



Upcoming Events and Calendar Dates

Monday, April 13th – Friday, April 17th

Home-Based Distance Learning

- K-2 Classrooms via SeeSaw
 - 3-8 Classrooms via Google Classroom
- Look for emails and information from your student's teacher(s) to connect you and your student to their online learning platform.

Computer Distribution ~ See detailed information in flyer included in newsletter

Thursday, April 16th – Superhero Variety Show [via this link](#) at 10:00AM

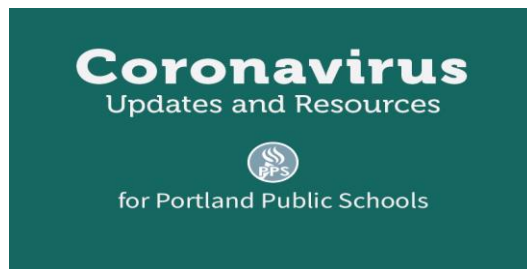
Friday, April 17th – Virtual Coffee w/the Principal's at 10:00AM

Friday, April 17th – Vernon Staff Parade starts at 2:00-see flyer



Home-Based Distance Learning

resources for families are linked to this Portland Public School's [page](#). Here you will find all the information you need regarding teaching and learning that will carry student's until the end of the school year.



Coronavirus Updates

[This link](#) will take you to the PPS Coronavirus-COVID19 page. On this page you will find links to many resources for supports, information about how the district is responding to the virus and ways that you can support, including [a link to the](#) Corona Virus Relief Fund.

From Ms. Tatiana Bruce – SUN Coordinator

If you or someone you know is in need of supports during the COVID19 outbreak, please reach out to me. I am able to support with a variety of needs for families during this unprecedented time. You can email me at tatianab@selfenhancement.org

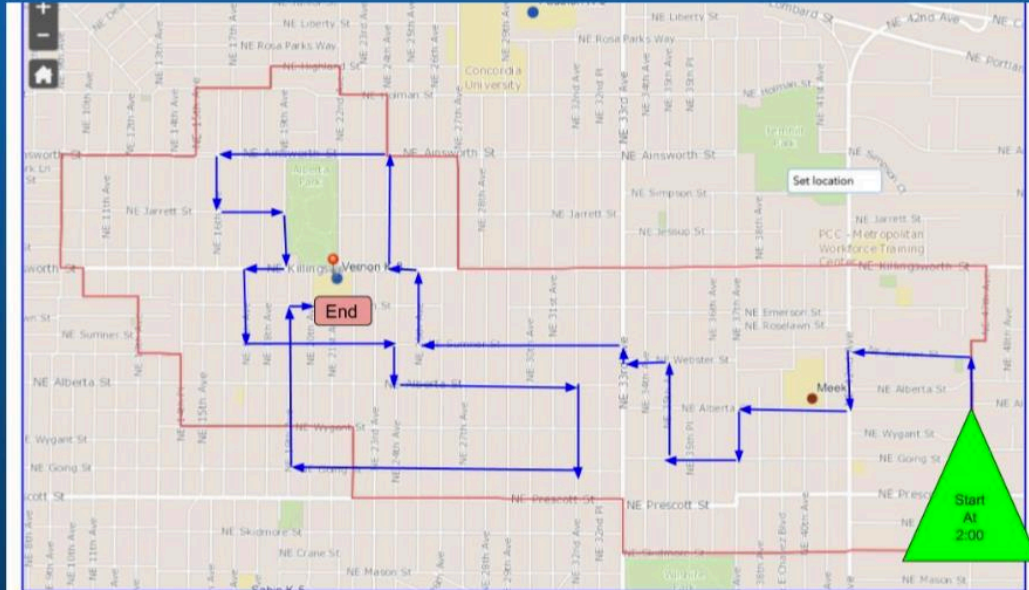


VERNON STAFF PARADE

Vernon Staff would like to give you a wave.

Friday,
April 17th
at 2:00

Please follow the rules of social distancing. We want everyone to be safe!



RED = VERNON Boundary

BLUE = PARADE ROUTE

If you don't live in the Vernon boundary, we encourage you to social distance on the green space in the middle of Ainsworth.

VERNON PROUD

From Our Middle School Counseling Team

Dear MYP Families,

We know that students are experiencing a range of feelings about school being closed for the year, and wanted to share a few things we are doing to offer support during this difficult time.

