

NES Newsletter November 2024 Be Safe...Be Respectful...Be Responsible

Important Dates and Reminders

- November 4th 8th, Book Fair See details below under "Library"
- November 4th 8th Dental Sealants for all Students that Turned in Permission Forms
- November 6th Book Fair Family Night 2:45-6:00 P.M., Parent Council Family Event - Cookie Decorating in the cafeteria 4:00-6:00
- November 3rd Set Clocks Back One Hour
- November 11th No School Veteran's Day
- November 12th School Board Meeting 6:30 p.m. at the District Office or on Zoom
- November 14th NES Fall Pajama Storytime Hour 6:00-7:00 p.m.
- November 20th Picture Retake Day
- November 23rd Parent Council Meeting 1:00 p.m. NES Playground (See More Info Below)
- November 26th No School Grade Day
- November 27th 29th No School Thanksgiving Holiday



Coming Saturday, December 7th, 2024:

NES's Seaside Cinema Takeover for Disney's new movie, Moana 2. Look for details and sign up info coming out mid - November.

DON'T FORGET TO SET YOUR CLOCKS BACK ONE HOUR ON SUNDAY NOVEMBER 3RD!



NES Fall Pajama Storytime Hour

November 14, 2024

6:00 p.m.-7:00 p.m.

NES staff can't stop talking about the children's books they love! We have decided to share those books with our students and our families! NES staff will be reading aloud some of their very, very favorite children's books in different areas around the school. Come cozy up in your pajamas and settle in to hear these wonderful stories and why the stories mean so much to the staff. Families will receive a program when they arrive so they can choose which stories they would like to hear and experience; we'll even have stories read in Spanish! Everyone will end up in the cafeteria for cocoa and a cookie at the end of the evening then head off home to bed. The sign up forms will be coming home in backpacks next week!

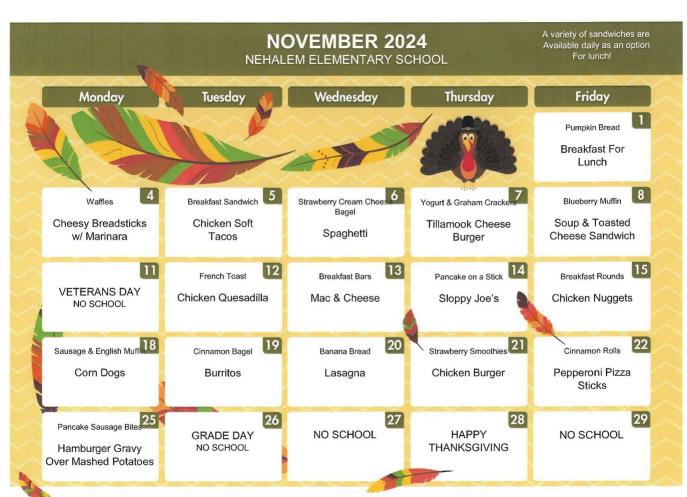
Hora del cuento del pijama de otoño de NES 14 de noviembre de 2024 18:00-19:00

¡El personal de NES no puede dejar de hablar sobre los libros infantiles que les encantan! ¡Hemos decidido compartir esos libros con nuestros estudiantes y nuestras familias! El personal de NES leerá en voz alta algunos de sus libros infantiles favoritos en diferentes áreas de la escuela. Venga a ponerse cómodo en pijama y acomódese para escuchar estas maravillosas historias y por qué significan tanto para el personal. Las familias recibirán un programa cuando lleguen para que puedan elegir qué historias les gustaría escuchar y experimentar; ¡Incluso tendremos historias leídas en español! Todos terminarán en la cafetería para tomar un chocolate y una galleta al final de la noche y luego se irán a casa a dormir. ¡Los formularios de inscripción llegarán a casa en las mochilas la próxima semana!

Picture Retake Day November 20th

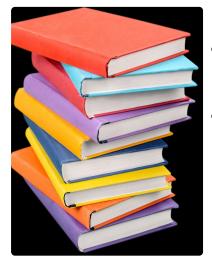
If your child was absent on Picture Day, they will automatically get their photo taken.

If you are not satisfied with the your child's photo from September, send the packet you ordered with them on retake day. Email the office or their teacher, so we know they need to get their picture taken again.



A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. Gluten free options are 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"

Bookfair is November 4th - 8th!



Library

- Monday K-5 classes will preview the book fair in library class. Tuesday the book fair opens for all recesses** and runs through the lunch recesses on Friday.
- Family Bookfair Night will be on November 6th from 2:35-6:00 p.m. in the Library.

Parent Council

<u>Cookie decorating</u> Join us for cooking decorating fun!! Family Book Night Wednesday 6th in the cafeteria from 4:00-

6:00.

