

Sellwood Middle School

FAMILY & STUDENT HANDBOOK

PERSEVERANCE • INCLUSION • COMPASSION

Sellwood Panther Pledge

I WILL SEEK TO GAIN understanding of those who are different from myself.

I WILL SPEAK OUT AGAINST prejudice and discrimination.

I WILL REACH OUT to support those who are targets of hate.

I WILL PROMOTE respect for people and help foster a prejudice-free school.

I BELIEVE that one person can make a difference - no person can be an "innocent" bystander when it comes to opposing hate.

I RECOGNIZE that respecting individual dignity and promoting inter-group harmony are the responsibilities of all students.



Sellwood Middle School



Home of the Panthers

8500 SE 15th Ave. Portland, OR 97202

2025-2026

Sellwood Middle School

VISION: (the what/who/end result)

A graduate of Sellwood Middle School will be a compassionate critical thinker, able to collaborate and solve problems, and be prepared to lead a more socially just world.

MISSION: (the how)

Sellwood creates a safe and inclusive learning environment where students build their confidence, practice positive social interaction, challenge racial inequities, and explore their academic interests.

SCHOOL HOURS

Doors Open	Tardy Bell	Dismissal
9:05	9:15	4:00

School begins at 9:15 am.

- Students can arrive on the grounds as early as 8:40 a.m. At 8:50 a.m., students eating breakfast will enter the cafeteria through the courtyard doors. All other doors will be unlocked at 9:05.
- If a student needs entry earlier than 9:05, they will ring the front doorbell to contact the office staff for pre-approved entry into the building.
- Students eating breakfast will enter the cafeteria through the courtyard doors at 8:50 am. All others will remain outside until 9:05.
- Please limit personal appointments to before and after school, as these disrupt important learning time.

Class Attendance

- Students should arrive at school on time, ready to learn.
- Classroom teachers will take attendance every period.
- Regular attendance is essential to school achievement. Students with attendance below 90% are considered to be at risk, and our team may reach out to you to directly.
- Sick students should be kept at home. [Family guides for preventing illness](#)
- Attendance Reporting: Email Kirstin Bill at kbill@pps.net or call the office (503-916-5656-Prompt 2) to report any absences.
- Missing assignments: If your child's absence is two days or longer, contact their teachers by email (see staff page).
- Early Release of your child is discouraged; when necessary, call the office staff or send a note to the office with all details.

Tardy Policy

- If students are late, teachers will mark them tardy. 3 tardies will result in a phone call home and a stage 1 referral, including lunch detention. Students with continued patterns of tardiness may be asked to meet with their family and an administrator.

2025/26 SELLWOOD MS BELL SCHEDULE

Monday & Tuesday		
1st Lunch: 6th grade schedule		
PERIOD	TIME	MINUTES
Period 1	9:15-10:05	50
Period 2	10:09-10:59	50
Period 3	11:03-11:53	50
6th Lunch (4)	11:54-12:24	30
Period 5	12:28-1:18	50
Period 6	1:22-2:12	50
Period 7	2:16-3:06	50
Period 8	3:10-4:00	50

Monday & Tuesday		
2nd Lunch Schedule: 7th/8th grade		
PERIOD	TIME	MINUTES
Period 1	9:15-10:05	50
Period 2	10:09-10:59	50
Period 3	11:03-11:53	50
Period 4	11:57-12:47	50
7/8 Lunch (5)	12:48-1:18	30
Period 6	1:22-2:12	50
Period 7	2:16-3:06	50
Period 8	3:10-4:00	50

Advisory Schedule Wednesday, Thursday, & Friday		
1st Lunch Schedule: 6th grade		
PERIOD	TIME	MINUTES
Period 1	9:15-10:01	46
Period 2	10:05-10:51	46
Period 3	10:55-11:41	46
6th Lunch (4)	11:42-12:15	33
Period 5	12:19-1:05	46
Period 6	1:09-1:55	46
Period 7	1:59-2:45	46
Period 8	2:49-3:35	46
Advisory (8)	3:35-4:00	25

