

The Nehalem Nugget

News bits for Nehalem Families



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Nehalem Elementary School

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BE SAFE . . . BE RESPECTFUL . . . BE RESPONSIBLE

October 2019

Important Dates

Tuesday, 10/8/2019

Parent Council meeting - 6:30 p.m.

Monday 10/14/2019

School Board Meeting @ 6:30 pm—DO

Thursday, 10/17/2019

NO SCHOOL—Parent/ Teacher Confer-
ences 12:00—8:00 p.m.

Friday, 10/18/2019

NO SCHOOL—Parent/ Teacher Confer-
ences 8:00 a.m.—4:00 p.m.

Monday—Friday, 10/21-10/25

Dental Sealants

Thursday—10/24/2019

Family Night, Social Emotional Learning
6:00 pm

Wednesday, October 31, 2019

Harvest & Costume Parade @ 1:45 p.m.

Sunday, 11/3/2019

Daylight Savings Time Ends (move clock
back one hour)

Friday, 11/8/2019

School Picture Re-take Day

**PLEASE DO NOT DROP KIDS AT
SCHOOL UNTIL 8:45 ON MONDAY.**

**PLEASE CALL THE OFFICE
BEFORE 1:00 P.M. EACH DAY IF
YOUR STUDENT'S REGULAR
AFTER SCHOOL PLAN CHANGES.**

PARENT/TEACHER CONFERENCES

Thursday, Oct. 17th from 12:00-8:00 p.m. and

Friday, Oct. 18th from 8:00 a.m.- 4:00 p.m.

Parents/Guardians had an opportunity to sign up for a conference time at Open House. Families can also call the school office at (503-355-3650 or 1-888-218-2455) by Friday, Oct. 4th to set a conference time if they were unable to at Open House. **If the office does not receive a call or a parent/guardian did not sign up at Open House, 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!

WHEN IS LIBRARY?

Kids are coming to the Library twice each week to get books. If your child is in 1st-5th grade please help them pick a special place at home for Library books so they are safe, available, and get returned on time to really help them be successful. It can also help to get children in the routine of bringing their books back for library days, so they can renew them for longer, or turn them in. If your child is in Mrs. Felley's class, your child will be having story time and checking out books to be used in class.

Monday: Honts, Burdick, Williams, Henderson, Verhulst
Tuesday: Felley, Clifton, Duer
Wednesday: Thysell, Verhulst
Thursday: Williams, Burdick, Honts, Henderson
Friday: Thysell, Felley, Duer, Clifton

Breakfast kids!!!!

If your child eats breakfast with us, they need to be at school no later than 7:45 Tuesday-Friday and no later than 9:00 on late start Mondays. This allows them to start their day off right and not feel rushed.

**Individual Student Rewards
-That add up to whole school
rewards-**

**WAY TO GO'S # 1,837
FEATHERS # 114**

Whole School Reward

School wide Recess on 10/4

Seagull to Celebrate

Airyanna Lawson, Hailey Jones,
Neveah Tuom, Britton Holloway,
Joshuan Rauda, Rye Zwissler,
Alivia Farr, Lily Schlip, Asher
Vandecoevering, Ryder Pfeifer,
Jace Overstreet, Isaiah O'Hearn,
August Koshareck, Erin Welsh, Lei-
la Stewart

PBIS October Family Question

Question: Ask your child what one of our school rules is and then what that looks like in their classroom.

Answer:

Child's Name: _____

Return their answer to the office for a chance to win fabulous prizes!

DENTAL SEALANTS



Free dental sealants are again being offered to students in grades 1-5. They have been scheduled for the week of October 21-25. Permission slips have already gone home and need to be returned ASAP. 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.

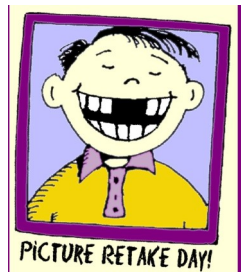
TOYS AT SCHOOL



Teachers that have sharing will send a note home specifically requesting the kinds of items to share. Those items will not be considered toys. All other toys are NOT to be brought to school. Please check those backpacks to make sure all toys stay at home. This rule includes fidget toys!

