



Corbett School e-Newsletter

*Stay Home,
Stay Healthy,
Be kind.*

April 2020

This institution is an equal opportunity provider and employer.

On April 8th the Governor announced that students will not be attending school in person for the remainder of the school year. We want to reaffirm that while our campus may be closed, education continues. We are here to serve you.

The CSD administrators, classroom teachers, and staff continue to work hard to provide remote learning for all students. So far we have distributed over 240 chromebooks (laptops) to district students who need them, teachers are reaching out daily to their students, and the school kitchen is averaging 90+ snack/lunch bags a week to students on the free & reduced lunch program, and to families struggling at this time.



We know that building closures mean that our students will experience things differently – prom, field trips, graduation, and award ceremonies. We are working hard to reimagine and provide these experiences for our students to ensure they have the opportunity for connections, belonging, and optimism. Our student leaders are participating in these planning and reimagining efforts and their creativity and resiliency are commendable in this time of challenge. We will share plans for these experiences when they are available.

General expectations for all students include:

- Engage daily with your online learning on all school days.
- Behave respectfully in the online learning environments.
- Reach out to your teacher if you are having any difficulties accessing the remote learning.

Parents, please make sure your student is checking their Google Classroom, email, and/or Seesaw account as assigned for their age group. Per ODE guidelines, attendance is being recorded.

CSD students on free and reduced lunch, and families who are struggling, can pick up food bags on Mondays from 9 am to 1 pm at the door by the kitchen in the MPB. If you need bags delivered, or these times do not work for you, please contact Seth Tucker at stucker@corbett.k12.or.us. Each bag has enough snacks/lunch fixings per student for the 4 day school week. Example of what's in each bag: 1/2 gallon milk, juice boxes, meat/cheese/bread, yogurt & granola, apples/oranges, cereal, cheese sticks, tomato soup or pasta salad, chips, and granola bars.

Free and reduced lunch application information can be located by reaching out to Nikki Hjelm at nhjelm@corbett.k12.or.us, or by going to this link: <https://www.ode.state.or.us/apps/frlapp>

If you are struggling with internet connectivity issues or are in need of a computing device for your student(s) please contact your building principal or lead teacher.

We've added "COVID-19 Resources" to the school website: <https://corbett.k12.or.us/covid-19-resources/>

Thank your all for your patience and grace while we work to provide meaningful educational experiences for your students.



NEXT SCHOOL BOARD MEETING:

Wednesday, April 15th, at 7 pm

Virtual via Zoom app



Due to the coronavirus state-wide restrictions and in keeping with the efforts of social distancing to reduce the spread of the coronavirus, the meeting of the Corbett School District Board will be conducted online, rather than in person.

To Join Zoom Meeting:

<https://us04web.zoom.us/j/418596611?pwd=NnhseHFHdW5pNFkvVU1qWGhNZjcxUT09>

Meeting ID: 418 596 611

Password: 6JSGQc

The agenda will be on the public BoardBook site by 4/10/20 at 4:30 p.m. Please use this link:

<https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>

PARKROSE SCHOOL BASED HEALTH CENTER is OPEN

This health center is for students age 5 - 18 who reside or attend school in Multnomah County. Prior to coming to the clinic you need to call and make an appointment at 503-988-3392 so they're able to assist you as best they can. The clinic is located on the north side of Parkrose High School (12003 NE Shaver St, Portland), next to the gymnasium entrance.



No walk-ins, you must call for an appointment: 503-988-3392.

MEDICATION REMINDER

Please contact Debra Baker by email if you need to pick up medication for your student that is in the CSD Health Room: dbaker@corbett.k12.or.us

MULTNOMAH COUNTY SERVICES



The following link will show you what Multnomah County services are currently opened or closed:
<https://multco.us/multnomah-county/what%E2%80%99s-closed-%E2%80%94-and-what-open-%E2%80%94-multco-during-covid-19-outbreak>

SENIOR YEAR PLUS 2020-2021

- from Mr. Pearson, HS Principal

Hi students and parents/guardians of students who will be juniors and seniors next year,

The original intent was to hold a series of lunchtime orientation sessions for next year's Senior Plus in late March and early April. That plan went flying out the window! Here's the new plan: If you are a student, and you are junior or senior next year, and you are potentially interested in Senior Plus, please send an email by Monday, April 27th, indicating this to Mr. Pearson at: ppearson@corbett.k12.or.us.

You will be invited to participate in a special Google classroom called *Senior Plus 2020-2021*. Watch your student email for that invite. You will be sent instructions and materials through that Google classroom, so this is a very important step.

Senior Year Plus provides seniors with an opportunity to extend their academic activities to include classes taken at MHCC. The purpose of the program is to allow students to explore interests outside of the course offerings available at Corbett. Students who participate will take Corbett classes in the morning and travel to MHCC in the afternoons for additional classes. Of course, there are some program requirements. Be sure to email Mr. Pearson by April 27th.