Advisory Schedule Wednesday, Thursday, & Friday		
2nd Lunch Schedule: 7th/8th grade		
PERIOD	TIME	MINUTES
Period 1	9:15-10:01	46
Period 2	10:05-10:51	46
Period 3	10:55-11:41	46
Period 4	11:45-12:31	46
7/8 Lunch (5)	12:32--1:05	33
Period 6	1:09-1:55	46
Period 7	1:59-2:45	46
Period 8	2:49-3:35	46
Advisory (8)	3:35-4:00	25

STAFF 2025-26

ADMINISTRATION

Jeandre Carbone: jcarbone@pps.net
Heidi Stoetzel Earle: hearle@pps.net

Principal
Asst. Principal

OFFICE STAFF

Claire Howard: choward1@pps.net
Kirstin Bill kbill@pps.net

Principal's Secretary
School Secretary

COUNSELORS

Katie Francis: kfrancis@pps.net
Adam Kennybrew: akennybrew@pps.net

Counselor
Counselor

SUPPORT TEAM

Catherina Davison: cdavison@mesd.k12.or.us
Melissa Monroy: mmonroy@mesd.k12.or.us
Tini Maier: tmaier@pps.net
Matthew Mortensen: mmortensen@pps.net
Kasey Bond: kbond@pps.net

Student Health Assistant
School Nurse
Media Specialist
Climate Coach
Instructional Coach

SPECIAL EDUCATION

Becky Alvstad: ralvstad@pps.net
Carolyn Fisher: cfisher2@pps.net
Jill McMahon: jcmahon@pps.net
Taylor Fisher: tfisher@pps.net
Daniel Morell-Hart: dmorellhart@pps.net

Resource Room Teacher
Resource Room Teacher
Resource Room Teacher
Speech & Language
School Psychologist
Paraeducator

TBA

Adam Gaede: agaede@pps.net
Christi Lossner: clossner@pps.net
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TBA

6th grade LA
6th grade SS
7th grade SS
6th/7th grade SS
6th/7th grade LA
7th grade LA
8th grade LA/SS
8th grade SS
8th grade LA
Alegbra/8th grade Math
6th grade Math
6th/7th grade Math
7th/8th grade Math
6th grade Science
6th/7th grade Science
7th/ 8th grade Science
8th grade Science
Visual Arts
Visual Arts
Spanish
Health
PE
Fitness
Band
Choir
Tech/French/Cooking
ELD

TEACHERS

BEHAVIOR PHILOSOPHY

The Sellwood Middle School community is committed to [CR-PBIS](#) (Culturally-Responsive Positive Behavioral Interventions & Supports) and Social Emotional Learning. CR-PBIS uses implementation science to help students develop positive behaviors by:

1. Explicitly **teach** co-constructed expectations of the school and classroom community.
2. Actively **acknowledge** kids when they are following the expectations,
3. Instructionally **redirect** behavior using restorative practices.

Social and Emotional Learning (SEL) is applying the knowledge, skills, and attitudes to develop healthy identities, manage emotions, and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. To support students' social and emotional needs, we incorporate these trauma-informed practices:

- Elevate students' **cultural assets, voice, and agency**
- **Strengthen relationships**, community, and sense of belonging
- **Affirm student identities** and lived experiences
- Incorporate social and emotional skill-building into **academic learning**
- Establish consistent and **predictable routines**
- **Build trusting relationships** with students and families through clear and transparent communication

At Sellwood, we are committed to intentionally and explicitly creating an environment in which students enhance their SEL skills: self-awareness, social awareness, self-management, relationship skills, and responsible decision-making.

In addition to CR-PBIS and SEL, all discipline procedures will adhere to guidelines identified in the [HANDBOOK ON STUDENT RESPONSIBILITIES, RIGHTS AND DISCIPLINE](#) published by Portland Public Schools. This document will be shared with students the first week of school. Hard copies are available in the office. These rules and expectations will be taught and retaught throughout the year.

Schoolwide Expectations

During the first week of school, students will review these [schoolwide Expectation slides](#) with their teachers and peers. For more detailed information, see Behavior Guidelines below.

BEHAVIOR GUIDELINES

BACKPACKS

- Backpacks are to be kept in lockers at all times, including during lunch and recess.
- Large backpacks (especially when stuffed full) do not fit in lockers.
- Our classrooms are small, and keeping backpacks in lockers gives us more space to move around



BATHROOM

- Students will remain in class for the first and last 5 minutes of class.
- Students will use the bathroom that is on the same floor as their class, following the color-coded pass system.

