



Corbett School e-Newsletter

*Stay Home,
Stay Healthy,
Be kind.*

February 2021

This institution is an equal opportunity provider and employer.

Dates to remember:

President's Day: Monday, February 15th, school closed.

School Conferences: Friday, February 19th, no school.



NEXT SCHOOL BOARD MEETING:

Wednesday, February 17th, at 7 pm
Virtual via Zoom app



Due to COVID-19 state-wide restrictions and in keeping with social distancing, the meetings of the Corbett School District board will be conducted online.

To join the Zoom meeting: Please click the following link to join the webinar:

<https://us02web.zoom.us/j/86432510383>

Public Comments: Instructions to provide public comments can be found within the meeting agenda under the "Introduction and Comments of Guests and Representatives" section. The meeting agenda will be posted on the public BoardBook site via this link:

<https://meetings.boardbook.org/Public/Organization/1554>

Board Policy Manual: The public can read the various Corbett School District Board policies.

Please click this link to access them: <http://policy.osba.org/corbett/index.asp>

School Board Members:

Michelle Vo - Board Chair

David Gorman - Board Vice Chair

Bob Buttke, Katey Kinnear, Todd Mickalson, Todd Redfern, Rebecca Bratton

BOND OVERSIGHT COMMITTEE

The twelve members of the Bond Oversight Committee will have their initial meeting on Thursday evening, February 18th, at 7 pm. This meeting will be held via Zoom. Please watch for the agenda at the link below. The agenda will contain the Zoom link:

<https://meetings.boardbook.org/Public/Organization/1554>

FROM INTERIM SUPERINTENDENT DAN WOLD...

On a very limited basis, we have started bringing students back onto campus (Yay!). Using what is called "Limited In-Person Instruction" (LIPI) guidance, we are able to bring 50 students, in eight "cohorts" at different times and locations, in for targeted support. If we can show success in this endeavor for three weeks, we will be able to increase the number of students we serve with LIPI. We are the first school district in Multnomah County to begin this program, and though it has taken considerable effort by several staff members, we are excited to be able to take this step forward.



We are also making plans to begin bringing our youngest students to school for In-Person Instruction in late March. Though there are a great many details remaining to be worked out, if vaccinations go according to plans and the metrics that we follow do not spike upward, we believe we can safely start at that time. Using, again, the required stepped-in approach, we could, after demonstrating success, add the upper elementary grades a few weeks later.

It is unclear at this point whether we will be able to bring secondary scholars back onto campus for In-Person Instruction. However, we are looking at ways to bring these students in for sports, which begin this month for high school and next month for middle school, as well as clubs and leadership activities. Again, this depends upon "cooperation" from vaccinations and metrics.

I understand that multiple surveys can be annoying, but we make better choices for our students and their families when we have better information. So, we will be conducting a few different surveys over the next month regarding preferred teaching-learning modes and transportation. Not all surveys will go out to all families; some are targeted to certain issues. Thank you for your time on these.



When so many things have changed this year, there's still one tradition going strong...

2020 - 21 YEARBOOKS for Gr. 8 (main campus) through Gr. 12

ON SALE NOW, \$27 each!

Online Purchasing:

- Go to <https://www.mymealtime.com> to set up an account (if you don't have one)
- You'll need your student's school ID number
- Select from the High School dropdown menu: Grades 8-12 Yearbook \$27.00
- MealTime will charge your debit/credit card and also add a small transaction fee

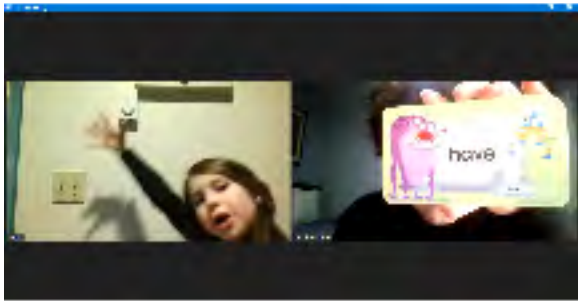
Prefer mailing a check? Please make it payable to Corbett High School, mail to:
Corbett School District, attn: Debbie Schneider, 35800 E. Hist. Col. Riv. Hwy, Corbett, OR 97019
Cash can be brought to the district office at the same address.

