



NES January 2025 Newsletter

Important Dates and Reminders

- **December 23rd - January 3rd** - No School - Winter Break (School Resumes Tuesday, January 7th)
- **January 6th** - No School for Students - Professional Development Day
- **January 13th** - School Board Meeting 6:30 p.m. @ the District Office
- **January 14th** - OMSI Science Family Night - 5:30-7:30 (more info below)
- **January 20th** - No School - Martin Luther King Day
- **January 31st** - No School for Preschool Only



Swim lessons will start for Honts, Christensen, and LeDoux's classes on January 7th.

- Honts - Tuesdays
- Christensen - Wednesdays
- LeDoux - Thursdays

OMSI is Coming to NES in January!

OMSI is coming the week of January 13-17. There will be a Family Science Fair Night on Tuesday, January 14th in the gym from 5:30-7:30 p.m. OMSI will fill 10 to 12 tables with science equipment and challenges guaranteed to thrill youngsters, perplex adults and offer an unforgettable science experience. OMSI will do chemistry demonstrations at 6:00 and 6:30 p.m. for families so make sure your visit overlaps one of those times!



Our PreK- Grade 2 students will also have an OMSI assembly that same week and our grade 3-5 students will be dissecting squid with OMSI. It's a week full of science fun!

Attendance Article from Mrs. Mills

Attendance Matters at NES!

Starting in January, we will have new, exciting rewards for students (and families!) who hit our goal of 90% attendance at school! For your student to qualify they will need to be here at school 90% of the days each month with no more than one tardy or early pick up per month. It's important for students to be at school to learn so we are making sure attendance is a priority.

The Impact of Attendance on Academic Achievement

Studies consistently show that students who attend school regularly perform better academically. Every school day introduces new concepts, skills, and opportunities to interact with peers and teachers. Missing even one day can create gaps in learning that may be difficult to bridge. Over time, these gaps can add up, making it harder for students to keep up with their peers.

Social and Emotional Growth

School is more than a place to learn math, reading, and science. It's a space where students develop critical life skills like teamwork, communication, and problem-solving. Regular attendance helps students build stronger relationships with their classmates and teachers, boosting their confidence and emotional well-being.

Building Good Habits

Attending school consistently helps students establish a routine and develop discipline—skills that will benefit them in higher education and the workforce. These habits of punctuality and responsibility are key to achieving long-term goals.

How You Can Help

Parents and guardians play a crucial role in fostering good attendance habits. Here's how you can help:

- **Set a Routine:** Establish a bedtime and morning routine that ensures students are well-rested and prepared for school.
- **Communicate:** Inform the school immediately if your child is sick or facing other challenges that affect attendance.
- **Stay Involved:** Encourage your child's enthusiasm for learning by discussing what they've learned and celebrating their accomplishments.

- Plan Ahead: Schedule vacations, appointments, and other commitments outside of school hours whenever possible.

Coming Late or Leaving Early Counts, Too!

Important learning happens throughout the whole school day. Be sure to be on time...or even early! Free breakfast is served daily at 7:40 a.m. or students can go to their classes or to the gym to interact with peers and their teacher. Kindergarten has Exploration Time where special stations are set up for independent play before school.

Leaving early means your child misses class closure activities and school work. Please make sure they stay until the end of the school day so they remain caught up and experience those end of day routines that are important for students.

NES Vision and Hearing Screenings

Hearing screenings will take place on Wednesday January 8th for K-3rd graders. Hearing screenings will be offered in coordination with the NWRESD (northwest regional education service district.) Results will be sent home to parents.

On Tuesday January 28th, 2025 Vision Screenings will be offered by the Lions Club for all students. These screenings occur each year as part of required Oregon school based health screenings. A follow up letter will be sent home within a few weeks of the screening if there are unexpected results or if your student needs a follow up screening with an eye doctor. We appreciate this opportunity offered by the Oregon Lions Sight and Hearing Foundation.

Thanks,
Denise
Neah-Kah-Nie Nurse

Reasons to keep me home from school and what needs to happen before I can return

What is my symptom?	When should I stay home?	When can I return to school?
Fever	I have had a fever of 100.4°F (38°C) or higher in the last 24 hours.	If I have been fever-free for 24 hours without the use of fever-reducing medication and I am feeling better.
Vomiting or diarrhea	If I have vomited 1 or more times in the last 24 hours. If I have had 3 loose or watery stools in a day or if I may not make it to the toilet in time.	If I did not vomit in the last 24 hours and I am able to drink liquids and eat food. If I have not had diarrhea in the last 24 hours.
New cough or trouble breathing	If I have a new or persistent cough that interferes with my ability to participate in school activities, difficulty breathing or trouble catching my breath.	Once I am feeling better and my symptoms are improving for at least 24 hours. If my symptoms were due to asthma, please make sure that I have permission to use a rescue inhaler at school.
Rash	If the rash is new and undiagnosed by a health-care provider, is increasing in size, is draining and cannot be completely covered, or if I develop a fever.	If my rash has healed or I have been cleared for return by my health-care provider and any draining rashes are completely covered.
Eye redness and drainage	If I have new and unexplained eye redness without drainage, fever, eye pain, eyelid redness or vision changes.	Once my eye symptoms have gone away or I have been cleared for return by my health-care provider.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local healthcare provider, or the school nurse.



Adapted from:



Motivos por los que debo quedarme en casa y no ir a la escuela y qué debe suceder para que pueda volver

¿Cuál es mi síntoma?	¿Cuándo debo quedarme en casa?	¿Cuándo puedo volver a la escuela?
Fiebre	He tenido fiebre de 100.4 °F (38 °C) o más en las últimas 24 horas.	Si he estado 24 horas sin fiebre sin utilizar medicamentos para reducir la fiebre y me siento mejor.
Vómitos o diarrea	Si he vomitado 1 o más veces en las últimas 24 horas. Si he tenido 3 heces blandas o acuosas en un día o si es posible que no llegue al baño a tiempo.	Si no he vomitado en las últimas 24 horas y puedo beber líquidos y consumir alimentos. Si no he tenido diarrea en las últimas 24 horas.
Nueva tos o dificultad para respirar	Si tengo una tos nueva o persistente que interfiere con mi capacidad para participar en las actividades escolares, dificultad para respirar o problemas para recuperar el aliento.	Una vez que me sienta mejor y mis síntomas mejoren durante al menos 24 horas. Si mis síntomas provocados por el asma, por favor, asegurarse de que tengo permiso para utilizar un inhalador de emergencia en la escuela.
Sarpullido	Si el sarpullido es nuevo y no ha sido diagnosticado por un proveedor de atención médica, aumenta de tamaño, supura y no puede cubrirse por completo, o si tengo fiebre.	Si el sarpullido se ha curado o mi proveedor de atención médica ha autorizado a que vuelva y cualquier sarpullido que supure esté completamente cubierto.
Enrojecimiento y secreción de los ojos	Si tengo enrojecimiento de los ojos nuevo e inexplicable con secreción, fiebre, dolor en los ojos, enrojecimiento de los párpados o cambios en la visión.	Una vez que los síntomas en mis ojos hayan desaparecido o mi proveedor de atención médica autorice a que vuelva.

Si no sabe si debe enviar a su hijo a la escuela o si tiene alguna duda específica sobre su salud, póngase en contacto con el proveedor de atención médica de su hijo, con un proveedor de atención médica local o con la enfermera escolar.



Adaptado de:



Flash Alert

Click on this link to sign up for Flash Alert. It is a good way to get emergency information about school delays and closures. Follow the steps below to sign up:

- View local news - Portland, Vancouver, Salem
- No. Ore. Coast Schools
- NKN School Dist.
- Subscribe with your email

[Flash Alert Sign Up](#)

Our Family Resource Center is in Need of Some Donations

If you're looking to clean out gently used clothing that your child/children outgrew, we're in need of the following items.....

- clothing
- shoes/boots
- coats

- swim suits and trunks

Preschool through 5th grade sizes would be greatly appreciated!

Donations can be dropped off at the office.



January Lunch Menu

JANUARY 2025 NEHALEM ELEMENTARY SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
		HAPPY NEW YEAR!! 1	2	3
PROFESSIONAL DEVELOPMENT NO SCHOOL 6	Breakfast Sandwich 7 Tacos	Strawberry Cr. Cheese Bagel 8 Mac & Cheese	Yogurt & Grahams 9 Hamburgers	Blueberry Muffin 10 Popcorn Chicken
French Toast 13 Corn Dogs	Breakfast Bar 14 Enchiladas	Cherry Strudel 15 Orange Chicken Over Rice	Pancake on a Stick 16 Chicken Burgers	Pumpkin Bread 17 Soup & Toasted Cheese Sandwich
MARTIN LUTHER KING DAY NO SCHOOL 20	Sausage & Biscuit 21 Nachos	Banana Bread 22 Crispy Chicken Drumsticks	Pancake Bites 23 Pizza Sticks	Oatmeal Rounds 24 Chicken Nuggets
Waffles 27 Teriyaki Chicken Over Rice	Breakfast Sandwich 28 Burritos	Strawberry Cr. Cheese Bagel 29 Spaghetti	Strawberry Smoothie 30 Tillamook Cheese Burger	Blueberry Muffin 31 Breakfast For Lunch

A variety of deli sandwiches are available daily as an option for lunch

A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole grain or whole wheat. GF options available. Fat-Free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.

