



Corbett School e-Newsletter

Stay Home,
Stay Healthy,
Be kind.

May 2020

This institution is an equal opportunity provider and employer.



NEXT SCHOOL BOARD MEETING:

Wednesday, May 20th, at 7 pm
Virtual via Zoom app



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

To join the Zoom meeting: The Zoom link can be found within the meeting agenda, under “Preliminary Business”. The meeting agenda will be posted on the public BoardBook site via this link:

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

Public Comments: Instructions to provide public comments can be found within the meeting agenda under the “Audience Comments” section. The meeting agenda will be posted on the public BoardBook site via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>



NEXT BUDGET COMMITTEE MEETING:

Wednesday, June 3rd, at 7 pm
Virtual via Zoom app



Due to the coronavirus state-wide restrictions and in keeping with efforts of social distancing to reduce the spread of the coronavirus, the meeting of the CSD Budget Committee will be conducted online.

This is a public meeting to discuss the budget for the fiscal year July 1, 2020 to June 30, 2021. Any person may attend and provide comment on the proposed programs to the CSD Budget Committee.

To join the Zoom meeting: The Zoom link can be found within the meeting agenda, under “Call to Order”. The meeting agenda will be posted on the public BoardBook site via this link:

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

Public Comments: Instructions to provide public comments can be found within the meeting agenda under the “Audience Comments” section. The meeting agenda will be posted on the public BoardBook site via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>

Budget documents may be viewed on the CSD website at:

<https://v3.boardbook.org/Public/PublicItemDownload.aspx?ik=46295348> and
<https://v3.boardbook.org/Public/PublicItemDownload.aspx?ik=46295349>.

The final meeting will be the Public Hearing of the Budget and Board meeting on Wednesday, June 17, 2020. It will also be held via Zoom with details on our website.

DISTANCE TEACHING - DISTANCE LEARNING - DISTANCE SUPPORT
We're all doing our best!



Evany Williams studies "locations"



Mr. Killgore teaching music



Anikka & Jocelyn Lutes recreate a painting



Mr. Young & family study together



Benjamin Leone studies math



Jackson & Jordan Chiu make writing journals



Mrs. Killgore supporting students



Tanner Patrick attends GS morning meeting



Amelie & Olivia Young working together



Sena Bell-Watkins joins Ms. Belesiotis



Mr. Tucker makes Grab & Go meals



Mr. Rondema teaching HS math



Kennedy Thompson teleconferencing



Edwin Young studies flowers



Mack Sprinkle & writing project



Mrs. Schneider & Business Support



Mr. Leone working with MS students



Staff Zoom meeting



CSD UPDATE

Times certainly are different, and we'd like to give a brief update to the Corbett community on how we're doing:

- Corbett teachers were able to begin providing remote learning to students starting on April 1st, nearly two weeks ahead of the timeline provided by ODE.
- Over 260 chromebooks (laptops) have been provided to our K-12 students needing devices at home.
- Approximately 90 "grab & go" food bags are being supplied weekly to our students on free & reduced lunch, and families struggling at this time. This equals approx. 360 breakfast/lunch/snacks weekly.
- Students access their learning online using SeeSaw, Google Classroom, and Zoom as the main apps.
- Students receive their assignments online, submit homework and tests online, some attend virtual morning meetings, go on virtual field trips, receive individual music instruction, teleconference with teachers, and join teachers and classmates in Zoom meetings.
- AP tests will be administered online via the AP CollegeBoard. Guidelines and practice demos are being provided to high school students.
- A Graduation Re-Imagined committee has been surveying seniors and their parents as they work to formulate a new graduation experience.
- Challenges have included giving technical support as needed, tracking and contacting students/parents regarding absenteeism as needed, and providing specialized counselling and care as needed.
- School Board and Budget Committee meetings are being conducted via the Zoom app and are open to the community.

As a community we're all in these challenging times together, and we'd like to recognize and thank all of the parents, guardians, and caregivers who are helping to support our students at home, especially as many of you are experiencing stresses and unknown circumstances. We thank you for all you are doing, and we also thank our teachers for their work and creativity during this time!

CAPS NEWS

If you would like your child to join the CAPS program for the 2020-2021 school year, the application process is now open. The application can be found on the Corbett District website at:



<https://docs.google.com/forms/d/e/1FAIpQLSfvgVnLbavRpZulOBkeEebxJbME38Usgh3IWRPXD78F4ZIZfQ/viewform>. We are accepting all applications, but please be advised that there is limited space available in grades 3-5, and we are currently full in grades 6-8 for the coming year.



In approximately late May, seniors will be invited by appointment to return books, pay fees, and pick up their Graduation Box. The box will include some very special gifts, along with their cap and gown if purchased, and a yearbook if purchased.

