



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



The Owl Post

Vernon's Weekly Newsletter

Thursday, February 2, 2017



Celebrate Black History @ Vernon!

Vernon's month-long celebration of black history kicks off in the classrooms with a variety of activities across all the subject areas. Also, please save the date for a couple of special celebrations at Vernon and join us if you can!

Thursday, February 16: Black History Celebration (MPR, 6:00-8:00pm, dinner included).

Thursday, February 16 & Friday, February 17: African-American Authors Read In - volunteers needed! See page 2 for more info.

Thursday, February 23: Community Movie Night, "13th" (MPR, 5:45-8:00pm, dinner included, see page 3)



PTA Meeting: Wednesday, February 8: 5:30 - 7:45pm

- 5:30 Dinner and Socializing
- 5:55 Children leave for child care
- 6:00 Welcome and PTA updates - Lisa & Janet
- 6:05 Treasurer's Report - Todd Greene
- 6:10 - 7:45** **Mercy Corps: Earthquake Preparedness (see flier on page 6 & 7 for more info – please join us!**

Great session of Bagels with Ben, Brad and Tarehna!

Thanks to those who made it to last Friday's Bagels with Ben, Brad, and Tarehna for an amazing discussion and great activities on the role of IB @ Vernon. Add to that, Tarehna facilitated wearing a unicorn onesie for Pajama Day! Check out the slides:

https://docs.google.com/presentation/d/11uG7UMLUSmczLmJn_3HFeSdBA9w--eqAFKAS9sliM4A/edit?usp=sharing

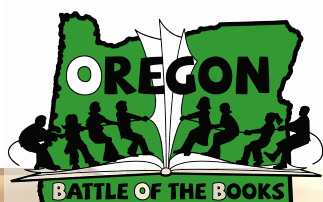
Oregon Battle of the Books (OBOB)!

Elementary Oregon Battle of the Books

Oregon Battle of the Books is a statewide reading competition where teams of students read sixteen books and compete against other teams. Our neighborhood bookstore, Green Bean Books, is hosting a practice battle for two of our elementary teams this Thursday, February 2. Please cheer on "Blue Pegasus" and the "Smarties."

Middle School Oregon Battle of the Books

Our Middle School teams participated in a practice battle with Sabin students at Albina Library over the weekend. They did a tremendous job.



Come Cook With Us! A note from Ms. Lyndsey - Garden Educator



Calling all Vernon Families! I hope you can join us as we learn how to make egg rolls, dumplings, and rice noodle salad and then eat our delicious creations together! This is a great opportunity to get your kiddos excited about cooking and trying new foods! All Vernon families with kids of all ages welcome!

Also, I am excited to announce that our Mandarin teacher, Ms. Ochen Wu, will be joining us. She will share information about how families celebrate the Chinese New Year and the foods that are eaten during this special time.

When: Monday February 6 (5:30-7:30pm)

Where: Meet in Room 302 (portable bldg. next to Gym)

What: Family Cooking Club - Chinese New Year Celebration - Egg Rolls, Dumplings, and Rice Noodle Salad

To sign-up, please email vernonschoolgarden@gmail.com OR stop by the SUN School Office.

2017 Chinese New Year @ Vernon!

This year's Chinese New Year was on January 28. It is the Year of the Rooster according to the Chinese zodiac. For our K-4 students, it is a great chance to experience the traditional folk customs! Ms. Wu led a variety of activities celebrating the Chinese New Year, also called Spring Festival. It is the grandest and the most important annual event for Chinese people.

Last week our students made some traditional decorations to celebrate Spring Festival. To see some of their amazing work, go to:

https://docs.google.com/document/d/1PDt7wwMdj90-MeZcNsW011FrotruwzuRVbzW_fhffD0/edit?usp=sharing

African-American Authors Read-In – from Ms. Mears

Vernon's 2nd Annual Black History Month Read-In will be taking place on Feb. 16 and 17 from 9:00am – 11:00am and 12:30pm-2:30pm. Vernon's participation in this event is part of a nationwide call to honor diversity in literacy.

"The African American Read-In" (AARI) . . . is built on an ambitious yet confident premise: that a school and community reading event can be an effective way to promote diversity in children's literature, encourage young people to read, and shine a spotlight on African American authors" (NCTE *Council Chronicle*, November 2014).

