

October Newsletter

Madeline Mersereau • a few seconds ago • Wednesday, Sep 30 at 1:29 PM • **Nehalem Elementary School**



Nehalem Elementary School

October Newsletter

SEPTEMBER 30, 2026



Happy Autumn Students and Parents!

Fall has arrived at the Oregon Coast and with the beginning of the season comes our school's October edition of the Nehalem Elementary School Newsletter. We're excited to share the latest happenings and updates from our school community to keep you informed and engaged.

Upcoming Events

Please mark your calendars for the following events happening in October:

- October 1st - Good News Club Begins
- October 12th - School Board Meeting, 5:30 p.m. @ District Office or by Zoom
- October 26th - Professional Development Day - NO SCHOOL
- October 28th - Picture Retake Day
- October 30th - Annual Harvest and Costume Parade
- October 30th - Parent Council Costume Bingo
- November 4th - Parent-Teacher Conferences
- November 5th - Parent-Teacher Conferences - NO SCHOOL
- November 6th - Parent-Teacher Conferences - NO SCHOOL



**MARK YOUR
CALENDAR**



Important Reminders

Parking

Parking in the back of the building is for staff only. Please note, our playground and field are available for parents and students to access only after 5:00 p.m. on school days, as it is used daily by the NCRD for programming.

Schedule Changes

Please make sure you call the office at (503) 355-3650 or send a message to the front office via ParentSquare by 2:00 p.m. if you need to make a change to your child's dismissal schedule.

Academic Corner

PE with Mrs. Duer

It has been a great start to the school year in the gym! Please see below to find out what we've been working on.

2nd-5th Grade Focus for September:

- Teamwork and Cooperation Games
- Recess Game Rules/Game Play (Wall Ball, 4 Square, Gaga Ball)
- Soccer Skills

Kindergarten-1st Grade Focus for September:

- Following Directions/Learning Rules
- Simple Tag Games
- Locomotor Movements (skipping, galloping, ect.)
- Introduction to Soccer Skills

We will be working on throwing and catching as well as basic volleying/volleyball skills in the month of October. Please make sure your child wears or brings tennis shoes every day.



Parent-Teacher Conferences

Parent-Teacher Conferences are scheduled for the following:

- Wednesday, November 4th from 4:00 p.m.-8:00 p.m. (except Henderson & McCoy)
- Thursday, November 5th from 8:00 a.m.-7:30 p.m.
- Friday, November 6th from 7:30 a.m.-3:30 p.m. (Henderson & McCoy only)

Parent-Teacher Conferences will be scheduled directly with your child's teacher through the ParentSquare app. If the school has reached out to you and scheduled your conference, you do not need to schedule or re-schedule on ParentSquare.

****THERE IS NO SCHOOL THURSDAY, NOV. 5th and FRIDAY, NOV. 6th****

Class Birthday Celebrations

We love to have parents help celebrate their student's birthday! Please pre-arrange all birthday celebratory treats and delivery with your child's teacher. As you may know, we try and maintain a nut-free school and observe dietary allergies, so check to see if there are any in the class before you bring treats. Please note that all treats have to be store-bought or made in a commercial kitchen.



Nehalem Elementary School Family/School Compact

Staff Promise	● Know every student by name, strength and need. ● Encourage every student to do their best and grow to their full potential. ● Problem solve by working with students and families to support learning and achievement. ● Engage in 2-way communication between caregivers and staff to enhance home-school partnership. ● Foster a learning community that respects all cultures, languages and differences.
Family Promise	● Help my student attend school on time each day. ● Discuss school work with my student to support learning. ● Engage in 2-way communication with school staff. ● Encourage my student's efforts and positive behaviors. ● Respect all cultures, languages and differences.
Student Promise	● Get to school daily and on time. ● Be ready to learn. ● Try my best in everything I do. ● Discuss school-work with my grownup to support my learning. ● Practice self-care and respect for others. ● Respect all cultures, languages and differences.