TUTORING, A VISION BECOMES REAL

Over the summer of 2020, sophomore Jacob Williams had a vision for Corbett students helping Corbett students in a tough school context. Jacob reached out to his middle school teacher, Mrs. Young, for direction, and she helped him refine his idea and submit it to the high school. According to Jacob, “The inspiration for this online program came in the beginning of the pandemic. During the first couple months, I recognized a possible by-product of the drastic changes that were being thrust upon all of us. My mom is a frontline healthcare worker and she was coming home every night exhausted and completely burnt out. I just imagined what it would be like if she had to help me with my schoolwork on top of the demands of her job and managing our household. I wanted parents in the Corbett community, who were already under a great deal of stress, to know that they had a safe and free resource to help any of their children struggling with the transition to online learning. The next step was realizing that there was something very plausible that myself and other high schoolers could do to address this problem.”



Thirteen students in grades 8-12 are currently tutoring, and twenty-six students in grades K-8 have participated in tutoring. Current tutor Ava Detter explains, “I decided to be a tutor because I had the time, I enjoy working with kids, and have enjoyed tutoring kids in past experiences. I find just knowing that you’re helping someone who needs it and that you might be helping them to enjoy school a little more rewarding.” “Hearing from the students I’ve worked with personally and receiving feedback from students working with other tutors, tutoring has definitely helped supplement learning during CDL. Parents have also expressed appreciation for our assistance when there are concepts that they are struggling to explain to their kids, or just don’t have the time to work through,” says Jacob. Parents wholeheartedly agree with Williams’ characterization. One parent, Amy Moulds, emailed Mrs. Dawkins to express her appreciation for the tutoring program, which her son has participated in since November. “We are working with Jacob and he is amazing!! Trevor has come so far in reading and I know that is because of the work Jacob does with him on Zoom and also Trevor’s dad has been helping me as well. But I just needed to let someone know how well Jacob is doing and how grateful I am for his help.”



Jacob explains the benefits of tutoring for students and tutors: “I think an underrated impact of the program is the positive effect it has on tutors themselves; it feels amazing to be able to help someone reach that “Aha!” moment in their learning, as well as feeling like you are positively impacting your community when we are all so disconnected from each other right now. In addition to the educational benefits, the program also presents an opportunity for scheduled one-on-one time with a friendly face for both the younger and older students.” As we all struggle to increase meaningful connection in the pandemic, Jacob’s tutoring program is a bright light for the families and tutors that participate.

Jacob plans to continue this program as long as he can, even as the district transitions back to in-person school in the future.

Please click this link to request tutoring support: <https://forms.gle/rRYFUFrY1AKu6tgu5>

OREGON STUDENTS UNITED LEADERSHIP SUMMIT

In an effort to continue to elevate student voices and leadership around issues of equity COSA, OASSA, OASC, REAP, and ODE hosted an Oregon Students United Kick-Off and Informational Session on December 10th. It provided a supportive space for students to share and exchange ideas on the planning of the first Oregon Students United Leadership Summit on January 14th from 4:30-6:00pm. Three Corbett students recently attended: Sarah Applin, Miller Nelson, and Naomi Cassell.

According to Miller, "It was interesting to hear so many student voices from so many places and backgrounds." According to Sarah, "It was evident that all who were at the summit were interested in hearing and listening to students of color, including the adults! I was grateful to share my opinion on things like how students should get a seat, how long they should have their seat, what resources are needed, how the council should be structured so that students aren't tokenized for their experience, and on how we should ensure that the council is ethically, racially, and geographically diverse. One thing that stuck out to me were the couple of conversations that were had about how the committee cannot be for show and that the student voice needs to be held high."

