REMOTE LEARNING HAPPENINGS, HELPFUL HINTS AND MORE!

REMINDER ~ NO REMOTE LEARNING
MONDAY, MAY 25 ~ MEMORIAL DAY

Oops! We have a problem!
Have no fear—Custodians are HERE!

When the wind takes your paint,
you problem solve and create nothing
but SUNSHINE!

END OF SCHOOL YEAR UPDATE ~ MESSAGE FROM XAVIER BOTANA, SUPERINTENDENT

As this non-traditional school year draws to a close, Superintendent Xavier Botana has sent a letter to PPS families that lays out the district's plan for a Sun School from June 1 to June 12 and also discusses a variety of possible ways school will resume in the fall, depending on the best guidance at that time on staying healthy and safe during the COVID-19 crisis.

Read the Superintendent's May 15th letter HERE.
SUN SCHOOL UPDATE

SUN SCHOOL UPDATE FROM THE SUPERINTENDENT’S OFFICE:

As previously announced, starting on June 1, we will no longer introduce new concepts and instead transition into a final two-week period of targeted support for students who need more time and help to complete their work or to master the concepts that were taught this year. We are making this transition because both our Portland Promise Equity goal and our Remote Learning Plan call for mitigating the widening of opportunity gaps that some of our students have experienced during remote learning, due to lack of access to resources and support outside of school. So what does this mean for your child?

Read the superintendent’s May 19th letter HERE.

ELEMENTARY SCHOOL ~ STUDENT DEVICE RETURN

Please Note: All elementary school student devices and hotspots, handed out from Portland Public Schools, will be collected when students come back to school for the 2020-21 school year.

Please store these devices in a safe, secure spot over the summer, so they can be returned when school resumes.

HELPFUL VIDEOS AND NEWS FROM SOME OF OUR VIRTUAL CLASSROOMS

KINDERGARTEN REGISTRATION

Kindergarten Registration for the 2020-2021 school year is OPEN! Even though school is closed, we encourage you to register your child online to start the process. CLICK HERE to register online.

For questions regarding online registration, please contact Janice Caminiti at caminj@portlandschools.org or Melissa West at westme@portlandschools.org.
HARD AT WORK IN FIRST GRADE!

Benito, a first grade student in Mrs. O'Shea's class, is working very hard on his writing while learning from home. He misses school and wishes he was back at Ocean Avenue.

We miss all of our students and school too, Benito! We are proud of the work you and all of our students are doing right now. Keep Writing!

Juliet, a first grade student in Mrs. O'Shea's class, is missing school and decided recently to have some peaceful, social distanced reading in the school parking lot.

What a great idea, Juliet! Happy Reading!
SECOND GRADE NEWS

Our second graders are learning about heroes. Thank you Jason, a second grade student in Ms. McHie's class, for your video on being a HERO! You know the true meaning of what it means to be a HERO. Watch Jason's video HERE.

Great job Jason and to all of our second grade heroes!
ART ROOM NEWS

It's math and numbers week in Art! Check out Ms. O'Connor's Google Site to access lessons that combine math and art. Learn how to create a pop up number card, colorful bubble and block numbers inspired by Jasper Johns, a fraction based mandala with radial symmetry, Fibonacci sequence spirals, and more!

You can access the lessons here.

Remember to share your work by sending me work directly at oconnsa@portlandschools.org, or on the math.flipgrid!

MUSIC NOTES

Take a short music field trip with Mrs. Sumner to find an old friend from the music room. Kindergarten friends will remember this one!

https://youtu.be/Q4wvyMI41xY

Or enjoy a music workout with a variety of activities to exercise those many music skills:

https://youtu.be/N1aDoup0Eng

PHYSICAL EDUCATION NEWS

There are lots of things happening in remote Physical Education class. Students have been practicing locomotor skills and participating in fun fitness activities. Remote lessons include activities that improve movement skills, promote fitness, and integrate academic content. Click HERE and HERE to see how students are integrating Physical Education class with their academic work.
Ocean Avenue School students are staying active everyday! We are seeing pictures and videos of sidewalk chalk obstacle courses, hiking, biking, sports skill practice, and much more. Keep up the great work Ocean Avenue friends!

Mrs. Cohen has been keeping busy with her daily physical activity as well. Walking, gardening, inside workout routines and, of course, quiet mindful time stretching and relaxing. Click HERE to see my garden workout!

**JOIN OCEAN AVENUE SCHOOL'S ANNUAL FUN RUN ~ VIRTUALLY!**

Since we can’t be at school together right now, we hope you and your family are able to participate in our annual Ocean Avenue Fun Run ~ VIRTUALLY! This event is posted in your teacher’s Google Classroom under your Physical Education topic! You can also view it HERE.

Stay safe and well as you continue to do school at home and remember the Let’s go 5210 message:

- 5 or more servings of fruits and vegetables a day.
- 2 hours or less of recreational screen time a day.
- 1 hour or more of physical activity a day.
- 0 Sugary drinks. Drink water or low fat milk!