PICTURE RETAKES

11-8-19



Picture retakes will be on Friday, 11/8/19 starting at 8:30 a.m. Here's another chance if students were absent, forgot portrait money, need a retake, didn't buy portraits or want more. For retakes—be sure to return student's original portraits packet. To purchase new portraits—the office will send a portrait envelope home with students who were absent on 9/18/19. Extra portrait envelopes are available in the office. Please call the office if you have any questions.

STATE TESTING INFORMATION

Required state testing for grades 3-5 will be this spring. Specific dates will be in the newsletter when testing gets closer so that parents know the actual dates their children will test. State law requires parents be notified of their right to opt-out their child from state testing, even though NES, the Neah-Kah-Nie School District and the Oregon Department of Education recommends that all students test. Please see our district website for more information at www.nknsd.org on the parent page.

VOLUNTEER APPLICATIONS FOR FIELD TRIPS

All applications are due for approval **at least 1 week before** scheduled field trips. All parents/guardians will need an approved volunteer application in order to volunteer in the classroom or participate in any field trip. Volunteer application are available in the school office.



6th annual HALL-O-NITA

3:00– pm / 5:00 pm

Thursday, October 31st

Laneda Ave Manzanita

MONSTER MASH at Pine Grove Community Center

5:00-6:30 pm.

Dance party, Pizza Dinner and Costume Contest

Manzanita is excited to be part of the Teal Pumpkin Project this year, which raises awareness of food allergies and promotes inclusion of all trick-or-treaters throughout the Halloween season. For more info <http://www.foodallergy.org/teal-pumpkin-project/community-use> You can also get more info at Toylandia or Manzanita Sweets.

Red Ribbon Week October 28-31st

Send a message. Stay Drug free.

Monday, October 28th – Wear Red clothing

Tuesday, October 29th - Wear Mismatched clothes

Wednesday, October 30th—Crazy Hair Day

Thursday, October 31st –Costumes for the Harvest Parade.

Harvest and Costume Parade is coming soon!!!

On Thursday, Oct. 31st, at 1:45 p.m. (lined up and ready to go), Nehalem Elementary students will have the opportunity to participate in the traditional costume parade in downtown Nehalem (weather permitting). If it rains, merchants will be invited to come to our school gym. Students will parade through the gym.

We encourage homemade costumes or costumes related to book characters to enhance the opportunity for family involvement, creativity, and educational connections.

Costumes may not be worn to school. We will have time to change before the parade.

Costumes must be appropriate: Not revealing, **NO WEAPON-LIKE TOYS** or gory costumes, and costumes kids can put on by themselves, please! We will need many volunteers to help us maintain order and safety as we cruise the downtown sector.

Volunteers: Teachers will be sending notes home if they need help. ***Make sure the office has a current volunteer application on file.

Parents: Please let the office know if you would like your student(s) to participate in an alternate activity and not participate in the costume parade.

NCRD

Play Care is available for all of your after school, late start, and no-school day needs! With Musical Mondays, Scientific Tuesdays, Arts & Crafts Wednesdays, Reading Thursdays, and Fun Fridays your child will take part in a variety of enriching after school activities. We will also transport your child to and from any after school activities at NES/NCRD. If you haven't already signed up, fill out a registration form so your kid(s) can join in on the fun. Please call for more information 855-444-6273.

Sports: Fall Soccer has started. The participation throughout our community is outstanding and we want to thank you for continuous support.

POOL NEWS

FRIDAY NIGHT SWIM IS BACK!!

First swim was September 27, 2019

\$2 per student (10x swim passes available for \$18)

6:00pm---8:00pm (punctuality for pick-up is appreciated by aquatic staff!!)

WEDNESDAY WATER PLAY STARTS OCTOBER 9, 2019

Free choice Water Fun....with Games & Toys

6 WEDNESDAYS October 9, 16, 23, 30 & November 6, 13, 2019

2:35---4:00 Student participants are escorted from School to pool by Aquatic Staff....pick-up your child @4:00 @ pool. \$2 per session or use your swim pass.

