



Upcoming Events and Calendar Dates

Monday, April 20^h – Friday, April 24th

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.

Thursday, April 23rd – Superhero Variety Show [via this link](#) at 10:00AM

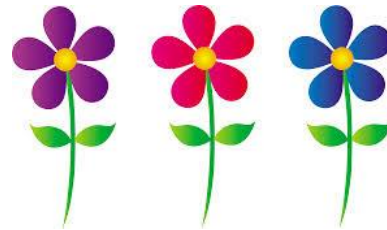
Tuesday, May 6th – Virtual PTA Meeting – 5:45-7:30pm



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.

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
Laura Benice – Middle School Counselor
Audrienne Manansala – Middle School Counseling Intern

STAY HOME
STAY SAFE
SAVE LIVES

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



Hello Vernon Community! Please mark your calendars for our first VIRTUAL PTA MEETING to be held on **Wednesday May 6th from 545-730pm**. Standby for a link to the meeting posted on Facebook and in a school wide email. Key agenda items include: identifying new officers for next year's PTA Board, reviewing a proposed budget for 2020-2021, and discussing the addition of an provision in our Standing Rules to accommodate exceptional circumstances like the ones we are currently experiencing. The board will also share some of our ongoing discussions about supporting families in our community who are especially affected by Covid-19.

As mentioned, the Vernon PTA is seeking new Board Members for next year for the following positions:

- President
- Vice President
- Treasurer (2)
- Families of Black Students Liaison
- Las Familias Liaison
- MYP 6th -8th Grade Coordinator(s)

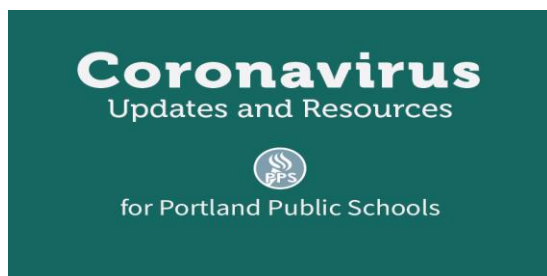
Being part of the Board is immensely rewarding. Please consider a position if you are passionate about supporting all students at Vernon, bringing our community together, and making great things happen for our kids. If you have new ideas and a vision for our community and you want to learn more about what your children are learning at Vernon and how Vernon teachers and staff work with them during the day, then being on the PTA Board is where you can have a presence and insight. The single best way to really understand and support our children and our community is to join the PTA, and this year we really need you!

I encourage you all to please take some time to consider what you have to offer this amazing community. We are going to need some strong new leaders to take the helm and lead the PTA into another great year next fall. Feel free to email, text or call me! ptapresident@pm.me 503.869.9799
Thank-you! Casey Clark PTA President



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



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 how the district is responding to the virus and ways that you can support, including [a link to the](#) Corona Virus Relief Fund. [A new link](#) has been added from the department for Student Success and Health with links to many of their departments that are available to support students and families during this unprecedented time.

VERNON PROUD

What does the President of the PTA do? From Casey Clarke – Current President of Vernon PTA

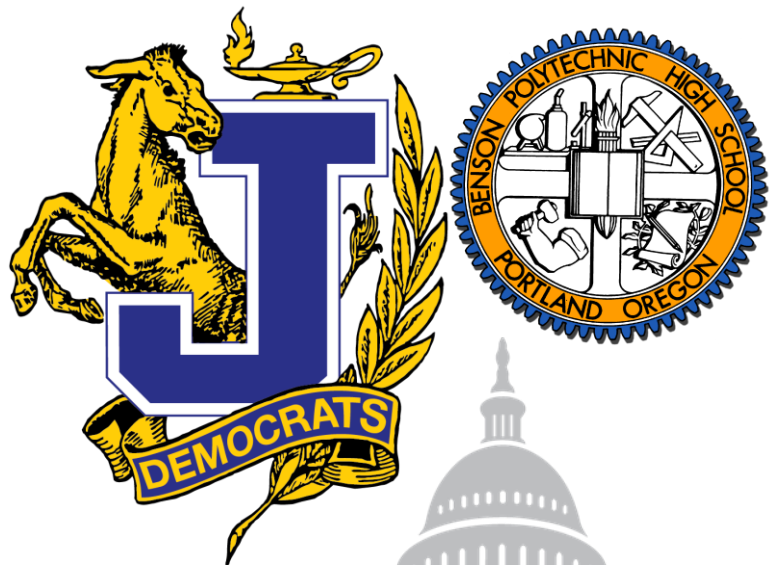
The role of the President on the PTA Board is largely one of being a point-person for the Board and the PTA members. As President, I keep tabs on PTA events, help organize logistics, stay in touch with PTA Committees, organize agendas for our Board and General meetings, and work closely with the Treasurers to stay informed about PTA finances. I also stay in touch with our other Board members to hear about what thoughts, needs and questions may be coming in from their spheres of the Vernon Community, and liaise with the Vernon administration on a regular basis as well. I spend about 5 hours a week working on PTA-related matters, maybe a bit more during the busy times of year. Mostly I fit this work in the evenings or early mornings, and find it manageable even with my two jobs.

