



Upcoming Events and Calendar Dates

Monday, September 14th – First Day of Full Time K-8 Virtual Learning

Tuesday – Thursday, September 15th-17th – Distribution of NIKE School Supplies. 9:00-3:00pm ~ MPR ~ Please come to the back parking lot. Please wear a mask and practice physical distancing.

Monday, September 14th – Families of Black Students Meeting ~ 6:00pm via [Google Meet Link](#)

Thursday, September 17th – Virtual Vernon PTA Meeting 5:45-7:30 via [Google Meet Link](#)



FROM MRS. WILKINS – VERNON LIBRARIAN

Reading Bag Distribution: Hello Vernon Families! I am finishing the process of assembling bags of books for K-8 students. For additional information about the program, please see the [introduction video](#) I made. Distribution will begin on Wednesday, September 23 for last names A-G, and continuing weekly as we rotate through last names. I have marked which weeks correspond to which families on the library calendar on the next page of this Owl Post.

Please note that due to the book quarantining requirements from the Health Authority and ODE, we do need our families to pick up books **only on their assigned day**. Doing so will allow sufficient supply of ready-to-use books for all students.

Student e-book access: Students have access to an ever-growing collection of e-books that they search and select a book of their choice. You'll find links to these e-book collections on the [PPS library services](#) page. The student and I explored these collections in some detail in the spring, so many students already have some experience with these collections.

Keep reading Vernon Owls!

Vernon Library Calendar

September/October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sep. 14 Week 1 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	15 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	16	17 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	18 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
21 Week 2 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	22 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	23 Reading Bag Pickup Last Names A-G 2-6 PM	24 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	25 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
28 Week 3 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	29 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	30 Reading Bag Pickup Last Names H-N 2-6 PM	Oct. 1 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	2 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
5 Week 4 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	6 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	7 Renee Watson Virtual Author Visit 1:00 PM Reading Bag Pickup Last Names O-Z 2-6 PM	8 6-8 Office Hours 1-1:30 PM /6-8 Feedback Posted 3-5 Assignment Feedback Posted & Office Hours by Appointment	9 STATEWIDE TEACHER INSERVICE DAY NO SCHOOL FOR STUDENTS
12 Week 5 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	13 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	14 Reading Bag Pickup Last Names A-G 2-6 PM	15 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	16 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
19 Week 6 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	20 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	21 Reading Bag Pickup Last Names H-N 2-6 PM	22 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	23 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted
26 Week 7 Library Activities Posted in SeeSaw (K-5) and Canvas (6-8)	27 K-2 Library Office Hours 2:15-2:45 PM K-2 Assignment Feedback Posted	28 Reading Bag Pickup Last Names O-Z 2-6 PM	29 6-8 Library Office Hours 1:00-1:30 PM 6-8 Assignment Feedback Posted	30 3-5 Library Office Hours 11-11:30 AM 3-5 Assignment Feedback Posted

K-2 Office Hours Link: g.co/meet/wilkinsK-2

3-5 Office Hours Link: g.co/meet/wilkins3-5

6-8 Office Hours Link: g.co/meet/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.



Introducing our Vernon Counseling Team

Hello Vernon families and students! We would like to introduce ourselves as your School Counselors. My name is Hanna Allen, and I will be supporting students in grades Kindergarten to 3rd grade this year. I'm Shannon Nicolas, and I will be supporting students in grades 4th through 8th grade this year. We are here to support and help with social-emotional support, academic support, family supports, and anything else that comes up.

Please feel free to email us at hallen@pps.net or snicolas@pps.net.

Mindfulness Hanna Allen - Counselor

Intuitively, we as educators and parents understand the value of taking a quiet deep breath. We see the power of a pause before saying or doing something that could cause harm - either emotionally or physically - to another person. We know that taking note of awe inspiring beauty of a sunset, a moonrise or a snow fall brings joy to all who notice. While we may understand how and why these things are important - how do we create space to practice noticing what is happening right now, at this moment?

When children learn how to pay attention, how to pause, understand the value of kindness and generosity, more deeply understand their emotions, we can help raise children to be kind, sensitive, and understanding adults. At the elementary level, mindfulness is primarily used to help regulate emotions and to teach attention skills, at the middle school level it can be a valuable resource to help students regulate feelings of depression and anxiety.