BICYCLES

- Bikes are permitted and can be stored in the racks on the south side of the building.
- A "U" lock is the best security against bike theft. (PPS is not responsible for any theft on school grounds.)
- Upon arrival, bikes should be stored immediately as riding on the walkways or grounds is not permitted.
- Please ensure your student abides by Oregon law, helmets are mandated for children under age 16.
- There is a skateboard bin in the hallway on the 1st floor by the Fitness Room, they are locked away each morning

BOOK POLICY

- Students will check out their textbooks, class novels, and library books and will be expected to return them at the appropriate time in good condition.
- Library information [link](#).

BUILDING SECURITY & FRONT DOOR ACCESS

- Our building is locked, and we have a closed campus.
- **All** late students, parents/guardians, or visitors must use the front door on SE 15th Street for access into the building.
- Please press the bell to the right of the doors to reach the office staff to gain access to the building.

BUSES

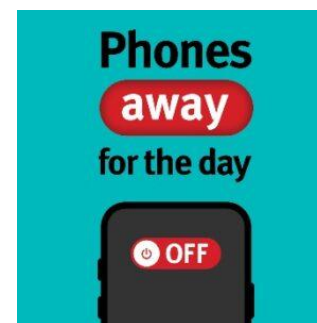
- The PPS transportation department mails schedules and routes in August to those who are eligible for district transportation. Information is also online at <https://apps.pps.net/Transportation/BusSchedule>.
- When a student would like to ride a bus other than the assigned bus, **a parent/guardian writes a note to the office with student's name, date, requested bus number, and their signature**. The student will receive a bus pass, which is given to the requested bus driver for that day only.
- All students are expected to show proper behavior on the bus. **Be advised that all school buses have video recordings which are used, as necessary, to investigate any incidents.** Referrals can and will be written by bus drivers if needed.
- There are several Tri-Met bus stops adjacent to Sellwood. (Information available at Tri-Met). Sellwood does not handle any aspect of transportation on Tri-Met.

CELL PHONES/EAR BUDS/ELECTRONICS AT SCHOOL

Both District-wide and across Oregon, ALL cell phones, electronics, and accessories are to be off and away all day. They are not to be used or visible at any time, including during class time. All Sellwood staff will clarify and reinforce this policy. If a student is found with their cell phone on, a Sellwood staff member will take it to store it in the school office until 4pm. **Anytime** a phone is taken away, the caregiver will be called. The student's caregiver must pick it up from the office after the 2nd offense. If this is a hardship, we will help find a solution.

Student communication with parents during school hours should be done in the office. If a parent needs to contact their student during school hours, please communicate through the main office.

Parents: Please do not call or text your students during school hours, as it disrupts the learning environment



COMMUNICATIONS WITH STAFF

- Sellwood welcomes your communication. Administrators, teachers, and staff will do their best to respond to you within 24 hours or sooner as the situation warrants. **The best way to communicate with all staff is by email** (see the emails listed at the beginning of this book).
- The office staff (503-916-5656) is available for immediate help. If it is not something urgent, **then it's best to use email** for our School Secretary, Kirstin kbill@pps.net, or Claire, our Principal's Secretary choward1@pps.net.
- The **"Principal's Newsletter"** is sent to parents by ReMind weekly and is also on our school website. This is the best source for all information directly related to SMS. (Email addresses used are those provided in your student's registration information.)
- Email (via "Blasts") and Remind are also used for any special announcements, reminders about events, and any other pertinent information that cannot wait for the principal's weekly newsletter.

COMMUNICATIONS WITH YOUR STUDENT & EARLY DISMISSAL

Remember, cell phones are off and away during the day, so texting or calling your child violates the “Cell Phones Away all Day” policy. Classroom instruction should only be interrupted in an emergency; therefore:

- Communicate necessary information with your student before or after the school day.
- Personal appointments should be scheduled before or after the school day to decrease the impact on learning time.
- In the event of an emergency, if you need to communicate with your student or have an unavoidable scheduling conflict, please contact the office staff for assistance. (503) 916-5656
- If a student needs to reach a parent/guardian during the day, there is a public phone in the office for outgoing calls.