1st thru 5th grades eligible. ***Attend 1---6 sessions of anything in-between.***

Completed & Signed permission form mandatory to participate & walk over with NCRD Aquatic Staff.

Look for: INFORMATION FLYER/PERMISSION FORMS to come home with kids October 1, 2019.

Additional forms will be available @ Nehalem Elementary, NCRD Pool, & NCRD Main Office.

SWIM TEAM

Never too late to start....

First week was September 30th/October 2nd.....JOIN ANYTIME....

Workouts 2x a week (Monday & Thursday)

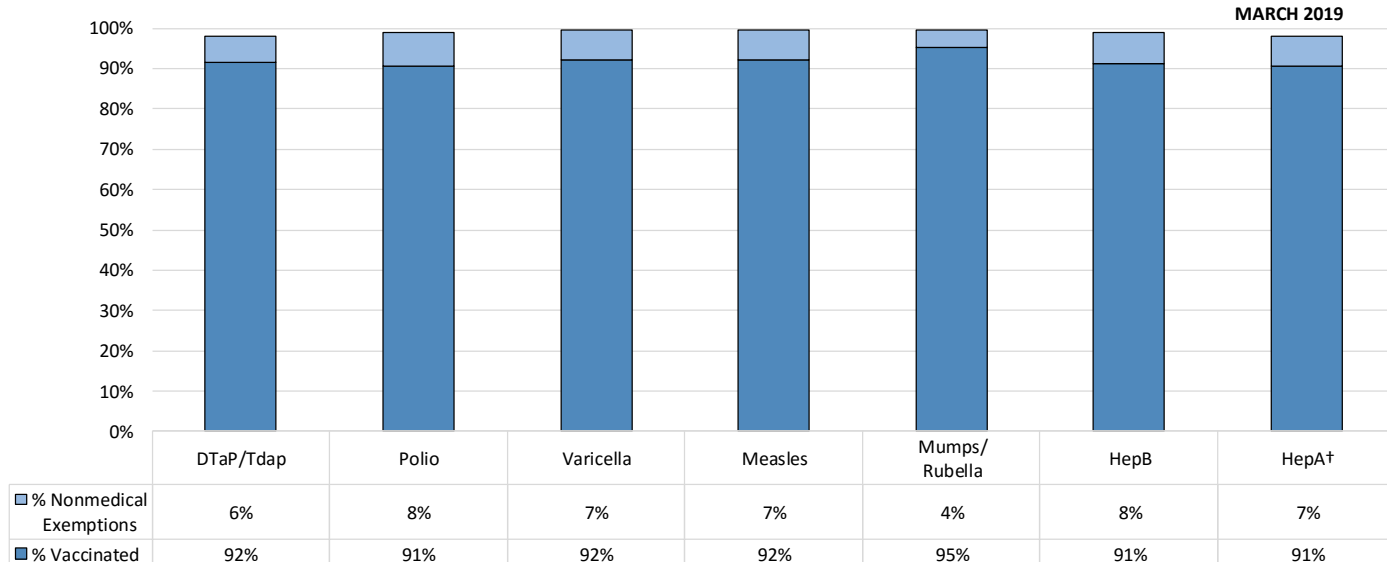
Open to 1st thru 5th grade students.

must be able to swim 2 continuous lengths of the pool without a swim belt

2:35---4:00 (student participants are escorted from school to pool by NCRD Aquatic staff---Pick-up student @ Pool @ 4:00.

Questions call: pool# 1 855-444-6273 or Penny/Rolly(coaches) (503) 339-6819 (971) 308-0305

How many kids at Nehalem Elementary are vaccinated?*



193

Number of children at the school**:

0%

Percent of children with no immunization or exemption record:

0%

Percent of children with a medical exemption for one or more vaccine(s):

* Not all immunizations are required for all grades. These numbers may not total 100% if some children have medical exemptions, or are incomplete or in process with immunizations but do not need an exemption because they are on schedule.

**There is/are also child(ren) enrolled for whom immunizations are not required to be reported because their records are tracked by another site or they attend fewer than 5 days per year.

