



# Chief Joseph Elementary School

## Family Bulletin

### 01.12.2020

*Translation provided by Google Translator. There may be errors. Please call PPS Language Line, 503.916.3589 for support with translation.*

### All School News

We are really looking forward to seeing the whole school come together this Friday morning for our virtual assembly. A special thank you to Ms. Nguyen who has worked tirelessly to partner with the American Heart Association, teachers and students to put together this special event. See you this Friday at 9:00 am. Students will be able to access the assembly through Seesaw, or they can [use this link](#). You must be logged into a PPS account to view the assembly.

Although we have started a new calendar year, we still find ourselves in the midst of a pandemic and political unrest. What I appreciate most about our school community is our continued commitment to Social Justice and providing a safe, secure learning community for all of our students. As many of us are now tackling this mission from the isolation of our homes, I want to share a couple of resources that may be useful. The first resource is focused on helping students who are anxious or worried in response to the stress of these times. This article, "[Helpful Handout: Supporting Students at School and Home](#)" from the National Association of School Psychologists offers helpful tips and resources. The second set of resources is focused on understanding is also from the National Association of School Psychologists and is focused on deepening our understanding of the political and social unrest. The first article focuses on [Race and Privilege](#), and the role they play in our society. This article also has links to resources for talking to students about this important topic. A second resource is focused on [parent tips for supporting marginalized students in the context of the 2020 election](#). I hope you find these helpful.

*A strong, diverse and respectful community where we make learning creative and fun!*

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### Upcoming Dates

1.15.2021 Friday, 9:00 am  
All School Assembly  
honoring Dr. Martin Luther  
King Jr.  
<https://stream.meet.google.com/stream/1d00fb86-627a-4ef2-b74b-c9fe857d7b67>

1.15.2021 Friday  
American Heart Association  
Fundraiser begins

1.18.2021 Monday  
Martin Luther King Jr. Day  
No School

01.29.2021 Friday  
Inservice Day  
No School

02.15.2021 Monday  
Presidents' Day  
No School

## Report Cards

Second Quarter ends January 28th and report cards will be mailed the second week of February. For the 2nd Quarter, the district is moving to an updated traditional report card. We will be providing additional information about what this report will look like in our next bulletin.

## After School Care

When we return to in-person instruction, Art4Life will no longer be providing our before and after school care. I appreciate their partnership over the past eight years and thank them for always putting students at the center of their work. We will begin the process for selecting new providers in late February. This process will seek parent input, so look for that information in upcoming bulletins.

## Happy News

From one of our classroom teachers: "I've been using the translate app on my phone to communicate with a student who speaks another language. The other day the student was able to borrow a phone and we had our first real 2-way conversation using the technology!"

## CJ Help Desk

After receiving feedback from students and families, we are going to start a CJ Help google meet to help support students while they complete their assignments. This google meet will start on Monday, January 11 and will be staffed on Mondays, Wednesdays, and Thursdays from 10am-12pm and 1pm-3pm. The google meet code is cjhelp. Let your child/ren know that if they need help with their assignments, they can stop by the CJ Help google meet to get assistance from a teacher or staff member! This is also a great way for new students and families to meet other staff members at our school!

## PE News

We are kicking off The Kids Heart Challenge starting January 15th, so save the date and get excited! The Kids Heart Challenge is a fun and exciting event where your student learns about their heart while helping others by raising money for the American Heart Association. It prepares your child for success through physical and emotional well-being. Through fun activities we'll discover ways to take care of our hearts and brains while practicing kindness, gratitude and learning ways to de-stress. Plus, we have the chance to earn PE equipment for our school! Reach out to Ms. Nguyen at [anguyen@pps.net](mailto:anguyen@pps.net) or remind app if you have questions.



## Library

The Chief Joseph Library is open for Chromebooks, Library Book Bags or classroom materials. Library hours are Mondays 8am-12pm, Wednesdays 3-5pm, and Thursdays 9am-3:30pm (closed from 12-1pm). The Library will be closed on non-school days / holidays. Library doors

are located on the backside of the school on the west side of the playground, behind the Kindergarten classrooms. Please remember to wear a mask and follow social distancing guidelines.

## PTO Online Giving Tree

A big SHOUT OUT to everyone who has supported our Giving Tree this year. Together we raised over \$6,000 for the Chief Joseph School PTO Backpack Program! Your generous gift will help us serve our community families at a time when they need it most. Thank you!

## Counseling Corner

I want to send a huge THANK YOU to everyone who donated toys through our toy drive as well as all of the community members who came together and supported our families this holiday season. It was truly amazing to see so many people come together and support our community after the curveball of 2020. I especially want to thank Izzie Cahill, our PTO, Paula Hylland from The Mousetrap Tavern, and Caroline Hayes for their efforts in organizing the toy drive and holiday help. It is beautiful to see what we can accomplish when we come together!



