



Upcoming Events and Calendar Dates

Monday, December 21st- Friday January 1st

- Winter Break - NO SCHOOL

Monday, January 4th

- First day back after Winter Break

Wednesday, January 6th

- BookBag pick-up 12:00-4:00 ~ last names O-Z

Friday, January 8th

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

Monday, January 11th - January 24th

- Virtual Scholastic Book Fair ~ website below!
<https://www.scholastic.com/bf/vernonelementaryschool4>

JUMP FOR THE OWLS!

Congratulations to Vernon students for doing an amazing job jumping A LOT for Jump for the Owls this year! Way to go Owls!

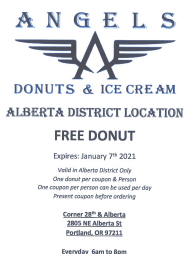
Based on the number of students who jumped on their jump day the two winning classes are: Dr Dockens Kindergarten class and the middle school students of 6th grade! Nice job students!

They will be awarded a coupons for two of our local businesses, Salt and Straw and Pizza Jerk.



Free Donut!

Our own Angel's Donuts in the Alberta District is offering anyone who presents this coupon a free donut! Thank-you Angels!



Facebook: Angels Donuts & Ice Cream - Portland
Instagram: angeldonutsicecreamportland

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

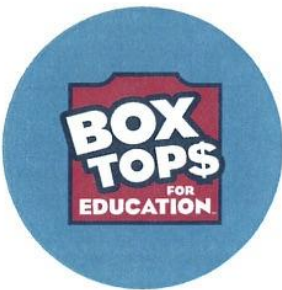
LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

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.btfec.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.btfec.com)

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



Vernon Students of the Month

Congratulations to the students of the month for December who were chosen by their teachers for exhibiting the IB Learner Profile of Risk Taker. An IB Learner who is a Risk Taker is one who approaches uncertainty with forethought and determination; they work independently and cooperatively to explore new ideas and innovative strategies. They are resourceful and resilient in the face of challenges and change.

[This video honors the students.](#) Well done Vernon IB Owls!



Kindergarten

Mrs. Rossman: Asa Crumley & Ora Davis
Dr. Docken: Juneau Kammerer & Ivan Lund
Mrs. Kellar: Claire Goldstein & Davis Bernstein

First Grade

Ms. Gutierrez: Milly Washington & Lily Fogarty
Miss Bilter: Sam Moore & Adela Savoie
Mrs. Nelson: Desi Hyatt & Elena Nicola-Khalil

Second Grade

Ms. Mashia: Eliot Bernstein & Lars Netland
Ms. Bruce: Leo Johnson & Everett Morrison
Ms. Hanlon: Manuel Garcia-Gonzalez & John Glade

Third Grade

Mrs. Belcher: Ella White
Ms. Markewitz: Fenan Abdella & Skye Mitchell
Mrs. Lee: Charlie Kulak & Lily Rodgers
Mrs. Wilkins:

Fourth Grade

Ms. Gina: Iris Braham & Analina Unga
Mrs. South: Lucas Steiner & Inga Ramsland
Mr. Dorresteyn: Atticus Scrivner & Beatrix Heller
Mrs. Wilkins: Eleanor Wines

Fifth Grade

Mr. Schreib: Sam Savoie, Fania Meranvil
Ms. Darling: Tildyn Andrews
Ms. Dennis: Ahzi Springs
Mr. Wilson: Dax Main

6th Grade

Mr. Massey: Brienna Decius
Mr. White: Fiona Murphy, Roxy Meyers, Xander Wagstaff
Mr. Johnson: Mable Graham, Payton Brown & Julian Chance
Mr. Rittman: David Geib
Ms. Politte: Rita Overby
Ms. Anna: Kei'Maunie Davis
Mrs. Wilkins: Samir Channie
Mr. Wilson: Dannel Larson

7th Grade

Mr. Massey: Iris Delamarter
Ms. Costa: Micah Patyrak
Ms. Johnson: Ava Reise
Ms. Anna: Reyna Maria Pedro
Mr. Rittman: Le'Andra Gayle
Ms. Politte: Ben Bower

8th Grade

Mr. Crosman: Tristan Sadler & Camari Owens
Ms. Johnson: Daisy Vera
Mr. Evans: Elliott Black



MULTNOMAH COUNTY
student
HEALTH CENTER

CLOSED



**2020
WINTER
BREAK**

**PARKROSE
STUDENT HEALTH CENTER**

CLOSED: December 14th-31st

RE-OPENS: Jan. 4, 2021

Need student health services? Call

DAVID DOUGLAS

STUDENT HEALTH CENTER

503-988-3554

1034 SE 130th Ave, Portland

If this is a medical emergency, call 911

www.multco.us/student-health



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.