DISCIPLINE PROCEDURES

- Teachers will collaborate with students to develop classroom expectations based on Sellwood School's values of perseverance, inclusion, and compassion.
- Teachers share their classroom expectations and Effective Classroom Practices Plan with parents at Back to School Night in September.
- Re-teaching of these rules and expectations will occur throughout the year, especially after students have been out of school for an extended period, such as after winter and spring breaks. Our consistent re-teaching will support students in their learning and understanding of these expectations.
- Behavioral interventions have been developed by the staff that are consistent, progressive, and follow the guidelines established in the PPS Responsibilities, Rights and Discipline Handbook. Students who do not follow the expectations will be dealt with fairly and consistently. The focus of our interventions will be to support students in learning safe, respectful and responsible behaviors. Intended outcomes are for students to accept responsibility and to learn from their mistakes.
- If a problem behavior is consistently identified, parents will receive an email or phone call from the teacher, and a conference may be set up.
- If the problem persists, a behavior contract including specific areas of concern, responsibilities of the student, parent, teacher, administrator, and any others involved, may be cooperatively written and implemented with help from administration.

PROGRESSIVE DISCIPLINE FOR MISBEHAVIOR MAY BE ADMINISTERED AS APPROPRIATE, UP TO AND INCLUDING SUSPENSION AND EXPULSION. PLEASE REFER TO THE PPS STUDENT RIGHTS AND RESPONSIBILITIES HANDBOOK FOR MORE INFORMATION.

DROPPING OFF/PICKING UP STUDENT

- Please arrange a pick-up/ drop-off spot on Umatilla, Sherrett, or SE 16th in order to avoid the bus zone. Doors at all entrances will be open at 9:05 am. All doors may be used to exit the building at 4:00 pm.
- Do not block or use the area reserved for the buses along SE 15th west to Umatilla and east to Sherrett between 8:30 – 9:30am and 3:15 – 4:30pm.

DRESS CODE

Sellwood students take pride in the way they dress. In accordance with the PPS Board Policy and the PPS Student Handbook (which can be found at <https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4814/4.30.013-AD.pdf>). **If clothing is considered inappropriate by staff, students will be asked to make adjustments or call home.**

Allowable Dress & Grooming:

- Students must wear clothing including both a shirt with pants or a skirt, or the equivalent, and shoes
- Shirts and dresses must have fabric in the front and on the sides (under the arms).
- Clothing must cover undergarments (waistbands and straps excluded).
- Fabric covering breasts, genitals, and buttocks must be opaque.
- Hats and other headwear must allow the face to be visible to staff and not interfere with the line of sight of any student or staff. Hoodies must allow the face and ears to be visible to school staff.
- Clothing must be suitable for all scheduled classroom activities, including physical education, science labs, wood shop, and other activities where unique hazards exist.

Non-Allowable Dress & Grooming:

- Clothing may not depict, advertise, or advocate the use of alcohol, tobacco, marijuana, or other controlled substances.
- Clothing may not depict pornography, nudity, or sexual acts.
- Clothing may not use or depict hate speech targeting groups based on race, ethnicity, gender, sexual orientation, gender identity, religious affiliation, or any other protected classification.
- Clothing, including gang identifiers, must not pose a threat to the health or safety of any other student or staff.
- Enforcement must accommodate clothing worn by students as an expression of sincerely held religious beliefs (head scarves, for example) and worn by students with disabilities (protective helmets, for example).
- No cologne or perfume.

EARBUDS & HEADPHONES

- Bluetooth earbuds are not allowed on the Sellwood campus. Staff will take them and put them in the office for pick up at the end of the day. The student's caregiver must pick it up from the office after the 2nd offense.
- Only wired headphones are permitted at Sellwood Middle School.
- Headphones should be removed when walking through the hallways.

FIELD TRIPS

Field trip experiences are an important component of education. Written permission slips are sent home before each field trip, and students are to return the permission slip with a parent/guardian signature before the day of the field trip. No student will be allowed to go on a field trip without written parent/guardian permission. **Verbal permission given by a parent/guardian on the telephone is not sufficient.** Sometimes there is a suggested fee for the field trip, but no student will be denied a field trip experience due to lack of funds. There are always scholarships available, so please contact the student's teacher or the administration team if help paying for a field trip is needed. Behavior on field trips and trip buses will be held to the same high standard as in school.

GUM CHEWING

While students are allowed to chew gum in most classrooms, there may be some teachers who have a no gum policy, such as in PE, band, or others. Cleaning discarded gum is a significant maintenance issue for our custodians. Students need to practice responsible gum chewing and dispose of any gum in the garbage. Continual disregard of this policy will result in extra practice, a phone call home, and will accompany the custodians to see the impact of gum on their job.

LOCKERS

- All students are issued lockers with combination code locks. Codes or lockers should not be shared with anyone.
- All locker contents are the responsibility of the student and subject to search at any time.
- Lockers may be decorated, **but writing on them is not allowed.** No decals, stickers, or glue are allowed.
- Personal property is stored at the student's/parent's personal risk. Portland Public Schools is not responsible for damaged or lost items and does not have insurance to cover damaged or stolen personal property.

LOST & FOUND

The Lost and Found is located in the small gym for most items. Any lost valuables, cell phones, eyeglasses, etc. will be in the office. Students bring personal items at their own risk, and PPS is not responsible for lost or stolen items. Each term, unclaimed items are donated to our clothes closet or the PTA Clothes Closet at Marshall High School. (Phone: 503-293-0783)

MEETING WITH YOUR STUDENT'S TEACHER

A personal conference can be arranged with a teacher to track academic progress or resolve concerns. When arranging a conference, email the teacher 24 hours before your desired date/time so the teacher can coordinate with his/her/their class schedule and obligations. (You will find staff emails at the beginning of this book and on our [website](#).)

SCOOTERS AND SKATEBOARDS

Scooters and skateboards are not allowed on school property before or after school. Walk your skateboard to the courtyard or the Umatilla entrance, and we will store it for the day on the first floor by room 105. Use of skateboards and scooters can result in damage to curbs and other cement surfaces on school grounds. Here are Oregon statutes regarding helmets:

- **ORS 814.485** deals with the failure to wear an approved helmet by someone aged 16 or under, in a public place (schools are a public place). Oregon considers this a traffic infraction and can impose a fine of up to \$72, but **ORS 814.600** says the fine for skateboarders is \$25.
- **ORS 814.488** says that anyone aged 11 or under will not receive a citation...but their parents will. Between the ages of 12 and 16, the citation can be given to either the child or a parent or guardian, but not both.

STUDENT PLANNERS

Students will use their Google Calendar, Synergy, and Canvas Calendar to see upcoming assignments and keep track of their work.

VALUABLES

Portland Public Schools and/or Sellwood Middle School are not responsible for valuables of any kind that students bring to school.

PARENT ORGANIZATIONS

PTA

The Sellwood PTA is a parent organization at our school, working to support classroom programs, increase family involvement, and coordinate student and family activities. The funds raised support student activities and supplies, field trips, and supplemental materials for classrooms. The PTA also sponsors several community-building events during the school year. We invite you to attend our regular meetings, dates will be in the newsletter.

We need a broad base of volunteers to help with student activities and fundraisers during the year. Please fill out the Sellwood Middle School Volunteer Interest form. In addition, please consider joining the PTA. Through your membership, we can support Sellwood Middle School with not only money, but also with your time, heart, and soul! Contact at: sellwoodpta@gmail.com

PTA Officers:

President: Emily Quast

Vice President: Katka Howland

Secretary: Carrie Spiteri

Treasurer: Bayra Garfield

Email: sellwoodpta@gmail.com

SELLWOOD P.E.A.K. (PANTHER, ENRICHMENT, & ACADEMIC KNOWLEDGE)

PTA currently manages and supervises all aspects of the Sellwood P.E.A.K. A program that offers a variety of after school classes that extend learning and enrichment for Sellwood students. The Sellwood PEAK Program seeks to build students' social/emotional, physical, intellectual, and creative competencies. Classes may include: Marimba, Chess, Debate/Speech, Red Cross Babysitting Training, and more. PEAK holds three sessions: fall, winter, and spring. Each session lasts for nine to ten weeks. Class sizes typically run from five to twenty students. If requested, new PEAK classes may be added each session when interest, funds, and instructors are available. For a complete listing of classes and meeting times, please refer to the PEAK information found on the PTA website. PTA administers all classes through 6 Crickets. Scholarships available.

Seth English-Young

Sellwood PEAK Volunteer Coordinator

Sellwoodpeakprogram@gmail.com

PTA CLOTHING CLOSET

We have a small clothing closet here at Sellwood. Contact school counselor [Katie Francis](#) for more information. The Portland council PTA sponsors a much larger Clothing Center. Phone: 503-293-0783. Families wishing to visit the center for their child can pick up a referral form from the Sellwood Counselors.

If your child loses an article of clothing at Sellwood, it will be in the “Lost & Found” in the cafeteria. Each term, lost clothing is donated to the Clothing Closets.

SITE COUNCIL

Site Council is a group of administrators, staff, and parents that identifies ways to support the school community. By providing leadership, direction, and support, we define school priorities and implement ways to improve them. At its core, Site Council is about tailoring the Sellwood experience to the specific needs of our students and our community. Interested in being on Site Council? Contact Principal Carbone. jcarbone@pps.net

STUDENT HEALTH AND SAFETY

SCHOOL NURSE/STUDENT HEALTH ASSISTANT (aka SHA)

We have a School Health Assistant available at school daily. The nurse's office is located on the 2nd floor. The school nurse coordinates vision, hearing, and scoliosis testing during the year. Parents will be notified of these dates as they are scheduled. The School Nurse is on-site 1 day a week and is the Case Manager for all students with Health Conditions.

Accident and Illness – Only first aid care is given at school. In case of a serious accident or illness, we will:

- Contact parent (s) or legal guardian(s)
- Contact the given emergency number(s)
- Have the child taken to the hospital if required

It is extremely important that we have valid telephone numbers for parents and any emergency contacts. Please let us know as soon as possible if there are any changes in your home, work, or emergency numbers.

Keeping students home is important if they have excludable symptoms; such as illness symptoms of fever, cough or difficulty breathing, vomiting, diarrhea, rash, etc. and to return to school will need to be symptom free for 24 - 48 hours and may need a negative COVID test if Fever of 100.4 or greater or a new cough or difficulty breathing. Consult with the School Nurse on these excludable symptoms.

MEDICATION ADMINISTRATION AT SCHOOL

The school's nurse provides consultation about medication administration that must occur at school. By Oregon law, if medication must be given at school, you must:

- Provide written permission (**forms are available at school**). Any change to the medication will require the parent to update the medication form at the time of the change.
- Make sure all medication (prescription and over-the-counter) is in its original container and marked with the student's name.
- All medication must be delivered to school by the parent or a responsible adult designated by the parent. Students may not keep medications with them unless they are age appropriate for the responsibility and a self-medication agreement has been signed. The parent, nurse, and principal must all sign the agreement, and the rules of self-medication are included in this form (no sharing, carry only enough medication for one day).
- Make sure the school has an adequate supply of all medications required by your child.
- Pick up the medication when it is no longer needed at school. All medication not picked up by the end of the year will be discarded.

IMMUNIZATIONS AND OREGON LAW

- To protect all children, every student must have a current school immunization record or a medical or religious exemption at school. Students not in compliance with immunization requirements may not attend school and will be excluded on state mandated exclusion days (3rd Wednesday in February).
- It is important to keep your child's school immunization record up-to-date. Check with the School Health Assistant or the nurse or the school's office if you need forms.
- Upon written request from parents/guardians for release of information (<http://www.mesd.k12.or.us/shs/hss/immunizations/immu1.pdf>), the
- The MESD Immunization Program will provide vaccination dates to clinics as needed to assess immunization histories of their clients. These efforts increase protection of children against vaccine-preventable diseases and promote efforts by parents and schools to comply with school mandated immunization requirements.

