

The Nehalem Nugget

Be Safe . . . Be Respectful . . . Be Responsible

OCTOBER 2022



Important Dates

- October 3rd, No School Professional Development
- October 10th, School Board Meeting -6:30 p.m. @ the District Office
- October 19th, Conferences 4:00-8:00
- October 20th, 9:00-5:00 Free Health Exams @ the NKN Student Wellness Center
- October 20th, NO SCHOOL - Conferences
- October 21st, NO SCHOOL - Conferences
- Week of October 24th-28th, Dental Sealants
- October 26th, SCHOOL PICTURE DAY
- October 31st, NES Harvest Parade - 1:45 p.m.

Parent/Teacher Conferences

Wednesday, Oct. 19th from 4:00p.m.-8:00p.m.

Thursday, Oct. 21st from 8:00 a.m.-7:30 p.m.

Friday, Oct. 22nd from 8:00 a.m.-3:30 p.m. (Henderson Only)

Families can call the school office at (503-355-3650 or 1-888-218-2455) to schedule a conference time. **If the office does not receive a call from the parent/guardian, a conference time will be scheduled and a conference confirmation slip will be sent home.** Meeting with your child's teacher during conferences will assist you in helping your child be more successful in school. We hope to see 100% of our parents during conferences this year!

THERE IS NO SCHOOL ON OCTOBER 21ST AND 22ND

The Future of NES Parent Council

Our Parent Council is going through some changes, and I need your help moving forward! In the past 10 years or so, especially before the pandemic, there has been a strong, many membered school parent committee who did fundraisers throughout the school year to pay for school supplies for all our students and planned fun activities for students, such as the carnival, decorating cookies or renting the obstacle course for field day. We do not currently have enough NES family members interested in being on the Parent Council to keep this going. Changing the focus of the Parent Council is totally okay....they do not have to continue to fundraise to pay for school supplies! That has been a tall order due to the expense, and it took hours and hours of fundraising each school year! Parent Council does not have to be that time intensive for it to still impact our school.

It would be wonderful to have a small group of parents and family members still actively involved who would like to do one or two fundraisers a year so they could throw a fun family event or two (or support teachers somehow? Or pay for an assembly?? We could figure that out!). If you are interested in meeting with me to be part of a new, not-taking-over-your-life Parent Council, please email me kristim@nknsd.org. Please let me know what evenings and times work for you to meet, and I'll set up a meeting for us all once I have some names gathered! Thank you!

-Kristi Mills, Principal

Our School District is Looking for Parent and Family Feedback

Please give our school district some feedback on how we are doing! Here is a [survey link](#) to take a districtwide survey for family members. Our principal is also holding a focus group to ask questions to family members and gather feedback that way. It will be held on Wednesday, October 19 from 5pm-6pm in the NES Library. Please call the office to sign up for the focus group so we know you are coming!

The NES K-5 Harvest and Costume Parade is coming soon!!!

Who:

Nehalem Elementary K-5 students and staff (170 students, 25 staff).
(Our preschool will have their own fun separately!)



When:

Monday, October 31 -Students 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!

***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 1:20pm!

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 in the school afterward?

Your child's teacher will get information out about this later this month 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 before Monday, Oct. 31th if you prefer your child to remain at school and not be in the parade.

Employment Opportunities at NKN School District

Go to the [District Website](#) (Departments - Human Resource Tab - Current Openings) to see our current openings.



ATTENDANCE MATTERS!

Dear Parents/Guardians,

The Neah-Kah-Nie School District believes regular school attendance is essential for a student's success in school. Attendance is an area we focus on in order to improve student achievement and ensure all students at Neah-Kah-Nie Schools have the opportunity to maximize their potential.

The district has a new attendance protocol with a dedicated team at each school to:

- Assist families and students in improving student attendance.
- Reduce chronic absenteeism.
- Multi-tiered Attendance Team : Parents, Teachers, Secretary, Principal, Family Resource Coordinator (FRC), Counselor, ESL & Special Education staff.