Escuela Primaria Nehalem Escuela Compacto familia/escuela

Promesa del personal	• Conozca a cada estudiante por su nombre, fortaleza y necesidad. • Anime a cada estudiante a hacer lo mejor que pueda y alcanzar su máximo potencial. • Resolver problemas trabajando con estudiantes y familias para apoyar el aprendizaje y los logros. • Participar en una comunicación bidireccional entre los cuidadores y el personal para mejorar la asociación entre el hogar y la escuela. • Fomentar una comunidad de aprendizaje que respete todas las culturas, idiomas y diferencias.
Promesa familiar	• Ayudar a mi estudiante a asistir a la escuela a tiempo todos los días. • Hablar sobre el trabajo escolar con mi estudiante para apoyar el aprendizaje. • Participar en comunicación bidireccional con el personal de la escuela. • Fomentar los esfuerzos y comportamientos positivos de mi estudiante. • Respetar todas las culturas, idiomas y diferencias.
Promesa estudiantil	• Llegar a la escuela todos los días y a tiempo. • Prepararse para aprender. • Dar lo mejor de mí en todo lo que hago. • Hablar sobre el trabajo escolar con mi adulto para apoyar mi aprendizaje. • Practicar el cuidado personal y el respeto por los demás. • Respetar todas las culturas, idiomas y diferencias.

NES PreK-5 Annual Harvest and Costume Parade



Who:

Nehalem Elementary PreK-5 students and staff (176 students, 25 staff). (Our preschool is joining us with their families this year!)

When:

Friday, October 30 -Classes will be leaving the NES parking lot at **1:45 p.m.**

Where:

Downtown Nehalem: Classes will parade from school down 8th Street to B street to 7th street and then cross Hwy 101 at the blinking light. Students will walk down one side of Hwy 101, cross Hwy 101 at Nehalem Food Mart and then continue back on Hwy 101 on the other side of the street and then head back to school. Merchants who wish to participate are encouraged to be out on the sidewalk with store-bought candy or other packaged treats for students to walk by and collect. Giving pencils or stickers is always appreciated, too! **Nut-free is preferred due to allergies in our primary grades!**

***Rainy day back up plan: Students will be parading around the gym! Merchants and parents: If it rains, please come join us here on campus in the gym! (Unless it's REALLY, REALLY raining, the parade is happening OUTSIDE!!! ☺) We will make a final decision by

1:20 p.m.!

Why:

To celebrate fall, to connect our school to our community and to have some fun while participating in this Nehalem Elementary School tradition.

What should students wear?

Students usually wear either fall colored clothing (orange & black or yellow, red, orange & brown) or costumes. Costumes MAY NOT be worn to school as students will have time to change before the parade. Costumes must be appropriate for school....please no revealing costumes, no gory costumes or weapons of any kind and please, **please make sure the costume can be put on by your child by him or herself, and go over their school clothes- we will not have time to allow students to individually change clothes in the bathrooms.** ☺ Staff will not be able to fix hair or face makeup for costumes. Easy is the name of the game!

What about Harvest parties at school before or after the parade?

Your child's teacher will get information out to families if a party is happening-stay tuned!

What do we need help with?

We'd love to have families along the parade route to cheer us on as we cruise the downtown area! Come meet us there to see the fun! Your child's teacher may contact families to ask for volunteers, especially for our primary grades-again, stay tuned!

What about families who do not want their student(s) to participate?

We are planning an alternative activity at school for students who won't be participating. The activity is yet to be determined, but will probably include games, read aloud books or a short video. Please let your child's teacher know TWO DAYS BEFORE THE PARADE if you prefer your child to remain at school and not be in the parade.



NES anual de la cosecha y disfraces para preescolares y quinto grado

OMS:

Estudiantes y personal de PreK-5 de la escuela primaria Nehalem (176 estudiantes, 25 personal). (¡Nuestro preescolar se une a nosotros con sus familias este año!)