HIGH SCHOOL CROSS COUNTRY

Women's Varsity Team, Fall 2019



Cross Country preseason training has started in preparation for the official start of our season on February 22nd. With guidance from state and local agencies and OSAA, we're preparing for a safe and fun Cross Country season.

If you're interested in competing for a team that last year had three All-League runners and sent our women's varsity team (seven runners) to the state competition, please contact Paul Rondema (prondema@corbett.k12.or.us).

During the preseason we train remotely (over Zoom) every Monday and Thursday. Regardless of whether you plan on running with our team, all students in high school and the 8/9 Academy can come to preseason training. Whether you run every day or only run to the fridge, you're welcome to try Cross Country.



There's a place for everyone on our team. Send your questions to Paul Rondema (prondema@corbett.k12.or.us).

After running the Ultimook Race in Tillamook, Fall 2019



IT'S TIME to ORDER SENIOR CAPS & GOWNS!

Online Purchasing:

- Go to <https://www.mymealtime.com> to set up an account (if you don't already have one)
- You'll need your student's school ID number
- Once logged in, select from the High School dropdown menu:
Graduating Senior's Cap & Gown - \$50.00
- MealTime will charge your debit/credit card and also add a small transaction fee

Prefer mailing a check? Please make it payable to Corbett High School, mail to:
Corbett School District, attn: Debbie Schneider, 35800 E. Hist. Col. Riv. Hwy, Corbett, 97019
Cash can be brought to the district office at the same address.

*After you complete your payment method (\$50 each), please email Mrs. Gibbs to let her know your student's height and exactly how their name should appear on their diploma:
egibbs@corbett.k12.or.us*

PTA NEWS for FEBRUARY!

Corbett PTA would like to thank Liz's Coffee Cabin for providing free drink gift certificates for the Grade School, Middle School, and CAPS campus as student rewards for Move-A-Thon. The PTA would also like to thank iCandy, Jamba Juice, and Dairy Queen for their gift card donations that went toward prizes to students for accomplishments during Move-A-Thon.



Reminders:

- Join us in PTA! You can join by going to this site: <https://www.oregonpta.org/membership>. Make sure to select Corbett Elem PTA (Corbett).
- Please continue to scan those receipts for Box Tops! You can now delegate to specific classrooms. Please review this video to see how:
<https://www.youtube.com/watch?v=7zL4gsIIZ>
- Support the Corbett PTA when you shop at Amazon: [smile.amazon.com](https://www.amazon.com) and select "Corbett Elem PTA"
- Upcoming PTA meetings are February 11th and March 11th via Zoom.

DIVERSE VOICES & ACHIEVEMENTS

February is Black History Month. This month, chosen because it's the month of both Frederick Douglass and Abraham Lincoln's birthdays, has been designated to remember the contributions of people of the [African Diaspora](#). Historian [Carter G. Woodson](#) launched the holiday because contributions that African Americans have made to U.S. culture and society have been largely omitted from and overlooked in history books. Some resources to explore are: [National Museum of African American History & Culture](#), [Oregon Historical Society: Oregon's Enigmatic Black History](#), and [Oregon Black Pioneers](#).



Kamala Harris, Vice President of the United States. Vice President Harris is the United States' first female vice president, the highest-ranking female elected official in U.S. history, the first African American vice president, and the first Asian American vice president. She spent the better part of two decades in public life establishing a long list of other things she was the first to achieve: the first Black woman to be elected district attorney in California, first woman to be California's attorney general, first Indian American senator.



Amanda Gorman, first person to be named National Youth Poet Laureate. Ms. Gorman delivered the poem "[The Hill We Climb](#)" at the inauguration of President Joseph Biden. Ms. Gorman, 22 years old, is an American poet and activist from Los Angeles, California. Gorman's work focuses on issues of oppression, feminism, race, and marginalization, as well as the African diaspora. Gorman said she was inspired to become a [youth delegate for the United Nations](#) in 2013 after watching a speech by Pakistani Nobel Prize laureate [Malala Yousafzai](#).