"This institute is an equal opportunity provider"

Cafeteria

Dear Families,

At Nehalem Elementary, we are dedicated to promoting the health and well-being of our students. One important way we do this is by carefully selecting the foods and snacks we provide to avoid artificial colors and flavors whenever possible. Here's why and how we make these choices:

Why We Avoid Artificial Colors and Flavors

Artificial additives, such as synthetic dyes and flavoring agents, are often used to enhance the appearance and taste of food. However, research has raised concerns about their potential impact on children's health, including:

- **Behavioral and attention concerns:** Some studies suggest that artificial colors may contribute to hyperactivity in children.
- **Allergies and sensitivities:** Artificial additives can trigger allergic reactions or sensitivities in some individuals.
- **Long-term health:** By reducing exposure to artificial ingredients, we aim to encourage a lifelong habit of choosing wholesome, natural foods.

Our Approach to Nutritious School Meals

1. **Natural Ingredients First:** We prioritize snacks and meals made with natural ingredients, rich in nutrients and free from synthetic additives.
2. **Collaborating with Vendors:** Our food vendors are selected based on their commitment to high-quality, additive-free products.
3. **Transparency:** All ingredient lists for school-provided snacks and meals are reviewed to ensure compliance with our standards.

What You Can Do at Home

To support these efforts, we encourage families to:

- **Read Labels:** Look for snacks that use natural colorings (like beet juice or turmeric) and flavors derived from real fruits or spices.
- **Get Creative:** Experiment with colorful fruits and vegetables in your child's meals to make them visually appealing and nutrient-packed.
- **Talk About Health:** Discuss with your child why choosing natural foods is good for their bodies and minds.

We're proud to create a school environment that fosters healthy eating habits and supports our students' growth and learning. Thank you for joining us in this important mission! If you have any questions or suggestions, please reach out to our nutrition team at [email address].

With gratitude,

Kris Troutman

Food Service Director/Head Cook

Nehalem Elementary School

MISS JENNIFER

Happy New Year!

I hope you and your families have a restful winter break!

In January we will continue focusing on skills needed for learning.:

Listening, focus, respect, empathy, positive self talk to name a few.

Additionally, we will be covering our Child Protection Unit. Students

will learn about safe, unsafe, and unwanted touches, and rules

about touching private body parts. They'll also learn to say no to unsafe or unwanted touches, and

to tell an adult if someone breaks rules about touching private body parts. You should have

received an email with information about these lessons. If you have any questions or concerns

please let me know.



If you have any questions or concerns about your student feel free to contact me. You can also fill out a [counseling form espanol](#) to request a meeting.

Ms. Jennifer

503-355-3657

jenniferh@knksd.org

Mrs. Duer- PE

November/December in PE

Mrs. Duer

November/December Focus (Grades 3rd-5th):

- Throwing and Catching Skills
- Games Involving Throwing and Catching
- Floor Hockey Skills
- Floor Hockey Game Play
- Defining Components of Physical Fitness
- Physical Fitness Circuits and Games (strength exercises using bodyweight, flexibility exercises, and cardiovascular endurance activities)

November/December Focus (Grades PreK-2nd):

- Throwing and Catching Skills
- Games Involving Throwing and Catching
- Floor Hockey Skills
- Locomotor Skills (skipping, hopping, galloping, ect.)
- Basic Strength Exercises Using Bodyweight
- Tag Games

Students have also been enjoying a “Fun Friday” where they get to participate in their favorite activities or games. In January we will begin a unit involving balance, stunts, and tumbling. We will also be working on paddle skills.

Please make sure your child wears or brings tennis shoes every day. There have been a lot of minor falls lately due to improper footwear.



NCRD Youth

HELLO 2025! If you are in need of youth care, please reach out to us we have openings! We pick up your student(s) at Nehalem Elementary school at the end of each school day and are open until 5pm. Cost is \$6 a day per child. This includes a nutritious snack and a host of enrichment activities (outdoor play/walks, gym time, crafts, music, science, etc.) If interested, please reach out to Angie or Kiley at NCRD by phone, email, website, or just stop in. We offer full day childcare on non school days. We will be open January 2, 3, & 6. To preregister and prepay, contact the Welcome Center. Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD, who support families in need through various fundraisers throughout the year. Please let any youth center staff or the Welcome Center know if this is a need, and we will get you a scholarship application.

