

March is Women's History Month

IMPORTANT DATES

Spring Break March 22-26

Textbook Distribution/Return March 29-April 2

QUICK LINKS

GHS Website

GHS Staff Roster

PPS Communications Tool

PPS District Calendar 2020-21

Successful Schools Survey

Bell Schedules-Second Semester

Student Store Online Shopping

TABLE OF CONTENTS

ATHLETICS

- *Academic Requirements*
- *Spectator Information*
- *Sports Practices/Schedules*

COLLEGE & CAREER CENTER

COUNSELING CENTER

- *College Visits*
- *Constitution Team Application*
- *Portland Evening Scholars*
- *Scholarships*

GHS CONTRIBUTIONS

GHS RESOURCE CENTER

- *Advocacy*
- *Health Resources*
- *Mental Health Resources*
- *Youth Resource App*

TABLE OF CONTENTS (CONT'D.)

HYBRID IN-PERSON LEARNING

- *Proposed Hybrid Student Schedule*

LIBRARY

- *Everybody Reads!*
- *Textbook Distribution*

NUTRITION SERVICES

- *Change in Meal Services*
- *State Program Offers Help*

PARENTVUE ASSISTANCE

PTA

SAFE OREGON TIP LINE

SCHOOL NURSE UPDATES

SCHOOL BELL SCHEDULE

SENIORS

- *Cap and Gowns*
- *Celebrating Seniors*

STUDENT ACTIVITIES

- *April Blood Drive*
- *GHS Rose Festival Princess Introduction*

STUDENT RECOGNITION

STUDENT TRIVORY APP IS HERE!

STUDENT ID/HOP PASS

STUDENT STORE

TESTING

- *SAT*

YEARBOOK

Dear High School Families,

We are excited to announce the opportunity for your student to return to in-person hybrid learning this spring. In accordance with Governor Brown's recent announcement and executive order, students in grades 9-12 will be able to return to schools beginning April 19, 2021. Please note that you may choose to have your student remain in distance learning for the fourth quarter of the school year, if you prefer.

Over the weekend, we reached a tentative agreement with our teacher's union and we are currently finalizing schedules for each high school. We are required to follow health guidelines including masks and physical distancing, which limits the number of students we can have in our classrooms at one time.

We are working hard to safely welcome students and staff back for in-person hybrid learning.

We will follow the Oregon Department of Education [Ready Schools, Safe Learners](#) guidelines. In addition to many other safety protocols, we have implemented a number of health and safety measures to allow us to open schools safely to students and staff:

- All classrooms will have HEPA filters.
- All PPS teachers and student-facing staff have had access to COVID-19 vaccines.
- All high schools have a social worker.

The schedule outlined below maintains current student-teacher relationships and academic progress, limits transitions and different schedules. It provides an opportunity for students to come to school in person to continue their studies and participate in peer and socio-emotional learning. The schedule works for in person learning and for students remaining in comprehensive distance learning.

What will your student's day look like?

All students in comprehensive high schools will continue their morning schedule of distance learning to maintain consistency, academic progress and classroom routines. In the afternoons, students will be split into groups. Most comprehensive schools will have two groups for in-person instruction and a third for students remaining in distance learning based on our current best plan at grouping students and class capacity limits. This schedule will vary in some alternative and other Multiple Pathways schools.

Students in comprehensive high schools participating in in-person hybrid learning will:

- Attend school two days a week,
- Attend two classes each day,
- For two and a half hours each day.

All student IDs also serve as TriMet bus passes. Students in distance learning will continue with asynchronous assignments in the afternoon.

During in person learning, students and teachers will be going deeper on the content presented in the morning sessions. Students who are completing asynchronous learning in the afternoon will be doing the guided and independent practice, just as they are currently doing in the afternoon. Your school's specific schedule will be posted on your school's website.

4x4 Schedule - See below for Grant's proposed student schedule.

Is in-person hybrid learning for your student?

Knowing how many students will participate in in-person learning this spring will help us plan for reopening. The priority date for completing the survey is March 24th, 2021 so that we may finalize student groupings, transportation arrangements and other logistics. This is your chance to choose in-person learning. It is critical that we hear from you so we can communicate with students about their fourth quarter schedule. We look forward to your response!

We are including the CDC Checklist for Families to help your family make an informed decision. If you have any questions, please submit them through Let's Talk on the PPS Website Contact Page given the upcoming Spring Break.

We are excited to safely welcome students back to our schools. Thank you for your continuing partnership as we get closer to launching hybrid instruction at PPS.

GRANT'S PROPOSED HYBRID STUDENT SCHEDULE

Grant High School: Synchronous in AM (All Students), Hybrid in PM • Cohort A = In-Person Monday and Tuesday from 1:05-3:45 PM <i>and</i> Distance Learning Thursday and Friday from 1:05-3:45 PM • Cohort B = In-Person Thursday and Friday from 1:05-3:45 PM <i>and</i> Distance Learning Monday and Tuesday from 1:05-3:45 PM • Cohort C = Students who opt out of in-person learning					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-9:55	Period 5 (Online Learning)	Period 5 (Online Learning)	At Home Async Learning	Period 5 (Online Learning)	Period 5 (Online Learning)
10:00-10:40	Period 6 (Online Learning)	Period 6 (Online Learning)		Period 6 (Online Learning)	Period 6 (Online Learning)
10:45-11:25	Period 7 (Online Learning)	Period 7 (Online Learning)		Period 7 (Online Learning)	Period 7 (Online Learning)
11:30-12:10	Period 8 (Online Learning)	Period 8 (Online Learning)		Period 8 (Online Learning)	Period 8 (Online Learning)
12:10-12:40	Lunch				
1:05-2:20	Period 5 (In-Person & Async)	Period 7 (In-Person & Async)	Office Hours (w/ focus on Cohort C)	Period 5 (In-Person & Async)	Period 7 (In-Person & Async)
2:30-3:45	Period 6 (In-Person & Async)	Period 8 (In-Person & Async)	Distance Learning	Period 6 (In-Person & Async)	Period 8 (In-Person & Async)
3:45-4:00pm	Dismissal				



GRANT'S OFFICIAL STUDENT APP IS HERE!

