



Corbett School e-Newsletter

Stay Home,
Stay Healthy,
Be kind.

June 2020

This institution is an equal opportunity provider and employer.



NEXT BUDGET COMMITTEE MEETING:

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



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 which will be posted on the public BoardBook site via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>

Public Comments: Instructions can be found within the meeting agenda under "Audience Comments". The meeting agenda will be posted 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 17th.

SPECIAL SCHOOL BOARD MEETING

Wednesday, June 10th, at 7 pm - Virtual via Zoom app

At the time of publication of this newsletter there is the possibility of ANOTHER BUDGET COMMITTEE MEETING on JUNE 10th, prior to the Special Board meeting. If that occurs, the Budget meeting will begin at 7 pm, and the Board meeting will begin at 7:30 pm.

To join the Zoom meetings: The Zoom links can be found within the meeting agendas which will be posted on the public BoardBook site via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>



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PUBLIC HEARING of the BUDGET & NEXT SCHOOL BOARD MEETING:

Wednesday, June 17th, at 7 pm - Virtual via Zoom app



To join the Zoom meeting: The Zoom link can be found within the meeting agenda which will be posted on the public BoardBook site via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>

Public Comments: Instructions can be found within the meeting agenda under "Audience Comments". The meeting agenda will be posted via this link: <https://v3.boardbook.org/Public/PublicHome.aspx?ak=1001104>

FURLOUGH DAYS FOR SCHOOL STAFF

Dear Corbett School District Community,

Three months ago, our daily routines changed as our community confronted the unimaginable health crisis of COVID-19. I hold profound gratitude to our staff for rising up to the task of educating, supporting, connecting with, and providing essential services to students every day, and to you and your students for extending grace and patience to us all as we move our 130-year old traditional school system to a more virtual model.

As with a pandemic of this magnitude, the state of Oregon faces a daunting financial forecast. This will impact all school districts in the months and years ahead. As stewards of public dollars, I directed our team several weeks ago to institute a hiring freeze and put strict restrictions on purchases and travel. Last month we worked with staff to create the next step in a series of cost-saving measures that we hope will better position CSD to open next school year with as minimal an impact on the student learning experience as possible.

With formal approval by the CSD School Board, and in working with the certified and classified unions, beginning in May Corbett School District joined other districts around the state in furloughing staff for one day per week, meaning cuts to work days and pay. Corbett School District was closed on May 14, 21, 28, and June 2 for ten month employees. In addition to those days, year-round employees will also be furloughed and receive no pay on June 4 (they will not be furloughed on June 2), June 11, 18, 25, and July 2, 9, 16, 23, 31. This is considered a partial furlough, and as a result of this reduction in hours, we expect most of our employees will be participating in the [Work Share Oregon](#) program.

The overall frequency and level of teacher-student contact in May didn't decrease in any given week. Instead, the reduced work week was managed through reduced staff meetings and other non-student-facing activities.

Critically, this plan reduced our total distance learning calendar by three days: May 14, May 21, and May 28, but helped to offset deeper budget cuts next year. By executing this plan, we also know and anticipate that most employees will be eligible and benefit from federal CARES Act dollars which will be added to any state unemployment compensation for the reduction in hours. This means that employees, especially our front-line teachers and staff, will have access to additional stimulus money to support them during this crisis, all while bringing much needed resources to our local economy and preserving limited, precious funding to our schools.

Despite the sobering fiscal forecast ahead, I believe these actions and other cost-saving measures we establish now, however difficult they may be, will help protect the number of school days, support services, and staff we have in our public schools next year. I know that we will come out of this crisis stronger and more resilient than ever, and ready to prepare our students to lead, change, and improve the world.

Thank you. I hope you will join me in being encouraged by the optimism, the fortitude, and the innovative spirit of our students, families, and staff during this unprecedented crisis.

Be healthy,
Dr. Randy Trani, Superintendent

HS SUMMER SCHOOL CREDIT RECOVERY

High school summer school credit recovery is being offered for students who still have incompletes. It will have a two-pronged approach:

1. Continued distance learning for June: Gr. 9-11 students will be able to finish work from this term to resolve their incompletes. It will be accepted through June 25th.
2. Students who still have incompletes on their transcripts will be invited to an in-person credit recovery summer school in August.