**SCHOOL & COMMUNITY RESOURCES**

**NURSE NOTES**

It is understood that this has been a challenging time to stay on top of routine care and immunizations for your child(ren) and before now, it may not have been an option, necessary or safe. However, the American Academy of Pediatrics and the U.S. Centers for Disease Control recommend that childhood immunizations continue to be prioritized during the COVID-19 pandemic and many doctors offices and clinics are now offering limited care.

1. Many practices are taking extra precautions to keep patients and clinic staff safe. Some changes that may be happening are:

   - Scheduling routine visits (well child care) in the morning and sick visits at another time of day;
   - Screening everyone who comes into the office;
   - Frequent disinfecting of their space;
Designated areas of our offices to separate sick patients from healthy patients;
Everyone wearing masks at all times;
Scheduling appointments so fewer patients in the clinic at a given time

2. Some practices are offering alternate ways to deliver care, such as:

- Telehealth appointments, where they can address your questions and concerns on your phone or computer, followed by a brief immunization visit to help keep your child safe
- ‘Drive-Thru’ immunizations, so you don't even have to come inside the clinic

3. Vaccine-preventable diseases will continue to be a threat to your child(ren) during or after the pandemic.

- Therefore, doctors strongly recommend you protect your child(ren) as best you can, and routine immunizations are one way to do that.

4. Getting caught up later may not be so easy.

- There may be children who need to catch up on immunizations who will be prioritized, making your wait times for appointments longer. While waiting your child(ren) could be exposed to dangerous vaccine-preventable diseases circulating in the community.

So now is a good time to reach out to your child's clinic or doctor and see what they offer/suggest/recommend. They will help you decide what the priorities are when and the best way to keep your children safe and healthy.

Be Well and Stay Safe,
Nurse Laurie

KEEP BREATHING, YOU ARE ALL STARS!

Thank you Karen P. and Carly R., Ocean Avenue's amazing social workers, for this helpful worksheet on breathing.

Parents and Students ~ it is so important to practice mindfulness during this time, and an important piece of this is through mindful breathing. Try out the breathing techniques below!
LEARNINGWORKS AFTERSCHOOL REMOTE PROGRAMMING UPDATE

Dear Students and Families,

We have been working hard to bring you interesting and fun activities, and we hope you're enjoying them as much as we did creating them. We have one week before the end of LearningWorks, so here's an update:

- Last day of Program is Thursday, May 21, 2020
- We will be delivering more art supplies this week and the next
- There are Club offerings on flipgrid.com

We will be offering Virtual Summer Camp, so keep checking the website for information and more activities.

If you haven't been to flipgrid.com for virtual programming, check it out. It's like we have our own class TikTok; we share

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Prompts for Breathing Techniques

1. Start at the green “power on” button
2. Follow the arrow, and breath in
3. Pause at the blue pause button, and breath out
4. Repeat 8 times
videos with you and then you respond with your own videos to us and your classmates. Here’s how you do it:

**Flipgrid.com**
Flip Code: cabot4714
Your ID: your grade and initials (all lowercase)
Example: Grade 4 Mary Smith: 4ms

Great activities at Ocean Avenue LearningWorks Website: https://sites.google.com/view/learningworksoa/home

We miss you and hope to see you soon in Flipgrid.

Regards,
Ms. Cabot, Mr. Matt, and Ms. Helena

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**LET'S GO! 5210 ~~ NATURE-BASED EDUCATIONAL TOOLS AND ACTIVITIES**

The MaineHealth Let’s Go! 5210 Team has been sharing out helpful wellness resources on various topics from physical fitness ideas, to nature-based educational tools and activities, to kid friendly quick and healthy meals and much more. In this weekly note, I am sharing out an article on Nature-Based Educational Tools & Activities.

Make the outdoors one of your favorite classrooms to visit and explore each day!

Remember to stay healthy both in both mind and body!

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**REQUEST YOUR ABSENTEE BALLOT**

**SUPER QUICK & EASY:** Maine citizens who are registered to vote may use the free service to request an absentee ballot for the July 14, 2020 State Primary & School Budget Referendum Election. In light of COVID-19, we are encouraging people to use this service in order to vote during this election. Ballots must be received no later than 8:00 PM on Election Day.

Request ballot here: [https://www.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl](https://www.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl)

You can also call 207-874-8610 to request a ballot be mailed to you.

JULY 14, 2020 ELECTION

REQUEST YOUR ABSENTEE BALLOT

MAINE CITIZENS WHO ARE REGISTERED TO VOTE MAY USE THE STATE’S FREE SERVICE TO REQUEST AN ABSENTEE BALLOT FOR THE JULY 14, 2020 STATE PRIMARY & SCHOOL BUDGET ELECTION. BALLOTS MUST BE RECEIVED NO LATER THAN 8:00 PM ON ELECTION DAY.