MYP Counselor Laura Benice and Portland State Counseling Intern Aud Manansala have created counseling classrooms on Google for each MYP grade level, which students have already been invited to. We will be posting a weekly optional activity/assignment for students, with the goal of supporting their emotional and social health. We will also be hosting optional weekly grade-level Google hangouts that will be lightly structured, but primarily an opportunity for students to connect and have some social time with each other.

I've detailed this week's activity below. Please feel free to reach out via e-mail if you need specific support or assistance.

Warmly,

Laura Benice - MYP Counselor - lbenice@pps.net
Aud Manansala - PSU Intern - audmanansala@pps.net



Creating a Positive Daily Routine

One of the best things we can do to take care of ourselves during this time is to create a positive daily routine. Having a positive daily routine helps ground us and supports our emotional health. We've linked to templates of the MYP schedule for each grade level, and students are encouraged to plan activities around their classes each day.

Important things to include are outside time/exercise every day, connecting virtually with friends (if possible), time for homework and down-time to practice a hobby or activity you enjoy. Feel free to be creative!

Ms. Benice - MYP Counselor & Ms. Aud - Counseling Intern

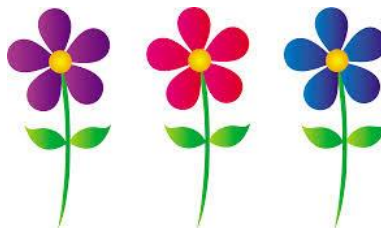
Here is the link to the Vernon K-8 School Counseling Resources Webpage. We are here to support.

[I Believe, I Belong, I Become. Come Grow With Us](#)



Jen Goslin

K-5 School Counselor



Hilary Gourneau

K-5 Counseling Intern



Ms. Goslin's K-5 Counseling Activities....Week of April 13








Hello Everyone!

It has been great to stop by some of your Google Meets this week to see you all Learning and Connecting. I hope to get to all of your classes this month. I miss you! I'm hearing students share that they are happy and excited to see their classmates but also feeling sad and worried about not being in school. You are going to have lots of feelings during this change and that's...OK! I encourage you to share how you feel with the adults who care for you. They are there to listen and support you! Students and parents/guardians can contact me at jgoslin@pps.net if you need help with anything or would like to schedule a google meet with me. You can also reach me through our school counseling website: <https://vernonschoolcounseling.weebly.com/contact-us.html>

Each week I will be sharing activities for you to try. If you decide to do one (or all), share with me how it went here: <https://forms.gle/aKqzdEcbJrMosTJR9> You can also share your own ideas for activities!

Take care!- Ms. Goslin

Mindful Monday 4/13	GratiTuesday 4/14	Wellness Wednesday 4/15	Thoughtful Thursday 4/16	Fun Friday 4/17
				
<p>Ms. Goslin and her daughter, Mayla, read Good Night Yoga by Mariam Gates. https://vernonschoolcounseling.weebly.com/weekly-activities.html</p> <p>"Yoga and mindfulness have been shown to improve both physical and mental health in school-age children (ages 6 to 12)."</p> <p>https://www.health.harvard.edu/blog/more-than-just-a-game-yoga-for-school-age-children-201601299055</p>	<p>Exercising thankfulness is a simple way to elevate happiness for the whole family.</p> <p>Make a card for someone that you can't see right now to give to them when you can see them. Or share with them over video!</p> <p>https://thriveglobal.com/stories/cultivate-gratitude-in-your-kids-through-daily-practice/</p>	<p>Having a wide range of feeling words can help children cope with challenges.</p> <p>Feelings Walk: 1) Pick an emotion or feeling 2) Walk as though you are feeling that emotion 3) Notice how your body changes 4) Repeat with a different feeling until you want to be done :)</p> <p>https://www.andnextcomesl.com/2019/10/feelings-walk-emotions-activity.html</p> <p>Feelings have words Game: https://sesamestreetincommunities.org/topics/family-caregiving/?activity=feelings-have-words</p>	<p>April is Autism Awareness Month.</p> <p>Watch videos, activities and books for kids here: http://autism.sesamestreet.org/</p> <p>https://researchautism.org/resources/kit-for-kids/</p> <p>"While the diagnosis is common, public understanding of autism is not. The lack of understanding about the condition can make life even more difficult for children with autism. A recent study reveals that they are five times more likely to be bullied than their peers—treatment no child should endure."</p>	<p>Create a Sensory Obstacle Course! This can be in your home or outside. Check these videos out for some ideas: https://youtu.be/hZbnQMgRu-M</p> <p>https://youtu.be/laos8VosFOU</p> <p>https://youtu.be/21Nw7wT3wJ8</p>



Updated Schedule for Computer Distribution Sites

Dear PPS Families,

We will resume computer distribution on Monday, April 13. PPS staff have spent the last two days collecting, sanitizing and packaging more computers for our students. Those efforts will continue throughout next week, and we expect that we will have enough computers for any student who does not currently have an available computer at home.