We are excited to announce that Trivory is up and running! This is our **official app of Grant High School**, and although it is primarily for students, families should use it, too! This app will be used to help students stay in the know about upcoming school events and activities, school-wide announcements, weekly student video announcements, bell schedules, important dates, links to social media, and more! Download the free app through the Apple Store or Google Play. Watch [this helpful tutorial](#) created by our own Grant Leadership students. On a side note, big shoutout to Terren Gurule, Roosevelt High School senior, who created the amazing app!"

SCHOOL SCHEDULE MARCH 29 - APRIL 2

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50	PLC/PD	PLC/PD	Planning (8am-9:15am)	PLC/PD	Planning (8am-9:15am)
9:15-9:55	Period 5	Period 5	P5 SGI/AL	Period 5	Period 5
10:00-10:40	Period 6	Period 6	P6 SGI/AL	Period 6	Period 6
10:45-11:25	Period 7	Period 7	P7 SGI/AL	Period 7	Period 7
11:30-12:10	Period 8	Period 8	P8 SGI/AL	Period 8	Period 8
12:10-12:40	Lunch				
12:45-1:30	Period 5	Period 6	Office Hours/Flex (12:40-1:40pm)	Period 5	Period 6
1:30-2:30	Teacher Planning	Teacher Planning		PLC (1:45-3:15)	Teacher Planning
2:30-3:15	Period 7	Period 8		Period 7	Period 8
3:15	Student Clubs may meet after school virtually				

GHS RESOURCE CENTER

Substance Use Resources for Parents and Families

One -the PPS Substance Use Supports Team is starting drop-in hours for families that will be offered bilingually in Spanish and English. This is a space for parents, families and caregivers K-12 to drop-in and ask questions, get support, find out about resources and brainstorm with staff and other parents ideas for helping their students. The space will always be staffed with a minimum of one Spanish speaking clinician. [English Flyer](#) [Spanish Flyer](#)

Two - [Six Week Family Support Group](#) - Student Success & Health is working with Vital Space Counseling to co-facilitate a group for parents and families who are concerned about their teen's (6th-12th grade) substance use? Families can gain support, understanding, and tools to help them interact with their child in a way that increases connection and encourages change. The Invitation To Change Group is a 6-week mini course using evidence-based approaches, including CRAFT, that teaches parents and guardians how to understand and invite the process of change and communicate better with their child. Currently, this group is only being offered in English, but we are completing training and updating the curriculum so we can offer the same group in Spanish to families after Spring Break.

AAPI Community resources:

<https://docs.google.com/presentation/d/e/2PACX-1vTl8X35dKh15dO5v28kG3wZVvK89hBEXC-at4jNMtnAb-db8XDwqc9hXrBiVeQsrYxxnjNgrmzOgm5H5g/pub?start=false&loop=false&delayms=3000>

Race Equity Support Line 503-575-3764

The Racial Equity Support Line is service-led and staffed by people with lived experience of racism. We offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues.

Parent Resources: Lines for Life, through its Helpers Helping Helpers programming, has launched a variety of “wellness room” spaces on Zoom for folks to attend freely and seek support, share resources, and overall sit together in community during the pandemic. The organization has two exciting programs that have been made with schools in mind – a Wellness Room for educators AND a new Wellness Room for parents! This is a statewide and FREE resource that is meant to support – please do not hesitate to spread the word! Some Wellness Rooms are also available in Spanish.

Educator Wellness Room: Wednesdays at 3 pm.

<https://zoom.us/j/93508635429>

Parents Wellness Room: Tuesdays at 3 pm.

<https://zoom.us/j/95044969902>

Parent Wellness Room: Thursdays at 3 pm.

<https://zoom.us/j/95961979853>

4) [At Home Strategies for Distance Learning](#): incredible resource from the Portland Public School's Multi-Tiered Systems of Supports (MTSS)!

We are aware that parenting during a pandemic presents it's own challenges. If your family is in need of financial or food support, please reach out to our social worker, Catrina Knoerzer: cknoerzer@pps.net Below is a form to assess if there is interest in parent support services. Please help us figure out how to best support you!

<https://forms.gle/4a5anaU1BHBt9vVf9>

Oregon Mortgage Assistance Program. For homeowners, the Oregon Homeownership Stabilization Initiative (OSHI) has a COVID-19 Mortgage Assistance Program. You can learn about eligibility requirements and the application process at [OHSI's website](#).

