be providing distributions of library book bags every three weeks as part of our *Let's Get Reading!* program. See the library calendar for a your scheduled day.