



Upcoming Events and Calendar Dates

Monday, December 14th

- Families of Black Students Meeting 6:00pm
<https://meet.google.com/kto-oagv-kmy> .

Tuesday, December 15th

- Introduction to Collaborative Problem Solving w Ms Hanna Allen, School Counselor. 6:00-7:00pm
meet.google.com/gjm-xkcg-yfc

Wednesday, December 16th

- SPIRIT DAY ~ PAJAMA DAY!
- BookBag pick-up 12:00-4:00 ~ last names H-N

Thursday, December 17th

- Vernon Virtual PTA Meeting 5:45-7:30pm
Zoom: <https://us02web.zoom.us/j/82214143120?pwd=NTA5QW9QU0hLNlplWODJEBFNDZWNYUT09>
Meeting ID: 822 1414 3120 Passcode: uZqq0x
One tap mobile 6699006833, Passcode: 799473

Friday, December 18th

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

Monday, December 21st- Friday January 1st

- Winter Break - NO SCHOOL

Monday, January 4th

- First day back after Winter Break

Families of Black Students

OUR NEXT MEETING IS MONDAY, DECEMBER 14TH AT 6 -7:30 PM



Join us for an open conversation with our community. We will be joined with Bobby Bridges of Black Parent Initiative (BPI).

Link to meeting below:

Meeting ID: meet.google.com/kto-oagv-kmy
Phone Numbers: (US)+1 443-776-0857
PIN: 636235855

Box Tops For Education

Thank you to everyone who has been scanning receipts for Vernon PTA's Box Tops program. Each product coupon is worth 10 cents, but those pennies can add up fast. Information on how to download the Box Tops app and scan receipts is included in this issue.

Old paper coupons (check date code) can still be sent to Vernon School and will also count.





EARN CASH FOR YOUR SCHOOL

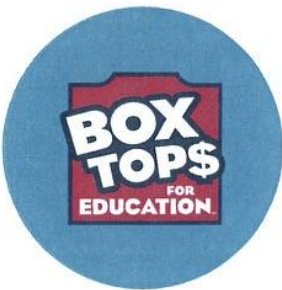
LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:



HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!
See how at [BTFE.com/emailgroceryreceipts](https://www.btfef.com/emailgroceryreceipts)



BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. You can still clip them and send them to school, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT [BTFE.COM](https://www.btfef.com)

DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW:



Vernon Spirit Day!

Wednesday December 16th

It's PAJAMA DAY!



It's still a learning day, but it's our Spirit Day, so come to school on Wednesday, December 16th wearing your favorite pajamas!





Counselor Corner

[Counselor Website](#)



Ms. Hanna's Office Hours

KG- 3rd Grades: **Tuesdays 8-8:30am**
Thursdays 1:30-2:30pm
[counselorhannaofficehours](#)

Ms. Shannon's Office Hours

4th & 5th Grades: **Mondays 1:15-2pm**
[msshannonoffice4-5](#)

MYP Drop In for Counseling Support

Wednesdays 12:15-1pm [msshannonsupport](#)

Introduction to Collaborative Problem Solving for Families on 12/15 6:00-7:00 pm

[Join with Zoom Link](#)

Weekly Mindfulness with Ms. Hanna

Tuesdays 8:30am & Thursdays 2:30pm
[Weekly Mindfulness](#)

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](#)

Social Emotional Learning Journal

Is ready to be given out to KG-5 grade students. We will be including them in our weekly pick up times at Vernon and students can access guidance for each weeks subject on the [Counselors Website](#)



10 Steps to Happiness

Be Happier

1. Love more
2. Dance more
3. Give more
4. Create more
5. Smile more
6. Listen more
7. Try more
8. Accept more
9. Do more
10. Appreciate more

High School Enrollment for 8th Graders

[Students must apply by DECEMBER 18TH](#)

8th Grade Information: <https://www.pps.net/8thgradeinfo>

Look for letter from PPS Enrollment and Transfer, with personal link to apply for High School of choice.

For Lottery Option apply here: <https://www.pps.net/Page/2343>

For Dual Assignment fill out this form: [Dual Assignment Form](#)

Dual Enrollment

Most Vernon students have the choice between two High Schools. Jefferson High School and Madison, Roosevelt, or Grant

Students need to make their choice by **December 11**. If they do not pick, a High School will be picked for them.

Lottery Option High School

PPS has 3 Option High Schools:
Jefferson High School
Benson High School
Metropolitan Learning Center (MLC)

Students must apply by **December 11**, decisions made by January

If you have questions or would like to talk to someone about your options. You can email or text/call Ms. Shannon at
snicolas@pps.net (503)308-9546

Vernon School presents
Introduction to Collaborative Problem Solving
for Families

Tuesday December 15, 2020
6:00-7:00 pm via Meet link embedded in the title.

This includes a follow up coaching session sign up

Think:Kids
RETHINKING CHALLENGING KIDS

Learn Train Help



SEARCH

Challenging kids deserve the same **compassion** and **effective treatment** as kids with other learning disabilities.



