



NORTH STAR NEWS

North Gresham Elementary - 1001 SE 217th Ave., Gresham, OR 97030 - Phone: 503-661-6415 Fax: 503-258-4729

Mark Your Calendar

- 1/18** MLK Jr. Day - **No School**
- 1/19** PTC Meeting (online) 6:30 p.m.
- 1/25-1/28** Spirit Week
- 1/27** Materials Distribution 7:30 a.m. to 6 p.m.
- 1/27** Virtual Award Assembly
- 1/29** Grading Day - **No School**



[Click here](#) for the updated school year calendar.

Principal's Message

Dear North Gresham Families,

Happy New Year to all of our North Gresham Community!

As you are likely aware, we are moving forward with our plans to return to learning with two options; 100% online or a Hybrid model. If you haven't already done so, please complete the survey that was sent to the email we have on file for each family. If you have not received the survey or have a change to your email address, please contact our office to make the changes.

Although a specific date has not been determined to return to the Hybrid model, we are working hard on all the safety measures required by the Oregon Department of Education. Just the thought of students returning to the building is very exciting. Education is a passion that centers around meeting the needs of our students, engaging with them, and sharing our days with them. Here's hoping for a safe return sooner than later.

Sincerely,

Shawnda Sewell
Principal



As North Stars we know "Together We Reach, We Rise, and We Shine!"

Important Information

Materials Distribution

We will have a third materials distribution on Wednesday, January 27th from 7:30 a.m. to 6 p.m. Come pick up supplies, curriculum, and additional materials for your student!



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Remind App

Sign-up for the Remind app to keep in touch with your student's teacher! No matter where you are or what you're doing, get important school updates right on your phone. More information and sign-up [here](#).

Stay Updated

Please visit our district [website](#) to stay updated on current events, information, and resources during distance learning. For North Gresham events and updates, please visit our school website [here](#).

ParentVue

Register on ParentVue. If you need assistance with setting up ParentVue, please call the school at 503-661-6415. You can also email our secretaries at thomas82@gresham.k12.or.us or stevens@gresham.k12.or.us. Visit the ParentVue web page to login or sign up: <https://www.gresham.k12.or.us/domain/2446>

Resources

Counselor's Corner

Dear North Gresham Families,

Here is the latest [Emergency Relief Resources link](#) from Congressman Earl Blumenauer's office. This is currently the go-to for all COVID resources in our area. Families are still encouraged to contact 211 Info for access to many of the listed resources.

Also, during this challenging time it's important to practice self-care. [Here's a link](#) to simple self-care strategies that are great for kids and adults alike!

We Reach, We Rise, We Shine... with kindness,
Ms. Chu and Mrs. Harshfield

Reynold's Student Health Center NOW OPEN!

The Multnomah County Health Department is thrilled to announce the opening of the Reynolds Student Health Center on January 4th!

Located at:

Reynolds High School
1698 SW Cherry Park Rd, Troutdale
Phone: 503-988-3340
Hours: Mon, Tues, Wed, Fri | 8:45am-4:45pm
Thursday, phone and video appointments only



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Student Health Centers are like having a doctor's office at school. We offer comprehensive primary and mental health care services to all Multnomah County youth ages 5-18 at no cost. Even if you don't attend school, you can still get care. Staying home to take care of yourself is one of the best ways to avoid spreading illnesses. If you are sick, we are here for you! Call for an appointment.

[Locations and Hours](#)

Services:

Physical exams

Sports physicals

Treatment for illness and injury

Vision, dental and blood pressure screenings

School immunizations

COVID-19 testing

Mental & behavioral health services

Age-appropriate reproductive health

Routine lab tests

Prescription medications

Health education, counseling and wellness promotion

Fitness and nutrition education and counseling

Referrals for healthcare services not provided at the clinics

Appointments

In-person, phone and video appointments are available. Call the center to schedule an appointment.

Masks are required during visits.

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

Insurance: Our centers are funded by insurance, Medicaid, grants and public funds. Providing your insurance information allows us to bill your insurance so we can serve as many students as possible. If your insurance does not pay for all or part of the cost, you are not responsible for any out-of-pocket costs for services received from us.

If you don't have health insurance or don't provide us with this information, we will check to see if you qualify for the Oregon Health Plan or other insurance. This could fully insure your child for medical, dental and emergency services. We strongly encourage you to apply for this coverage.

[Watch this video](#) to learn more!



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Grab-and-Go Meals

Monday-Friday from 11 a.m. to 12:30 p.m. [Click here](#) for more information.

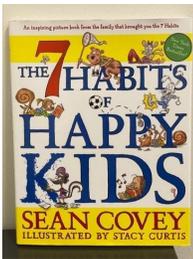
Stay Connected

Follow Us on Facebook

Follow and like North Gresham Elementary's Facebook page! Watch Morning Announcements Monday-Friday at 8:10 a.m., and Story Time Monday-Thursday at 7:30 p.m.!