Parent Council Meeting Play Date

Join us Saturday 23rd at 1:00

Bring the kiddos!! We will be having our meeting at the NES playground!! We know meeting during the week night can be stressful. we are looking for more convenient family friendly ways to meet. We hope having "play dates" will create a fun opportunity for the children to play, while the grownups can talk future fundraising ideas. We will also be providing snacks and juice. We look forward to see you there!

Family Resource Center



Ms. Jennifer's School Counseling Office

Hard to believe it is already November!

In October grades 2-5 learned about Kelso's choices. Students worked on recognizing the size of the problem and worked on using Kelso's strategies for conflict resolution. We focused on using "I statements" in resolving conflicts with peers rather than blaming the other person. K/1 got started with Kelso's choice and will finish in November. We also covered student safety k-5 with our Child

Protection Unit from Second Step. Students learned about ways to stay safe with our "Never Never Rules" and the "Always Ask First Rule." I encourage you to ask your child about the different Kelso's choices and the never never rules, they know their stuff!



In November we will continue to work on skills for learning: focused attention, listening, following directions, being assertive, empathy and more. Additionally, we will continue developing using our 'tools' (Breathing, Listening & Words) to help in solving problems and staying in the green zone. If you have any questions or concerns about your student feel free to contact me. You can also fill out a <u>counseling form espanol</u> to request a meeting.

Ms. Jennifer 503-355-3657 jenniferh@nknsd.org

PE - Mrs. Duer

It has been a very busy and active fall in PE! Below is a list of what we have been working on.

September/October Focus (Grades 3rd-5th):

- Cooperative Games
- Recess Games (like Gaga Ball and Wall Ball)
- Soccer Skills and Basic Game Play
- Manipulative Skills (like hula hooping, juggling, and cup stacking)
- Volleyball Skills and Basic Game Play

September/October Focus (Grades PreK-2nd):

- Games Involving Following Directions
- Simple Recess Activities in Grades 1-2
- Soccer Skills and Fundamentals
- Manipulative Skills (scarf tricks/juggling scarves, bean bag tricks, hula hoop tricks, cup stacking)
- Tag Games
- Locomotor Skills (skipping, hopping, galloping, ect.)
- Volleying Balloons and Beach Balls

Students have also been enjoying a "Fun Friday" where they get to participate in their favorite activities or games. In November, we plan to focus on throwing and catching skills. We also will do a unit in floor hockey.

Please make sure your child wears or brings tennis shoes every day.









AT NEAH-KAH-NIE HIGH SCHOOL

HOURS:

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

(Closed for lunch 12:30 – 1:30 pm)

8:30 am – 12:00 pm / 1:00 – 4:30 pm (Closed for lunch 12:00 - 1:00 pm)

SERVICES AVAILABLE:

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

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

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:

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

Jueves

Martes

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

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

Conozca más en: NKNHealth.org

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

NCRD Youth

Bring on the Turkey!! We here at NCRD are ready for the changing leaves and fancy foods that come with Thanksgiving, if you need care over the holiday or after-school please reach out to us. We pick up your students at Nehalem Elementary school at the end of each school day and are open until 5pm. Our cost is \$6 a day per child. This does include 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 are not doing drop-ins currently but hope to get back to that someday. We do have full day care when the school is closed, if it is not a national holiday. Those days are \$20 per student. The no school days in November are 26 and 27. 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-

Futsal (indoor soccer) will start November 5 in the NES gym at 4:30 and run Tuesdays and Fridays until Dec. 13. If you are unsure if this is for you, come check it out. If you want to play but haven't registered, you still can, come over to NCRD and register if you have already played a sport this

school year it's even easier, just call the welcome center (or email Kiley) and let them know your child's name, we can invoice you (late fees may apply). angiet@ncrdnehallem.org kileyk@ncrdnehalem.org

NCRD Pool

Friday Night Family Swim Fall 2024

6:00pm - 7:30pm - NO FRIDAY NOVEMBER 28th Adults please accompany your children to Friday Family Swim. It is not mandatory that adults be in the pool for kiddos to participate unless they're 5 years and under. \$2 per student \$18 for 10 x swim pass \$6 adult \$50, swim passes purchased @ the pool! No reservations necessary!

Wednesday Water Play is happening after school!

Water Fun, Games, and Equipment Available for students' 1st thru 5th grades. November 6th,13th, 20th - December 4th,11th,18th - No WWP November 27th. Parents are responsible for delivering and picking up your child at the pool!! Pool Closed November 28th and 29th for the Thanksgiving holiday!!

Girls YMCA Basketball Forms are available in the NES Office

When November 4m - C	December 21
Where: Practice NES Tu	iesday 2:30-4:30
Game location: Tillamook	YMCA or Liberty Elementary
School	
Game days: Thursday eve	nings & Saturday
Nornings (beginning Nov	ember 14th)
Coaches : Lisa Pfeifer &	Lesley Anctil
Cost: \$75	
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Employment Opportunities at NKN School District

Click on this button to access and apply for open positions.





Amy Cram Amy is using Smore to create beautiful newsletters