Dr. Stuart Ablon
Director of Think:Kids in the
Department of Psychiatry at

LEARN

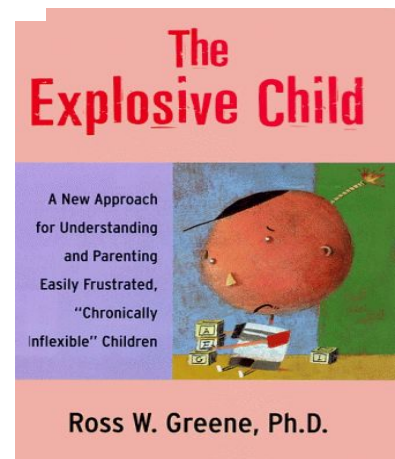
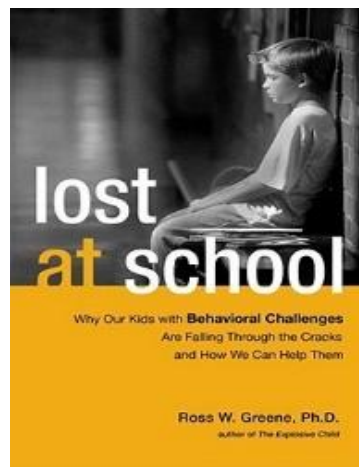
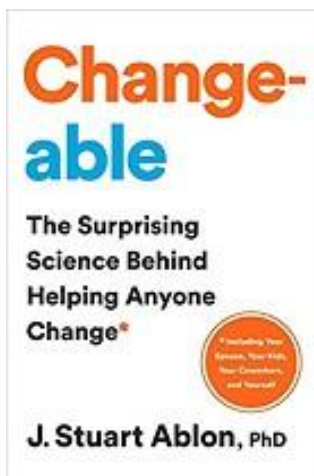
TRAIN

HELP



Lives in the Balance

FOSTERING COLLABORATION • TRANSFORMING LIVES • INSPIRING CHANGE



Hanna Allen, Counselor hallen@pps.net
971-378-0424

Grounding Moment (A Mindful Break Option)

What is a grounding moment?

A grounding moment is a break option that can be used to help calm your mind by having you focus on the present moment.

How to take this grounding moment

This grounding moment starts with a big breath in, and a big breath out. Then, pause and focus on the following:

- 5: Name five things you notice (see, hear, smell, taste, feel)
- 4: Take four slow, deep breaths
- 3: List three things you are grateful for
- 2: List two things you are looking forward to
- 1: Say one positive self-talk statement
(example: "I can do hard things.")

Quick tips for having a grounding moment

- Pausing for a grounding moment is a strategy you can use when you notice your worries and anxieties are trying to take over your thoughts. This strategy helps bring you back to the present moment and can keep negative thoughts from taking over.
- Practice using this tool when you are calm. This will make it easier to use when you really need it.

Remember!

It can take time and practice to become comfortable with taking mindful breaks. There are different types of 5-4-3-2-1 Grounding Moments, find the one that works for you and your student.

Grounding Moment	
5	Name five things you notice (see, hear, smell, taste, feel). 
4	Take four slow, deep breaths. 
3	List three things you are grateful for. 
2	List two things you are looking forward to. 
1	Say one positive self-talk statement. 

Portland Public Schools



Click here for more information on using this grounding moment break option at home.



Click here to explore more tips and ideas on grounding moments.



You are invited to join us for
**SCHOOLS, COVID AND
SHARED UNDERSTANDINGS**

During this two-hour virtual panel discussion, the Board of Education and community will hear from public health experts and PPS leadership on the district's planning and decision-making for school re-entry.

The event will be accessible via the PPS YouTube channel

**MONDAY, DECEMBER 14
6:00-8:00P.M.**



You are invited to join us Monday, December 14 for Schools, COVID and Shared Understandings. During this two-hour virtual panel discussion, the Board of Education and community will hear from public health experts and PPS leadership on the district's planning and decision-making for school re-entry. The event will be accessible via livestream on the PPS YouTube channel on Monday, December 14 from 6:00-8:00 p.m.

[PPS YouTube channel](#)

DECEMBER MEAL SERVICES

The Nutrition Services department will be providing extra meals each service day to help keep our students with access to food as we head into the winter break. Each service day through December 16, we will be providing 3 days worth of meals for each child. On Friday, December 18, we will provide each child with a food box that will contain enough food for 7 days. We will not be serving or delivering meals on Monday, Dec 21 through Friday, January 1. Meal services will resume Monday, January 4.

Please feel free to visit our [website](#) where you can find resources such as our menu to help guide families with what we plan to serve for each day and enrichment activities, or contact us at nutritionservices@pps.net with any questions and requests for home meal delivery.



Updates from the Vernon Library

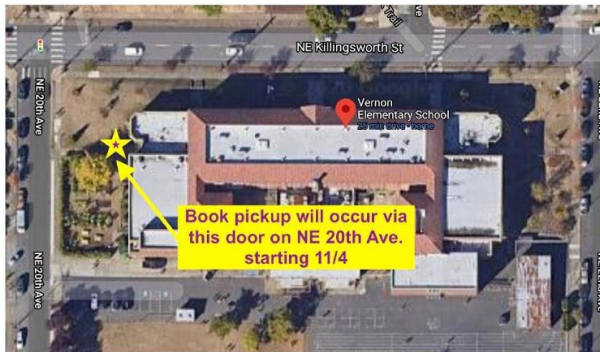
Friday, October 30, 2020



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](#)

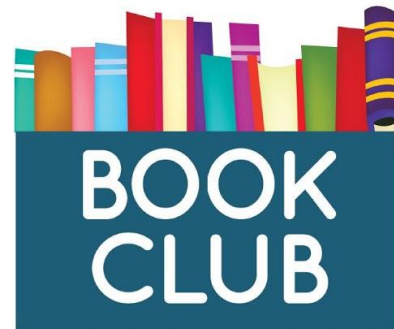
Library Book & Textbook Return

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.

Office Hours Links Have Changed:

K-2 Office Hours and Book Club Link: <http://meet.google.com/lookup/wilkinsK-2>

3-5 Office Hours and Book Club Link: <http://meet.google.com/lookup/wilkins3-5>

6-8 Office Hours and Book Club Link: <http://meet.google.com/lookup/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.