Cuando:

Viernes 30 de octubre-Clases Saldrá del estacionamiento de NES a las 1:**45p.m.**

Dónde:

Centro de Nehalem: Las clases desfilarán desde la escuela hasta la calle 8elCalle a calle B a 7elLos estudiantes caminarán por un lado de la carretera 101, la cruzarán en Nehalem Food Mart y luego continuarán por la carretera 101 al otro lado de la calle para luego regresar a la escuela. Se anima a los comerciantes que deseen participar a estar en la acera con dulces u otros artículos comprados.empaquetadoGolosinas para que los estudiantes pasen y recojan. **¡También se agradecen lápices o pegatinas!- gratis es ¡Preferido por alergias!**

***Plan de contingencia para días lluviosos: ¡Los estudiantes desfilarán por el gimnasio!

Comerciantes y padres: Si llueve, ¡acompañennos aquí en el gimnasio del campus! (A menos que llueva MUCHO, MUCHO, ¡el desfile será AFUERA! ☺) Tomaremos una decisión final antes de...

1:20 horas!

Por qué:

Para celebrar el otoño, conectar nuestra escuela con nuestra comunidad y divertirnos mientras participamos en esta tradición de la Escuela Primaria Nehalem.

¿Qué deben vestir los estudiantes?

Los estudiantes suelen usar ropa de colores otoñales (naranja y negro o amarillo, rojo, naranja y marrón) o disfraces. NO SE PUEDE usar disfraces en la escuela, ya que los estudiantes tendrán tiempo para cambiarse antes del desfile. Los disfraces deben ser apropiados para la escuela... Por favor, no se permiten disfraces reveladores, ni disfraces sangrientos, ni armas de ningún tipo.**Por favor, asegúrese de que su hijo pueda ponerse el disfraz por sí solo y vaya Ver su ropa escolar: no tendremos tiempo para permitir que los estudiantes se cambien de ropa individualmente en los baños..** ☺ El personal no podrá peinar ni maquillar los disfraces. ¡La clave está en lo fácil!

¿Qué pasa con las fiestas de la cosecha en la escuela antes o después del desfile?

El maestro de su hijo enviará información a las familias si se llevará a cabo una fiesta. ¡Estén atentos!

¿En qué necesitamos ayuda?

Nos encantaría tener familias a lo largo la ruta del desfile hacia Anís manosiMientras recorremos el centro! ¡Ven a vernos allí para disfrutar de la diversión! Tu hijo El maestro

puede comunicarse con las familias para solicitar voluntarios, especialmente para nuestros grados primarios. ¡Nuevamente, permanezcan atentos!

¿Qué pasa con las familias que no quieren que sus estudiantes participen?

Estamos planeando una actividad alternativa en la escuela para los alumnos que no participarán. La actividad aún no se ha determinado, pero probablemente incluirá juegos, lecturas de libros en voz alta o un video corto. Por favor, informe al maestro de su hijo. **DOS DÍAS ANTES DEL DESFILE** Si prefiere que su hijo permanezca en la escuela y no esté en el desfile.

Picture Retake Day

School picture retake day is Wednesday, October 28th.
Additional Lifetouch Picture Day order forms are available at the NES Office.





Ms. Jennifer's School Counseling Office

503-355-3657/ jenniferh@nknsd.org

Happy October!

In September, our students dove into essential "Skills for Learning," starting with how our brains handle big emotions. We introduced the concept of the **Upstairs Brain** (our thinking and executive state) and the **Downstairs Brain** (our emotional and survival state). Students practiced recognizing their feelings and tuning into whether an emotion feels comfortable or uncomfortable. To help us return to our Upstairs Brain when feelings get overwhelming, we reviewed our **Breathing Tool**—a powerful strategy for self-regulation that helps everyone stay ready to learn and be a great friend.

In October, we are diving into student safety using the *Second Step* Child Protection Unit. Our first two lessons will focus on foundational safety guidelines: the "Never-Never Rules" and the "Always Ask First Rule." Later in the month, we'll review *Kelso's Choices*, helping students learn how to gauge the size of a problem and practice positive conflict-resolution skills.

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.