We have streamlined our process at our distribution sites for next week. In order to further ensure that the distribution of computers goes as quickly and smoothly as possible, **we are asking that families who still need a computer for [online learning](#) follow these updated schedules:**

- Families whose last name begins with A-M can show up Monday, April 13 to receive a student loaner computer.
- Families whose last name begins with N-Z can show up Tuesday, April 14 to receive a student loaner computer.
- All families, regardless of last name, can show up Wednesday-Friday to receive a student loaner computer.

Distribution locations will be open 9:00 a.m. to 4:00 p.m.:

- Portland Public Schools District Office - 501 N Dixon St
- Roosevelt High School - 6941 N Central St
- Franklin High School - 5405 SE Woodward St
- Jefferson High School - 5210 N Kerby Ave

To borrow a loaner computer, students should bring their student ID or ID number.

To-date, we have been able to loan over 6,000 computers to students. The health and safety of our employees, students and community is our number one priority, so PPS is following CDC guidance regarding physical distancing at our pick-up sites. **For everyone's health and safety, we are asking:**

- If you are driving: Please stay in your vehicle when you arrive at the site. Our team will come to your vehicle to bring your computer to you.
- If you are walking or taking transit or rideshare: Please honor the six feet of physical distance rule. We will have a walk-up line for distribution.
- Please consider wearing a face covering per current [CDC guidelines](#).

We are grateful for your patience and understanding and look forward to distributing more computers next week.

COMMUNITY FOOD PANTRIES

MONDAY

THE SALVATION ARMY FOOD BANK
 9:00am- 11:15am &
 1:00pm- 3:45pm
 5325 N. Williams Ave.

**PATRICK LYNCH SCHOOL
 FOOD PANTRY AT POWELL BUTTE**
 10:30am- 12:30pm
 3615 SE 174th Ave.

WEDNESDAY

THE SALVATION ARMY FOOD BANK
 9:00am- 11:15am &
 1:00pm- 3:45pm
 5325 N. Williams Ave.

THURSDAY

**ROOSEVELT HIGH SCHOOL,
 WOODLAWN ELEM. COMBINED
 PANTRY AT KING SCHOOL**

11:00am- 1:00pm
 4906 NE 6th Ave.
Curbside pick-up

**PARKROSE MIDDLE
 SCHOOL AND SHAVER
 ELEM. COMBINED FOOD PANTRY**

3:30pm- 6:00pm
 3701 NE 131st Pl,
*Curbside pick-up at the
 cafeteria rolling doors
 turn-around area*

**DAVID DOUGLAS HIGH
 SCHOOL PANTRY**

5:00pm- 7:00pm
 1034 SE 130th Ave.
*Enter through the entrance
 on 130th Ave. and go to the
 round-about for curbside
 pick-up*

FRIDAY

THE SALVATION ARMY FOOD BANK
 9:00am - 11:15am &
 1:00pm- 3:45pm
 5325 N. Williams Ave.

**JEFFERSON HIGH SCHOOL
 FOOD PANTRY**
 1:00pm- 3:00pm
*Jefferson High School (on
 Commercial street side)*
 574 NE Alberta St.

TUESDAY

C3 FOOD PANTRY
 12:00pm- 1:00pm
(staying as late as 3:30pm)
 6120 NE 57th Ave,
Info at www.c3nepdx.com

**JEFFERSON HIGH SCHOOL
 FOOD PANTRY**
 1:00pm- 3:00pm
 Jefferson High School
(on Commercial street side)
 574 NE Alberta St.