Updates from the Vernon Library

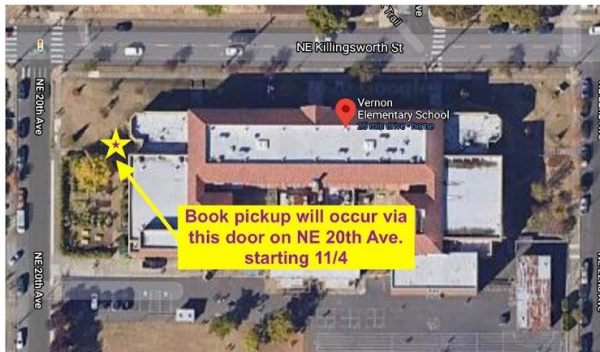
Friday, October 30, 2020



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](#)

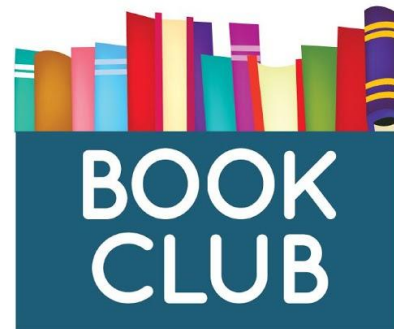
Library Book & Textbook Return

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 ELEMENTARY SCHOOL Book Fair

2044 NE KILLINGSWORTH ST , PORTLAND , OR 97211

Jan. 11 - Jan. 24

Our Book Fair is online for two weeks this year! Support our school and help your child discover new books, favorite characters, complete series, and more! Books and materials ship directly to your home. Orders that contain only books and that are over \$25 will receive free shipping. To order from the book fair, click on the "Shopping Link" between Monday, January 11th and Sunday, January 24th to browse and shop the online book fair. The book fair shopping link will not work until Monday, January 11th.

Money raised from the book fair will go towards classroom libraries and books for the Vernon Library. Please remind students the next couple weeks to check Seesaw or Canvas for book fair details and for how they can suggest Book Fair titles that would be great for the Vernon Library.

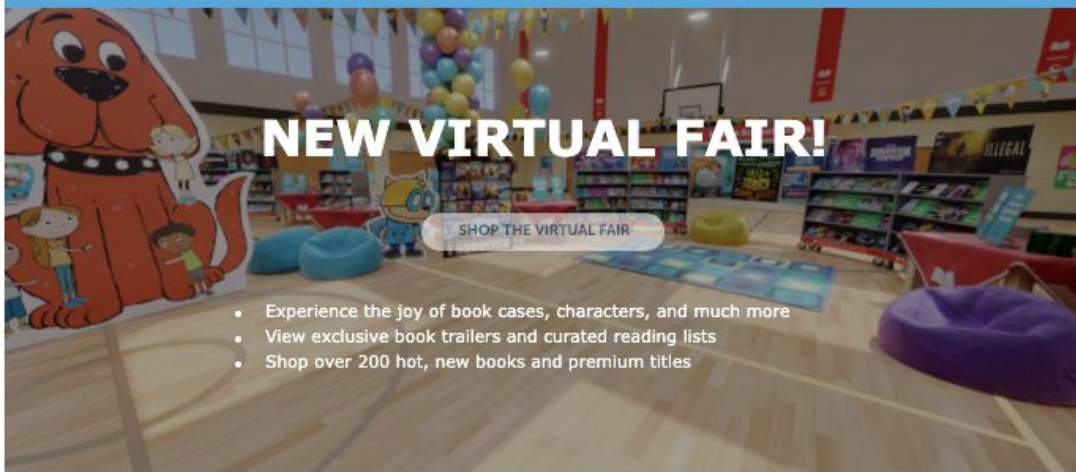


Shop During Jan. 11 - Jan. 24

SHOP THE STORE



Support our school by shopping The Scholastic Store Online for an expanded selection of exclusives, new releases, value packs, and more. All orders ship home and book-only orders over \$25 **ship free**. Every purchase **benefits our school** and helps develop a love of reading.



NEW VIRTUAL FAIR!

SHOP THE VIRTUAL FAIR

- Experience the joy of book cases, characters, and much more
- View exclusive book trailers and curated reading lists
- Shop over 200 hot, new books and premium titles

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.

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

K-2: <http://meet.google.com/lookup/wilkinsK-2>

3-5: <http://meet.google.com/lookup/wilkins3-5>

6-8: <http://meet.google.com/lookup/wilkins6-8>