Mrs. Kris' Cafeteria Corner

OCTOBER 2026 NEHALEM ELEMENTARY					Fresh Fruits and Veggies Daily Whole Grain Pasta and Bread Fat-Free, 1%, and Whole Milk	
Monday	Tuesday	Wednesday	Thursday	Friday		
			Blueberry Muffins 1 Chicken Burgers	Breakfast Sandwiches 2 Soup & Grilled Cheese Sandwiches		
French Toast 5 Mac & Cheese	Yogurt & Biscuits 6 Chicken & Cheese Quesadillas	Pancake on a Stick 7 Enchilada Casserole	Breakfast Bagels 8 Rib-B-Que's	Waffles 9 Fish & Chips		
Pancakes 12 Cheesy Breadsticks & Marinara	Breakfast Pizza 13 Burritos & Mexican Rice	Pumpkin Bread 14 Spaghetti	Cream Cheese Bagels 15 Cheeseburgers	Breakfast Bars 16 Hot Dogs & Baked Beans		
Sausage & Biscuits 19 Corn Dogs	Breakfast Burritos 20 Enchiladas	Banana Bread 21 Tater Tot Casserole	Breakfast Sandwiches 22 Chicken Strip Basket	Oatmeal Rounds 23 Breakfast For Lunch		
PROFESSIONAL DEVELOPMENT NO SCHOOL 26	Yogurt & Eng. Muffins 27 Street Corn Tacos	Pancake on a Stick 28 Lasagna	Breakfast Bagels 29 Crispy Chicken Drumsticks	Waffles 30 Candy Corn Pizza		

Sandwiches or Hand-Crafted Salads are an option daily for lunch.
Join us in celebrating "National School Lunch Week" October 12-16!!
"This institute is an equal opportunity provider"

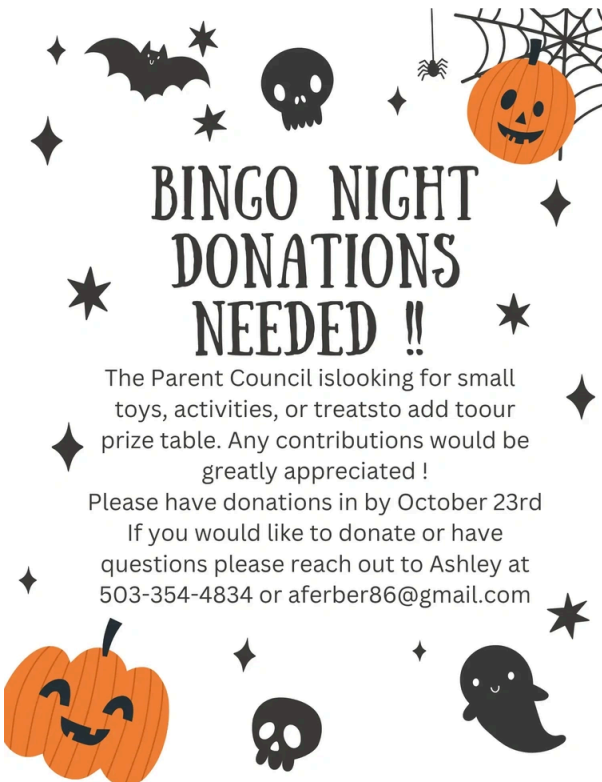


Step right up and celebrate **National School Lunch Week 2026!** This year's Cafeteria Circus theme shines a spotlight on the creativity, teamwork, and dedication that make school meals a daily success. Explore promotional materials, activity ideas, marketing resources, and more to bring the excitement of the big top to your school community.



The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.

Nehalem Elementary Parent Council



Health Room Hub

Dental Care Workshop for Caregivers



**OCT.23
4 PM**

RSVP
to Join us, Friday,
October 23rd at 4:00
PM

- Build healthy brushing habits
- Learn simple ways to prevent cavities
- Discover tips for choosing the right dental tools
- Learn how food, drinks & daily habits affect your oral health



NEHALEM BAY
HEALTH CENTER & PHARMACY
COMPASSIONATE COMMUNITY CARE

**RSVP mabben@nehalembayhealth.org or call
1-800-368-5182 Ext.135**

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your healthcare provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
	*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
 New cough illness	*Symptoms improving for 24 hours (no cough or cough is well-controlled).
 New difficulty breathing	*Symptoms improving for 24 hours (breathing comfortably). Urgent medical care may be needed.
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptoms improving for 24 hours (no more than two bowel movements more than normal and no longer having accidents) with orders from doctor to school nurse.
 Vomiting: two or more episodes that are unexplained	*Symptom-free for 24 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. Urgent medical care may be needed.
Skin rash or open sores	*Symptom free, which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free, which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free, which means return to normal behavior OR with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.