Weekly Mindfulness with Ms. Hanna on Google meets: <https://meet.google.com/eob-btnj-xhn>

Tuesdays at 8:30 am and Thursdays at 2:30 pm



Vernon IB World School

News from the Art Studio



Dear Vernon Families,

I am looking forward to creating with your student/s in a new way this year! This will be my sixth year teaching at Vernon and my 20th year as an art educator in the public schools. 2020 will definitely be one of the most memorable years yet.

I hope to bring some familiar aspects of our real-life art studio experience into our virtual art world. This year is a process year, we will be focusing on HOW we create, not what we create. We will be finding ways to express our personal experiences with the collective current issues at hand. We will find purpose and meaning in our hands-on creative practice as a way to keep us, reflective, open-minded and balanced in a unsettled world. I am excited to be a part of your student's life!

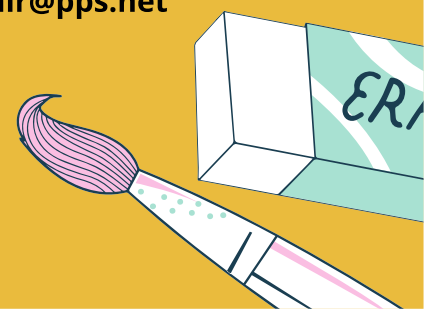
For Quarter 1, I will be working with our youngest artists, grades Kindergarten, 1st and 2nd grade, while 3rd - 5th will have Music with Ms. Bryan, we will switch at Quarter 2. I will also be working with Middle School students throughout the year.

Each class will have a live (synchronous) sessions which will happen once a week for 45 minutes. They will then have an independent (asynchronous) time to work on their art where I will post an activity on Seesaw (K-2) or Canvas (6-8) to guide their extended art practice. If students miss a live class, they will be able to access the art lessons through Seesaw. Asynchronous art activities will include posting photos of finished projects, responding to art, and reflecting on their own creative process. K-2 students can find all their art lessons, links to my live class using Clever and Seesaw in "Ms. Anna's LIVE Art Studio." I look forward to sharing our artists new creations over the Vernon Facebook page and Instagram, ms.annas_artstudio.

Please see the attached pages for information about art supplies for this school year and look for information on picking up sketchbooks and additional art supplies soon.

If you have any questions or concerns, please email me: amafchir@pps.net
I am excited to see everyone's sweet faces next week!

Ms. Anna
amafchir@pps.net



Art Supplies 2020-21

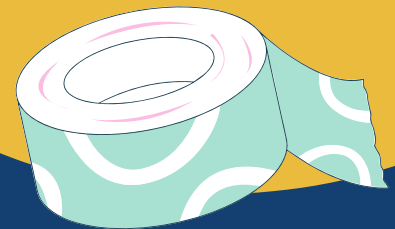


Due to the unusual circumstances of this school year, students will need personal art supplies to create at home. If we return to in-person learning, we will still need individual supplies for safety. Many households may already have some of these materials so there is no need to purchase new. While we will be using plenty of recycled materials, having a few extra Art supplies on hand will be nice.

I will be providing all students with their own sketchbook, a set of watercolors plus 2 brushes and a set of oil pastels. These few things can make creating more dynamic in combination with the materials used in the main classroom.

- **A box or container to store all your supplies in one place!**
- Pencils & Pens
- Eraser
- Pencil sharpener
(Hand sharpener works)
- Markers
- Black Sharpie fine point marker
- Elmer's glue, (Glue-All works better than School Glue)
- Masking or Scotch tape

All sorts of recycled materials.



Please connect with me if you need assistance acquiring any of the art supplies, and I will include them in the art kit that will pass out in a few weeks. My email: amafchir@pps.net.



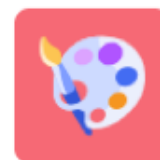
Virtual Art Studio Schedule



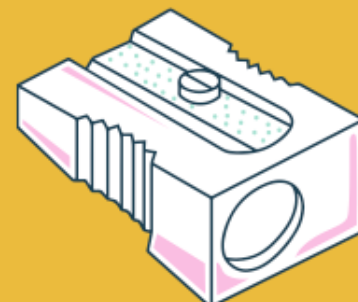
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:30	8th grade	6th grade	7th grade	Small Groups	Small Groups
12:30-1:15	1- Bilter Live	K- Docken Live	K- Rossman Live	K- Kellar Live	1- Gutierrez Live
1:30-2:15	1- Nelson Live	2- Bruce Live	2- Mashia Live		2- Hanlon Live
2:30-3:00	Small-Group			Office Hours K-2	
3:00-3:30				Office Hours 6-8	

Go to "Ms. Anna's Art Studio" in Seesaw for virtual class links.

