



Upcoming Events and Calendar Dates

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

Wednesday, October 14th

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

Thursday, October 15th

- Vernon Virtual PTA Meeting - 5:45 - 7:30pm
meet.google.com/opu-judr-fta
phone: 1-208-715-5560 pin:248-498-777#
- [Global Handwashing Day](#)

Friday, October 17th

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

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

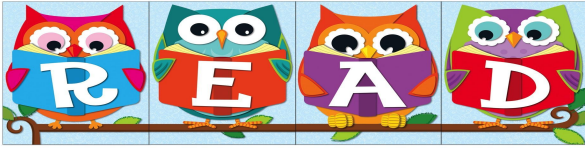
3-5 Office Hours Link: g.co/meet/wilkins3-5

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 14th from 2:00pm-6:00pm for last names A-G. 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!



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#

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





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.



Meet Your Counselor

Ms. Hanna



Hello. My name is Hanna Allen and I am excited to be the School Counselor at Vernon this year. This is my 5th year as a counselor and my 11th year in Portland Public in a mental health role. It is my goal to support the Vernon community in whatever way is needed and I believe we all have strengths and unused resources that haven't yet been tried. It is my passion to find these exceptions to our challenges and share them.

ABOUT ME:

I was born in Seattle and raised in Pasco Washington. My mom was a first grade teacher and I have an older brother and a younger sister. My husband, John manages Salmon hatcheries and our son Sylas is a 7th grader this year. He runs cross country and plays clarinet. We have a dog, Yoki who loves everyone.

We all spend lots of time in the woods backpacking and camping and I love riding my bike around town.



MY EDUCATION:

Bachelor of Recreation Administration from Washington State University, Pullman WA

Masters of School Counseling from Seattle Pacific University, Seattle WA

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, etc.)

Restorative Justice practices

Managing feelings

Collaborative Problem Solving

Mindfulness

Parent consultations

504 Plans

Community resources

Trauma Informed Supports

LGBTQIA+ Supports

And much, much more

CONTACT:

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

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

Meet Your Teacher

“Ms. Paula”



Hi! My name is Paula Politte, and I'm one of two new PE teachers at Vernon this year. I'm excited to be a part of the Vernon community, and teaching students about the benefits of being physically active.

ABOUT ME:

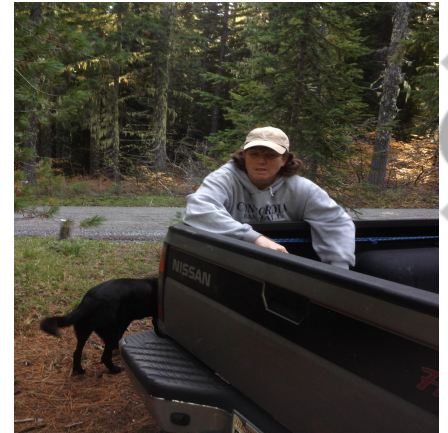
I was born and raised in Leavenworth, KS. There, I played high school basketball before moving to Oregon on a basketball scholarship to attend college at Umpqua Community College in Roseburg, OR. My career studies brought me to Portland, OR where I attended Concordia College.

My teaching career started at a high school in Houston, TX. In 1991, I moved back to Portland to work with pre-service teachers at Concordia University for the last 29 years.

CONTACT:

Contact me through email:

papolitte@pps.net



A.A. Umpqua C.C.

B.A. Concordia College, Portland

M.S.S. United States Sports Academy, Daphne, AL

SERVICES:

Since I am new to the Vernon community, I am still learning the capacity of my role as one of your PE teachers. With this in mind, I will always listen and provide you with options for wellness in your life.

Meet Your Teacher

Kids call me “Mr. Massey” or “Mr. Mathy.”



WELCOME!

Thanks for being here.

Your involvement helps your student to understand how much you care about them and their education. I’m looking forward to working with all of my students and their parents to make this a successful year in our journey to becoming capable mathematicians.

ABOUT ME:

I have been a teacher for 27 years. I have taught many different subjects, but my passion is math. I started teaching at the High School level, but I found my passion working to inspire younger students. I enjoy helping my students to increase their skills and gain confidence in their abilities. *Plus my personality fits best with Middle Schoolers.*

MY EDUCATION:

I received my undergraduate degree from the University of Oregon and a Masters Degree in Education from PSU.

SERVICES:

I work hard to help students feel confident and successful. I want all of my students to develop an appreciation of mathematics. I know that developing a partnership with my students and their parents is the key to achieving this goal. Let’s work together to make this happen!

CONTACT:

Office hours M-F 1:00 to 1:30! Meets code: vernonmassey

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





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:

When teaching children about Emotional Regulation the Zones of Regulation are helpful.