†Blanks indicate this vaccine was not required in the grades at this school, or this vaccine was required for fewer than 10 children.

Nehalem Elementary Parent Council

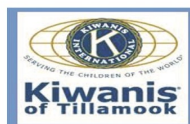


Newsletter

OCTOBER 2019



COME JOIN US!
TUES., OCT 8TH
6:30pm - 7:30pm
NES Cafeteria



We are very honored that the Kiwanis Club of Tillamook chose to present us with a grant for \$430, to kick start our fundraising efforts for the purchase of next year's school supplies and enhance our social activities at NES! We thank them so much for their support and their continued mission of "serving the children of the world"!

THANK YOU NES FAMILIES
WE JUST RECEIVED \$49.13!!
FOR YOUR DONATED REWARD POINTS



You Can Help Nehalem Elementary Parent Council earn DONATIONS just by shopping with your Fred Meyer Rewards Card. Our non-profit #IL364.

Sign up online at:
www.fredmeyer.com/communityrewards

amazon smile

You shop. Amazon gives. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the council just for logging in and shopping. Same products, same prices, same ordering and delivery, but instead earn money for the Parent Council. Please add smile.amazon.com as a must do for your shopping.



HOW CAN YOU HELP?
COME BE A PART OF THIS FUN GROUP EFFORT!

facebook: Nehalem Elementary Parent Council
 Renae Scalabrin President
nehalemparentcouncil@gmail.com

fall fundraiser
S'KOOL SMARTZ, INC.

OCT 2nd

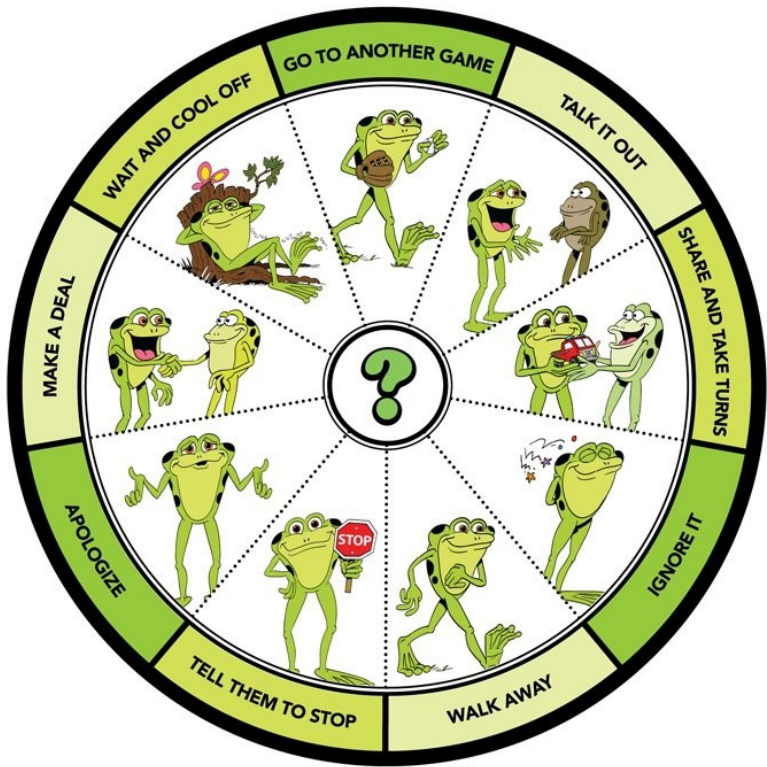
PACKETS WILL BE SENT HOME

It's that time of year again!

We are asking all students to put their fundraising hats on and help us successfully raise funds for our school supplies for 2020 - 2021! Each student will be sent home with a S'kool Smart packet, we hope to have a great turn out this year and beat last year's number.