Seesaw



Ms. Anna's
LIVE Class





Notifying the School Nurse of Your Child's Chronic Health Condition & Medication at School

Hello from the health room!

Your child's safety is our priority. If your child has a chronic health condition or will be taking medication at school then please let us know so we can provide an appropriate level of support to keep your child healthy and ready to learn at school. Even if your child is a self-manager of their health condition we would appreciate knowing of their health status so we can be aware of and best respond in an emergency situation. Health information is confidential and only shared with staff who would need to know.

For your convenience, you can let us know of your child's health condition by accessing the Student Health Condition Portal <https://www.multnomahesd.org/shs-boy-919413.html> on the MESD School Health Services website. Select the health condition that is applicable to your child and complete the necessary forms.

Also, if your child has any medication that needs to be taken during the school day you can access the necessary form(s) at the same website link. Forms are needed even if your student is able to carry and take their own medication.

Examples of medications include:

- Emergency medications: epinephrine auto-injectors for severe allergies, like EpiPens®, albuterol inhalers for asthma, or glucagon for diabetes
- Daily medications: methylphenidate, insulin, etc.
- Over-the-counter medications: ibuprofen (Advil®), acetaminophen (Tylenol®), diphenhydramine (Benadryl®), etc.

(Note: All medications must be kept in their original container. Prescription medication must be in the pharmacy labeled container.)

If you would prefer a paper copy or to have the forms emailed to you then contact the school health room or front office and we will make that happen! If you prefer to talk with me, your school nurse, before completing any of the forms then you can call or text me at **(971) 202-3738** or email me at nicholson@mesd.k12.or.us.

Sincerely,

Rob Nicholson, RN

MESD School Nurse at Boise-Eliot/Humboldt, Beach, Vernon, Faubion, and Dr. MLK Jr. Schools



Vernon School Supply



Lists for Virtual Learning Fall 2020

<p><u>First Grade</u></p> <ul style="list-style-type: none">☐ headphones☐ dry erase markers☐ pencils☐ plain white paper (can be anything)☐ 2 composition books☐ glue sticks☐ age-appr. scissors☐ crayons <p>First grade teachers will supply whiteboards for our students.</p>	<p><u>Second Grade</u></p> <ul style="list-style-type: none">☐ 2 composition books☐ pencils☐ crayons☐ markers☐ scissors
<p><u>Third Grade</u></p> <p>If possible, we would love for students to have access to these supplies:</p> <ul style="list-style-type: none">☐ 12 pencils☐ 1 pair of scissors☐ 3 composition books☐ 1 ruler☐ 1 box of crayons, colored pencils, and or markers☐ Plain white paper (8 ½ x 11)☐ 1 pair of headphones <p>If we return to the classroom later in the year, this list will most likely change.</p>	<p><u>Fourth Grade</u></p> <ul style="list-style-type: none">☐ 2 notebooks : wide ruled, spira☐ 1 Ruler☐ 1 Pack: Pencils☐ Pencil sharpener☐ Erasers☐ Highlighter☐ Headphones

<p><u>Third Grade</u></p> <p>If possible, we would love for students to have access to these supplies:</p> <ul style="list-style-type: none"> ☐ 12 pencils ☐ 1 pair of scissors ☐ 3 composition books ☐ 1 ruler ☐ 1 box of crayons, colored pencils, and or markers ☐ Plain white paper (8 ½ x 11) ☐ 1 pair of headphones <p>If we return to the classroom later in the year, this list will most likely change.</p>	<p><u>Fourth Grade</u></p> <ul style="list-style-type: none"> ☐ 2 notebooks : wide ruled, spira ☐ 1 Ruler ☐ 1 Pack: Pencils ☐ Pencil sharpener ☐ Erasers ☐ Highlighter ☐ Headphones
<p><u>Fifth Grade</u></p> <p>All these supplies are optional if students have a printer at home or will be using google docs for all assignments.</p> <ul style="list-style-type: none"> -5 folders for each subject area (2 pocket folders) -4 notebooks (journaling, math, reading & writing) -pack of #2 pencils -pencil sharpener -markers -highlighters (2 of any color) -pack of Index cards -earphones or earbuds (optional) 	<p><u>Middle School</u></p> <p>Middle school teachers will reach out to families during the soft start (September 2 - 11) with school supply lists and student needs</p>