

EAST BAYSIDE COMMUNITY NEWSLETTER

SUMMER EDITION

July 2024

Summer Food

Learn about services and options for
keeping food costs down



Tired of Paper?
Get PHA Notifications



PORTLAND HOUSING AUTHORITY



**Get Ready for BACK TO
SCHOOL!**

With FREE back to school
backpacks

**PHA's \$avings
Program
the Family Self
Sufficiency Program**

**SEE WHAT'S HAPPENING AT
YOUR LOCAL STUDY CENTER**

**Learn About Careers
with Kids**

Resident Services Department



Here's what you'll find in this issue...

July 2024

- Summer Food! Learn about how to get the most out of your SNAP benefits and take a trip to the Farmer's Market
- FREE BACK TO SCHOOL BACKPACKS...and some info to get ready for back to school
- Portland Housing Authorities Savings Program-FSS
- Employment Center: Learn about careers with kids
- Study Center News: Learn about what's happening at your neighborhood study center
- Sign up for PHA Notifications

SUN BUCKS

Helping Families Access Food During Summer Break

What are Sun Bucks?

Brought to you by SNAP

Sun Bucks are part of the SNAP program. DHHS is participating in a program to give a one time payment of \$120 to purchase summer food

Most families will receive SUN Bucks automatically if they already receive other benefits, but some families may need to apply.

Families with a school-aged child/children who are already participating in SNAP, TANF, or receiving MaineCare will be automatically enrolled in the SUN Bucks.

Families not automatically enrolled but who believe they are eligible must apply by August 15 to qualify.

So, if you see this white card in the mail, don't throw it away. Use it!



WANT MORE SNAP DOLLARS? USE HARVEST BUCKS

Did you know you can use your SNAP benefits at the farmer's market? And Harvest Bucks make your dollars go further.

Here's how to use them:

- Start at the Information Booth
- Swipe your EBT card to get tokens
- Once you decide how much you want to spend, you'll get EXTRA harvest bucks to spend on fruits and vegetables
- Use your tokens and harvest bucks at vendor tables to buy produce.



FREE SUMMER MEALS FOR KIDS AND TEENS

Portland Public Schools is providing SUMMER LUNCHES Monday through Friday from June 24th to August 16th, 2024 for anyone 18 years old or younger all over the city.

3 locations can be found in Portland Public Housing neighborhoods

See the list below to find locations near you!



Find your summer meals location!

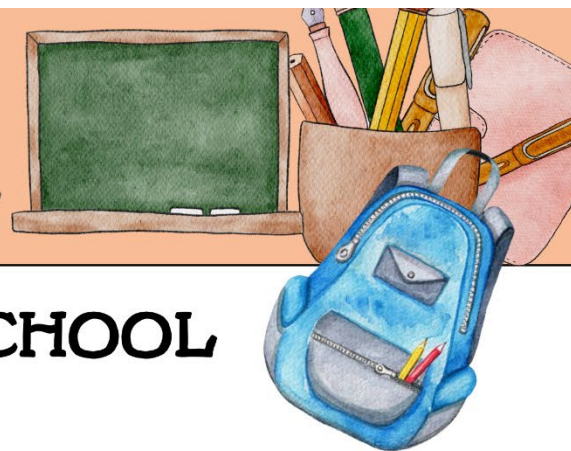
- 1. Boys & Girls Club Riverton**
Riverton Park
Lunch: 12:00-12:30pm
Mon-Thurs, 6/24-8/15
** Fridays meal site is closed for field trips
- 2. North Deering Gardens**
246 Auburn Street
Lunch: 12:00-1:00pm
Mon, Tues, Thurs 6/24-8/15
- 3. Rowe Elementary School**
23 Orono Road
Breakfast: 8:00-9:00am
Lunch: 12:00-1:00 pm
Mon-Fri, 6/24-8/9
- 4. Boys & Girls Club Sagamore**
Sagamore Village
Lunch: 12:00-12:30pm
Mon-Thurs, 6/24-8/15
** Fridays meal site is closed for field trips
- 5. Deering High School**
370 Stevens Ave
Breakfast: 8:15-8:45am
Lunch: 12:00pm-1:00pm
Mon-Thurs, 6/24-8/8
*No programs week of 7/1
- 6. Portland High School**
284 Cumberland Ave
Breakfast: 8:15-8:45am
Lunch: 12:00-1:00pm
Mon-Thurs, 6/24-8/8
*No programs week of 7/1
- 7. Boys & Girls Club Cumberland Ave**
277 Cumberland Ave
Breakfast: 9:00-10:45am
Lunch: 12:00-1:00 pm
Mon-Thurs, 6/24-8/15
** Fridays meal site is closed for field trips
- 8. Study Center at Kennedy Park**
51 Mayo Street
Lunch: 12:00-1:00 pm
Mon-Fri, 6/24-8/16
- 9. The Root Cellar**
94 Washington Ave
Breakfast: 9:00-9:30am
Lunch: 12:00-12:30pm
Mon-Thurs, 7/1-8/8
- 10. East End Community School**
195 North Street
Breakfast: 8:00am-9:30am
Lunch: 11:30am-12:30pm
Mon-Fri, 6/24-8/9
- 11. Munjoy South Playground**
End of Adams Street
Lunch: 12:15-1:00pm
Mon-Fri, 6/24-8/16
Closed for rain