Community Action provides rent and utility assistance. Assistance is available for rent payment and utilities. [Find out more here.](#)

MENTAL HEALTH RESOURCE INFORMATION:

- [Catrina's Virtual Office](#) (Grant school Social Worker) For more information visit our [GHS Resource Center website.](#)

[Drop In Social Emotional Support Group](#)

- **NAMI Virtual Peer-to-Peer Class**

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. If you would like to see our parent workshop from Wednesday night 3/10, here is the [recording](#)

- [Reach Out Oregon Warmline](#) 1 833 732 2467

Monday-Friday 12-7pm

Parents know how lonely it is to care for a young person experiencing emotional, behavioral and mental health challenges. It can be frightening and isolating. It's hard to know where and how to reach out for help and information. As caregivers, we have experience navigating challenges on behalf of our children and families. And as a community, we have much to offer one another. This is what Reach Out Oregon is all about, a supportive community where you will find a support team: Parent to Parent.

- Conversations with Spanish Speaking Latinx Families on issues of mental health: Charlas Comunitarias sobre el Bienestar y la Salud Emocional <https://www.facebook.com/charlascomunitarias/> As a resource, here are the links to past recorded workshops:

- [Substance and Drug use in Latino Families & Adolescents during COVID-19](#)
- [Safe and Strong Helpline: 1 800 923 4357](#)

Available 24/7 with interpretation

A collaboration of Oregon Health Authority and Lines for Life

This is an emotional support and resource referral line that can assist anyone struggling and seeking support. Callers do not need to be in crisis.

- Student Success and Health Department

<https://sites.google.com/pps.net/ssh-covid19/home>

- Call to Safety: If you are an adult and worried about your safety at home, 888-235-5333. Interpretation line available.
- Proyecto Unica: Spanish version of Call to Safety, 503-232-4448
- Multnomah County Crisis Services: Call Center/Crisis Line, 503-988-4888 (24 hours a day, 7 days a week). Interpretation services are available.
- National Suicide Prevention Lifeline: English, 800-273-8255; Spanish, 800-628-9454 (24 hours a day, 7 days a week). Interpretation services are available.
- Oregon Youthline: For youth to connect with other youth, text "Teen2Teen" to 839863 to instantly text with another person. Interpretation services are available.
- Trevor Project: Supporting LGBTQIA+ youth. Text "START" to 678678 or call TrevorLifeLine, 1-866-488-7386
- Trans Lifeline: Supporting trans community members, call 877-565-8860
- DHS Hotline (Oregon Department of Human Services) If you are worried about the safety of a child, 855-503-7233. Interpretation services are available.

ADVOCACY

YOU DON'T HAVE TO GO THROUGH THIS ALONE.

ASK FOR HELP.

6 out of 10 students will be sexually harassed by a classmate during their K-12 years.

1 in 3 adolescents will be a victim of physical, sexual, emotional or verbal abuse by an intimate partner.

SEXTORTION, an emerging form of harassment, is when someone threatens to reveal intimate images to get you to do something you don't want to do.

www.pps.net/titleix

CONFIDENTIAL ADVOCACY

A Unique Partnership to End the Cycle of Violence

Volunteers of America OREGON

PORTLAND PUBLIC SCHOOLS PPS

WHAT DOES AN ADVOCATE DO?

An advocate provides confidential support to PPS youth of all genders, connects them to resources, and walks alongside them regardless of whether they decide to formally report to law enforcement or participate in a school-based investigation under Title IX.

GUIDING PHILOSOPHY This important collaboration between PPS, BH & VOA is based on a shared vision that everyone deserves to live a life free from violence. We believe that to reach our goal, we must start early in the K-12 years.	NON- JUDGEMENTAL Advocates provide individualized, non-judgmental support to help you develop coping strategies and can assist with safety planning, attend meetings or medical appointments with you and/or refer you to other resources.
FREE & CONFIDENTIAL Free, 100% confidential support for PPS students who experience abuse, sexual or dating violence. Unlike school staff, advocates are not mandatory reporters under the law.	EQUITABLE RELATIONSHIPS Advocates empower students, teachers, and parents to change school culture, so everyone understands what healthy, equitable teen relationships look like and how to promote them.
ADVOCACY & TITLE IX Title IX is a law that prohibits all forms of sexual harassment at school, including sexual assault, dating violence & stalking. This also includes bullying or harassment that occurs online, on social media or using other forms of technology to intimidate, coerce or cause fear. Visit www.pps.net/titleix to learn more about your rights.	SCHOOL PROGRAMMING Dedicated to advocating for safe and equitable relationships through workshops, trainings, and peer-led programming throughout the Portland Metro area. Workshops are flexible and designed to meet the diverse needs of school communities.

SAMANTHA (CALL/TEXT) 971.266.9030 OR SCHEFF@PPSHALHEALTH.COM
PAMELA (CALL/TEXT) 503.388.8211 OR PZIG@VOA.ORG

Learn more about advocates in this [video](#)

PORTLAND PUBLIC SCHOOLS PPS

100% FREE & CONFIDENTIAL*

ADVOCACY HOTLINE FOR PPS STUDENTS

*Under Oregon law, Advocates are not mandatory reporters.

503.809.HELP (4357)

www.pps.net/titleix

Available in Spanish & English

YOUTH RESOURCE APP NOW AVAILABLE FOR APPLE AND ANDROID USERS

Search "youth resource app" in the Apple app and Google Play app stores. The Youth Resource App is a free resource for all Portland area youth, funded by PPS and created by the PPS mental health advisory team along with 100+ PPS students. PPS does not specifically endorse any of the listed agencies. Each organization has their own independent mission and vision. We know the app is likely missing some information. Consider this the 1.0 version.