REYNOLDS HIGH SCHOOL PANTRY
 3:30pm- 5:30pm
 1698 SW Cherry Park Rd,
 Troutdale, OR 97060
Curbside pick-up

SATURDAY

C3 FOOD PANTRY
 12:00pm- 1:00pm
(staying as late as 3:30pm)
 6120 NE 57th Ave,
Info at www.c3nepdx.com

**HUNGER FIGHTERS FOOD
 PANTRY (LAKE OSWEGO)**
 1:00- 3:00pm
 2301 Hazel Rd,
 Lake Oswego, OR 97035
www.hungerfightersoregon.org

TUALATIN GLEANERS
 1:45pm- 3:30pm *(must arrive by
 3PM)*
 9100 SW Wilshire St.
*Close to HWY26/HWY217
 interchange*
www.tualatinvalleygleaners.org

*The Sunshine Division (2 locations) Free emergency food boxes
 687 N Thompson, Monday-Friday 9:30 -3:30, Saturday 9:30-1:00
 12436 SE Stark, Tuesday-Friday 9:30-3:30, Saturday 9:30-1:00
 Visit www.sunshinedivision.org or call (971) 255-0834 for more info*



**FOR A FULL UPDATED LIST OF RESOURCES VISIT
WWW.SELFENHANCEMENT.ORG/RESOURCE
 (503)249-1721**

DESPENSAS DE ALIMENTOS PARA LA COMUNIDAD

LUNES

BANCO DE ALIMENTOS SALVATION ARMY
 9:00am 11:15am &
 1:00pm 3:45pm
 5325 N Williams Ave

DEPENSA DE ALIMENTOS DE LA ESCUELA PAFRICK LYNCH EN POWELL BUTTE
 10:30am 12:30pm
 3615 SE 174th Ave

MIERCOLES

BANCO DE ALIMENTOS SALVATION ARMY
 9:00am 11:15am &
 1:00pm 3:45pm
 5325 N Williams Ave

VIERNES

BANCO DE ALIMENTOS SALVATION ARMY
 9:00am 11:15am &
 1:00pm 3:45pm
 5325 N Williams Ave

DEPENSA DE ALIMENTOS DE LA ESCUELA JEFFERSON
 1:00pm 3:00pm
 Escuela preparatoria Jefferson
 (en el lado de la calle Commercial)
 574 NE Alberta St

JUEVES

DEPENSA COMBINADA DE LA ESCUELA PREPARATORIA ROOSEVELT Y PRIMARIA WOODLAWN EN LA ESCUELA KING
 11:00am 1:00pm
 4806 NE 6th Ave
Recoger en la acera

MARTES

DEPENSA DE ALIMENTOS CG
 12:00pm 1:00pm
 (Nos quedamos hasta las 3:30pm)
 6120 NE 57th Ave
 Informacion en www.c3nepdx.com

DEPENSA DE ALIMENTOS DE LA ESCUELA JEFFERSON
 1:00pm 3:00pm
 Escuela preparatoria Jefferson
 (en el lado de la calle Commercial)
 574 NE Alberta St

DEPENSA DE ALIMENTOS DE LA ESCUELA FENOLD
 3:30pm 5:30pm
 1688 SW Cherry Park Rd
 Troutdale, OR 97060
Recoger en la acera

DEPENSA DE COMIDA COMBINADA DE LA ESCUELA SECUNDRARIA PARK ROSE Y PRIMARIA SHER
 3:30pm 6:00pm
 3701 NE 131st Pl
Recoger en la acera de la cafeteria en el area de las puertas giratorias

SABADO

DEPENSA DE ALIMENTOS CG
 12:00pm 1:00pm
 (Nos quedamos hasta las 3:30pm)
 6120 NE 57th Ave
 Informacion en www.c3nepdx.com

DEPENSA DE ALIMENTOS HUNGER FIGHTERS (Lake Oswego)
 1:00pm 3:00pm
 2301 Hazel Rd
 Lake Oswego, OR 97035
www.hungerfightersoregon.org

TUALATIN GLEANERS
 1:45pm 3:30pm
 (llegar a las 3PM a mas tardar)
 9100 SW Wilshire St
 Cerca del intercambio de las autopistas 26 y 217
www.tualatinvalleygleaners.org

DEPENSA DE ALIMENTOS DE LA ESCUELA DAVID DOUGAS
 5:00pm 7:00pm
 1034 SE 130th Ave
Entre por la entrada de la avenida 130 y vaya a la rotonda para recoger en la acera

La División Sunshine (2 ubicaciones) Cajas de alimentos de emergencia gratuitas
 687 N Thompson, lunes-viernes 9:30-3:30, sábado 9:30-1:00
 12436 SE Stark, martes-viernes 9:30-3:30, sábado 9:30-1:00
 Visite www.sunshinedivision.org o llame al (971)255-0834 para más información.



PARA UNA LISTA COMPLETA Y ACTUALIZADA DE RECURSOS VISITE
WWW.SELFENHANCEMENT.ORG/RESOURCE
 (503)249-1721