I also want to share some tips on how you can talk to your child/ren about what happened in Washington DC. First, make sure that your responses are developmentally appropriate. For younger children, they need brief, simple information that is balanced with reassurance that they are safe and that the adults in their life are here to protect them. Older children will be more vocal in their thoughts and opinions and will ask more questions. They may also need help in separating reality from fantasy. Again, discuss how the adults in their life are there to keep them safe and what we can do for one another to keep each other safe. Other strategies include limiting media exposure, maintaining normal routines, and most importantly creating time to talk and listen to one another. Children, like adults, want to be heard and have their feelings validated. This information was pulled from this NEA [article](#). Check out [this article](#) from Nat Geo for more great tips on how to discuss what happened at the Capitol Building with your child/ren including how to start a conversation and how to explain bad behavior.

When talking with your child/ren about these types of events, emotions and feelings are likely to come up. When talking about our feelings, it is important to discuss self-care strategies and coping skills for how to handle these emotions and take care of ourselves. Please check out this [document](#) for a list of self-care strategies.

Furthermore, I want to update you that I will be pushing into morning meetings and teaching lessons around racial equity and social justice. Especially now, our students need a common vocabulary and understanding to begin to have conversations around our identities, cultures, and racial justice. I will be teaching 4 lessons that cover identity, culture, race & racism, and action.

Lastly, I want to remind our community that Jane and myself have started a parenting

group to build community and provide a safe, supportive space for us to discuss and vent about all the things 2020 has sent our way including distance learning and working while parenting. Please email me at [espier@pps.net](mailto:espier@pps.net) if you would like to join. Our meetings will start again on January 25th from 4:30-5:30pm and will continue every other Monday.

Please reach out if you have questions about any of the information I shared with you today! With love, Ms. Lynn, [espier@pps.net](mailto:espier@pps.net) 971-770-1521

## Resources

### **PPS Youth Resource App**

The Youth Resource App is a free, anonymous, health-resource app that has all major health related resources that are free to the city of Portland's youths. With just a few taps of the finger, one can find themselves in contact with a local specialist designated specifically for their needs. The app can be found in the app store [here](#). For students who do not have a phone, they can access the same information [here](#).

### **NAMI Basics for Black & African American Parents and Caregivers**

NAMI (National Alliance on Mental Illness) is offering a free 6-week course for parents and caregivers of children/adolescents living with mental health barriers. This class is being offered to specifically create a safe space for Black & African American parents and caregivers to discuss and learn about children's mental health needs. Classes take place on Thursdays from 3-5:30pm January 14-February 18, 2021. Registration is required. Please call 503-228-5692 to register.

### **Black Youth Crisis Recovery Group**

Maurice Phillips and Jonicia Shleton have come together to create a safe affinity space for black students to unpack the trauma and grief that they may be dealing with as a result of police brutality, the pandemic, opposition to BLM movement, etc. This is open to any Black K-12 PPS student. If your child is interested in participating, please contact Ms. Lynn at [espier@pps.net](mailto:espier@pps.net) or 971-770-1521 so that she can refer you to the group.

### **Oregon Health Plan for children**

The Oregon Health Plan (OHP) is available to all children and teens, regardless of immigration status who:

- Are younger than 19
- Meet income and other criteria.

Help to apply is free. Call 833-OHP-FORU (833-647-3678) or click here - [OregonHealthCare.gov/gethelp](https://OregonHealthCare.gov/gethelp).

### **Student Health Centers**

PPS Roosevelt Student Health Center is open for phone, video and in-person visits. Monday-Thursday 8:45 am-4:45 pm and Friday for phone and video appointments only. Call 503-988-3909 to make an appointment. Any Multnomah County K-12 youth can visit the center and there are no out of pocket costs. For more information visit <https://multco.us/health/student-health-centers>.

### **Rent**

#### Multnomah County COVID-19 Rent Relief Fund Program

- Find all information regarding this assistance [here](#).

- If COVID-19 has impacted your ability to pay rent, you may qualify for the Multnomah County COVID-19 Rent Relief Fund Program. In order to see if you qualify you will need to call 211, confirm eligibility, and get added to the waitlist.
- The waitlist opens periodically, so call 211 often to check status!

## **Covid Reporting**

Portland Public Schools is committed to protecting the health and wellbeing of our students, staff, and buildings by providing communicable disease prevention and control services through our health partnerships with Multnomah Education Service District (MESD) and Multnomah County Health Department (MCHD). The confidentiality of the individuals reporting is of the utmost importance; personal identifiable information will not be shared with the public or other individuals.

We are asking that students who have tested positive for COVID-19, or had close contact exposure with a positive case notify their teacher or Principal Gerber. Close contact exposure includes being less than 6 feet from a person who has COVID-19 for at least 15 cumulative minutes in a day, regardless of whether either person was wearing a mask or other personal protective equipment.

Students who are experiencing primary symptoms of Covid-19 but have NOT to their knowledge had close contact exposure with a positive case of Covid-19, and who are not positive cases themselves should also report their symptoms to their teacher or Amber Gerber.

### **Primary COVID-19 Symptoms:**

- Temperature of 100.4°F or higher
- Cough
- Chills
- Shortness of breath/ Difficulty breathing
- New loss of taste or smell

In both the above cases, Principal Gerber, or the school health nurse, will contact the family following PPS COVID-19 Case Protocol.