If a student does not have a phone, they can access the same information on their chromebook at [this URL](#). Email us to give feedback. youthresourceapp@pps.net

HEALTH RESOURCE INFORMATION:

- [Student Health Centers](#) Open

The [Benson Wellness Center](#) is a Certified School-Based Health Center. We are open and ready to serve all PPS students regardless of ability to pay. Important info:

COVID-19 testing (not vaccines!) available by appointment at the Benson Wellness Center. [Links to flyers](#)

- Students are seen by appointment only: Sorry, no walk-ins
- Hours for Primary Care (medical) visits:

In person:

Tuesday afternoons 1-5

Wednesday mornings 8-12

Thursday afternoons 1-5
Virtual visits Monday-Friday 8-5

- Step 1: New patients need to first register with OHSU by calling OHSU patient registration: 503-494-8505
- Step 2: Next, schedule your appointment by calling 503-418-0409
- Directions: Located at Benson High School: 546 NE 12th in the back of the building.
Directions: From NE Irving st: head SOUTH on NE 15th Ave. Turn into the parking lot at the back of the school building. Look for signs marking the entrance to the Wellness Center.

One-Stop Resource for Food Needs. NeedFood.Oregon.gov is a one-stop website for new and existing food needs during the pandemic.

Multnomah County [Student Health Centers](#) are open at David Douglas, Parkrose and Roosevelt high schools for in-person health services and mental health counseling this fall, while schools are engaged in distance learning. Phone and video appointments are also available. Any Multnomah County K-12 youth can access care at any center and there are no out of pocket costs.

Health and Human Services Resources Webpage of Community Resources. Check out the new Health and Human Services Resources web page---a “[one-stop resource shop](#)” covering a wide range of topics to support the health and human services needs of the community.

STUDENT RECOGNITION

We are so thrilled to share this exciting news from the Art Dept!

More than 80,000 students submitted nearly 230,000 works of art and writing to the 2020 National Scholastic Awards. These five Grant High School students were selected by some of the foremost leaders in visual arts for excellence in originality, technical skill, and the emergence of a personal voice or vision. Only 2,000 works received a National Medal, which places our five students within the top 1% of all submissions!

Sasha Colon:
National
Silver Medal
Portfolio



Elena Smillie:
National
Gold Medal
in Ceramics &
Glass



Pie hole

Florence Oakley:
National
Gold Medal
in Photography



Fern Hill

Kai Baker:
National
Silver Medal
in Drawing
and Illustration



Mushroom Blanket

Sabine Kenney:
National
Silver Medal
in Painting



Self Inflicted

PTA

Wednesday April 7th, PTA Pizza Night Fundraiser at Blind Onion Pizza

Pick up some lunch, dinner, or gift cards at the Blind Onion. They will generously donate a percentage of all sales on that date to the Grant PTA. Dine in or take it home. Let's make this add up so we can use it to support our teachers and students.

Next PTA Meeting Tuesday April 13th at 6:30 pm.

All are welcome! Watch this bulletin for more details as we get closer to the meeting date. If you would like to support the PTA, it's not too late to become a member by paying \$25 annual dues or making a general donation in our webstore: <https://grantpta.memberhub.store>

YEARBOOK

2020 HISTORY IN THE MAKING 2021

As the world adjusts to change, one thing that remains constant is the yearbook tradition. This yearbook will document life during the 2020-2021 school year as we all adjust to an ever changing reality. This yearbook will be one to look back on for generations to come.

Follow us on Instagram- [ghs.yearbook.pdx](https://www.instagram.com/ghs.yearbook.pdx)



SCAN TO ORDER

TESTING



For 11th grade only

Thank you to those Juniors that registered for the April SAT at Grant Participants need to be checking their PPS email address for updates about entry times after spring break.

A reminder that if you want the results from this test to be used for National Merit Scholarship consideration you must submit this separate [form](#) by Thursday April 1st.

Wearing a mask and adhering to social distancing will be required to take the test.

Joe Mitacek VP - Testing

April Martin Test Coordinator amartin2@pps.net Please contact me if you have any questions

AP Testing

Students can login to their myAP account to see their test dates (the online testing system for this year has the dates spread out differently than the traditional two week window). Note that the district testing coordinators are still making some adjustments mostly to students who selected in-person AP exams. See these [slides](#) for more information about AP test schedules.

COUNSELING CENTER

College visits coming up. Zoom link is listed in the student's Maia Learning account under Universities - Visits.

University / Event Name	Date	Time
University of Colorado Boulder	04/13/2021	3:00 PM - 4:00 PM
Warner Pacific University	04/14/2021	12:00 PM - 1:00 PM

Other Important Dates

*April 15th 6-8pm College and Career Information Night. Registration to come...

Amherst, Bowdoin, Carleton, Pomona, Swarthmore, Williams Colleges are hosting two events for juniors and their families to help answer questions about the college search process. Students register here and counselors are welcome to join!

- Junior Jumpstart - April 20 at 8 pm EDT or April 22 at 8 pm EDT
- Navigating and Belonging: A Special Session for First-Generation and Low-Income Students - May 24 at 8 pm EDT or May 26 at 8 pm EDT

The College Place is a free resource that works to help students apply to college. They are offering several free upcoming sessions for all grade levels.

*Encourage your juniors, sophomores and first year students to sign up with The College Place Oregon. We have a lot of wonderful information to share, and we're here all summer to help your students stay on track. Students can sign up at <https://tinyurl.com/TCP-KDS>. We use the same system that The Ford Family Foundation uses for their scholarship application; we just use our to manage our communications.

*We'll have two College Knowledge series running in March and April. On Tuesdays at 3:30, we'll be targeting the classes of 2022, 2023 and 2024 with information about careers, colleges, scholarships and more. On Thursdays at 3:30, we'll be working with the class of 2021 regarding verification, financial aid offers, making a final college choice and more. Students who are signed up with The College Place will receive login information; I've attached a PDF with information about the series to this email.

*ECMC, which sponsors The College Place Oregon, recently released new information about their Question the Quo survey, which found that many high school students are exploring options other than a four-year college experience after high school. You can read more about it at:

<https://questionthequo.org/news/buzz/today-s-teens-questioning-the-status-quo-when-it-comes-to-college> Here at The College Place, we're developing additional materials regarding CTE education, including a supplement to our Opportunities Booklets which highlights CTE paths for students:

https://www.ecmc.org/students/documents/2020-*2021-CTE-Opps.pdf (this publication is also available in Spanish).

Constitution Team Application for 2021-22 - Constitution Team is an intense academic experience that appeals to students interested in government, social justice, history, politics, law, activism, social change, public speaking, competition, as well as independent and collaborative learning. The team is divided into 6 units (of up to 6 students each), and each unit studies a different aspect of the Constitution. [Process for joining the 2021-2022 Constitution Team](#) If you complete the steps outlined in this [document](#) your application will be considered for the 2021-2022 Constitution Team. Your academic essay, personal essay and interview will help determine the team.

Portland Summer Scholars Information:

- Very tentative dates for Summer Scholars are 6/25-8/31.
- The structure of the program has not yet been determined, so more details to follow.

COLLEGE & CAREER CENTER

1. FUTURE YOU TO GO VIRTUAL CAREER TALKS - All about HEALTHCARE on March 31st!

Wednesday, March 31, 2021 from 1:00pm-1:45pm: [Post-Secondary Presentation-PCC Health Care Programs](#)



Healthcare is an exciting and dynamic field with many career options. Whether you want to work directly with patients, behind the scenes, or somewhere in between, here are the many choices you'll find at PCC: APC Coding, Addiction Counseling, Bioscience Technology, Dental Assisting, Dental Hygiene, Emergency Medical Services, Exercise Science, Health Information Management, Medical Assisting, Nursing, Ophthalmic Medical Technology, Patient Access Specialist, Pharmacy Technician, Phlebotomy, Radiography, Sterile Processing Technician and Veterinary Technology. Come to our session to learn about PCC Health Care Programs. **Connected Careers-See above**

[Click to Join the session on Wednesday, March 31 at 1:00pm](#)

Wednesday, March 31, 2021 from 2:00pm-2:45pm: [Industry Spotlight-Willamette Dental](#)



Are you interested in a career related to Dentistry? Learn about the variety of dental-related careers at Willamette Dental, which has 23 locations in the state of Oregon. Learn details of each career; such as education requirements, salary range, etc. **Connected Careers-Dentist, Dental Hygienist, Dental Assistant, Dental Support Specialist and Business/Customer Service.**

[Click to Join the session on Wednesday, March 31 at 2:00pm](#)

Wednesday, March 31, 2021 from 3:00pm-3:45pm: [Industry Spotlight-Registered Dietitian Careers](#)



Meet Meredith Kleinhenz of Providence and Liz Torres of Multnomah County. Both are Registered Dietitians. Nutrition is a key element of good health. Registered dietitians are the experts on good nutrition and the food choices that can make us healthy, whether it's a proper diet or eating to manage the symptoms of a disease or chronic condition. Registered dietitian design nutrition programs to protect health, prevent allergic reactions and alleviate the symptoms of many types of disease. **Connected Careers-Dietitians, Nutrition, Healthcare.**

[*Click to Join the session on Wednesday, March 31 at 3:00pm*](#)

Wednesday, March 31, 2021 from 4:00pm-4:45pm: [Industry Spotlight-OHSU, Dept. of Surgery](#)



Learn from a panel of a surgeon, medical student, and clinical coordinator and how they care for their patients and provide an education for healthcare professionals. OHSU is interested in “The knowledge of all for the care of one.” Indeed, we have found that the collective intelligence of individuals from different backgrounds is not only refreshing but brings innovative care solutions to the bedside. **Connected Careers: Healthcare, Physician, Medical Student , Clinical Coordinator**

[*Click to Join the session on Wednesday, March 31 at 4:00pm*](#)

2. PROVIDENCE MEDICAL CAREER HIGHLIGHTS - Details and registration links found [on](#) [Webpage:](#) <https://oregon.providence.org/our-services/p/providence-ready-program/virtual-career-learning/> Next events are April 20th (Colorectal Surgery), April 22nd (Occupational Therapy) and May 18th (Finance in Healthcare). Certificates for attending the event will also be presented upon request. Students will have 20-25 min to ask career/educational related questions.

3. PAYING WORK - WANT TO BE A LIFEGUARD? Portland Parks and Recreation is looking to hire roughly 700 lifeguards and swim instructors for summer employment at its 12 indoor and outdoor pools. Training starts in March. For more information and to apply, go to [Portland Parks and Recreation Aquatic Training Programs and Opportunities](#). Call Aquatic Administration at 503-823-5130 with questions. Please assess your risk tolerance before applying to any positions. PPS does not endorse these opportunities.