LGBTQIA+ (LGBTQIA+: Lesbian, Gay, Bisexual, Trans, Queer or Questioning, and others)

Portland Public Schools is an equal opportunity educator and employer

Portland Public Schools is committed to providing a welcoming and supportive environment for our LGBTQIA+ students, families and employees. Our LGBTQIA+ students must feel safe and supported at school, so that they can thrive academically and socially. Our LGBTQIA+ families are entitled to an environment in which they are fully included in supporting their student's education. Our LGBTQIA+ employees are entitled to a workplace where they are welcomed and affirmed. Reports of LGBTQIA+ discrimination can be made confidentially to the school administration. PPS prohibits any discrimination based on sexual orientation, gender expression or gender identity, and discrimination is prohibited under state law (ORS 569A.003). An all-gender bathroom is located in the building near the nurse's office. Please read the [PPS Administrative Directive 4.30.061-AD](#) for further information.

RESPECT OUR DIFFERENCES - NO PUT DOWNS, ETHNIC, HOMOPHOBIC, RACIAL, AND SEXIST REMARKS ARE ACCEPTED IN OUR SCHOOL.

STUDENT/PARENT SUPPORT SERVICES

SCHOOL COUNSELORS

School counselors work to maximize student success, promoting access and equity for all students. As vital members of the school leadership team, school counselors work to create a school culture of success for all. This is done through classroom lessons, small groups, and 1:1 counseling support: crisis management, problem solving, restorative justice, referrals to outside mental health agencies, and collaboration with community stakeholders

SCHOOL PSYCHOLOGIST

Our school psychologist is the coordinator of the special education team. Responsibilities include assessment for special education, Individual Education Plan coordination, and crisis intervention.

SPEECH-LANGUAGE PATHOLOGIST

Speech-language pathologists (SLPs) are part of the special education team and are involved in identification, evaluation, and intervention for students with communication disorders, including those involving language, articulation (speech sound disorders), social communication, fluency, voice, and swallowing. SLPs provide intervention appropriate to the needs of the student, as specified on their Individualized Education Plan (IEP). SLPs collaborate closely with parents/caregivers, learning center teachers, general education teachers, and other related professionals.

STUDENT NUTRITION

We encourage healthy eating in our student community, and we are careful about the different health needs of our entire student body. Please remember the following:

- Students may not bring sugary foods (i.e., cakes, cupcakes, sodas) to school to share with their friends or sell to other students
- There is no sharing of food during lunchtime.
- In addition, please also remember that no glass containers should be brought to school.

BREAKFAST AND LUNCH PROGRAMS

PPS School lunches meet the Healthy Hunger Free Kids Act certification standards and reflect the 2010 Dietary Guidelines for Americans and ChooseMyPlate.gov by featuring whole grains, unlimited fresh fruits and vegetables, nonfat and 1% milk. Students may serve themselves from a variety of fruits and vegetables, including two types of vegetables and two types of fruit, and fresh salad greens. Students are encouraged to fill half their tray with fresh fruits and vegetables that are available with each school lunch purchased. The department purchases over [32% of products from local vendors](#) for Farm to School programs such as Harvest of the Month and Local Flavors.

Breakfast and Lunch are free for all students this year! More information can be found on the [Nutrition Services Website](#).

Cost for items for purchase:

- Adult Breakfast \$3.00
- Adult Lunch \$5.50

**Free meals are reimbursed through USDA child nutrition programs. While these programs do not provide funds for serving meals to adults, we are happy to serve any adults wishing to eat with us.*

ADDITIONAL BENEFITS

We are still encouraging families to apply for SNAP benefits if they are eligible. If your family is not eligible for SNAP, you may still be eligible for the category of free/reduced price meals. While all school meals are free this school year, there may be additional family benefits or fee waivers/reductions such as EBT benefits (additional grocery money), sports fees, lab fees, college applications fees, etc.

To apply for meal benefits, families have the following options:

- Online at www.schoolcafe.com/pps.
- Print, complete and mail back a paper meal application (<https://www.pps.net/Page/2464>) to PPS Nutrition Services, 501 N. Dixon St., Portland, OR 97227.
- Request a paper meal application be mailed home from mealbenefits@pps.net or call 503.916.3402.

SELLWOOD SCHOOL CALENDAR [LINK](#)

PPS SCHOOL YEAR CALENDAR [LINK](#)