President Barack Obama. President Obama served as the 44th president of the United States from 2009 to 2017. He was the first African-American president of the United States. He previously served as a U.S. senator from Illinois and as its state senator. The first bill signed into law by Obama was the [Lilly Ledbetter Fair Pay Act of 2009](#) dealing with equal-pay lawsuits. He also signed the [Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act](#), which expanded hate-crime laws to include crimes motivated by a victim's actual or perceived gender, sexual orientation, gender identity, or disability.



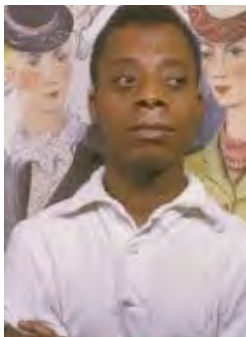
Guion Stewart Bluford Jr. is an American aerospace engineer, a retired U.S. Air Force officer and fighter pilot, and former NASA astronaut, who is the first African American and the second person of African descent to go to space. Before becoming an astronaut, he was an officer in the U.S. Air Force, where he remained while assigned to NASA, rising to the rank of colonel. He participated in four Space Shuttle flights between 1983 and 1992. In 1983, as a member of the crew of the Orbiter [Challenger](#) on the mission [STS-8](#), he became the first African American in space.

DIVERSE VOICES & ACHIEVEMENTS

Black History Month, *continued...*



Toni Morrison. Ms. Morrison, born on February 18th, was a novelist, essayist, book editor, and college professor. She won the Pulitzer Prize for her novel *Beloved*, and was the first African-American to win the Nobel Prize for Literature. In 1996, the National Endowment for the Humanities selected her for the Jefferson Lecture, the U.S. federal government's highest honor for achievement in the humanities. In 2012, President Obama presented Morrison with the Presidential Medal of Freedom. Ms. Morrison died in 2019, but In 2020 was inducted into the National Women's Hall of Fame.



James Baldwin. Mr. Baldwin was an American novelist, playwright, essayist, poet, and activist. His essays, as collected in *Notes of a Native Son* (1955), explore intricacies of racial, sexual, and class distinctions in Western society. Some of Baldwin's essays are book-length, including *The Fire Next Time* (1963), *No Name in the Street* (1972), and *The Devil Finds Work* (1976). An unfinished manuscript, *Remember This House*, was expanded and adapted for cinema as the Academy Award-nominated documentary film *I Am Not Your Negro* (2016). One of his novels, *If Beale Street Could Talk*, was adapted into the Academy-Award-winning film of the same name in 2018.



February 1st: National Freedom Day. Commemorates the date in 1865 when Abraham Lincoln signed a joint resolution that proposed the 13th amendment to the Constitution. The amendment was made to outlaw slavery.

Major Richard Robert Wright, Sr. played a crucial role in creating this day of observance. Despite being born a slave in 1855, at age 21 he was named valedictorian at Atlanta University's first commencement ceremony in 1876. He would study at other institutions in his lifetime including Harvard, Columbia, the University of Chicago, Oxford University, and the University of Pennsylvania.



February 14th is Frederick Douglass Day. This day marks the birthday of Frederick Douglass, an American social reformer, orator, writer, and statesman. Born into slavery in Maryland in 1818, Douglass would later say the frequent whippings broke his body, soul, and spirit. At the age of 20 he escaped first to Philadelphia and then to New York City. He became a leader of the abolitionist movement, gaining note for his dazzling oratory and incisive antislavery writings.

In 1847 Douglass started publishing his first abolitionist newspaper, the *North Star*. In 1848, he was the only African American to attend the first women's rights convention in Seneca Falls, NY. He spoke and wrote on behalf of a variety of reform causes: women's rights, temperance, peace, land reform, free public education, and the abolition of capital punishment. But he devoted the bulk of his time, immense talent, and boundless energy to ending slavery and gaining equal rights for African Americans.