The Graduation Re-Imagined committee has been working hard, surveying students and parents, and meeting virtually. They are actively looking at having an alternative experience to celebrate the hard work of our graduating seniors. We'll keep you posted as plans finalize.



Enrollment is currently open for the 2020-2021 school year. Please notify us of your interest via an *Intent to Enroll* form found at this [link](#). The form and a \$50 non-refundable registration fee can be mailed to: Corbett School District, attention Debbie Schneider, 35800 E. Historic Columbia River Hwy., Corbett, OR 97019. We love to hear from our prospective families, so please do not hesitate to contact us with questions at preschool@corbett.k12.or.us.



Due to the COVID-19 outbreak the district is conducting a virtual Kindergarten Round-Up this year. Please navigate to this [link](#) and complete the Google form if you are interested in having your child attend kindergarten in the Corbett School District for the 2020-2021 school year. This is to determine interest, and formal registration will follow.



CEF Family Fun Bingo Night Postponed, Scholarships to be Awarded in Coming Months

As we all navigate through these unprecedented times, flexibility has become a cornerstone in our lives. As such, our annual fundraising event, “Family Fun Bingo Night”, is being postponed until after school campuses reopen. We appreciate your support and understanding during this time. The board of directors of the Corbett Education Foundation wish to thank the many businesses and donors who provided prizes and/or funding for this event prior to the “shelter in place” requirements. Thankfully, these donations were provided with a lengthy timeframe in which to be utilized, so we will be able to provide the same event quality as experienced in the past. We are looking forward to the time when we can all gather again to support the graduates of Corbett High School through our scholarship program and this exciting event.

Given the closure of school campuses and the difficulty this gave students in fulfilling our application requirements, the Corbett Education Foundation moved the scholarship application deadline to May 1, 2020. All applications packets should have been mailed via the U.S. postal system and we are pleased to report a number of packets have been received. Currently, we are reviewing these requests and we are assessing just how many scholarships we will be able to provide for the academic year 2020-2021. We will continue to provide updates via our website and the school district’s newsletter as time passes.

Those students who received a scholarship for the 2019-2020 academic year and are requesting a renewal scholarship for 2020-2021 will still have a progress report due by July 15, 2020. Though the information required with the progress report may not change drastically from the application packet already submitted, it is important to keep this deadline on your calendar so that you do not forfeit a potential scholarship by missing the July 15 deadline.

Until further notice, questions should be directed to dgranberg@corbetteeducationfoundation.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.corbetteeducationfoundation.org. Again, all documents and grades for either application packets and/or progress reports must be sent via the U.S. postal system and bear a cancellation stamp of no later than the stated deadlines. Electronic submissions are not accepted.

We thank you for your interest in the Corbett Education Foundation and our activities.

PTA DONATES for DISTANCE LEARNING!

We'd like to extend a huge thank you to the members of the Corbett PTA for making a donation to the Corbett Grade School and CAPS teachers to be used for anything needed to enhance Distance Learning. The gift of \$500 per full-time teacher and \$250 per part-time teacher is wonderful!

Many, many thanks!

PTA NEWS

- Please join us at our next general meetings on Thursday, May 14, and Thursday, June 3rd, 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 \$722.90 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".

A WORD from MR. BLAEUER, STRINGS TEACHER



Mr. Blaeuer would like his students to know that he misses them and is eager and excited to get back to teaching at the beginning of the upcoming school year.

In his own words, *"I am doing very well these days, and have even started running again. Also, I want to congratulate our two senior violinists, Margaux Kopperman and Hannah Hardman. You both will do great in college, and beyond! To all of my students, I am so grateful for your kindness and powerful thoughts, prayers, cards, etc. as I recovered. Have a wonderful summer and a nice finish to the school year!"*

CHAMPS

CHAMPS is the Corbett High School Association of Mamas and Papas of Seniors.

We raise funds all year long for the senior All Night Party following graduation.

Our largest fundraiser is the bottle/can drop site in Springdale. It's the shipping container directly behind Liz's Coffee Cabin in "downtown" Springdale. Put your redeemable cans/bottles in the gray container and we'll get them recycled for you.

Thanks for your help and contributions!
CHAMPS & CLASS OF 2020 & 2021



EMERGENCY DENTAL CLINICS

Medical Teams International

Since 1979, we've provided life-saving medical care for people in crisis. In 1989, we launched a Mobile Dental Program, providing free dental care to people in need. Our Mobile Dental vans have transitioned to providing emergency dental care – with special permission from state governors who've recognized this as an essential service during the COVID-19 outbreak. Our goal is to help relieve an overburdened healthcare system with these emergency dental services.