We encourage families to help your child build the habit of good Attendance

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try to schedule medical appointments and extended trips when school isn't in session
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- Seek help from school staff and other parents or community agencies, if you need support.

Dental Sealants October 24th-28th

Free dental sealants are again being offered to students in grades K-5. Permission slips have already gone home and need to be returned by October 20th. If your child has not brought one home, the office has extra copies. ALL forms need to be returned to school – even if you choose not to participate. This program is sponsored by the Oregon Health Authority.

Preschool parents can choose to have a screening done, but no sealants would be done.

Ms. Jennifer's School Counseling Office

Happy October!

In September, we worked on skills for learning, starting with understanding brain states and self regulation. We learned about recognizing our emotions and paying attention to whether they are uncomfortable or comfortable feelings. We also introduced our breathing and listening tools to help us with our self regulation skills to ensure we can get back to our 'green zone' - Where we can do our best learning and be a good friend.

In October we will review Kelso's choices. Students will work on recognizing the size of the problem and work on conflict resolution. We will also be covering student safety with our Child Protection Unit from Second Step. The first two lessons cover ways to stay safe with our "Never Never Rules" and the "Always Ask First Rule."

Mindfulness will continue to be incorporated into our SEL lessons this year. Practicing mindfulness is a great way to train our brains to regain focus and calm... I encourage you to practice this with your students at home. The more they practice, the more automatic a mindfulness response becomes.

A poster for a Chess Club K-5. At the top, two black chess pawns are positioned on either side of the text "CHESS CLUB K-5". Below the text is a graphic of two black chess knights facing each other on a white and brown checkered board. The text "MONDAY AND WEDNESDAY 2:40-3:40" is centered below the graphic. Two horizontal lines separate this from the text "STARTING OCTOBER 10TH". Below that, the text "NO TRANSPORTION PROVIDED", "FIRST COME FIRST SERVE", "FILL OUT AND RETURN ATTACHED APPLICATION BY OCTOBER 7TH", and "CONTACT KATIE CALHOUN AT KATIEC@NKNSD.ORG FOR QUESTIONS" is centered.

CHESS CLUB
K-5

MONDAY AND WEDNESDAY
2:40-3:40

STARTING OCTOBER 10TH

NO TRANSPORTION PROVIDED
FIRST COME FIRST SERVE
FILL OUT AND RETURN ATTACHED APPLICATION
BY OCTOBER 7TH
CONTACT KATIE CALHOUN AT
KATIEC@NKNSD.ORG FOR QUESTIONS

[Click on this link for the NES Chess Application.](#)

NKN Wellness Center



NKN
STUDENT HEALTH
& WELLNESS CENTER

The NKN Student Health & Wellness Center provides services to all students regardless of the student's ability to pay.

Located at the Neah-Kah-Nie High School.

Center opens Tuesday, August 9th for medical services (including sports physicals).

Health & Wellness Center Hours

Tuesday:

8:30 am – 12:00 pm

1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

Wednesday:

8:30 am – 12:30 pm

1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

Thursday: Starting September 6th

(Counseling appointments only)

8:30 am – 12:00pm

1:00 pm – 4:30 pm (Closed 12:00 pm – 1:00 pm)

(503) 355-3500

Visit the website for available services

and resources: nknhealth.org

**Parents have the right to opt out of services.*

FREE

Health Exams

for children (Infants to age 21)

Thursday, October 20, 2022
9 am - 5 pm

at NKN Student Health &
Wellness Center

(Inside Neah-Kah-Nie High School)
24705 US-101, Rockaway, OR 97136

- Sports Physicals
- Health Exams for Children
newborn to 21 years of age
- Immunizations
(Please bring previous vaccination record.)
- FREE GIFT for each patient!