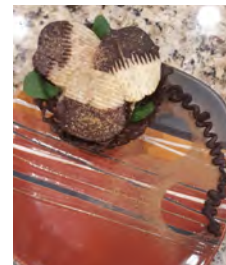
CAPS ARTIST



My name is Claire. I'm a 6th grader at CAPS. I'm shy and kind, and I love art and writing. I really like animals. My favorite activity is riding horses. I take lessons and I've learned to ride and trot bareback. I hope to work in animal rescue someday. I know it doesn't make a lot of money, but I want to help dogs be obedient so they're able to find the good homes. I'm working on my dog training skills and I've taught my own dog to play dead, sit pretty and wave, as well as many other tricks. I've also taught my grandma's puppy to sit, lay down, wait,

come, and stop. Since I don't like being on camera, I decided to make my portrait realistic. My favorite part is the background. It's very detailed, but it took a long time to get right.

CULINARY ARTS PLATING CHALLENGE



After a lesson on plating elements from Culinary Arts teacher, Mrs. White, students competed to see who could produce the best results (as voted by their peers in class). The required item to be featured was chocolate-dipped potato chips (don't knock it 'til you've tried it!), which students had made in class.



One student decided to make a self-portrait out of the ingredients; he said he bet you could all guess who it was...

THANK YOU BUS DRIVERS!

These past months of navigating new waters during the pandemic has brought the need for being flexible to shifting work assignments. This is especially true for our bus drivers who have kept busy in between driving duties (delivering supplies, teaching packets, and meals) by becoming teacher aides, grounds keepers, and maintenance workers. Those who selected to work as teacher aides have helped in compiling daily and weekly teaching packets, organizing classroom libraries, and at times working with grade school students via Zoom to help enhance skills. Those choosing the physical work of groundskeeping and maintenance have removed a ton of blackberries from the Woodard Rd., CAPS, and main campuses, trimmed and limbed up trees, removed concrete rubble, repainted the curbs and various areas of the parking lots, cleaned out the middle school basement (a Herculean task!), replaced ceiling tiles, and even built a new preschool play area! This work has brought many needed improvements to our campus. It would have been nice to have taken before and after pictures, but these photos show some of the end results!

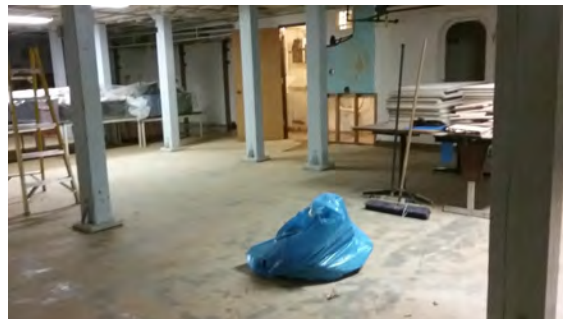
Removal of blackberries.



Removal of concrete rubble.



Limbing up of trees.



Nearly spotless MS basement.



New preschool play area.

Division 22 Standards for Public Elementary and Secondary Schools

2019-20 Assurances Report

By November 1 of each year, school district superintendents are required by [OAR 581-022-2305: Operating Policies and Procedures](#) to report to their school board the district's standing with respect to all of the Standards for Public Elementary and Secondary Schools as set out in Oregon Administrative Rules Chapter 581, Division 22. For the 2019-20 school year, the State Board of Education adopted [OAR 581-022-0103: State Standards for the 2019-20 School Year](#). This rule established a streamlined set of Division 22 standards in effect for the 2019-20 school year, accommodating for the shift to emergency distance learning in response to the COVID-19 pandemic. For the 2019-20 school year, school districts are required to report on the Division 22 standards included in OAR 581-022-0103; any standard not included in this rule is waived for the 2019-2020 school year.

Below is a summary of Corbett's compliance with each of the standards included in [OAR 581-0103: State Standards for the 2019-20 School Year](#). For each standard reported as out of compliance, Corbett has provided an explanation of why the school district was out of compliance and the school district's proposed corrective action plan to come into compliance by the beginning of the 2021-22 school year.