PACKETS TO BE RETURNED: OCT 15TH



TOOLBOX
BY DOVETAIL LEARNING

The 12 Tools
Tools for Learning • Tools for Life

- Breathing Tool**
I calm myself and check-in.
- Quiet/Safe Place Tool**
I remember my quiet/safe place.
- Listening Tool**
I listen with my ears, eyes, and heart.
- Empathy Tool**
I care for others. I care for myself.
- Personal Space Tool**
I have a right to my space and so do you.
- Using Our Words Tool**
I use the "right" words in the "right" way.
- Garbage Can Tool**
I let the little things go.
- Taking Time Tool**
I take time-in and time-away.
- Please & Thank You Tool**
I treat others with kindness and appreciation.
- Apology & Forgiveness Tool**
I admit my mistakes and work to forgive yours.
- Patience Tool**
I am strong enough to wait.
- Courage Tool**
I have the courage to do the "right" thing.

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Ms. Jennifer's School Counseling Office
503-355-3657 / jenniferh@nknsd.org



Welcome back Nehalem families. It's hard to believe we are back at school. I hope you all had a fun and relaxing summer vacation! I will be at Nehalem full time this year – yay! I will continue to provide weekly social skills to each classroom as well as providing support for students individually and in small groups.

We have been working on *Kelso's Choices since the beginning of school. Ask your child the difference between a small problem and a big problem. Attached is Kelso's Wheel. It is a good tool at home as well. We will be introducing the Toolbox this year. The tools we are learning about help build resiliency, self-mastery and empathy in children. I encourage you to read the 12 tools and talk with your students about it.*

If you have any questions or any concerns about your child feel free to contact me.

As the school counselor, one of the services I offer is small group counseling for students. Parent permission is required for students to participate. If you would like your child to participate in any of the groups below please circle which group interests you and fill out the information below. Once groups begin, I will send information home about each specific group. *If there is enough interest and time allows, there is the potential to offer multiple groups for students this year. Please note that if there is high interest in specific groups, your child may be on a waiting list and if there is not enough interest in a group it may not be offered. Additionally, if your child is receiving outside individual counseling, these small groups are not a replacement.*

Thank you!
Ms. Jennifer

- New Student
- Divorce/ Changing Families
- Social Skills
- Friendship
- Anxiety/ Worries
- Self Esteem
- Self-Control

I give my child , _____ permission to participate in the above circled small group.
(Student Name)

Parent Name (please print) Parent Signature

Date

2019-2020 Family Night Planning is in the Works!

NES is planning brand new Family Events this year! We are trying to switch things up to bring new experiences and learning to families. Here is what we are working on:

Trimester One: Thursday, Oct. 24 from 6-7pm : Social Emotional Learning Family Night

This evening is for families to explore Social Emotional Learning (SEL). Come see what NES is doing at school to support students' social and emotional needs! Families will get to experience different stations set up at school. We'll have stations about the brain, regulating strategies, growth mindset, emotions, gross motor activities for focus and brain growth, healthy snacks, movement, plus outside agencies here from the medical field, occupational therapy, Food Roots, and counseling. We will have raffle gifts at each station as well as many SEL items for you to take home for yourself. Please see the flyer in this newsletter!

Trimester Two: Polar Express, Date TBA in December with the Oregon Coast Scenic Railroad

NES is partnering with the Oregon Coast Scenic Railroad to do our own Polar Express evening train ride.....we've heard that even Santa may show up! Stay tuned!

Trimester Three: Cooking as a Family, Date TBA this spring, Kris Troutman and other staff are kicking around the idea of doing a family event where families would cook dinner for themselves at school...we are thinking homemade pizzas with all sorts of fun toppings, fresh salads with lots of veggies, and a yummy dessert. Stay tuned!

Nehalem Elementary School Presents a Special Family Event: Social Emotional Learning at Home and at School Thursday, October 24, 6:00-7:00 p.m.

Using Positive Words
with Others



Growth
Mindset

Yes, our family is coming to this fun family night!

We will have _____ adults and _____ children attend this cool event. (Parents must be present and attend the whole event with their children.)

Parents' Names: _____

Children's Names: _____

Win Raffle
Gifts

Outside Family Resources:
Occupational Therapy,
Counseling, Food Roots,
Oral Health, Bilingual OHP
sign up

Dealing with Big
Emotions

Self Regu-
lation