Highland Christian Center
7600 NE Glisan St, Portland
Open Fridays May 8th and May 22nd from 9 a.m. to 2 p.m.

For more information, go to:

<https://www.medicalteams.org/how-we-heal/mobile-dental-program/emergency-dental-clinics/>



211info connects people with health and social service organizations. At its heart is the core Community Information Center, supported by Resource Database team. It's expanded to include enhanced information & referral and assistance programs that target specific services. Please visit them at: <https://www.211info.org/>

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

COVID-19 Parent Resources can be found on the Corbett School website at: <https://corbett.k12.or.us/covid-19-resources/parent-resources/>

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>

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 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](#) For [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>



American Heart Association.

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

14

10 frog jumps



15

Standing mountain climbers 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



18

Practice spelling, do a squat for every vowel

19

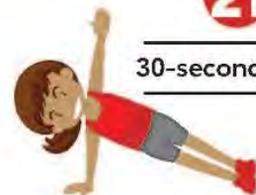
Run in place for 30 seconds, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



22

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

23

20 leg lifts

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

heart.org/KidsActivities

FOOD RESOURCES

Helping Hands Food Salvage Program, Corbett:

For those living east of the Sandy River. You will be asked to supply proof of your home address. A suggested donation of \$10.00 *cash only* buys two bags of groceries. Using your own reusable bags is suggested. Open Mondays & Thursdays, 2 pm – 6 pm. Located at the Corbett Grange, 37493 Grange Hall Rd, Corbett, OR 97019, (503)-695-6674.

COMMUNITY FOOD PANTRIES

MONDAY

THE SALVATION ARMY FOOD BANK
9:00am-11:15am &
1:00pm-3:45pm
5325 N. Williams Ave.

PATRICK LYNCH SCHOOL
FOOD PANTRY AT POWELL BUTTE
10:30am-12:30pm
3615 SE 174th Ave.

WEDNESDAY

THE SALVATION ARMY FOOD BANK
9:00am-11:15am &
1:00pm-3:45pm
5325 N. Williams Ave.

THURSDAY

ROOSEVELT HIGH SCHOOL,
WOODLAWN ELEM. COMBINED
PANTRY AT KING SCHOOL
11:00am-1:00pm
4906 NE 6th Ave.
Curbside pick-up

PARKROSE MIDDLE
SCHOOL AND SHAYER
ELEM. COMBINED FOOD PANTRY
3:30pm-6:00pm
3701 NE 131st PL
*Curbside pick-up at the
cafeteria rolling doors
turn-around area*

DAVID DOUGLAS HIGH
SCHOOL PANTRY
5:00pm-7:00pm
1034 SE 130th Ave.
*Enter through the entrance on
130th Ave. and go to the
round-about for curbside
pick-up.*

FRIDAY

THE SALVATION ARMY FOOD BANK
9:00am-11:15am &
1:00pm-3:45pm
5325 N. Williams Ave.

JEFFERSON HIGH SCHOOL
FOOD PANTRY
1:00pm-3:00pm
*Jefferson High School (on
Commercial street side)*
574 NE Alberta St.

TUESDAY

C3 FOOD PANTRY
12:00pm-1:00pm
(staying as late as 3:30pm)
6120 NE 57th Ave.
Info at www.c3nepdx.com

JEFFERSON HIGH SCHOOL
FOOD PANTRY (ON
COMMERCIAL STREET SIDE)
1:00pm-3:00pm
Jefferson High School
(on Commercial street side)
574 NE Alberta St.

REYNOLDS HIGH SCHOOL PANTRY
3:30pm-5:30pm
1696 SW Cherry Park Rd.
Troutdale, OR 97060
Curbside pick-up

SATURDAY

C3 FOOD PANTRY
12:00pm-1:00pm
(staying as late as 3:30pm)
6120 NE 57th Ave.
Info at www.c3nepdx.com

HUNGER FIGHTERS FOOD
PANTRY (LAKE OSWEGO)
1:00-3:00pm
2301 Hazel Rd.
Lake Oswego, OR 97035
www.hungerfightersoregon.org

TUALATIN GLEANERS
1:45pm-3:30pm *(must arrive by 1PM)*
9100 SW Wilshire St.
*(close to HWY26/HWY217
interchange)*
www.tualatinvalleygleaners.org

*The Sunshine Division (2 locations) Free emergency food boxes
687 N Thompson, Monday-Friday 9:30-3:30, Saturday 9:30-1:00
12436 SE Stark, Tuesday-Friday 9:30-3:30, Saturday 9:30-1:00
Visit www.sunshinedivision.org or call (971) 255-0834 for more info*



**FOR A FULL UPDATED LIST OF RESOURCES VISIT
WWW.SELFENHANCEMENT.ORG/RESOURCE
(503)249-1721**