



Upcoming Events and Calendar Dates

Monday, November 9th

- First day of Quarter 2
- Families of Black Students Meeting 6:00pm
<https://meet.google.com/qvd-yvrb-xhh>

Tuesday, November 10th

- Jump for the Owls T-shirt and Packet Pick Up!
12:00-4:00pm See map below for pick-up location.

Wednesday, November 11th

- Veterans Day - NO SCHOOL

Thursday, November 10th

- Jump for the Owls T-shirt and Packet Pick Up!
12:00-4:00pm See map below for pick-up location.

Friday, November 13th

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

Monday, November 16th

- Jump For the Owls Fundraiser via students PE classrooms start this week!

Tuesday, November 17th

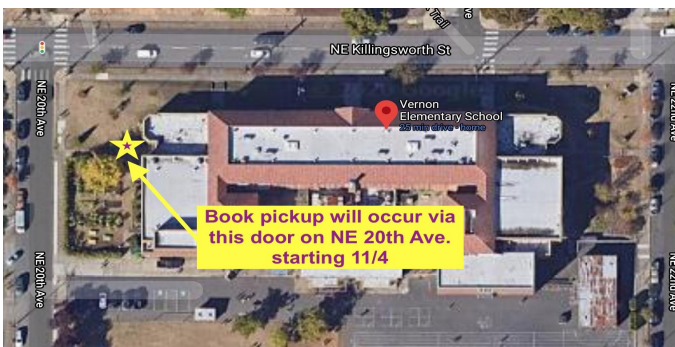
- Neurodiverse Affinity Group meeting 6:00pm
<https://meet.google.com/vcw-cgzo-ffi>
or open Meet and enter this code: vcw-cgzo-ffi

Wednesday, November 18th

- Vernon Virtual PTA Meeting 5:45-7:30pm
Zoom: <https://us02web.zoom.us/j/82214143120?pwd=NTA5QW9QU0hLNlpWODJEBFNDZWNYUT09>
Meeting ID: 822 1414 3120
Passcode: uZqq0x
One tap mobile 6699006833, Passcode: 799473



Reading Bag Distribution: Due to Veteran's Day, there will be NO reading bag distribution this week! Please see the calendar on the third page for details about reading options, book links and my office hours! Keep reading Vernon Owls! Ms. Wilkins



VERNON SCHOOL
**JUMP FOR
THE OWLS**

NOVEMBER 16TH-20TH

Remember to:

- Participate in live PE class**
- Collect pledges**
- Wear your shirt**

Contact jennijayne@rocketmail.com for more info



VERNON PROUD

NEWS FROM MS ANNA ~ Vernon Art Teacher

Hello Vernon Families!

I wanted to send a hello to let you know how excited I am to begin creating with your artist this quarter! We will begin next week and meet on Zoom during the scheduled specials time (schedule posted below). I will post announcements with the links to class on Seesaw before our scheduled time as well as a brief Remind text. Links below to my newsletters will give more detail. Ms Anna

[Vernon Art Studio News K-2](#)

[Vernon Art Studio News 3-5](#)

JUMP FOR THE OWLS!

Congratulations to Vernon 5th grade student, TJ Flynn for contributing the amazing artwork that now adorns our 'Jump For the Owls' t-shirt! Thank-you to all of the incredible Vernon artists for their contributions to the competition! It was a very difficult decision to choose just one and we appreciate all of the wonderful, creative and beautiful ideas that were sent to us.

Jump for the Owls is the Fall Vernon fundraiser to raise money for teacher and student supplies, support families, carea . Although typically we would be running around the Vernon playground, this year we will be jumping with our Vernon PE teachers. If you can collect pledges that will be a great way to raise money.

Watch Mr. Rittman and Ms. Politte's promotional video is here: [Jump for the Owls!](#)



Families of Black Students

OUR NEXT MEETING IS MONDAY, NOVEMBER 9TH AT 6 -7:30 PM!

Come share your thoughts, questions and concerns with our community. We will be also joined by a Black Parent Initiative (BPI) participant.

Link to meeting below:

Meeting ID: meet.google.com/qvd-yvrb-xhh

Phone Numbers: (US)+1 774-369-0065

PIN: 691591781



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



Meet Your Teacher



Ms. Bruce

Hi Ms. Bruce, I am a 2nd grade teacher at Vernon. I have been here for 11 years. I am excited that I get to see all of my students, but miss being in the building to see all of my previous students.

My famous saying is "Once mine always mine, (including the parents).

ABOUT ME:

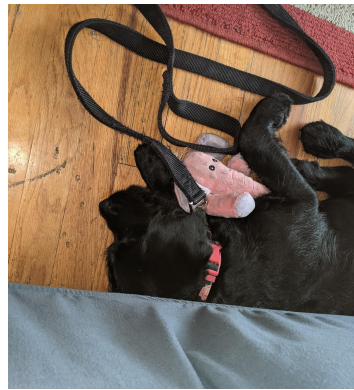
I was born and raised in Vancouver, WA and have lived in Portland, Oregon since 1998.