PROM

Please stay tuned for more updates, but keep practicing your dance moves!

<https://www.youtube.com/watch?v=nHjcTWB7etk>



CLASS of 2020 HIGH SCHOOL GRADUATION

We don't know what the next few months hold, but a Graduation Re-Imagined committee has been formed. We are actively looking at postponing graduation until later this summer, or perhaps alternative experiences to celebrate the hard work of our graduating seniors in the event that we are unable to hold a traditional ceremony. We will be engaging with our students and families to hear what they would like to see for the 2020 graduation celebrations.



Kindergarten Round-Up for the 2020-21 school year has been postponed. We'll make announcements when more information is available.

THANK YOU CORBETT PERFORMING ARTS CLUB!

A big thank you to the student performers and tech crew, and to their director Katherine Zieman, who put on four glorious performances of *Anything Goes*. Top notch singing and dancing, great comedic timing, and a whole lot of heart went into those shows. This was the last production of the season, and the very last ever for the seniors involved. Rather than a 7-show run, it was bittersweet that their goodbye performances were cut short. But concerns over the COVID-19 virus were of utmost importance.

Thanks to all involved for the performances given, and best of luck to our seniors in their future endeavours.



CEF SCHOLARSHIP APPLICATION DEADLINE DELAYED to MAY 1st

Given the current closure of school campuses, the Corbett Education Foundation has moved the scholarship application deadline to May 1, 2020. All application packets should be mailed via the U.S. postal system and bear a cancellation stamp of no later than May 1st to our address of 35800 E. Historic Columbia River Highway, Corbett, OR, 97019. We will continue to provide updates via our website and the school district's newsletter as time passes.

Members of the Corbett High School Class of 2020 and graduates of the past five years interested in receiving a scholarship for the 2020-2021 academic year from the Corbett Education Foundation should direct questions to dgranberg@corbetteducationfoundation.org. Be advised, this mailbox is not monitored on a continuous basis, so it may take time to reply. Detailed procedures and forms can be found on our website at www.corbetteducationfoundation.org. Again, all application packets must be sent via the U.S. postal system and bear a cancellation stamp of no later than the revised deadline. Electronic submissions are not accepted.

"Family Fun Bingo Night" has been postponed until further notice. Please visit our website to see when this important fundraising event will be rescheduled. We appreciate your support and understanding as we all navigate through this unprecedented time.



COLUMBIA GARDEN CLUB PLANT SALE

The plant sale will no longer be held on April 25th.
It has been postponed until further notice.

WESTWARD HO!

*It's the 1800s folks, and we got a good long way to go
before we get to Oregon territory!*

by Ariana Schreiner, Grace Rau, and Jackson Chiu

Students in grades 4 and 5 learned about the Oregon Trail through simulations! We learned and understood what it might have been like to travel on the Oregon Trail.

We became Oregon bound pioneers of 1849. We organized into Oregon Trail groups that we called “families” and dressed up to match the part. These families travelled the Oregon Trail, each given “currency”, with which to buy food, livestock and, most importantly, a wagon.

At every stop along the “trail”, students got to make decisions based on the scenario that they were given. An example of a scenario could involve encounters with first people, crossing a river, or taking a different path along the way.



But that's not all! Along with our classroom travels, school staff and volunteers took it up a notch by creating an Oregon Trail Extravaganza Day! We stepped out of the classroom and into the great outdoors. Dressed as farmers, bankers, hunters, doctors, seamstresses, and scouts, we decorated our lunch wagons and transformed them into covered wagons and hit the “Oregon Trail” around campus.

Each family “jumped off” from Independence, MO (...also known as the school stadium). Our first challenge was a downward slope. We lowered our wagon with rope to the bottom. We stopped to wash

our clothes, did some gold panning, and navigated the “cutoff” to the river. Some students joyfully splashed through it, as others tried hard not to get wet! We climbed another hill to reach Independence Rock, participated in a hunting trip, and then we faced the cholera infected cannibals that chased us to try and steal our snacks. We did lose one imaginary friend in a disease outbreak.



Near the end of our journey, we collected firewood, met Marcus and Narcissa Whitman, and encountered the Sam Barlow toll gate. This was our shortcut to reach the Willamette Valley safely. Classmates helped each other through mud, sharp corners, collapsing wagons, and other dangers.



(continued on the next page...)



Once reaching Oregon City, students worked through six stations. Some of the things that we were able to participate in were apple squeezing, butter churning, quilting, candle making, pioneer games, and a horse ride. To end this special day, we celebrated with a "bonfire" and square dancing.

Classroom simulations, playing *The Oregon Trail* computer game, escaping death by any tragedy on

the trail, and the Oregon Trail Extravaganza Day made this unit a highlight of every 4th and 5th grader's year.



The Oregon Trail Extravaganza would not have been made possible without the vision of our teachers and the countless donations and parent volunteers. Many people worked all day, or even took time off of work to come volunteer at our school. What if the volunteers didn't come? Well, then the Oregon Trail Day simply wouldn't have been possible. Don't feel bad for the volunteers though - they had a lot of fun too!