4. OR, HOW ABOUT WORKING OUTSIDE IN NATURE?

Portland Parks & Recreation's [Youth Conservation Crew](#) will be hiring youth (ages 14-19) and adult crew leaders for summer 2021. Are you looking for a job this summer? Would you like working outdoors and/or are you interested in the environment? If so, please apply! One of

few opportunities for freshmen/women.

Youth Job application – due April 9. The application will take 10 to 30 minutes to complete.

5. SUMMER INTERNSHIP: Do you like to work with your hands, create and problem solve? Invention Bootcamp is a four-week, summer educational experience for historically underserved and underrepresented populations. It is led by PSU faculty, Dr. Gerald Recktenwald, and a group of undergraduate engineering student mentors, hosted by the PSU College of Engineering. At its core, Invention Bootcamp is all about showing students they have the skills to be an engineer and giving them the confidence to see themselves pursuing a STEM career. This year's camp will be held from June 21st to July 16th, 2021, Monday-Friday 10 am-3:30 pm. No prior experience in STEM is necessary. Students must be **currently enrolled in 9-12th grade for the 2020-2021 school year** and be an Oregon resident to be eligible to participate. More information and apply here: <https://www.pdx.edu/engineering/invention-bootcamp>.

6. FOR FRESHMEN: The EAGLE Caddie Scholarship program (*Early Adventures in Golf for a Lifetime of Enjoyment*) is a unique internship program that is a cooperative venture between Portland Parks & Recreation (PP&R), The Western Golf Association Evans Scholars Foundation and public and private high schools located within the city of Portland. Qualified students are paid an hourly wage, receive work credit hours, and have a mentor who monitors their progress. In addition, scholarship opportunities are available from their involvement in our program. **Eligibility requirements:** Students and their family must meet the program's financial (low-income) criteria, must have good attendance in school, must have achieved an 8th grade cumulative grade point average (GPA) of at least 3.5, must have a passing grade in all enrolled 9th grade classes (provide GPA if applicable); must maintain a passing grade in all classes. Students and their families have the opportunity to learn more and ask questions at our **EAGLE Caddie Application Zoom call on April 6th**. For more information and the links to those meetings, please go to our webpage: [Portland Parks Golf | Portland.gov](http://PortlandParksGolf.com). **Deadline to apply is May 7th.**

7. FOR JUNIORS: The Haggerty Scholars Program offers high school students an opportunity to explore their interest in the law and civil rights by spending time with a local attorney mentor, visiting one or more law offices (such as a law firm or government prosecutor or defender's office) during a week in the summer, and invitations to law and civil rights special events during the 2021-2022 school year. Eligibility requirements: The Haggerty Scholars Program is for current high school juniors (graduating in 2022) with an interest in law and civil rights. Students must be willing to spend time working with an attorney mentor, visiting legal workplaces during a summer week, and attending an awards ceremony, in May or June 2021, with a parent or teacher. Email Ms. Kokes, mkokes@pps.net for an application. Deadline to apply is April 9th

8. AND THIS JUST IN FOR FRESHMEN THROUGH SENIORS - learn about Sound Engineering from Young Audiences: <https://www.ya-or.org/liveset>. Spring and summer programs available. High school aged students get **real-world training** in the art and science of sound engineering taught by top professionals in the field. Deadline to apply for spring is April 2nd. Details and application accessible in link above.

LIBRARY NEWS

TEXTBOOK DISTRIBUTION March 29-April 2

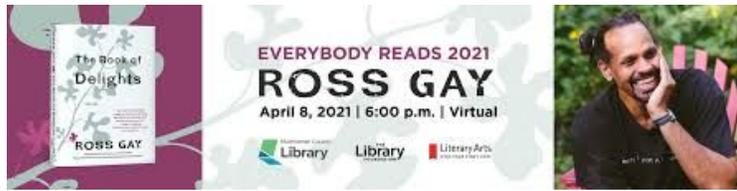
Return to regular hours

Textbook and materials distribution will return to regular hours after Spring Break

3:15 - 4 p.m. at the front doors of Grant

All textbook bags/materials that were not picked up by students have now been checked back in and reshelved. If a student needs a textbook or other classroom materials, please have them email Library Assistant Jennifer Xochihua (jxochihu@pps.net).

EVERYBODY READS!



FREE STUDENT TICKETS TO EVERYBODY READS

Each year, Literary Arts presents an author lecture as the culminating event of the Everybody Reads program. This year, the event will be held virtually on **Thursday, April 8, at 6:00 p.m (PDT)** and will feature an approximately 30-minute talk from Ross Gay, followed by an approximately 40-minute interview with local bestselling author, Lidia Yuknavitch.

There is a limited number of free tickets available for students who would like to attend the lecture. If interested, fill out this [form](#) and submit it no later than **Monday, April 5th**, to be emailed information on how to access the event online. If you have any questions, please email Teacher Librarian Paige Battle at pbattle@pps.net.

CLASS OF 2021

Celebrating Seniors - Class of 2021!

We are off and running to plan a fabulous Senior Celebration! Thanks so much to **Tammy Going of Windermere Realty Trust, Grant Alumni Association, and Casa Bonita** for sponsoring the 2021 Senior Celebration! We appreciate your support of the class of 2021! Are you interested in sponsoring one of these fabulous events? Please contact Christine Ognall (theognalls@gmail.com) for details.