Summary of Compliance with Division 22 Requirements

Diploma Requirements

Compliance Status for 2019-20 school year: **In compliance**

Credit Options

Compliance Status for 2019-20 school year: **In compliance**

Distance Learning for All

Compliance Status for 2019-20 school year: **In compliance**

Special Education for Children with Disabilities

Compliance Status for 2019-20 school year: **In compliance**

Emergent Bilinguals

Compliance Status for 2019-20 school year: **In compliance**

continued on the next page...

**Division 22 Standards for Public Elementary and Secondary Schools
2019-20 Assurances Report, *continued...***

Talented and Gifted

Compliance Status for 2019-20 school year: **In compliance**

Alternative Education Programs

Compliance Status for 2019-20 school year: **In compliance**

Equal Educational Opportunities

Compliance Status for 2019-20 school year: **In compliance**

School Counseling

Compliance Status for 2019-20 school year: **In compliance**

Student Safety

Compliance Status for 2019-20 school year: **In compliance**

Personnel

Compliance Status for 2019-20 school year: **In compliance**

Fingerprinting of Subject Individuals in Positions not Requiring Licensure as
Teachers, Administrators, Personnel Specialists, School Nurses

Compliance Status for 2019-20 school year: **In compliance**

Individual Student Assessment and Reporting

Compliance Status for 2019-20 school year: **In compliance**

Student Education Records

Compliance Status for 2019-20 school year: **In compliance**

Record and Reports

Compliance Status for 2019-20 school year: **In compliance**

Complaint Procedures

Compliance Status for 2019-20 school year: **In compliance**

Assurances

Compliance Status for 2019-20 school year: **In compliance**



Heartfelt Thanks from the Corbett Education Foundation



February turns many a thought to Valentines – flowers, chocolates, cards, people we hold near and dear to us, etc. For the Board of Directors of the Corbett Education Foundation, our ‘dear’ ones include our many donors who help to make our scholarship program possible. With your help, 701 scholarships totaling \$365,600.00 have been awarded to graduates of Corbett High School since the year 2000. **YOU** are the heart of this success and we truly thank you from the bottom of our hearts.

This past year has been one unlike others we have experienced. Through the ups and downs, many people found a way to contribute toward our scholarship program during 2020. We would like to thank the following for their direct support in funding scholarships.

Baker Homestead Trust
Colleen and Clarence Mershon Family
Corbett School District #39
Jeannie Driver
Joelle and Darren Bareuther
Lou and Jim Cowling Family
Miller Family
Multnomah Falls Lodge
Ruth and Dick Ellis Family
Total Rental Center

Breakfast with Santa
Corbett Education Association
Doug Layton Family
Jeffrey Alan Lucas Memorial Committee
Lillian and Vernon Dobrinski Family
Luna Family
Monica and Rick Layton Family
Nolan's point.S Tires & Service
Schneringer Family

There are many individuals and families who have supported our fundraising efforts by attending events held in partnership with local restaurants. We are grateful to everyone who enjoyed a meal at those occasions and thank Panda Express Chinese Kitchen, Chipotle Mexican Grill, and Mod Pizza for hosting our supporters. **Thank you, each and every one!**



We also appreciate the ongoing partnership we have with Amazon and Fred Meyer to raise scholarship dollars through their community support opportunities and to the families who have selected CEF on their account profiles with these two programs. At no cost to the shoppers, smile.Amazon and Fred Meyer have provided funds to CEF based on the amount spent by these

continued on the next page...



**Heartfelt Thanks from the
Corbett Education Foundation, continued...**



patrons. By shopping as they normally do, and having added CEF to their profile on the respective websites, shoppers have helped CEF earn scholarship dollars.



To all the businesses, groups, organizations, families, and individuals who have supported the CEF scholarship program these many years, we are deeply grateful for all your kind hearted efforts to help us and we hope that you will be able to continue your support in the year ahead. **“THANK YOU”** and happy Valentine’s Day!