NCRD Youth Center

Hi Students and Families! We are excited to have you back in school and hope your fall is going well! Halloween is just around the corner, what will you be? The NCRD cannot wait to see all the costumes.

Youth Care

The NCRD provides a youth after school care program for students. If your family is in need of care, please reach out to us as soon as possible. The aftercare program begins each afternoon by a member of our staff picking up your student(s) at Nehalem Elementary School at the end of each school day and ends when a parent or guardian picks up the child(ren). Please pick up your children no later than 5 PM. Our program provides a nutritious snack and a host of enrichment activities including, but not limited to, outdoor play and walks, gym time, crafts, music, and science projects. The cost of the program is \$10 per day, per child (for in-district families), and monthly payment options are available.

The NCRD also offers full-day care on most "No School Days" but are closed national holidays. The "No School Day" in October is Monday, October 26, 2026. At this time, we are not accepting drop-in students, but we hope to have that available at a later date. "No School Days" are \$20 per day, per child.

If you'd like to register for any of our care programs, please contact Angie at the NCRD via email at angiet@ncrdnehallem.org or contact the Welcome Center at (855) 444-6273. Pre-registration and pre-payment are available at the NCRD's Welcome Center or by logging on to your NCRD Sportsman account.

Scholarship applications are available upon request. Scholarships for students are funded through the Friends of NCRD, a program aimed at supporting families in need through various fundraisers throughout the year. Please let any Youth Center staff or the Welcome Center know if one is needed and a member of our team will provide you with an application.

Youth Sports

The NCRD Fall Soccer program is in full swing! As a reminder, the soccer season runs until October 22nd.

Volunteer & Visitor Corner

We love having student's family members visit and volunteer at Nehalem Elementary School! If you wish to volunteer or visit at Nehalem Elementary School, you must complete the District Volunteer Application form. Please complete and turn into the NES front desk as soon as possible as the review process can take up to several weeks to complete (especially at the beginning of the year). A copy of the Volunteer Application will be sent home in your student's new school year packet and a link to the form is below.

<https://nknsd.org/wp-content/uploads/2023/08/Volunteer-Application-Rev-07312023.pdf>

If you are an existing volunteer and wish to continue volunteering this school year, please complete the new online safety training and video.

Any questions or concerns? Please contact the office or Beanna Goodman at the District Office at (503)355-3502.



Now Hiring
Licensed Substitute Teachers & Classified Substitutes

ESS has exciting substitute opportunities everyday at **Neah-Kah-NieSchoolDistrict**. Wouldn't it be great to work a flexible schedule without working nights, weekends, or holidays? You can work the same hours that your kids go to school, access health and 401(k) benefits, and enjoy weekly pay and bonus programs.

Becoming a substitute is a meaningful way to give back to your community and earn extra income in the process. Even if you are new to substituting, we will provide extensive training to ensure you are classroom-ready.

Help us spread the word to anyone you know who may be interested in working as a substitute!

Apply Now! **ESS.com**

866.208.7454 | HRWest@ESS.com



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Se buscan maestros de educación especial y con licencia para Neah-Kah-Nie School District

Como la empresa de gestión y personal educativo más grande del país, ESS ofrece a candidatos cualificados como usted un salario semanal, beneficios de salud y 401(k), un horario en el que no trabaja por las noches, los fines de semana ni los días festivos, y la oportunidad de apoyar el rendimiento de los estudiantes en su comunidad local.

¡Presente su solicitud ya!
ESS.com

HRWest@ESS.com | 866.208.7454 (seleccione la opción 3)



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Contact info

If you have any questions or concerns, please don't hesitate to contact us. You can reach us at Nehalem Elementary School at:

- (503) 355-3650 / 1-888-218-2455
- **Nehalem Elementary School - Neah-Kah-Nie School District**

or at the District Office at:

- Phone: (503) 355-2222
- Fax: (503) 355-3434
- **Home - Neah-Kah-Nie School District**