We are looking for volunteers to read to students, help them look for books, or just lend a hand. If you are interested, please email April Mears at amears@pps.net. If you have specific questions about the schedule, you can also email April.



VERNON IB WORLD SCHOOL

presents

COMMUNITY MOVIE NIGHT

&
Discussion

JOIN US FOR A SPECIAL SCREENING OF

13TH

THE CRITICALLY ACCLAIMED AND OSCAR®
NOMINATED NETFLIX DOCUMENTARY
FROM **AVA DUVERNAY**

FROM SLAVE TO CRIMINAL WITH ONE AMENDMENT



Thursday
FEB. 23

5⁴⁵ - 8³⁰ PM *in the MPR*

— **Adult Event (middle-schoolers welcome)** —

Dinner, refreshments and childcare provided.

Centered on race in the U.S. criminal justice system, the film is titled after the Thirteenth Amendment to the Constitution, which outlawed slavery (unless as punishment for a crime). The movie offers an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality.

OUR BELIEFS AND MISSION FOR THIS SPECIAL EVENT
Through the power of film, we aim to enlighten and empower individuals, Vernon families and our community through communication, compassion, understanding, and action.

2016-2017 8th Grade Information Nights

Please mark your calendars for next week's 8th grade Open Houses for Franklin and Jefferson High Schools that were rescheduled due to weather-related school closures. For a full list of 8th grade Open Houses, read the PPS homepage banner story <http://www.pps.net/>.

Feb. 1, 6:15-8pm- New date

"Discover Franklin" High School @ Marshall Campus

3905 SE 91st Avenue

Feb. 2, 6:30-8pm- New date

Jefferson HS-Middle College for Advanced Studies

5210 N Kerby Avenue

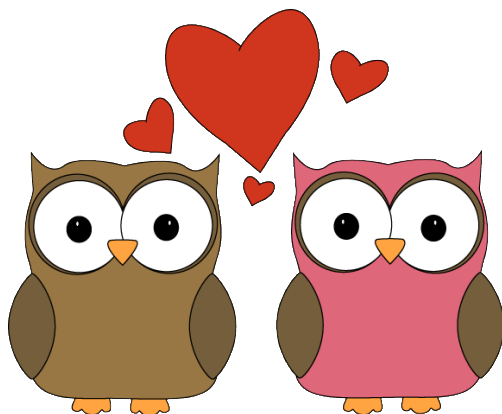
Students districtwide may apply to attend Jefferson HS-MCAS.



Open Houses have also been rescheduled for Madison HS (Feb. 7), Roosevelt HS (Feb. 13) and Lincoln HS (Feb. 13). For more information, please check school websites. For additional questions or concerns, feel free to contact April Mears: amears@pps.net or 503-916-6415.

Isn't it about time you told people how amazing they are? Well, here's your chance!

4th grade classes will be selling Owl-o-Grams before and after school the week of February 6-10 and Monday, Feb. 13. Formerly Val-O-Grams, Owl-o-Grams are back! Students will be selling the Grams for \$1 (small shape) and \$2 (large shape) in the hallways before and after school. Grams include a chocolate treat. AND, for those of you who can't make it to the school, we are excited to offer online sales again this year. Visit www.vernonpta.org for more info. Choose from several different paper shapes for your message: traditional Heart shapes, in both standard and large, also Stars, Owls, and more! Grams will be delivered the morning of Tuesday, February 14. Owl-o-Grams are an important fundraiser that helps to offset some of the cost of sending the 4th Grade classes on the Oregon Trail Overnight Field Trip. This is the highlight of the year, as the students spend two days and one night outdoors learning about pioneers and explorers as they headed out west.



2017 Student Health Updates!

- A note from Ms. Lindsey Caudle, Vernon's Nurse



Immunization exclusion day approaches (Wednesday, Feb 15)

All immunizations must be up to date or students will not be able to attend classes. Parents must provide proof of the immunization or a certificate for non-medical exemption. Please contact us with any questions.

Health Screening

Wednesday, February 8, is the Vernon Health Screening for Kindergarten, 1st, 3rd, 5th and 7th grades. K and 1 will also have hearing screening. Please make sure that students with glasses or contacts wear them.