For more information, contact Kathy Childress at kchildress@corbett.k12.or.us.

2020-21 SCHOOL YEAR ONLINE REGISTRATION INFORMATION

As was done last summer, the Corbett School District will be conducting online registration for the 2020-21 school year, grades K-12. Information will be sent home via email, posted on the district website, and posted to the district FaceBook page. We are committed to working with families and answering questions over the summer as best we can to assist in this process.

We know you have many questions about returning to school in the fall. We need to be prepared for several possible scenarios, based on expected direction and guidance from the Governor's Office and the Oregon Department of Education. We will provide information as we learn it, and want to thank you all for your patience, flexibility, and resiliency during this time of uncertainty.

FROM OUR SCHOOL NURSE

This has been my first year working for the Corbett School District. I have had an excellent experience and have grown to really appreciate this community. I have remarked several times about Corbett's ability to work together. I found that when something needed to be done, there were many willing hands. Administrators, secretaries, teachers, support staff, and students have all pulled together.

The last few months have brought many changes. As your school nurse, I found working remotely to be much harder than I imagined. When I phoned for various student nursing assessments, I found it to be a time of "connecting" when I spoke with parents. It has been a relief to hear that so many are doing well during such unusual circumstances.

I am constantly amazed at the deep commitment Corbett has to their students. I have seen many situations where individuals went above and beyond the basic requirements. I have been honored to participate in your schools.

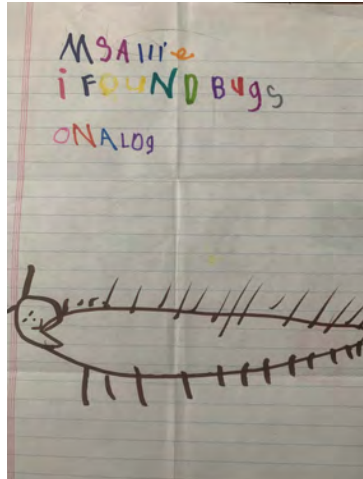
Thank you for the privilege of keeping all of our Corbett students safe and healthy.

With much appreciation, Julie Nakamura, RN



PEN PAL PROGRAM

As a way to stay in touch, and practice writing skills during distance learning, students have been engaging in a snail mail pen pal program with Corbett's occupational therapist, Allie Nelson. Letters have included important life updates along with works of art. Letters to be displayed upon return to school. Keep in touch!



HS COMMUNICARE TEAM RECEIVES RECORD MATCHING GRANT!

The Communicare Club participated in the CommuniCare program this school year. We focused our efforts on supporting families struggling with food insecurity. Our group fundraised \$1,591.11 and received a matching \$15,000.00 from The CARE Foundation!

The club is composed of twenty-five students, and we identified and evaluated local nonprofit organizations that best addressed this year's mission. The club evaluated written proposals, made site visits, and had organizations make presentations at our school. Two nonprofit organizations were selected. Additionally, three groups within our school system were selected. We are reserving \$976.00 as seed money for next year's fundraising.

The nonprofit organizations that received grants are:

Oregon Food Bank	\$11,000.00
Blanchett House	\$2,500.00

The school district grants are:

Corbett School food services during COVID-19	\$1,000.00
Seniors In Need (cap and gown fund)	\$500.00
Ms. Steichen's Class (class book set)	\$615.00

We salute the Communicare Club students who did such a great job: Mya Peterson, Aurora Trani, Ahnala Wilson, Jacqueline Carillo, Megan Potts, Dominique Schlessner, Boaz Hill, Katie Church, Emma Newell, Tara Conrad, Elie Pearson, Hana Yamaguchi, Zoe Yamaguchi, Helen Perry, Aidan Wantuck, Tymen Neighbors, Henry Simmons, Kody Kreamier, Kelton Zuelner, McKenna Webber, Jacob Soriano, and Galilea Rios Schulz.

