

The Howler

Garibaldi Grade School | Newsletter



October 2022

I can't believe it is October already. There have been a lot of fabulous things happening at GGS including meeting new students and connecting with those who have been here for awhile.

We are starting strong and have already earned our first Wolf Pack Party due to the number of Pawsitives students have earned!

Just a reminder to keep the office up-to-date with contact information. Besides Thursday Folders going out weekly, we send home communications via email and phone.

Parent/Teacher Conferences - October 20th - 21st

Parent Conferences with the Teacher are on Thursday, Oct. 20th and Friday, Oct. 21st. This is a great time to talk with your child's teacher about progress in academics and behavior. Please call the school if you have not yet scheduled or need help scheduling a time that works for your family.

Picture Day - Wed. October 26th

Reminder we will have Lifetouch here at school for pictures. Pictures will be in the afternoon on October 26th. As we get closer, more information will be sent home with your student.

October's Characteristic is Being Safe

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

Our focus for the month of October is being safe. Students who demonstrate being safe take care of their bodies with healthy choices and have safe hands and feet.

At the end of the month we will be handing out three awards in each class, two for students who were demonstrating Being Safe, 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 safe.

Counselor's Corner - Ms. H

Dear Parents - We all want our children to be happy and successful.

While "Feelings" are not a Tool in our Toolbox, identifying and naming their feelings is central to children's ability to understand themselves and others. This is a critical skill for success in school and in life. As parents, we can offer daily guidance regarding the vocabulary of feelings. "What are you feeling?" let's them know that we think their feelings are important to what they believe and how they act.



At school, we are exploring the entire range of feelings through the use of our mood meter. We help the students to identify where their energy level is and then if they are feeling comfortable or uncomfortable. Through this process the students will be able to identify what zone they are in and then identify a feeling word. The zones are a way to categorize all the different feelings into four concrete zones.

Here are some suggestions for how you might name the vocabulary of feelings at home:

- Make a list of all the feelings you can name with your family and identify the zone. Post feeling words on the refrigerator, or spell them with alphabet magnets. Be creative!
- As you read a book, see if you can have your child identify how the character is feeling and the zone of the character.
- If you are watching a television show or a movie, see if you can identify the character's zone and feelings.

Sincerely, Ms. H

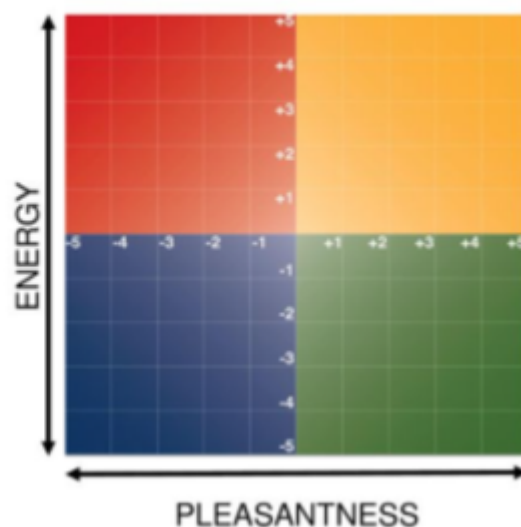
MOOD METER CHECK-IN

Your Experience

- R:** Where are you on the Mood Meter?
- U:** Why are you feeling this way?
- L:** What word best describes your feeling?

Your Strategy

- E:** How are you expressing this feeling?
Are you comfortable expressing?
- R:** How do you want to feel? What strategy will you use to stay or shift?





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.

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

Meeting | Monday, October 10, 6:30pm

This is a monthly meeting of our school Board. Meeting takes place at our Rockaway 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



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