First Aid: Head Lice

A head louse is a tiny, wingless insect that can attach to a person's hair, where it feeds on tiny amounts of blood drawn from the scalp. Lice, while annoying, aren't dangerous and they don't spread disease.

Signs and Symptoms

- severe itching of the scalp
- nits (tiny oval specks of grey or yellow-white on the hair shaft)
- lice (reddish brown tiny insects on the hair shaft)
- small red bumps on the scalp
- a rash on the scalp, with crusting and oozing (if severe)
- swollen lymph glands in the neck

What to Do

A doctor will recommend a medicated rinse or lotion to kill the lice. It's important to **follow the directions for these products** exactly because applying too much or too often can be harmful.

Here are some ways to get rid of lice and their eggs around the house:

- Check everyone in the house for lice and seek treatment if necessary.
- Wash all bed linens and clothing in very hot water, then put them in the hot cycle of the dryer for at least 20 minutes.
- Dry clean any clothing, bed linens, and stuffed animals that aren't machine washable.
- Vacuum carpets and any cloth-covered furniture in your home or car.
- Discard hair-care items or soak them in rubbing alcohol for 1 hour, then wash them in hot soapy water.
- While not necessary, you can remove nits from hair with a fine-tooth comb.

Seek Medical Care If Your Child:

- shows any signs of having lice
- is constantly scratching or complains of itches that don't go away
- has scratched the scalp to the point of redness, swelling, or visible pus

Think Prevention!

You can help protect your kids from head lice by teaching them to:

- avoid head-to-head contact with other children
- not share combs, brushes, hair ties, hats, etc.
- not lie on bedding, pillows, and carpets that have recently been used by someone with lice

If you have any questions, please don't hesitate to get in touch. Thank you.

Lindsey Caudle RN

MESD School Nurse

lcadle@mesd.k12.or.us

Are YOU prepared for the next earthquake?

Feb 8, 2017

Vernon Elementary

5:30-8pm



The Pacific Northwest experiences a subduction-zone earthquake roughly once every 230 years. There is a 37% chance of a subduction earthquake occurring in the next 50 years. When the next one comes, the loss of life and property will likely be catastrophic.

We Will Cover

- The risks and impacts of a Cascadia subduction zone earthquake
- What you can do to prepare in your home, community and school

Childcare Provided

With age-appropriate preparedness activities

Dinner Provided

It may be closer than you think



Home



Community



Schools

Vernon Elementary School 2044 NE Killingsworth, Portland, OR 97211



SUSAN ROMANSKI

US Director for Disaster Preparedness and
Community Resilience

¿Estás preparado para el próximo terremoto?

8 de febrero 2017
Vernon Elementary
6:15-7:45pm



En la zona noroeste de los Estados Unidos, un terremoto tipo “zona de subducción” ocurre aproximadamente cada 230 años. Existe una alta probabilidad de un terremoto desastroso en los próximos 50 años. Cuando llegue, la pérdida de vidas y propiedades será catastrófica.

Temas para la discusión

- Los riesgos e impactos de un terremoto Cascadia
- Como prepararse, sus casas, comunidades y escuelas

Hay guardería

Con actividades de preparación apropiadas para la edad
Habra cena gratuita y servicios de cuidaninos

Puede estar más cerca de lo que piensas.



En casa



En la comunidad



En la escuela

Vernon Elementary School 2044 NE Killingsworth, Portland, OR 97211



SUSAN ROMANSKI

Directora Nacional de Preparación para
Desastres y la Resiliencia Comunitaria

SELF ENHANCEMENT, INC.

Encourages all African-American males to join us in

FOLLOW MY LEAD DAY OF SERVICE

9am-3pm



"Alone we can do so little; Together we can do so much"

FEBRUARY 11, 2017

COMMUNITY SERVICE PROJECTS

COMMUNITY CLEAN-UP, BEAUTIFICATION, FEEDING THE HOMELESS AND MORE

LIGHT BREAKFAST WILL BE SERVED AT SEI 9AM-10AM | LUNCH WILL BE SERVED AT SEI 2PM-3PM

FOR MORE INFO PLEASE VISIT

www.selfenhancement.org



YOUTH & YOU
Oregon Youth Development Council