Yellow zone is particularly useful to focus on because when it can be recognized early we can use self-care tools to bring us back to green zone. Yellow zone feelings can be our **warning sign** to take a break, get a snack, sit in a mindful chill space and focus on our breath, then talk to someone we trust about how we feel.

Steps to Feel Better

Care for yourself when in Yellow Zone

1	2	3	4	5	6	7
Get a Drink	Choose a Snack	Sit at Chill Spot	Set a Timer 3 minutes	Do Belly Breathing	Breathe Slowly	Practice Calm

Using visuals like these to help small children understand the complicated concepts of emotional regulation and steps to self sooth are valuable as they learn to understand that all feelings are valid and okay to have and what we do with those feelings can help us to learn to cope with life's challenges without hurting others or ourselves.



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.

MYP Student Clubs

Attention 6th, 7th, & 8th Grade students:
Clubs have started! 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 Club 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: vernonnohate Mr. Dickerson & Ms. Shannon	Drawing/Art code: annaart 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

This club offers students an opportunity to be engaged in a community of other visual artists. Students will guide their own practice and follow their personal interests as artists. Ms. Anna will be present to give feedback and guidance if students like. Students are welcome to bring lunch to the meetings.

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.

MIDDLE SCHOOL SUN CLASSES

"Behind The Song"	Tues.	4:30pm-5:30pm	Behind the song is a class where students will get to see firsthand of what it takes to create a song start to finish. They will be in on the creative processes and will learn a little bit of music theory along the way.
"The Real"	Tues/ Thurs	4:30-5:30PM	"Student Voices Matter" It's time to be heard and share our truths. Come join the Power Circle where opinions are valued and respected. Marte will provide exciting opportunities for students to create positive outcomes and impacts in there communities.
Garden/Cooking Club	Mon/ Wed	4:30-5:30pm	Learn how to garden from home. Garden/Cooking club will provide Virtual education to help all kids feel accepted and empowered to make healthy choices, become stewards of the environment, share their culture and increase community resilience.
Mudshark Clay & Pottery (Mon)/with Brett Binford	Mon	4:30-5:30pm	In this class students will make a clay mask to explore ideas of self-identity and expression. Students will also explore different ways to make ceramic liquid soap dispensers.
Mudshark Clay & Pottery (Wed)/with Brett Binford	Wed	4:30 - 5:30pm	In this class students will make a clay mask to explore ideas of self-identity and expression. Students will also explore different ways to make ceramic liquid soap dispensers
Slamboo	Mon	4:30pm - 5:30pm	Slamboo goal is to help young people from different communities and backgrounds build friendships and develop empathy. Come inspire the world through spoken words.
Virtual Drama Club - Northwest Children's Theater	Tues	3:30-4:30pm	Have fun learning how to be an actor and take part in your own virtual Play Production! By playing fun theater games, students will learn the basics of how to act and then end the term by performing a play specifically written for an online stage!

MIDDLE SCHOOL SUN CLASSES

Virtual Drama Club - Northwest Children's Theater	Thurs	3:30-4:30	Have fun learning how to be an actor and take part in your own virtual Play Production! By playing fun theater games, students will learn the basics of how to act and then end the term by performing a play specifically written for an online stage!
Class Meetings	every other Wed	3:30 - 4:30 PM	Come and receive information from In-School Service Coordinators for your particular grade level. Class meetings will consist of SEI information, current events, fun, and so much more!
"Beats by SEI"	Wed	5:30-6:30PM	This class will teach students all facets of music production which include, producing, song writing, engineering, and recording.
"Empowerment"	Thurs	5:30pm - 6:30pm	This class is to explore self love. We will discuss personal acceptance, confidence, and personal growth. We will also discover selfcare, stress management, and how to manage teen life.
"Hip Hop Dance"	Mon	5:30-6:30pm	Hip Hop is the pinnacle of self-expression. This class is for dancers who like self-expression, physical challenges, and healthy competition. Exercises focus on increasing flexibility and strength, precision and creativity, and finding your own style.
"Slamboo"	Wed	4:30pm - 5:30pm	Slamboo goal is to help young people from different communities and backgrounds build friendships and develop empathy. Come inspire the world through spoken words.
"Video Game Design"	Tue/Thurs	4:30pm - 5:30pm	Learn coding, digital art and game design, and use them to make a game of your own! We'll be making games or apps using tools that work on almost any computer with a web browser.
DIY/Recycling Club	Thurs	3:30-4:30pm	Join us for some fun do-it-yourself (DIY) activities using items you can recycle and reuse from home! Instead of throwing unwanted items away, you'll learn to give items a new purpose.