

The Howler

Garibaldi Grade School | Newsletter



November 2022

Hello, GGS Families! We have just wrapped up Fall 2022 Parent-Teacher Conferences. Thank you for taking the time to meet and work with your student's teacher to help create the best learning experience together.

We had 95% of our families attending over the conferences! If you were unable to meet, please let us know and we can work on a time to meet.

Important No School Days and Reminders

Friday, November 11 - Veteran's Day Holiday | No School

Sunday, November 6 - Daylight Savings | Set clocks back one hour

Wed, Nov. 23 - Friday, Nov. 25 - Thanksgiving Holiday - No School

Friday, December 2 - Grade Day | No School



November's Characteristic is Responsibility

Each month, GGS focuses on a personal characteristic and teaches it to our students.

Our focus for the month of November is responsibility. Students who demonstrate being responsible are responsible for their actions and words. They clean up after themselves, keep trying and always try their best. They think before they act and consider the consequences.

At the end of the month we will be handing out three awards in each class, two for students who were demonstrating being responsible, and one Pride of the Pack award focused on perseverance. Please talk with your child(ren) around the conversations they are having at school on being responsible.

Ms. H's Counseling Corner

This month my classroom social skills lessons have been focusing on our Wise Wolf Ways. We have been working on identifying the size of our problem and how our reaction should match the size of our problem. We talked about how the small problems feel like big problems because we are experiencing strong emotions.



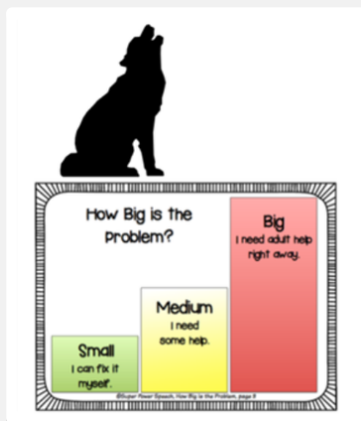
We have been practicing using our breathing tool to give us a 3 to 5 second pause to help us respond to any problem instead of react. Here's an idea of how to incorporate breathing exercises in your home:

Breathing Dots: Cut out baseball size paper circles, however creative you want them to be and write the word **BREATHE** on them. Together with your kids, place (tape) them around the house in areas where you really like to breathe or in places where you need to be reminded to breathe. Each Toolbox Tool needs to be an invitation, not a demand... so Breathing Dots are really helpful as a kind reminder.

We have been practicing using our words tool to "talk to our brain." By using this tool, we can use our positive self-talk to help us remain calm. I told the students to think of a quick phrase they can practice so if they find themselves dealing with a strong emotion they will have a phrase ready to use. We have been practicing telling ourselves, "It's Okay," and "I can handle this."

Our words can also be used to let people know how we are feeling to help us solve our problems. Here's an idea of how to use the words tool at home:

Helpful/Hurtful Word List: Create a family list of helpful/hurtful words. Ask "what words make us feel good and are good to know? And "what words would make us feel sad/upset and would be hard to hear?" You can put your poster up in a common area to help remind everyone the impact of their words and to encourage family to use helpful words.



Wise Wolf Way #2
Size of the Problem

Small Problem - I can use my tools.
Medium Problem - Takes some effort, brainstorm, no danger, ask for help
Big Problem - Emergency, someone is being unsafe, needs to be taken care of immediately, GET HELP!

Mark Your Calendars - GGS's Winter Concert!

Join us for GGS's Winter Concert on December 8th from 6:30-7:30pm. More information to come!

GGs's Book Fair is Coming!

It's almost time again for GGS's Scholastic Book Fair...so mark your calendars!

The Book Fair will run from Monday, December 5 through Friday, December 9, during student's

Do you want to help and volunteer during the Book Fair? Make sure you have your Volunteer Application filled out and approved before the Fair begins. Please contact the Library by calling 503.322.0311 or by emailing theresam@nknsd.org, should you have any questions or concerns.

2022-23 Statewide Assessments, 3rd-5th Grades

Every year we need to notify families of the Statewide Assessments that will be happening. Please view the annual notice link: https://www.oregon.gov/ode/educator-resources/assessment/Documents/Annual_Notice_English.pdf

Free, High-Speed Internet

Millions of families can now get free, high-speed internet through the Affordable Connectivity Program by signing up at [Get Internet \(www.getinternet.gov\)](http://www.getinternet.gov).

NKN School Board Meetings

Monday, November 14th, 6:30pm

This is a monthly meeting of our school Board. Meeting takes place at our Rockaway Beach School District Office or through Zoom. You can access this meeting through our district website (www.nknsd.org) under "School Board" and then "Board Meetings".

Are you interested in a flexible work schedule?