All sites closed July 4 and 5



PORTLAND PUBLIC SCHOOLS
food service

GET READY FOR BACK TO SCHOOL



WITH FREE BACK TO SCHOOL BACKPACKS!

It's hard to believe, but summer vacation is half way over. That means it's time to look forward to BACK TO SCHOOL!

Each year PHA lends a hand by offering school backpacks, loaded up with school supplies for free. Getting kids ready to go back to school can be expensive. We hope this service takes some pressure off parents and helps kids start off the school year prepared to learn. This year we're providing 300 backpacks!

Sign up now if you would like your students to receive a backpack. Households with the most financial need will be prioritized and backpacks will be provided as long as supplies last.

You can sign up online at
<https://forms.gle/nRCVC6jXBtGNG2f67>

You can also fill out the below form on the back of this page and turn it in to the your local study center, or main office. If you need assistance completing the online form, call or email Teyonda Hall, Dir. Resident Services at thall@porthouse.org or 207-221-8003



SIGN UP FOR YOUR BACKPACKS!



2024 School Backpack Sign Up

The PHA Study Centers are providing free backpacks with supplies for PHA students in August 2024 by request based on availability.

*If you would like a backpack, please complete this form or the online form **once for each student that wants a backpack***

Name of Student: _____

Age: _____ Address: _____

Parent/Guardian Email: _____

Parent/Guardian Phone Number: _____

Preferred language for contact: _____

Please choose one option:

☐ Kindergarten through 6th

☐ 7th grade and older



Any items you do not want: _____

Anything you need not pictured? : _____

We will do our best to provide items not pictured but we cannot guarantee requests will be fulfilled. Contents of backpacks are subject to change based on availability. Backpacks will be provided to those with the greatest need first. All

Backpacks will be available for pick up at the Study Center at the end of August. Families will be notified when backpacks are ready.

Call or text Emily (207) 221-8063 to change your order or to communicate need for accommodations.

YOUR 2024-2025 SCHOOL CALENDAR

Check out the calendar for this school year. School starts back SEPTEMBER 4TH. Don't forget to sing up for your back to school backpack



2024-2025 District Calendar

AUGUST 2024				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
27-29 TEACHER WORKDAYS (0 STUDENT DAYS)				

SEPTEMBER 2024				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				
2 LABOR DAY 3 FIRST STUDENT DAY GR 1-12 4 FIRST EARLY RELEASE DAY 5 FIRST DAY PRE-K & K (20 STUDENT DAYS)				

OCTOBER 2024				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
11 NO TEACHERS/ NO STUDENTS 14 INDIGENOUS DAY (21 STUDENT DAYS)				

NOVEMBER 2024				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
1 END OF Q1 (HS) 11 VETERANS DAY 26 TRIMESTER 1 ENDS (ELEM/MS) 27 NO TEACHER/NO STUDENT 28-29 THANKSGIVING BREAK (17 STUDENT DAYS)				

DECEMBER 2024				
M	T	W	T	F
		4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
1 FIRST TRIMESTER ENDS 25-31 WINTER BREAK (15 STUDENT DAYS)				

JANUARY 2025				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
1 HOLIDAY (NYD) 20 MARTIN LUTHER KING DAY 24 END OF Q2, 1ST SEM (HS) (21 STUDENT DAYS)				

FEBRUARY 2025				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
7 NO STUDENTS/TEACHER WORKDAY 17 PRESIDENT'S DAY 17-21 FEBRUARY RECESS (14 STUDENT DAYS)				

MARCH 2025				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				
14 SECOND TRIMESTER ENDS (ELEM/MS) (21 STUDENT DAYS)				

APRIL 2025				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		
4 END OF Q3 (HS) 18 NO TEACHER/NO STUDENTS 21 PATRIOTS DAY 21-25 APRIL RECESS (16 STUDENT DAYS)				

MAY 2025				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
26 MEMORIAL DAY (21 STUDENT DAYS)				

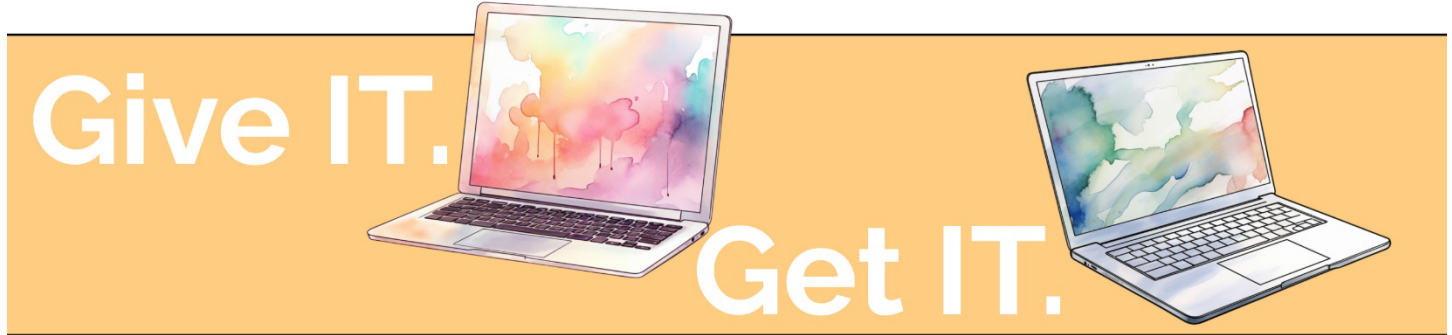
JUNE 2025				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				
13 LAST STUDENT DAY 1/2 DAY 16 LAST TEACHER DAY IF NO STORM DAYS 16/17 TENTATIVE STORM DAYS 18 LAST TEACHER DAY IF STORM DAYS USED 19 JUNETEENTH (10 STUDENT DAYS)				

JULY 2025				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
183 TEACHER DAYS (INCLUDES 2 UNSCHEDULED DAYS FOR PARENT/TEACHER CONFERENCES PER PEA CONTRACT) 176 STUDENT DAYS 3 STORM DAYS ADDED				

STANDARD HOURS (unless otherwise approved & posted)	
Elementary Schools:	
• East End, Longfellow, Ocean Avenue and Talbot: 7:40-2:10	
• Lyseth, Presumpscot, Reiche and Rowe: 9:00 - 3:30	
Middle and High Schools:	
• All middle and high schools except PATHS: 8:20-2:50	
• PATHS: 8:00-10:30a and 11:00-1:30	
Island Schools:	
• Cliff Island: 8:20-3:15 * early release Fridays for CLF is 11:00	
• Peaks Island: 8:20-3:05 * early release Wednesdays for PKS is 12:20	
Pre-K:	
• Pre-K students attending district elementary schools follow those school's schedules.	
• PATHS PreK program, Youth & Family Outreach, and Catherine Morrill Day Nursery: 9:00-3:30	
• Child's Odyssey: 7:40-2:10	
KEY	
• / No students/teachers Other Staff reports	
• Holiday /Vacation	
• Teacher Professional Learning Day (No students).	
• Early Release Day * dismissal 1hr earlier than standard release time	
• First and Last Student Day	
• Tentative Storm Days	

Please note: the last day of school is subject to change to make up any snow days taken. Please check the District website calendar for updated information. Calendar has been updated as of March 7, 2024.

Need an affordable computer? Try our friends at Give IT. Get IT.



Having a computer is crucial for work and school, but, they can also be an added expense. Give IT. Get IT is a Maine nonprofit which offers refurbished laptops and desktops for incredibly affordable prices. Each laptop has been prepared for new users using a rigorous security process. Choosing to buy a refurbished device is an environmentally friendly option, as well as cost money saving. Devices range from \$85 to \$250. Call PHA resident services, if you have questions or need help finding a low cost computer. Or, you can check out their website and ebay store.



giveitgetit.org



Have you heard about PHA's Savings Program?

It's called (FSS) Family Self-Sufficiency Program and it's available to all eligible PHA residents.

The FSS program is not just a savings program, it's a goal setting and asset building tool that offers partnership, coaching and connection to all sorts of opportunities. It is specifically designed for those who are looking for employment or who are looking to increase their wages.

How does it work?



As you earn more your rent increases. The amount of the increase is matched by HUD. HUD, then puts that money into a savings account in your name. As long as you're working, in school, or training, or working on your personal employment goals, you'll receive a monthly deposit. After 5 years, participants graduate and use their savings in all kinds of ways.

In the last year we've graduated several participants who have saved between \$5,000 to \$37,000! Graduates go on to invest in businesses they've started, pay for international family trips, buy homes, save for retirement and pay for their children's college.

If you have a dream, are looking for work, or looking to increase your income, the FSS program may be right for you. Call or email today!

**Join us for our next virtual
Info Session!
July 30th @ 5PM**

Contact: Calshir Richerson, Grants Program Manager
cricherson@porthouse.org
207-221-8069

EVENT DETAILS

Where
August 8th, 2024 at 8am

When
Double Tree Hotel in South
Portland

Registration
careerswithkidsme.org

Careers With Kids

Attend the Workforce Summit
and Career Fair happening
August 8th, 2024



If you are considering a career in childcare, this event is for you. Staring Strong, the Office of Child and Family Services, the United Way and Maine Roads to Quality Professional Development Network have banded together to offer conference for people interested in learning about career options in the child development field. The event will focus on work readiness, starting your own childcare business and will even offer CPR and First Aid training for FREE. Lunch will be provided. This is a great opportunity to connect to employers and others in the field.

Kennedy Park Study Center News

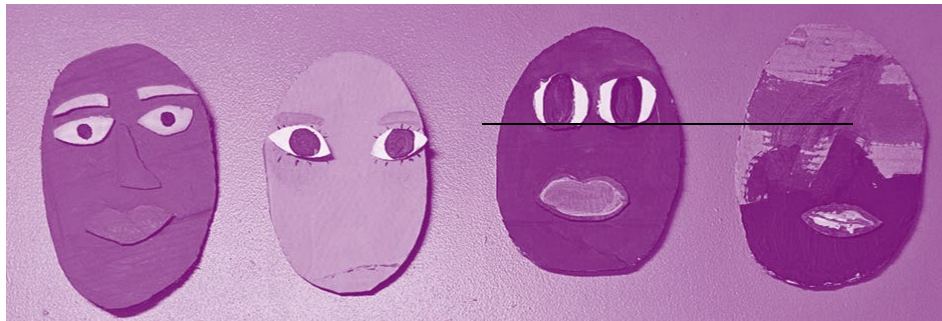
CHEETA

What is the CHEETA program? CHEETA (Community Hope through Education Empowerment Training and Action) is a student driven community service program where students work on a project over the course of the summer for the neighborhood. Our 2024 CHEETA team has been hard at work over the past few weeks on two projects and cannot wait to unveil what they have been working on. Stay tuned for all the great things they are doing!



MEET OUR 2024 CHEETA TEAM!

*From L to R,
Sam, Tareq,
Mafaz and
Fatimah.*



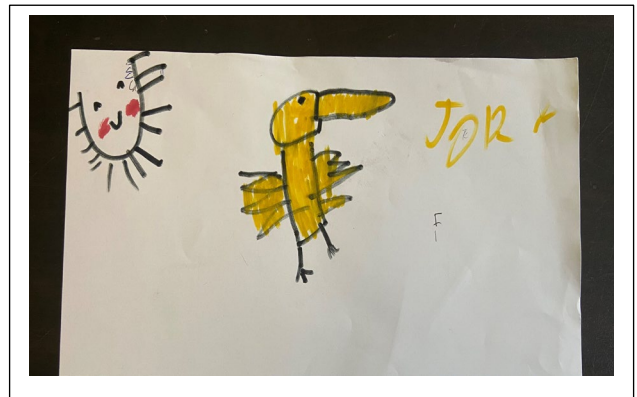
Please do not feed the Seagulls!