I have two adult children—one girl and one boy. I have raised a lot of other children.

I love doing jigsaw puzzles and hang out with family and friends.

Some of my favorite things are the color red, watching movies, listening to music and going to the beach.

I have a new puppy.



MY EDUCATION:

Masters of ED from Portland State University.

Bachelor of Science in Sociology from Portland State University

CONTACT:

While we are doing Distance Learning, remind Is the best way to contact me or email : tbruce@pps.net

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

Meet Your Teacher

Mrs. Belcher



WELCOME:

Hi I am Rachel Belcher and I am a 3rd grade teacher at Vernon. I started my teaching career overseas while in the Peace Corps, in Palau. This is my 11th year teaching 3rd grade and I have been in several schools in the district.

ABOUT ME:

I was born in London, England, but grew up in Portland, Oregon, not far from here. My parents still live in that house!

I have two children. Henry is in his first year of college and Bella is a 10th grader at Franklin. My husband Joe is also a teacher. Our family pets are named after Harry Potter characters.

I love travel and learning about people and places around the world.

CONTACT:

The quickest way to reach me is by email at rbelcher@pps.net. Or you can contact me on remind.



MY EDUCATION:

BA Colorado College

MEd Portland State Univ.

Black Lives Matter

I can do it, if I put my mind to it.

R-E-S-P-E-C-T yourself, others, the community, and the world

H.O.O.P Help out other people

Good is not our goal, we strive for excellence

If it is to be, it is up to me

Gratitude is the Attitude

Meet Your Teacher

Ms. Jo

(Student teacher for Ms. Gutierrez)

ABOUT ME:

I am working on my student teaching with Vernon this fall.

Most of my classroom experience so far has been working with first graders, which I believe is one of the most fun age groups to work with. I also worked for three years driving a special education school bus for PPS, including a few students from Vernon. A few of my hobbies include reading and watching football (go Bears!).



MY EDUCATION:

BS in Psychology from
OSU

MEd in Elementary
Education from GCU (in
progress)

CONTACT:

jawinkleman@pps.net
JWinkleman@my.gcu.edu



Updates from the Vernon Library

Friday, October 30, 2020



Let's Get Reading! Update

It has been wonderful to see so many students picking up book bags on Wednesdays! Please see the attached calendar for pick up times for the months of November and December. Please watch for additional information about pick up times for January and beyond in a future update.

Starting on Wednesday, November 4, we will be adjusting reading bag pick up times and the location. **Book bag pickup will be available between noon and 4 PM** via the door at the northwest corner of the school on NE 20th Ave. Please see the map below.



Fall Conferences

Mrs. Wilkins will be available to meet with interested families for 15-minute slots during our November conferences this year. If you'd like to meet, please sign up for a time via [Google Calendar](#). I will send video conference links to those signed up for conferences approximately one week before our conference times. Please contact me with any questions. [Ms Wilkin's Google Calendar](#)

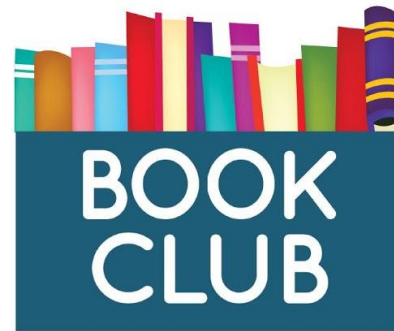
Library Book & Textbook Return

You are welcome to bring library materials for return to the reading bag distributions on Wednesdays.

Vernon Book Club

As we begin the second quarter of the school year, we will begin offering a weekly book club as an enrichment opportunity for students. We will read a variety of books together and discuss questions related to the text. Please see the library calendar for scheduled dates and times.

Students will receive additional information via their SeeSaw and Canvas announcements. Please stay tuned for additional information coming your way soon!



Upcoming Events

Virtual Scholastic Book Fair – January 11-24



We'll have the opportunity in January to shop a "virtual book fair." Purchased items may be shipped to your home, and our school gets credit we can use to purchase additional books for student use.

PPS Library Services Resources

Our Library Services Department has curated some excellent resources for eBooks you can access at any time, as well as a variety of research tools. You'll find links on our [library services web page](#).