Go to: www.facebook.com/NorthGreshamElementarySchool.

PBIS



Over the course of the year we will be teaching students about character traits presented in Steven Covey's book "The 7 Habits of Happy Kids." Students will learn about these traits during morning announcements and in their classroom. At the end of the month classroom teachers will nominate students that have exemplified the character trait to be recognized at the monthly assembly.

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HABIT 4

Think Win-Win®

Think Win-Win is the belief that everyone can win. It's not me or you- it is both of us. It is a belief that there are enough good things for everyone; it is an abundant way of thinking. Think

Win-Win is being happy for others when good things happen to them. As a parent, not everything is negotiable, but if you go into discussions with your child with a win-win mindset, you'll find a lot less resistance.

Activities to try: 1) Think of an ongoing conflict you tend to have with your child (homework, cleaning his or her room, or feeding the dog) and then discuss a win-win solution to the conflict. Write down the solution and then remind each other of it the next time the situation arises. 2) Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and be sure to praise your children when they do.

Virtual Recess

Virtual recesses are now in session! This is a great way for your students to connect with their classmates and other students to build their social skills and confidence. Students have the opportunity to meet virtually for social time, show and tell, coloring, games, and other activities hosted by one of our educational assistants. Virtual recess is available Monday-Friday, 11:05-11:20 a.m. for grades K-2



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and 11:25-11:40 a.m. for grades 3-5. Students join by clicking on the virtual recess link in their Google Classroom.

Spirit Week, Virtual Assembly & Attendance Challenge Reward

We had an amazing virtual award assembly and spirit week in December! We were so excited to see that students earned their attendance challenge reward, too - Ms. Thomas turned into an ice cream sundae!

January's spirit week will be 1/25-1/28. During that week, students and staff can dress up each day to show their school spirit.

- Monday, 1/25 - Dress Up Like a Teacher Day!
- Tuesday, 1/26 - Polka Dot Day, wear something with polka dots!
- Wednesday, 1/27 - School Pride, wear your school colors or stars!
- Thursday, 1/28 - 80's Day, dress up like you're from the 1980's!
- Friday, 1/29 - No School, Grading Day

Don't forget to take photos and post them on Facebook, or email them with permission to post to our Head Secretary, Nina Thomas, at thomas82@gresham.k12.or.us. We love to see our North Stars showing their school spirit!

Our January assembly will be on 1/27, and it will be virtual. The link to watch will be posted on Facebook and in Google Classroom. If students meet the 85% or better attendance mark, they will be rewarded by watching our 1st grade teachers performing a popular Tik Tok dance. Tune in on 1/27 to find out!

SUN

Happy January, North Stars! Coming in February, we'd like to invite you to join our SUN Site Assistant, Ms. Izzy, every week for some crafting, story time, and cooking videos on our school's Facebook page. Make sure you go like our [North Gresham Elementary School Facebook](#) page. If you're interested in participating and you'd like to receive a package of materials for all of our arts & crafts projects, please email Ms. Yessica at ramirez174@gresham.k12.or.us with your student's name and we'll deliver to your doorstep!

PTC

Your Virtual PTC meetings are the 3rd Tuesday of the month. We welcome all school staff, parents & community members to watch Live on YouTube from any personal device during the event. Our January meeting will be on Tuesday, January 19th at 6:30 pm. Please watch on our YouTube Channel to chat & participate in the meeting. Visit: www.northgreshamptc.com for the link!

Remember, to scan your grocery receipts using the Box Top App (After you scan the receipt, click on the STAR "Credit", and put in your child's teacher's last name to give Credit to that teacher. Yes! We



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will have competitions.) You can also give back with [Smile.Amazon.com](https://www.smile.amazon.com) (North Gresham Grade School Parent Teacher Club) and Fred Meyers Community Rewards (North Gresham Parent Teacher Club). All funds go back to the school and support our students!

Contacting the Office

You can reach the office staff by calling our school at 503-661-6415, Monday-Friday 8:00 a.m. to 4:00 p.m. Please leave a voicemail, if necessary, and your call will be returned as soon as possible. You can also email our office team at any time. Nina Thomas at thomas82@gresham.k12.or.us, and Heather Stevens at stevens@gresham.k12.or.us.

Send Your Photos!

We started a Facebook photo album called *North Stars Shine Online*. We want to see photos of North students and staff showing us how they shine during online learning. Take a picture of your child's school workspace, doing their schoolwork, or a photo of a drawing or special message they made encouraging their fellow North Stars! Do you want your photo added to the album? Send to Nina Thomas at thomas82@gresham.k12.or.us. View our album [here](#).