Here are other ways you can help:

- Donate funds to support activities to celebrate the Class of 2021 [HERE](#) !
- Donate prizes via our Amazon gift registry [HERE](#) ! Prizes will be distributed via drawings at the Senior Celebration events.
- Collect and save unused gift cards to donate to the Senior Celebration to use as prizes. Starbucks! Target! Amazon! Everything helps! Please mail these to:

Grant Senior Celebration
c/o Kristina Perry
3439 N.E. Sandy Blvd #340
Portland, OR 97232

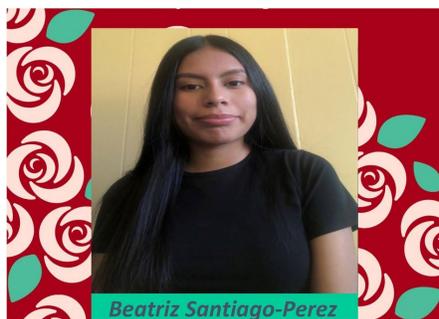
- Volunteer to help plan and execute these events via our Signup Genius [HERE](#)! More events and activities will be added in the next few weeks, so visit the site regularly!
- Got questions? Please contact Beth Shiffman (beshiffman@gmail.com)

Borrowing a Cap & Gown

I have a limited number of caps and gowns that can be borrowed (amartin2@pps.net). This is on a first come first serve basis. Most students usually borrow the cap and gown then buy a tassel of their choice. You can also buy just the Cap and Tassel if you wish to decorate your cap for graduation. You can contact Josten's directly at 503-255-7120 for these. Remember there is lots of great information on the Grant Website about graduation. Go to <https://www.pps.net/domain/2618>. Please contact April Martin amartin2@pps.net if you have any questions.

STUDENT ACTIVITIES

Introducing Grant's 2021 Rose Festival Princess: Beatriz Santiago-Perez!!



See her speech here: https://youtu.be/g_wFV_6hDXQ

The official Rose Festival Announcement will happen on Monday, April 12th.

Yearly Blood Drives are a tradition at Grant High School but this year, like many things, it's going to look a little different. Student Leadership is partnering with Bloodworks Northwest to bring you a donation event spanning the entire month of April!!!

Beginning on April 1st, Grant students, faculty, parents, and community members can donate at any of the Bloodworks Northwest pop-ups donation centers. Due to COVID you need to make an appointment beforehand (no walk-ins!) and you need to wear a mask for the duration of your appointment. You can use this link to find a donation center near you and make an appointment: <https://www.bloodworksnw.org/donate/find-mobile-blood-drive> !

When you show up to donate, tell them you're from Grant High School and give them the GHS code (4183) to be counted towards the school!

ATHLETICS

Important Spectator Guidance from PIL Athletics

We are pleased to share that we will now be able to welcome limited numbers of spectators to attend our schools' athletic competitions. The changes come under [revised guidelines](#) from the Oregon Health Authority (OHA) and Oregon School Activities Association (OSAA) and go into effect immediately.

Spectators will be **required** to provide information for contact tracing and to have a ticket, which will be distributed through teams. Spectators must wear facemasks and practice social distancing (at least 6 feet away from other individuals or groups). The guidelines per sport:

Football

- **Setup:** A total of 300 spectators allowed per game. Stadium will be divided into two sections, with 150 spectators allowed into each section. Spectators are required to stay in their assigned section.
- **Tickets:** Each team will receive 150 tickets to be distributed by the coach.

Soccer

- **Setup:** A total of 150 spectators allowed per game.
- **Tickets:** Each team will receive 75 tickets, approximately four per player.

Volleyball

- **Setup:** Under guidelines for indoor sports, a total of 100 people (including players, coaches, spectators) allowed in gym for each competition.
- **Tickets:** Each team will receive 15 tickets, one per player.

Cross country meets and soccer games played away from our campuses (such as at Delta Park) are subject to the guidelines of the host sites and might not allow spectators. Please check with your school for specifics.

These new guidelines were predicated on Multnomah County moving down to a “moderate risk” COVID-19 category. The “Season 2” sports currently being contested (traditionally played in the fall) will run through April 10. Season 3 (spring) sports run April 5 to May 22, and Season 4 (winter) sports will compete May 10 to June 26. We will continue to evaluate our guidelines as metrics and guidance from OHA and the OSAA are updated.

Portland Interscholastic League

Sports Practices/Competitions Have Begun!

Football, Soccer, Volleyball and Cross Country have all started their practices. Competition schedules can be found on the [OSAA website](#). Here are the links for individual sports:

[Football](#)

[Women’s Soccer](#)

[Men’s Soccer](#)

[Volleyball](#) (coming soon)

[Men’s Cross Country](#) (coming soon)

[Women’s Cross Country](#) (coming soon)

All current Covid-19 protocols will be in place. All athletes and coaches must wear a mask at all times and be cleared through check-in.

Online Registration Is Now Closed.

Athletic Academic Requirements

An athlete’s eligibility to participate in OSAA sponsored sports depends, among other things, on:

- The student-athlete’s grades AND
- The student-athlete making satisfactory progress toward meeting graduation requirements

For more information on athletics, clearance, academic requirements please visit our [website](#)

STUDENT STORE

We are pleased to announce our brand new online Grant Online Store! We would like to offer you a limited selection of brand-new items. There will be more items and specials posted as we navigate our new setup, as the in-person student store is currently closed. Thanks for your school-spirit and for supporting the Grant High School community." [Start shopping now!](#)

CONTRIBUTING TO GRANT

Grant High School is able to offer enhanced learning opportunities for students because of your support and contributions. We are very thankful for your commitment to our programs and the success of our students. Families are not required to contribute.