REMINDER: Graduating seniors and students having graduated within the past five years, if you are interested in applying for a CEF scholarship for the 2021-2022 academic year, now is the time to start your application packet. All applications and supporting documents are due no later than Thursday, April 1, 2021. (Electronic submissions are not accepted.) See the CEF website for an outline of the procedures and requirements for applying. The deadline will be here quicker than you might think!

Should you have any questions regarding any of these CEF items, please contact any CEF board member. You may send messages to dgranberg@corbetteeducationfoundation.org or to tlarsen6200@msn.com. Be advised, these mailboxes are not monitored on a daily basis, so it may take time to receive a reply.



CHAMPS FUNDRAISERS!

Two great fundraisers scheduled
for February!



All day Wednesday, February 10th, at **Five Guys** - 2595 SE Burnside Rd, Gresham, 97080
All day Thursday, February 25th, at **Mod Pizza** - 1844 NW Eastman Pkwy, Gresham, 97030

Mention the name CHAMPS when you order!


FROM the HEALTH ROOM...

We have been dealing with COVID-19 for almost 11 months now. Wearing masks, social distancing of six feet, and washing our hands frequently are the new normal. Also, working on our laptops or chrome books for long hours is normal, but tiring.

The following poster may be helpful in helping you and your student to have better posture and keep your flexibility by taking a stretching break every few hours. As always, consult your health care provider before starting any new physical routine. Stay strong and flexible! Julie Nakamura, RN

Stretch & Flex Exercises


Make stretching a part of your daily routine



Important guidelines
If you have questions about your ability to perform any stretch, consult your physician.


- Before each stretch, relax and stand with your feet shoulder-width apart and knees slightly bent. Keep your back straight by contracting your abdomen.
- Do the stretches at your own individual rate and ability. Remember, you are not competing.
- Repeat each stretch, or set of stretches, three times.
- Stretch to the point of comfortable tension. Do not strain or bounce when stretching.
- Breathe in a relaxed manner.

Upper Body Stretches—




Shoulder Shrug

- Look straight ahead with arms relaxed at your sides.
- Lift shoulders up toward your ear lobes.
- Take a deep breath, count to three, and exhale.
- Roll shoulders back as you return them to their natural position.




Neck Stretch

- Look straight ahead, arms at your sides.
- Drop your left ear toward your left shoulder. Don't raise your shoulder.
- Take a deep breath, count to three, and exhale.
- Return your head to an upright position. Don't roll your head forward or backward.
- Repeat the exercise on the right.




Rotator Cuff Stretch

- Reach up and place your right hand on your upper back.
- Place the back of your left hand in middle of your back.
- Reach your right hand toward your left, attempting to grasp fingers together.
- Take a deep breath, count to three, and exhale.
- Repeat the exercise on the opposite side.



Back Extension Stretch


- Stand upright with feet shoulder-width apart.
- Place both hands on the small of your back.
- Lift your rib cage, arching your back.
- Take a deep breath, count to three, and exhale.
- Do not tip your head backward.



Shoulder Stretch


- Stand upright with your feet shoulder-width apart.
- Clasp your hands behind your back.
- Raise clasped hands, bending your elbows slightly until you feel a stretch.
- Do not bend your body forward during the stretch.
- Take a deep breath, count to three, and exhale.

Mid Body Stretches—




Reach High

- Stand up straight with your feet shoulder-width apart.
- Stretch your arms up over your head as high as you can.
- Spread your fingers.
- Take a deep breath, count to three, and exhale.




Wrist Curl Stretch

- With your arms at your sides and your knuckles forward, make loose fists.
- Curl fists in the direction of your elbows.
- Take a deep breath, count to three, exhale, and relax your fists.




Palm Press Stretch

- Place your palms together with fingers at chin level.
- While keeping your palms together, press and lower your hands until you feel a stretch.
- Be careful not to raise your shoulders.
- Take a deep breath, count to three, exhale.