Vernon Library Calendar

November/December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 2 Week 8 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	3 K-2 Library Office Hours and Book Club 2:15-2:45 PM	4 Reading Bag Pickup Last Names A-G 12:00-4:00 PM*	5 6-8 Book Club from 8:45-9:30 AM 6-8 Library Office Hours 1:00-1:30 PM	6 Teacher Planning Day - No School for Students
9 Week 9 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	10 K-2 Library Office Hours and Book Club 2:15-2:45 PM	11 Veteran's Day - No School	12 6-8 Book Club from 8:45-9:30 AM 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club 3:30-4:15 PM	13 3-5 Library Office Hours 11-11:30 AM
16 Week 10 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	17 K-2 Library Office Hours and Book Club 2:15-2:45 PM	18 Reading Bag Pickup Last Names H-N 12:00-4:00 PM*	19 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club 3:30-4:15 PM PM Conferences 4:00-8:00PM^	20 3-5 Library Office Hours 11-11:30 AM
23 Conferences 8 AM – 8 PM^ (No School)	24 Conferences 8 AM – 4 PM^ (No School)	 Thanksgiving Break – No School		
30 Week 11 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	Dec. 1 K-2 Library Office Hours and Book Club 2:15-2:45 PM	2 Reading Bag Pickup Last Names O-Z 12-4 PM*	3 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club 3:30-4:15 PM	4 3-5 Library Office Hours 11-11:30 AM
7 Week 12 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	8 K-2 Library Office Hours and Book Club 2:15-2:45 PM	9 Reading Bag Pickup Last Names A-G 12-4 PM*	10 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club 3:30-4:15 PM	11 3-5 Library Office Hours 11-11:30 AM

Vernon Library Calendar

November/December 2020

14 Week 13 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	15 K-2 Library Office Hours and Book Club 2:15-2:45 PM	16 Reading Bag Pickup Last Names H-N 12-4 PM*	17 6-8 Book Club from 8:45 - 9:30 6-8 Library Office Hours 1:00-1:30 PM 3-5 Book Club 3:30-4:15 PM	18 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
21	22	23	24	25
Winter Break – December 21-January 1 (No School for Students)				
28				
		Jan. 6 Reading Bag Pickup Last Names: O-Z 12-4 PM*		

*The Time and Location for Book Pickup has changed due to winter weather and darker days. The time on Wednesday's will now be from 12:00 - 4:00 at the side door of Vernon on 20th Avenue where students leave for busses. Additional times beyond January 6 will be communicated at a later date.

^Conferences with Mrs. Wilkins will be available during the scheduled dates and times. If you would like to sign up for a 15-minute conference time, please use the [Conference Sign Up Link](#). Mrs. Wilkins will communicate with you via about a video conference link prior to the scheduled conference time.

K-2 Office Hours and Book Club Link: g.co/meet/wilkinsk-2

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

6-8 Office Hours and Book Club Link: 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.

Ms. Wilkin's Links to Office Hours and Book Clubs:

K-2: g.co/meet/wilkinsk-2

3-5: g.co/meet/wilkins3-5

6-8: g.co/meet/wilkins6-8



Counselor Corner

[Counselor Website](#)



Ms. Hanna's Office Hours

KG- 3rd Grades: **Tuesdays 8-8:30am**
Thursdays 1:30-2:30pm

Code: [counselorhannaofficehours](#)

Drop In for Election Support M-F 10-11am

Code: [Counselor Support](#)

Weekly Mindfulness with Ms. Hanna

Tuesdays 8:30am
or Thursdays 2:30pm

Ongoing teaching and practice

[Weekly Mindfulness](#)

Ms. Shannon's Office Hours

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

[msshannonoffice4-5](#)

MYP Drop In times for Counseling Support

Monday & Wednesday 12:15-1pm

[msshannonsupport](#)

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](#)

Ways to Help us Worry Less

I noticed this week on Election day that almost all the news headlines used the word **STRESS** in the title. Stress is a well known health risk especially when it's chronic. Often stress represents [excessive worry](#) perhaps due to the uncertainty or **ambiguous loss** of 2020. We are trying to make sense of the losses and we are also grieving a living loss - a loss that keeps going and going: Pandemic, Remote learning, Social unrest, Fires & poor air quality, Physical and social isolation, the Election, and on and on. Worry and anxiety are normal responses to uncertainty.

Use storytelling as a tool: We love stories because we relate- to the character, the feelings, the situation. When we talk about stressful things with kids that worry, we can tell a story about a character who is working on overcoming a similar worry as the child. This tool externalizes the fear and helps us feel safely distant from a concern allowing space to explore solutions using our imagination. Example story attached in link below.

Practice Mindfulness: When we practice calm, our kids do too. Help you and your family with stress and worry by focusing on the present moment with kindness and curiosity. Mindfulness is a way to digest the **intensity** of the human experience. In the midst of anxiety our breathing can go from slow and deep to short and shallow. Practice breathing slow and steady every day so when we are in the midst of anxiety, it will be easier to call on effective breathing which comes from the belly, rather than the chest. Help your child come up with an anchor word to remind yourselves of mindful breathing when stress gets the best of us. Also practice locating where in our bodies the worry is being carried and ask them to put their hand on the spot and with each breathe release the tension in this area. Lastly, remember that our worrying thoughts are not the whole truth about us or our lives, so we can practice not believing negative thinking.

Don't encourage avoidance: The more we avoid a situation that causes anxiety, the harder it is to face. By going out of our way to avoid the feared object, we could inadvertently reinforce the fear by communicating to them it's scary and should be avoided. Instead, be prepared to rolemodel calm tolerance when it comes up and allow them the safe space to escalate and then recover.

[More Ways to Help Worry Less](#)