To contribute: Please use [SchoolPay](#). This is a PPS online web tool that allows families to make contributions without having to make a special trip to the school or send a check. It also provides the convenience of paying by Visa, MasterCard or Discover Card online. There is no

additional fee for using SchoolPay. If you do not see your student's class listed, please feel free to contribute to the **Grant Classroom Support link** in SchoolPay. There is also a **General School Donation link** to support student learning and engagement.

Here is the [link](#) to a list of suggested contributions. If you have any questions regarding SchoolPay, please contact our Bookkeeper, Darcie Papasadero, (darciep@pps.net).

PARENTVUE ASSISTANCE

If parents have not completed the required Yearly Verification they will be unable to use ParentVUE. Here is the ParentVUE [website](#) for more information. If you need assistance please contact fmccarty@pps.net or sdavis@pps.net

STUDENT ID/HOP PASS ASSISTANCE

If you have not received your Student ID and are in need of the HOP Pass, please contact the school. If your HOP Pass is not working please contact the school, not Trimet, to help you with any issues you may have with the card. If you have lost your card please contact Trimet's Lost and Found (503-962-7655) to see if they have the card. If they do not have the card contact the school to have another one printed for you. Also, if you have a new card made and then find your old card do not destroy it, hold onto it. If you lose the new one we can always reactivate the old one. Contact April Martin at amartin2@pps.net for all HOP Pass issues.

SCHOOL NURSE UPDATES

As children with asthma return to school, check if their maintenance medications and rescue medications are current or in need of refill. You can find a link for consent to self-administer here: [Grant school nurse webpage](#)

Inhalers with spacers are recommended over nebulizers to prevent spreading a virus to others. You can find information on asthma, COVID and masks on the CDC website and at kidshealth.org [COVID-19 and caring for your child with asthma](#)

For students with other health conditions, including severe allergies, you can find the forms needed here [Student health condition portal](#)

The Parkrose Student Health Center will be open during Spring Break. Call to make an appointment, 503-988-3392.

<https://www.parkrose.k12.or.us/school-based-health-center-open>

CDC has new guidance on [Possible Side Effects After a COVID-19 Vaccine](#), and [When You Have Been Fully Vaccinated](#).

NUTRITION SERVICES

CHANGE TO MEAL SERVICES

We want to make you aware of some important updates and upcoming changes to our meal service. Because of spring break, meal service will be paused next week (March 22-26). Please be sure to **stop by one of our [current meal distribution sites](#) on Friday, March 19, between 3:00 and 4:30 p.m. to pick up seven days' worth of meals** to cover spring break.

With the upcoming transition to hybrid learning, the last day for home meal delivery will be Friday, March 19. The PPS Nutrition Services department is incredibly thankful for their

partnership with the PPS Student Transportation department over the last nine months to make this offering possible for our students and families.

Meal service will resume with new locations and service times the week of March 29. We will share more information about the new locations and services times soon. Whether your child participates in the hybrid learning model or continues with distance learning, **school meals will remain free for all students in all schools**, regardless of eligibility. No student ID, names or other information is needed to receive meals.

For detailed information about our meal service, please visit the [PPS Nutrition Services website](#). You can also email nutritionservices@pps.net or call 503-916-3399 with any questions.

STATE PROGRAM OFFERS FAMILIES HELP TO PAY FOR FOOD - As our community deals with fallout of the coronavirus pandemic, we want to make Portland Public Schools families aware of a state benefit to help pay for food. The Pandemic Electronic Benefit Transfer program, or P-EBT, is available to help families offset the cost of meals that would have been consumed at school. It is administered by the Oregon Department of Human Services. The P-EBT benefit is available to families with a student who qualifies for free or reduced-price meals and any student enrolled in a Community Eligibility Provision (CEP) school. For those families. For assistance with submitting a meal application, or for more information, please contact the PPS Meal Benefits Office: mealbenefits@pps.net or 503-916-3402.

SAFEOREGON TIP LINE

SafeOregon was funded by the Oregon Legislature as part of a statewide effort to improve school safety. **It provides a secure means for anyone to anonymously report suspicious or imminently unsafe situations, such as threats of violence, fights, drugs and alcohol, weapons, bullying, harassment, intimidation or self-harm.** Anyone, from students to parents to community members, can access the system in a variety of ways, including:

- > The “Report unsafe behavior” button found on every PPS school’s website
- > The [SafeOregon website](https://www.safeoregon.com/) <https://www.safeoregon.com/>
- > A live call/text (844-472-3367)
- > An email to tip@safeoregon.com
- > The mobile app that can be downloaded from your Smart Phone via iTunes or Google Play

Trained staff are available 24 hours a day, 365 days a year, to respond. Please be sure to share this information with your friends and family. Remind your students: **If you see or hear something, say something – immediately.**

PPS COMMUNICATION TOOL

PPS has shifted family, student and staff communication to a new tool that gives schools the ability to send texts about emergencies, closures, delays and other important news. To receive text notifications, you must opt in to the service. **You opt in by texting YES to 68453.** Parents and students should confirm their cell numbers listed in the student information system. Staff should confirm their cell numbers are the “primary” number in the PeopleSoft system. For more information about texting, go to www.pps.net and click on the “Mobile First” button.