Sign up to be a classified or certified substitute at any of our schools. Neah-Kah-Nie School District has contracted with ESS for our substitute services. To become a substitute for the District please go to ESS.com, click on the Job Seeker tab and type in Neah-Kah-Nie School District to begin the application process. If you have questions about the application process, or becoming a substitute, please contact ABrueske@ess.com or our Human Resources office at 503-355-3506

At a Glance: Menstrual Dignity for Students

A one page companion to the [Menstrual Dignity for Students Toolkit](#)



The Menstrual Dignity Act ([HB 3294](#), 2021) created the requirement for education providers to provide free menstrual products for all students in all public school buildings in Oregon.

Menstrual Dignity for Students means that all menstruating students, regardless of gender, age, ability, socioeconomic status have the opportunity for safe, dignified self-care. This program offers an antidote to the common narratives that say menstruation is something deserving of embarrassment and shame.

The Four Pillars of Menstrual Dignity

Privacy	Inclusivity	Access	Education
<ul style="list-style-type: none">• Space• Autonomy• Personal safety	<ul style="list-style-type: none">• Cultural responsiveness• Gender affirming	<ul style="list-style-type: none">• For students of all abilities & languages• Options & choice	<ul style="list-style-type: none">• Menstrual health• Instructions• Without shame

Menstrual Dignity for Students Oregon Administrative Rules

- I. [OAR 581-021-0587](#) Menstrual Dignity for Students: Definitions
- II. [OAR 581-021-0590](#) Menstrual Dignity for Students: Requirements
- III. [OAR 581-021-0593](#) Menstrual Dignity for Students: Education
- IV. [OAR 581-021-0596](#) Menstrual Dignity for Students: Reimbursement Program

Program Requirements

Products and dispensers must be provided in a **safe, private, accessible, and gender-affirming** manner. Schools should plan program details, including **dispenser selection, product variety, and placement**.

Education must cover menstrual health as a **positive** part of being human, without shame, and that is **affirming and accessible for all students of all genders**. Instructions must be available in bathrooms.

Recommendations for Program Implementation

- **Staff engagement and training:** Create a core team, communicate key messages, and train staff
- **Student and youth engagement:** Understand and elevate student voices and needs
- **Family and community engagement:** Be transparent and available for families

Reimbursement Program

School districts, ESDs, charter schools, and consortia can receive funding. See the [2021-2022 funding calculator](#). Educational providers or consortia will complete the [Reimbursement Form](#) on a rolling basis and can claim funds on the Electronic Grant Management System (EGMS).

For information about the **Menstrual Dignity for Students Program**, please visit the Oregon Department of Education [website](#) or email ode.menstrual-dignity@state.or.us. **November 2021**

There's still time to get your Child Tax Credit, stimulus & other federal money!

Apply even if you have no income or low income and don't usually file taxes!

What could I get?

- Up to \$3,600 per child with the 2021 Child Tax Credit.
- Any missed stimulus payments for you and your children/dependents - up to \$1,400 per person
- Other payments if you had earnings last year



Am I eligible?

You could be eligible even if you have low or no income or don't usually file taxes. More people are eligible to get this money than in other years. Sign up if you have not already filed a 2021 tax return.

How do I get this money?

It's easy to apply!

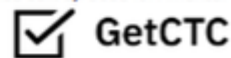
Sign up by November 15th with a simple form at: GetCTC.org

Does this money count as income for benefits I get?

This money does not count as income for most benefits, like SNAP, WIC, TANF, MEDICAID, CHIP, SSI and most types of public and subsidized housing. You can get the tax payments and still get these benefits.

GetCTC.org is a non-profit service built by Code for America.

Sign up by November 15:



Garibaldi Grade School

📍 604 Cypress Avenue, Garibaldi, ...
✉️ lisas@nknsd.org
☎️ 503-322-0311
🌐 nknsd.org

Boletín informativo de GGS Howler - Howler noviembre

¡Hola, familias de GGS! Acabamos de concluir las conferencias de padres y maestros de otoño de 2022. Gracias por tomarse el tiempo para conocer y trabajar con el maestro de su estudiante para ayudar a crear juntos la mejor experiencia de aprendizaje.

¡Tuvimos el 95% de nuestras familias asistiendo a las conferencias! Si no pudo reunirse, háganoslo saber y podemos trabajar en un horario para reunirnos.

Importantes días sin clases y recordatorios

Viernes, 11 de noviembre - Feriado del Día de los Veteranos |sin clases

, 6 de noviembre - Horario de verano | Retrasar los relojes una hora

Miércoles 23 de noviembre - Viernes 25 de noviembre - Día festivo de Acción de Gracias - No hay clases

Viernes 2 de diciembre - Día de calificaciones | No hay clases

La característica de noviembre es la responsabilidad

Nuestro enfoque para el mes de noviembre es la responsabilidad. Los estudiantes que demuestran ser responsables son responsables de sus acciones y palabras. Limpian después de sí mismos, siguen intentándolo y siempre dan lo mejor de sí mismos. Piensan antes de actuar y consideran las consecuencias.