-Youth Sports-

If you have not registered for Basketball, there is still time. Registration is open and the season will begin January 13 – February 26. We will be at the NES gym beginning at 4:30 – 5:30 pm on Monday's and Wednesday's. Hope to see you there. We are in need of coaches, please let me know if you are available no experience needed. angiet@ncrdnehallem.org kileyk@ncrdnehallem.org

NCRD Aquatics Center

The NCRD Aquatic Department would like to acknowledge the supreme achievement made by 19 fourth and fifth grade students who chose to participate on December 12, 2024, in the NCRD/NES annual Swim Challenge. This event of swimming lengths of the pool without stopping for a maximum time of one hour symbolizes a tradition at NES and allows participating swimmers to attain their goal and walk away with a sense of accomplishment and personal satisfaction.

Kudos to the following students:

Aidan Chavolla, Tavish Ware, Valerie Misner, Alex Wilson, Adalynn Certain, Emily Denning, Hunter Gores, Norma Holloway, Odis Tierson, Pierce Houser, Emerson Duncan, Aurora Gardner, Emma Melton, Aerith Mulcahy-Hill, Reese Bachmann, Izzy Lakey, Miley Vandecoevering, Cydney Massender, Cece Whittle.

As a group they swam 907 lengths which equals 12.5 miles!!

BRAVO!! Awesome Job Swimmers!

FRIDAY NIGHT FAMILY SWIM RESUMES AFTER CHRISTMAS BREAK

FIRST FRIDAY NIGHT IS JANUARY 10, 2025.

Time: 6pm---7:30pm

Price: \$2 per student \$18 (10x pass) \$6 adult \$50 (10x pass).

Adult(s) please accompany your children Not mandatory that adults must get in the pool unless child is 5 years and under

Questions:pool#1-855-444-6273

e-mail: suedg@ncrdnehallem.org

NCRD Nehalem Pool closed December 21---January 5, 2025. Opens: January 6, 2025.

Wednesday Water Play is on hold Winter Term 2025....Start date TBD.



AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

Tuesdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>
Wednesdays <small>Counseling appointments only</small>	8:30 am – 12:30 pm / 1:30 – 4:30 pm <i>(Closed for lunch 12:30 - 1:30 pm)</i>
Thursdays	8:30 am – 12:00 pm / 1:00 – 4:30 pm <i>(Closed for lunch 12:00 - 1:00 pm)</i>

SERVICES AVAILABLE:

NKN Student Health & Wellness Center offers various medical services, including:

Regular check-ups	Dental screenings
Sports physicals	Blood-pressure screenings
Care for illness and injury	Health education
Immunizations	Counseling
Routine lab tests	Wellness opportunities
Prescription medications	Referrals for other medical services (Dental, X-rays, MRIs, Specialty)
Age-appropriate reproductive health	
Vision screenings	

Learn more at: NKNHealth.org

NKN Student Health & Wellness Center | Telephone: 503-355-3500 | Fax: 844-720-1901



EN LA SECUNDARIA NEAH-KAH-NIE

HORARIOS:

Martes

8:30 am – 12:00 pm / 1:00 – 4:30 pm
(Cerrado para almorzar de 12:00 a 1:00 p. m.)

Miércoles

Citas de consejería solamente

8:30 am – 12:30 pm / 1:30 – 4:30 pm
(Cerrado para almorzar de 12:30 a 1:30 p. m.)

Jueves

8:30 am – 12:00 pm / 1:00 – 4:30 pm
(Cerrado para almorzar de 12:00 a 1:00 pm)

SERVICIOS DISPONIBLES:

El Centro de Salud y Bienestar para los estudiantes de NKN ofrece varios servicios médicos, inclusive:

Controles regulares	Estudios dentales
Exámenes físicos para deporte	Estudios de presión arterial
Atención de enfermedades y lesiones	Educación de salud
Vacunas	Asesoría
Análisis de laboratorio de rutina	Oportunidades de bienestar
Medicamentos de receta	Remisiones para otros servicios médicos (Dental, radiografías, resonancias magnéticas, especialistas)
Salud reproductiva adecuada a la edad	
Estudios de visión	

Conozca más en: NKNHealth.org

NKN Student Health & Wellness Center | Teléfono: 503-355-3500 | Fax: 844-720-1901

NKN District Job Openings

Click button to access and apply for open positions.

The school district is also in need of qualified substitutes in all areas.

See below for ESS link to become a substitute.

**SUPPORT OUR
SCHOOLS!**

**Become an ESS
Substitute**



**SCAN
ME TO
GET
STARTED!**



Amy Cram

Amy is using Smore to create beautiful newsletters