Each President who has taken on this role has done things in their own way, with their own style, and made meaningful impacts. There are a handful of things that you will have to get done as President--but Vernon has a supportive and engaged community, and our robust volunteer and membership base and uniquely large Board will be there to help you! It truly is a team effort, and as President you are there to bring your personal vision to support our children and community to the medium of what is a very impactful organization. There is no more direct means to have a direct impact on our children's educational experience, and really know what is going on with your children's education than by joining the PTA Board. It is a truly rewarding experience!

Leap Into 9th Grade

Leap into 9th Grade prepares incoming ninth grade students to excel in high school by building a foundation for success before starting high school. Families can register [students online](#). Leap will take place at PPS' eight high schools June 24 – July 15 and at Benson July 6 – 24, from 9:00 am- 12:30 pm. Please note that programming dates are subject to change due to social distancing guidance updates.

Please reach out to Ms. Benice with questions at lbenice@pps.net.



MADISON
HIGH SCHOOL



Ms. Goslin's K-5 Counseling Activities....Week of April 20









I hope you are getting settled into online learning. I know we are still trying to connect some of you and we are excited to see you all in the Google Meets. I have heard about the challenges of celebrating holidays/birthdays and how many of you have come up with creative ways. You all are really living out the Learner Profile in your everyday life! I am always learning from you. Along with the activities below, I created a grade 3-5 Yoga Calm lesson that will help you focus and de-stress: <https://vernonschoolcounseling.weebly.com/lessons.html>

Take care! Ms. Goslin Email: jgoslin@pps.net

Website: <https://vernonschoolcounseling.weebly.com/contact-us.html>

Tried an activity? Have an idea?: <https://forms.gle/B5hDXCXih8bffFvu9>

Mindful Monday 4/20	GratiTuesday 4/21	Wellness Wednesday 4/22	Thoughtful Thursday 4/23	Fun Friday 4/24
				
<p><u>5-4-3-2-1 Grounding Technique</u></p> <p>This is helpful when you are feeling overwhelmed by emotions or negative thoughts.</p> <p>Ms. Goslin and her daughter try it: https://www.youtube.com/watch?v=QbIIQIMSEII&t=14s</p> <p>Name: 5 things you can see, 4 things you can feel/touch 3 things you can hear 2 things you can smell 1 thing you can taste</p> <p>A helpful poster: https://bit.ly/2V0w2QZ</p>	<p><u>Sending Kind Thoughts</u></p> <p>Pick someone in your life that you love, someone that makes you smile.</p> <p>Close your eyes and think about that person. Imagine your favorite memories.</p> <p>Bring your hands to your heart and hold them there, imagining you are giving that person a warm hug.</p> <p>Now send kind, loving thoughts to this person. "May you be happy" "May you be healthy" "May you be strong"</p> <p>https://blissfulkids.com/mindfulness-for-children-loving-kindness-ending-kind-thoughts/</p> <p>Find more mindfulness activities: https://bit.ly/2JUIZpB</p>	<p><u>Stop, Breathe and Think</u></p> <p>They put together some resources to help you and your family feel more safe, centered and connected in these challenging times. http://covid-19.stopbreathethink.com/</p> <p>Activities Include: Find your Safe Space, Focus on the "small", Ground yourself, Practice Compassion, Care for your Sleep, and Breathe Deeply</p>	<p><u>Write a Love Letter to Yourself</u></p>  <p>https://www.youtube.com/watch?v=IPzRnhza808</p> <p>Journal Page: https://bit.ly/3b6tiXh</p> <p>More activities: https://characterstrong.lpages.co/educator-resources-landing-kindness-journal/</p>	<p><u>GLSEN's 25th Annual Day of Silence</u></p> <p>A national student-led protest of the silencing and erasure of LGBTQ people.</p> <p>https://youtu.be/w1Q74UPT2IE</p> <p>Lots of ideas on how you can participate here: https://www.glsen.org/sites/default/files/2020-04/GLSEN_Resource_DayofSilence_VirtualEventPlanningGuide.pdf</p> <p>Be sure to join @GLSEN national on Instagram starting at 12pm.</p>