2020 SENIORS

The Graduation Re-Imagined committee has been working hard planning an alternate experience to celebrate the hard work of our graduating seniors. Pictured is part of the team preparing the Graduation Boxes full of goodies that seniors picked up by appointment during the week of May 18th.



We offer our most heartfelt wishes of success and good fortune to our graduating seniors. No one could have imagined how much our world has changed, and they have navigated these shifting waters with grace and fortitude.

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.



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 has been 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.

SCHOOL BUS PARADE

Back in “normal times” Friday, May 29th, would have been the last day of school and students would have boarded their buses for the ride home to begin summer break. This year, May 29th marked the last day of remote learning for the school year. To help us all celebrate, there was a school bus parade which looped it's way through Corbett. Every school bus driver revved up their engine, and teachers and staff were on board (social distancing) to wave and greet students and the community. And the community came out to wave and greet us! It was a wonderful parade on a sunny afternoon, and it lifted everyone's spirits!! Many thanks to everyone!!



YOUTH ENGAGED 4 CHANGE

The YE4C team (Youth Engaged 4 Change) has compiled the resources below to help youth make choices about how to help themselves and others. Go to:

https://engage.youth.gov/topics/covid-19?utm_source=youth.gov&utm_medium=email&utm_term=C_OVID19&utm_campaign=newsletter#



SCHOLARSHIPS to be AWARDED in COMING MONTHS

The Board of Directors of the Corbett Education Foundation are pleased to report that there will be a number of scholarships available for the 2020-2021 academic year. Though we weren't able to hold our annual "Family Fun Bingo Night" fundraiser this Spring, we have a number of dedicated donors who are again providing support to our students. We continue to appreciate these generous individuals, families, and/or businesses/organizations for their support. In the months to come, students will be contacted via the US Postal System regarding scholarship awards.

Students who previously received a scholarship for the 2019-2020 school year **must** provide a Progress Report and grades **no later than July 15, 2020**. This is a requirement of accepting the previous scholarship and will impact eligibility for future awards. The Progress Report document can be found on our website www.corbetteducationfoundation.org. Electronic submissions are not accepted. Be sure to mark your calendars and provide the required items BEFORE the deadline.

Until further notice, questions should be directed to dgranberg@corbetteducationfoundation.org. Be advised, this mailbox is not monitored on a continuous basis, so it may take time to reply. Again, Progress Reports must be sent via the U.S. Postal System.

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

PTA NEWS

- Please join us at our next general meeting on Thursday, June 4th, 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".
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CONSIDER DONATING BLOOD



**American
Red Cross**

Our community's need for blood is growing fast; local hospitals are starting to resume the backlog of elective procedures and surgeries that were delayed due to COVID-19. Please pre-book and keep your next donation appointment to make sure our friends, family, and neighbors have the fighting chance they deserve. Even during the COVID-19 pandemic, donating blood remains a safe activity. Visit [BloodworksNW.org](https://www.bloodworksNW.org) or call 800-398-7888, or, <https://www.redcross.org/give-blood.html> or call 800-Red-Cross.

Oregon Health Plan

Who Qualifies for OHP?

Can I have OHP? *You and your family can have OHP if you:*

- ▶ Live in Oregon
- ▶ Meet OHP's income limits. *Examples* of income limits that qualify (as of March 2018):

Adults (age 19-64) in households that earn up to:

- \$1,396 a month for a single person
- \$1,893 for a family of two
- \$2,887 for a family of four



Children (age 0-18) in households that earn up to:

- \$4,184 a month for a family of two
- \$6,380 for a family of four



Pregnant women in households that earn up to:

- \$1,922 a month for a single person
- \$2,606 for a family of two
- \$3,974 for a family of four



Other facts also help decide who can have OHP. Examples include age, other health care resources and disability status. The best way to find out if you can have OHP is to apply.

For more information or to apply visit:

<https://www.oregon.gov/oha/HSD/OHP/Pages/About-Us.aspx>



EARLY and PERIODIC SCREENING, DIAGNOSTIC, and TREATMENT (EPSDT)

Medicaid/Oregon Health Plan

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, and developmental, and specialty services.

For more information, please go to this [link](#) or call 800-699-9075.