Side Bending Stretch

- Stand upright with your feet shoulder-width apart, and place your left hand on your waist.
- Reach overhead with your right arm. Bend slightly to the left, letting the weight of your right arm create the stretch.
- Take a deep breath, count to three, exhale, and repeat the exercise on opposite side.



Side Turning Stretch


- Stand upright with your feet shoulder-width apart and your left hand on your right hip.
- Reach your right arm straight up from your side, then move it slightly back with your palm forward and thumb up. Look over your right shoulder at your right hand.
- Take a deep breath, count to three, exhale, and repeat the exercise on opposite side.



Cat Stretch


- Stand with your feet shoulder-width apart. Bend down, putting your hands on slightly bent knees.
- Look up, pointing your chin at the ceiling and creating an arch in your back.
- Take a deep breath. As you exhale, count to three, tuck your chin into your chest, and round your back.

Lower Body Stretches—




Hamstring

- Stand up straight, with your feet slightly apart. Slightly bend your left leg, putting hands on your left knee.
- Extend your right leg, keeping your heel on the floor. Look straight ahead.
- Increase stretch by bending your left knee more and pointing the toes of your right leg toward your chin.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.



Quad

- Stand up straight with your feet slightly apart.
- Extend your left arm or use a wall for balance.
- Grasp your right ankle with your right hand and pull up toward your back.
- Keep your body in good alignment with your knees fairly close together.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.



Calf

- Stand up straight with your feet slightly apart.
- Step forward with your left foot. Bend and put both hands on your left knee.
- Bend your right leg, leaning slightly forward and keeping both feet flat on the floor.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.

SAIF Corporation - www.saif.com - Prepared by Communication and Design - 6-888-438

STUDENT FLU SHOTS ARE AVAILABLE AT THESE LOCATIONS



MULTNOMAH COUNTY
student
HEALTH CENTER

OPEN
FALL
2020



HERE
FOR
YOUTH

STUDENT HEALTH CENTERS

Our Services:

- sports physicals
- annual exams
- immunizations
- flu shots
- COVID-19 testing
- reproductive health
- prescriptions
- lab tests
- counseling

Call for an appointment
8:45 am – 4:45 pm

- **David Douglas 503-988-3554**
Mon-Fri: Phone, video & in-person visits
1034 SE 130th Ave
- **Parkrose 503-988-3392**
Tue-Fri: Phone, video & in-person visits
Mon: Phone & video appointments only
12003 NE Shaver St
- **Roosevelt 503-988-3909**
Mon-Thu: Phone, video in-person visits
Fri: Phone & video appointments only
6941 N Central St

Serving Multnomah County K-12 youth with or without insurance.
There is never an out-of-pocket cost.

www.multco.us/student-health



Multnomah
County

REYNOLDS STUDENT HEALTH CENTER IS NOW OPEN!

Location: Reynolds High School Building. Call 503-988-3340 for appointment. This center welcomes all K-12 youth who live or go to school in Multnomah County - even if they don't attend Reynolds High School. We welcome all colors, cultures, genders, sizes, and all races regardless of immigration status.

Students can access basic health services, like yearly check up or sports physicals, immunizations, care for injuries, illness or asthma, and COVID testing. Mental health and dental hygiene services are also available, and there are no out-of-pocket costs.



JOIN FIVE GUYS IN SUPPORTING CHAMPS



Corbett High School Seniors
All Night Grad Night Party!

Tuesday, February 10th
10:30am-10:30pm

*Mention the name "CHAMPS" and 15%
of your purchase will be donated to them.*

FIVE GUYS

2595 SE Burnside Rd, Gresham, OR 97080
(503) 907-0092



We are currently doing Takeout/Curbside orders only due to Covid-19 restrictions. You may call ahead and place your order. When you pick up please let the staff know the name of the group you are supporting. If you use the curbside option, please call when you arrive, and we will bring your order out to you. We are sorry but web and online deliveries do not count towards the fundraisers.