Call NOW to schedule your child's
appointment: **503-355-3500**

Thanks to our partner:



24705 US-101, Rockaway Beach, OR | NKNHealth.org

NCRD Youth Center

Fall is here, the leaves are changing, and the smell of fall is in the air, we are excited to let you know we are having a "KIDS DAY OUT", Saturday, Oct. 15th, from 1pm-5pm. We will have the bounce house set up, a Halloween themed movie, food, etc.... If you need youth care or want to sign up for the kid's day out, please reach out to us at NCRD welcome center. On school days we pick up your students at Nehalem Elementary school at the end of each

school day and are open until 5pm. Cost is \$6 a day per child, and this includes a nutritious snack and a host of enrichment activities (outdoor play/walks, gym time, crafts, music, science, and etc....) If interested please reach out to Angie or Kiley at NCRD by phone, email, or just stop in. We are not currently accepting drop-ins. However, we do have full day childcare available on a 1st come basis when the school is closed and it is not a national holiday, those days are \$20 per student and need to be preregistered and prepaid in the welcome center. This month's full days are Oct. 3rd, 20th, and 21st. 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 the form.

-Youth Sports-

Soccer is in full swing. If you missed sign up, don't worry we will have another session in the spring. Please come out and watch, pre k - 2nd is on Monday's and Wednesday's, 3rd - 8th grades are on

Tuesday's and Thursday's. If you are interested in volunteering/coaching for this or any sport please let me know, none of this would be possible without the great coaches we have.

angiet@ncrdnehallem.org kileyk@ncrdnehallem.org

NCRD POOL NEWS

Friday Night Family Swim Starts September 30, 2022

6:00---7:30pm

Adult(s) please accompany your children this Fall Term

Not mandatory that adult must be in the pool for kiddos to participate

\$2 per student \$18 10x swim pass \$6 adult \$50 10x swim pass. No reservations necessary at this time!



Wednesday Water Play is Back!! After School Program

Free choice water Fun*****Games & Equipment

Available for students 1st thru 5th grades. Parents are responsible for delivering & picking up your child at the pool!!

Where: NCRD POOL

When: Wednesdays' October 19, 26 November 2, 9, 16, 30 December 7, 14 8 classes Fall Term

Time: 2:45pm---4:00 Pick-up is 4:00 sharp. (Punctuality is truly appreciated!)

Cost: \$2 per session or use swim pass \$18 10x swim pass

Questions: pool#1-855-444-6273

e-mail: suedg@ncrdnehallem.org

New Discoveries Fundraiser

New Discoveries Preschool Pumpkin Art Walk

Cascade Sotheby's Parking lot Friday October 28th, 2022
469 Laneda Ave. Manzanita

Bring your painted, carved, or decorated pumpkins
between 4:15-4:45

Voting will begin at 5:00 & end at 7:00

2 winners will be announced next day

Both adult & kid winners will win an amazing gift basket

Adults 13+ \$10

Kids 12 & under \$5/child + free popcorn!

Good luck and happy creating!

To enter your pumpkin, please email
newdiscoveriespreschool321@gmail.com

Please include name and category (adult/child) of each
applicant, further details will be provided once
registration is completed.

Dan Rice photography will be doing photos for \$5.00

We will have lots of yummy treats & drinks to purchase

New Discoveries thanks you for your support!

Please contact Jennifer Martinez-Ybor, Fundraiser
Coordinator, with any questions at
Rarebird55@icloud.com or 503-440-2247 by text.

Cub Scouts Meeting

GRIT STARTS HERE

When everything else got cancelled during the pandemic, Scouts like ours persevered. We safely served our community, adventured with family and grew in GRIT.

Learn more and get a FREE Kids Adventure Kit at cpcbsa.org/grit



Interested in Joining Scouting
Parent Meeting Tuesday October 4th
North County Recreation District
36155 9th St, Nehalem
6-7 PM

Join
Cub Scouts!

Questions?
Contact: Wendy Keller at
(503)779-2617
Wendy.Keller@scouting.org



Get a FREE adventure kit at CPCBSA.ORG/GRIT



BOY SCOUTS OF AMERICA
CASCADE PACIFIC COUNCIL

CPCBSA.ORG