OREGON DEPARTMENT of HUMAN SERVICES

The Department of Human Services (DHS) is Oregon's principal agency for helping Oregonians achieve wellbeing and independence through opportunities that protect, empower, respect choice, and preserve dignity, especially for those who are least able to help themselves.

DHS provides direct services to more than one million Oregonians each year. These services provide a key safety net for those in our society who are most vulnerable or who are at a difficult place in their life.

For more information, please click on this [link](#), or call 503-945-5600.

DHS Rent Assistance

If you have experienced a loss of income and are at risk of homelessness due to COVID-19, call DHS at 503-988-7453 and ask about the Rent Relief Program. You will be able to apply for help with paying rent.

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.



211info connects people with health and social service organizations. It's expanded to include enhanced information & referral and assistance programs that target specific services. Please visit them at: <https://www.211info.org/>

Need food? Call 211 or visit [needfood.oregon.gov](https://www.needfood.oregon.gov) and <https://www.summerfoodoregon.org/> for resources.

Health Resources

If you are feeling in crisis or having suicidal thoughts, please reach out to one of these 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](#)

Food Benefits for Families During School Closures

Pandemic EBT (P-EBT) provides families financial support to cover the cost of groceries while school is closed. This benefit is provided to ALL families whose children receive free and reduced-price school meals in Oregon.

Who is eligible?

Any household with children who, if not for school closures during the COVID19- outbreak, would be receiving free and reduced-price meals through their school. Benefits will be issued to families with children enrolled in Kindergarten through 12th grade. **Families can get both Pandemic EBT and the prepared "grab and go" meals that schools are serving during the pandemic.** P-EBT is also a separate benefit from the emergency extra SNAP benefits being given out right now and families that qualify will receive both.

Immigration status does not matter for Pandemic EBT. Pandemic EBT will not count in a public charge test.

How much is the benefit?

The benefit is equal to the value of school meals over a month and has nothing to do with if you qualify for the "Free" or the "Reduced" level. Benefits each month are:

March = \$69 per child
April = \$126 per child
May = \$120 per child
June = \$69 per child

How will it work?

Benefits are issued through an EBT card to the head of household. It works just like a debit card to buy groceries. If your family receives SNAP, the Pandemic EBT benefits will be added to the EBT card you already use for SNAP. If your family does not receive SNAP, an EBT card will be mailed to you. Even though Pandemic EBT uses the same type of card as SNAP, Pandemic EBT is NOT SNAP benefits and is not considered in a public charge test.



When will I receive Pandemic EBT benefits?

If your family already receives SNAP, you can expect benefits by the end of May. For families that receive free and reduced price school meals, you can expect benefits by mid-June. Some families that are newly certified could receive benefits as late as July.

What do I do to get Pandemic EBT?

Many Families will automatically get Pandemic EBT.

Already get SNAP? The extra money will be loaded on your Oregon Trail EBT card automatically.

Don't have SNAP, but already qualify for free or reduced school meals? A new EBT card will be automatically mailed to you with instructions. Make sure your school has your updated mailing address. **If your whole school gets free meals, you will qualify too.** Even though Pandemic EBT uses the same type of card as SNAP, **Pandemic EBT is NOT SNAP benefits and is not considered in a public charge test.**

Never received SNAP or free and reduced price school meals before? A simple way to access the P-EBT benefit is by applying for free school meals here: www.ode.state.or.us/apps/frlapp

Receiving SNAP benefits can also qualify you, here is how to apply:

govstatus.egov.com/or-dhs-benefits You will automatically be given Pandemic EBT benefits starting the month you're approved for either free school meals or SNAP.

Who do I contact if I didn't get the additional benefit?

If you did not receive these benefits but believe you qualify, please contact EBTschoolmeals@dhsosha.state.or.us

Learn more about the free and reduced price meal benefits here: www.oregonhunger.org/free-school-meals

Learn more about food resources during the pandemic, including how to apply for SNAP and how to find school meal sites during closures: oregonhunger.org/covid-19 or call 2-1-1



Telemedicine - Questions and Answers

Question: What is telemedicine?