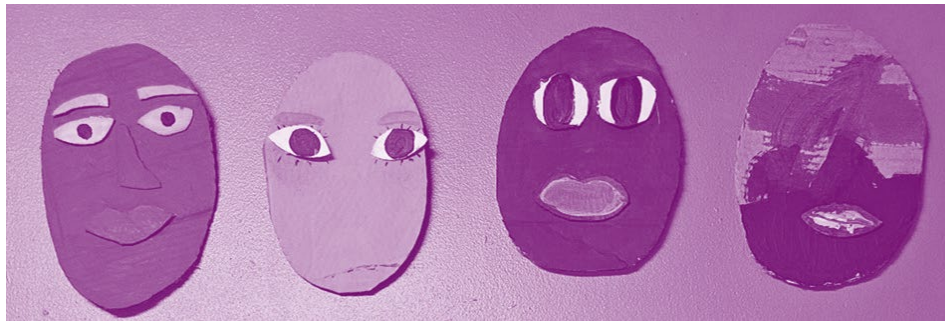
You may want to feed those cute little gulls that are hanging around Kennedy Park, however, we urge you to not feed the birds!

Feeding gulls...

- Risks the spread of E. coli, fungus and other harmful bacteria through feces. Even being around the poop can cause headaches, stomachaches, fevers and chills.
- Threatens the health of the birds because human food is not nutritious for their digestive system and can affect their overall health.
- Jeopardizes the safety of the birds as they can form a huge flock and become unaware of their surroundings, resulting in getting hit by a car.
- They may become aggressive as they want to continue to be fed and may bite with their sharp beaks.

If you have food that you want to get rid of and don't want to put in the trash, please drop your food off in the compost bins located by the garden on Boyd Street.

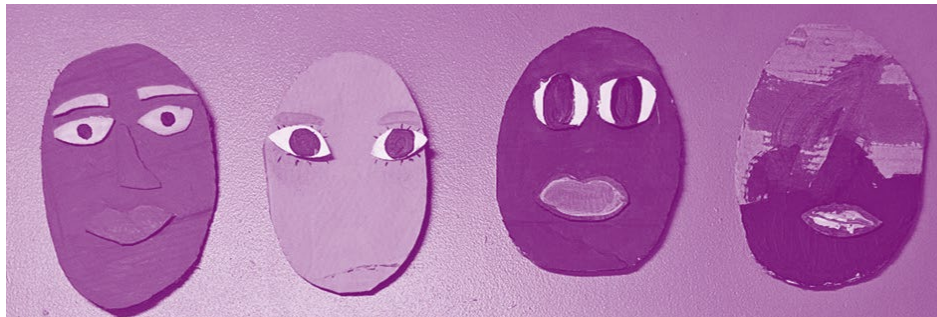




SUMMER FUN

Join us on Tuesdays and Thursdays from 1:00 pm – 3:00 pm for summer fun till mid-August!





Kennedy Park Study Center Summer Calendar

Kennedy Park Study Center Open
1PM - 3PM
on Tues and Thurs

Free Lunches for 18 and under
from 12PM - 1PM
at KP Study Center

	SUN	MON	TUE	WED	THU	FRI	SAT
July	30	1	Open ²	3	Open ⁴	5	6
	7	8	Open ⁹	10	Open ¹¹	12	13
	14	15	Closed ¹⁶	17	Open ¹⁸	19	20
	21	22	Open ²³	24	Open ²⁵	26	27
	28	29	Open ³⁰	31	Open ¹	2	3
August	SUN	MON	TUE	WED	THU	FRI	SAT
	4	5	Open ⁶	7	Open ⁸	9	10
	11	12	Open ¹³	14	Open ¹⁵	16	13

Kennedy Park Study Center
51 Mayo Street
KP.StudyCenter@porthouse.org
Call or text (207) 221-8073

PHA NOTIFICATIONS

As part of our ongoing effort to increase quality communication with our residents, PHA has launched a notification system. This system will allow us to communicate about important things happening in your program, neighborhood or emergencies. You can choose to have alerts go to your phone or email. Our goal is to stay in touch! So, please, take a moment and sign up for the notification system.

Use the QR code to
sign up