Al final del mes estaremos entregando tres premios en cada clase, dos para los estudiantes que demostraron ser responsables y un premio Pride of the Pack enfocado en la perseverancia. Hable con su(s) hijo(s) sobre las conversaciones que están teniendo en la escuela sobre ser responsables.

El Rincón de Consejería de la Sra. H

Este mes, mis lecciones de habilidades sociales en el salón de clases se han enfocado en nuestras Maneras Sabias del Lobo. Hemos estado trabajando para identificar el tamaño de nuestro problema y cómo nuestra reacción debe coincidir con el tamaño de nuestro problema. Hablamos de cómo los pequeños problemas se sienten como grandes problemas porque estamos experimentando emociones fuertes.

Hemos estado practicando el uso de nuestra herramienta de respiración para darnos una pausa de 3 a 5 segundos que nos ayude a responder a cualquier problema en lugar de reaccionar. He aquí una idea de cómo incorporar ejercicios de respiración en su hogar:

Puntos de respiración: Recorte círculos de papel del tamaño de una pelota de béisbol, por muy creativos que quiera que sean, y escriba la palabra **BREATHE** en ellos. Junto con sus hijos, colóquelos (péguelos) alrededor de la casa en áreas donde realmente le gusta respirar o en lugares donde necesita que le recuerden respirar. Cada Toolbox Tool debe ser una invitación, no una demanda... por lo que los Puntos de Respiración son realmente útiles como un amable recordatorio.

Hemos estado practicando el uso de nuestra herramienta de palabras para "hablar con nuestro cerebro". Al usar esta herramienta, podemos usar nuestro diálogo interno positivo para ayudarnos a mantener la calma. Les dije a los estudiantes que pensarán en una frase rápida que pudieran practicar para que, si se encuentran lidiando con una emoción fuerte, tengan una frase lista para usar. Hemos estado practicando decirnos a nosotros mismos: "Está bien" y "Puedo manejar esto".

Nuestras palabras también se pueden usar para que las personas sepan cómo nos sentimos y nos ayuden a resolver nuestros problemas. He aquí una idea de cómo usar la herramienta de palabras en casa:

Lista de palabras útiles/hirientes: Cree una lista familiar de palabras útiles/hirientes. Pregunte "¿qué palabras nos hacen sentir bien y es bueno saberlas? Y "¿qué palabras nos harían sentir tristes/molestos y serían difíciles de escuchar?" Puede colocar su póster en un área común para ayudar a recordar a todos el impacto de sus palabras y alentar a la familia a usar palabras útiles.

¡Marque sus calendarios - Concierto de invierno de GGS!

Únase a nosotros para el concierto de invierno de GGS el 8 de diciembre de 6:30 p. m. a 7:30 p. m. Más información por venir!

¡Se acerca la Feria del Libro de GGS!

Es casi la hora de la Feria del Libro Scholastic de GGS... ¡así que marque sus calendarios!

La Feria del Libro se llevará a cabo desde el lunes 5 de diciembre hasta el viernes 9 de diciembre, durante los días regulares de biblioteca de los estudiantes. Además, la Feria estará abierta durante el Concierto de Invierno, previsto para el 8 de diciembre.

¿Quieres ayudar y ser voluntario durante la Feria del Libro? Asegúrese de completar y aprobar su Solicitud de Voluntario antes de que comience la Feria. Comuníquese con la Biblioteca llamando al 503.322.0311 o enviando un correo electrónico a theresam@nknsd.org, si tiene alguna pregunta o inquietud.

Evaluaciones estatales 2022-23, grados 3 a 5

Todos los años debemos notificar a las familias sobre las evaluaciones estatales que se realizarán. Consulte el enlace del aviso anual: <https://www.oregon.gov/ode/educator->

Internet de alta velocidad gratis

Millones de familias ahora pueden obtener Internet de alta velocidad gratis a través del Programa de Conectividad Asequible registrándose en [Get Internet \(www.getinternet.gov\)](http://www.getinternet.gov).

Reuniones de la Junta Escolar de NKN

Lunes, 14 de noviembre, 6:30 pm

Esta es una reunión mensual de nuestra Junta Escolar. La reunión se lleva a cabo en nuestra Oficina del Distrito Escolar de Rockaway Beach o a través de Zoom. Puede acceder a esta reunión a través del sitio web de nuestro distrito (www.nknsd.org) en "Consejo Escolar" y luego en "Reuniones del Consejo".

¿Está interesado en un horario de trabajo flexible?

Regístrese para ser un sustituto clasificado o certificado en cualquiera de nuestras escuelas. El distrito escolar de Neah-Kah-Nie ha contratado a ESS para nuestros servicios sustitutos. Para convertirse en un sustituto del Distrito, vaya a ESS.com, haga clic en la pestaña Job Seeker y escriba Neah-Kah-Nie School District para comenzar el proceso de solicitud. Si tiene preguntas sobre el proceso de solicitud o sobre convertirse en un sustituto, comuníquese con ABrueske@ess.com o con nuestra oficina de Recursos Humanos al 503-355-3506