Answer: When a care provider offers medical advice and treatment by phone or video.

Question: Where can I go for healthcare if I'm age 5-18 and live in Multnomah County?

Answer: You can access the **Student Health Center at Parkrose High School**, 503-988-3392, 12003 NE Shaver St., Portland, OR 97220.

Question: What does a telemedicine visit look like?

Answer: It's like an in-person visit only by phone or video. To get the most out of your conversation, be prepared. Make a list of your medications, symptoms you have, when they started and questions you have for the medical provider.

Question: Does the care provider speak my language?

Answer: We have phone and in-person interpreters available for multiple languages. Interpreters are provided *free of charge*.

Question: Do I need a webcam? Computer? Can I use my phone?

Answer: All you need is a cell phone for a phone or a smartphone for a video visit.

Question: If I am undocumented can I schedule a phone, video and in-person visit?

Answer: Yes, immigration status does not matter.

Question: How much does it cost? How am I billed for my visit? Does insurance cover telemedicine?

Answer: There is never an out-of-pocket cost for our services (no copay). We take all types of insurance and we will see you if you're uninsured.

Question: Is telemedicine private and secure?

Answer: Absolutely. The same privacy rules apply if the visit is over the phone, by video or in-person.

Question: What services are available by telemedicine?

Answer: Chronic disease management like asthma, minor illness intervention, medication refills, laboratory results review, follow-up after emergency room visits, contraceptive/STI (sexually transmitted infection) services and behavioral health.

Question: Is the quality of care of telemedicine the same as in-person?

Answer: Yes, it's as effective as an in-person visit. We are providing in-person visits for anyone who requests one.

Question: How do I schedule a visit?

Answer: When you call the clinic (503-988-3392), we ask about your symptoms and determine if you need an in-person or telemedicine visit. If a telemedicine visit is the best option, the staff offer a phone or video visit and schedule a time for the appointment.

The Parkrose Student Health Center is open during school closures and over the summer. Phone, video and in-person appointments available. Call **503-988-3392** for an appointment. Translation services in multiple languages also available.

CORONAVIRUS INFORMATION

For the latest info, visit multco.us/covid19

UNDERLYING CONDITIONS AND COVID-19

Ongoing or pre-existing medical conditions don't cause COVID-19, but they can put you at risk for more serious sickness from COVID-19. Learn more about how eating healthy foods and physical activity can help you and your loved ones be healthy. Smoking can have a negative impact on your body and health. Try going smokefree to strengthen your lungs and improve your health.

DIABETES



Diabetes occurs when your glucose (blood sugar) levels are too high or too low. Glucose is our body's main source of energy. Insulin, a hormone in our body, helps convert the glucose (sugar) we get from food into energy that our body can use.

Healthy Eating

Replace foods which become glucose (sugar) in the body with healthier options:

- Instead of white rice, try brown rice.

Sweets:

- Instead of regular sugar, try brown sugar or bee honey.
- Instead of milk chocolate, try dark low-sugar chocolate.



Physical Activity

Moving your body helps you keep blood sugar levels in balance and helps keep diabetes controlled.



HIGH BLOOD PRESSURE



High blood pressure, also known as hypertension, happens when your body puts too much force against your blood vessel walls as the heart pumps blood throughout your body.

Healthy Eating

Add flavor in a healthy way

- Cut back on salt.
- Use herbs and spices.
- Use lemons/limes.
- Marinade with vinegar or wine.



Physical Activity

Physical activity helps control blood sugar levels. By doing this you can:

- Maintain a healthy weight.
- Lower your risk for high blood pressure.

OVERWEIGHT



Age, height, and gender all play a role in determining a person's recommended weight. These are general suggestions to keep your overall health.

Healthy Eating

Meals:

If possible, don't skip a meal:

- Try eating smaller amounts of food at meals.

Making Meals:

- Try baking your chicken instead of deep frying. The same goes for vegetables like potatoes, tomatoes, and roots like cassava.



Physical Activity

Regular physical activity for 30 minutes a day (such as walking, biking, etc.) increases the number of calories your body "burns off", which can help with:

- Weight loss.
- Reducing risk for high blood pressure.