When asked about her favorite part of the Oregon Trail Extravaganza Day, head volunteer Mrs. Grace Schouten (also known to some students as GG, Grandma Grace) said, "I like being with children and teaching them new things!" Mrs. Schouten had all of the students learn about quilting by sewing two squares of fabric together. Later, Mrs. Schouten put all of the squares together to make a quilt. "Do you know what my biggest disappointment was", asked Mrs. Schouten. "With school being closed, I wasn't able to present the finished quilts to each class!" Students will be excited to return to their classrooms to see the finished product when it's safe!

The Corbett Grade School 4th and 5th graders would like to thank all of the volunteers who took time out of their day to come help make the Oregon Trail Extravaganza possible. Thanks so much for all of the help, volunteers. Teachers, thank you for organizing this.

Second and third graders, we're going to let you in on a secret. You're next!!! We know that you will enjoy this as much as we did!

PTA NEWS

- Please join us at our next general meeting on Thursday, May 14, 2020 from 6:30 – 8:00 pm via the Zoom app. To get the login please email corbettcardinalspta@gmail.com.
- Keep clipping and scanning those Box Tops! We are at \$719.30 so don't forget to scan your receipts with the Box Top App!
- Support the Corbett PTA when you shop at: smile.amazon.com and select "Corbett Elem PTA".

FROM the CORBETT SD HEALTH ROOM

From our school nurse, Ms. Julie Nakamura:

I want to thank our fellow MESD school nurse, Phoenix, for putting this information together to assist our families and students:

If you think you or a family member might have COVID-19:

Most cases of COVID-19 are mild and people are able to recover at home. If you need medical help, call your primary care provider. Most providers are holding all appointments over the phone (telemedicine). They will tell you if you need to be seen in person.

If you have any emergency warning signs for COVID-19 you need to get medical help right away. Call 9-1-1 and tell them you think you might have COVID-19. Emergency warning signs include:

- trouble breathing,
- pain or pressure in the chest,
- new confusion or difficulty waking up,
- running out of air from speaking or walking.

If you don't have a primary care provider or don't have medical insurance:

- The School Based Health Center at Parkrose High School provides medical and mental health care for any student (age 5-18) in Multnomah County. Call 503-988-3392
- Multnomah County Health Centers provides care to adults and children. Call 503-988-5558
- For information about dental care and pharmacy services call 503-988-5558

Oregon Health Plan and COVID-19:

You will not lose your OHP benefits during the COVID-19 crisis, even if they are scheduled to end. If you receive an emergency payment from the Federal government, it will not count as income on your OHP eligibility.

Immigration Status and COVID-19:

United States Citizenship and Immigrant Services (USCIS) has said that all people who have symptoms of COVID-19 are encouraged to seek medical care. This medical care will not have a negative impact on any person during a future Public Charge analysis. Read the statement from USCIS [here](#). If you have questions about immigration status and medical care, call the Legal Aid/Oregon Law Center Public Benefits Hotline: 1-800-520-5292.

For current updates, click on these links:

For [Multnomah County](#)

For [Clackamas County](#)

For [Washington County](#)

[Centers for Disease Control and Prevention](#)

Crisis / Mental Health Resources

If you are feeling in crisis and/or having suicidal thoughts, please reach out to one of the following resources:

- National Suicide Prevention Lifeline 24 hour English and Spanish
 - 1-800-273-8255
 - Spanish: 888-628-9454
 - Text: "HOME" to 741741
 - www.suicidepreventionlifeline.org
- Oregon Youthline
 - 1-877-968-8491
 - Text: "TEEN2TEEN" to 839863
 - Email: YouthL@linesforlife.org
 - <https://oregonyouthline.org/>
- Safe2Tell
 - 1-877-542-7233
 - www.safe2tell.org
- Lines for Life
 - 1-800-273-8255
 - Text: "273TALK" to 839863
- Trans Lifeline
 - For Transgender Youth
 - 877-565-8860
 - <https://www.translifeline.org>
- Trevor Project for LGBTQ youth that are suicidal
 - 1-866-488-7386
 - Text "START" to 678678
 - www.thetrevorproject.org
- CDC Resource: [Talking with Children about COVID-19](#)

Corbett's behavior team is also available if you need to talk:

Dawn Becker – dbecker@mesd.k12.or.us

971-238-1815 – M/W 1 – 2 pm

Brittany Ranasinghe – branasing@mesd.k12.or.us

503-354-6320 – T/Thurs 9 am – 3 pm

Anna McNeely – amcneely@mesd.k12.or.us

503-750-7281 – Wed 9 am – 1 pm

Information on setting up structure for homeschooling, working with challenging behaviors, and more can be found at:

<https://sites.google.com/mesd.k12.or.us/becker-ran/home?authuser=0>



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds

2

Dance party for 1 minute



3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



ABC 18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities